



A Guide to Palestine for Beginners / A Refresher

This resource was compiled on Darug and Dharawal land. Sovereignty of this land was never ceded, and we will stand with our indigenous brothers and sisters in their fight for decolonisation until they are afforded the dignity and respect that they deserve as the owners of this land. It always was and always will be Aboriginal land.

We have created this document with the aim of aiding you in educating yourself so that you feel better equipped to educate others. There's a lot of information out there, it's overwhelming, we get it. This covers some general topics that come up frequently that you might have questions about. We hope it helps to clear up what tends to be referred to as a complicated situation, but is in fact quite simple: **Palestinians deserve the right to justice and freedom.**

A note: Hi! I'm Iman! I made this document with the support of [Bilal Hafda](#) and [Aitak Salempour](#) when I felt like there wasn't anything more I could do to help relieve my Palestinian friends of the continual labour of educating people on the situation. I've had a few people ask via the form link who to credit & while I appreciate the thought, it isn't necessary. If you find that this helps you or a friend and would like to do something for me in return, please remember my mother Rakiya in your prayers, any good that I can contribute is a continuation of her legacy.

I want to acknowledge that we are imperfect people and always learning. This will hopefully grow with information and resources. If you find any inaccuracies in this document, would like to suggest corrections, or even have a question that you haven't found answered here, please send your feedback through this google form: <https://forms.gle/SkhidHXMu31o2G4GA>

Edit to say: Hey, this seems to have reached the other side of the world, say hi via the Google form and let me know where you're from!

Basic concepts

- To be pro-Palestine is to be anti-zionist, NOT anti-Jewish. Many Jewish people around the world continue to show their solidarity with Palestinians in their fight for liberation.
- This is not a religious war, though Israel and the US would like you to believe this narrative of Muslims vs Jews so they can pass this off as another example of civil unrest in the Middle East. Palestinian Christians have also been suffering for decades, and while Islam was the predominant religion in Palestine prior to invasion, Muslims, Christians and Jews all co-existed on the land.
- Israel did not inherit a desert or empty land. Hundreds of thousands of people have been displaced and killed in the name of establishing this settler state. It's the equivalent of the British saying so-called Australia was Terra Nullius when they arrived.
- The Palestinian right of return is different from the Law of Return. The right of return is in reference to an article (Article 13) in the Universal Declaration of Human Rights (1948), and is used to talk about how Palestinian Refugees have a human right to return to the property they or their forebears were forced to leave. The Law of Return is an Israeli law passed in 1950, stating

that anyone with one or more Jewish grandparents has a right (along with their spouse) to relocate to Israel and acquire Israeli citizenship.

Some key dates in history to understand the context of this situation. Obviously a lot more occurred during this time! *For more detail in easy to read sections, please see:*

Link 1: What's the Israel-Palestine conflict about? A simple guide

<https://www.aljazeera.com/news/2023/10/9/whats-the-israel-palestine-conflict-about-a-simple-guide>

Link 2: Mapping an Annexation

<https://www.aljazeera.com/amp/news/2020/6/26/palestine-and-israel-mapping-an-annexation>

In 1917 - The British government issued the **Balfour Declaration**, a public statement announcing support for the establishment of a "national home for the Jewish people" in Palestine.

Fun fact - Historically, Palestine was not the only place that was considered for a Jewish state. Other places include Uganda (British Uganda Program), USSR (Jewish Autonomous Region), Japan (Fugu plan) and Argentina (as proposed by the "founding father" of Zionism, Theodor Herzl in his 1896 pamphlet "The Jewish State").

October 31st 1917, British forces conquered Palestine which had been under Ottoman rule for 400 years.

In 1920 - Britain began its 28 year rule over what became known as Mandatory Palestine - here's some not ridiculously dense info to read info about the British Mandate:

<https://time.com/3445003/mandatory-palestine/>

1920-1946 - Increased immigration of Jews to Palestine from Europe with the rise of fascism and the brutal holocaust, an estimated 376 415 immigrants arrive.

In 1947 - the UN proposed partitioning Palestine into 2 independent states, one Palestinian Arab, and the other Jewish. Arab leaders rejected this divide which gave preference to the Jewish minority (less than a third of the population) in the partitioning of land that was majority owned by the Arab civilian population. This partition would see more than half of mandated Palestine go to the Jewish state.

<https://www.palquest.org/en/highlight/159/un-partition-plan-1947>

1948 - The Nakba/The Catastrophe >> *Google this for some in-depth reading.*

Zionist military forces expelled *at least* 750,000 (!!!!!!!!!!!) Palestinians and captured 78 percent of historic Palestine. The remaining 22 percent was divided into the West Bank and Gaza Strip.

To put that in perspective, these are some areas in Sydney -

- Bankstown, according to the 2021 census, has a population of 186 245
- Inner West according to the 2021 census has a population of 182 818
- Blacktown according to the 2021 census has a population of 396 776

The combined populations of these places are just over 750 000. Imagine every single person in those areas being kicked out of their homes, at the same time, and being forced to live in horrendous conditions for generations to come.

A not-so-fun fact - Israel has a 'Nakba Law' (passed in 2011), which prohibits commemorations of the Nakba and imposes financial sanctions on institutions which hold public events. The state of Israel calls it their "Independence War" and there is an abundance of deplorable footage from Israeli settlers partaking in "Independence Day" (our equivalent of 'Australia Day') rallies every year. In 2009, the Israeli Education Ministry banned the use of this word in textbooks for children. The goal is to fortify Zionist narratives as the only version of Israel's history.

This is a fact sheet that details not just the loss of lives and homes from the Nakba, but also the economic gains.

<https://apan.org.au/factsheet-nakba/>

Australian Palestinian Advocacy Network (APAN) has some other great resources to help you learn about Palestine and the occupation. I recommend checking these out as a starting point:

The fact sheets: <https://apan.org.au/factsheets/>

The video series: <https://m.youtube.com/c/JafarRaminiPalestinian/videos>

1967 - The Naksa/The Setback - Israel seized the remaining Palestinian territories of the West Bank, East Jerusalem, Gaza Strip, as well as the Syrian Golan Heights and the Egyptian Sinai Peninsula, in a matter of six days. They gained land that was 3.5 times its size, shown on a map linked below. 300 000 Palestinians were expelled from their homes, more than a third of those people had been displaced in the 1948 Nakba.

<https://www.aljazeera.com/features/2018/6/4/the-naksa-how-israel-occupied-the-whole-of-palestine-in-1967>

To be added/coming soon: 1973 War, first intifada, second intifada

Ongoing Occupation

"But Iman," you might say. "That all happened a long time ago!" Wrong.

The displacement of Palestinians and the theft of land was not a historic event that ended, it's ongoing. As long as Palestinians do not have the right of return, it is ongoing. But the continued displacement is also ACTIVELY still happening. You may remember when two years ago neighbourhoods such as Sheikh Jarrah in Jerusalem were under attack by Israeli forces and Jewish settlers. Here are some things to read and watch about that:

Link 1:

<https://www.theguardian.com/world/2022/jan/19/israeli-police-evict-palestinian-family-from-sheikh-jarrah-home>

Link 2: <https://youtu.be/KNqozQ8uaV8?si=0ksAL6mTXa1X7Kjn>

Link 3: <https://www.amnesty.org/en/documents/mde15/6240/2022/en/>

Other than theft of land, what else is happening/has happened?

Here's a post with some slides that explain other policies under occupation:

<https://www.instagram.com/p/CPEDPFKF6E4/?igshid=MzRIODBiNWFIZA==>

This is a database of discriminatory laws and drafted proposals in Israel. You can click on each one for more details.

<https://www.adalah.org/en/law/index>

The restriction on access to water:

<https://www.amnesty.org/en/latest/campaigns/2017/11/the-occupation-of-water/>

Restrictions on freedom of movement:

Link 1: A photo essay by Activestills on Israel's military checkpoints - read this to have some insight into the daily life of a Palestinian with an Israeli work permit.

<https://interactive.aljazeera.com/aje/2018/commuting-through-israeli-checkpoints/index.html>

Link 2: B'tselem list of military checkpoints

https://www.btselem.org/freedom_of_movement/checkpoints_and_forbidden_roads

So Close Yet So Far is a series of short animations that tell the stories of Palestinian families separated by Israeli apartheid policy, as documented by human rights groups/journalists. Meet Amani and Adnan. Narrated by: Sally Shalabi

<https://twitter.com/visualizingpal/status/1299742882300125185>

This is an Amnesty International report that lists occurrences of apartheid, unlawful attacks and killings, freedom of movement, forced evictions, and arbitrary detentions in Palestine:

<https://www.amnesty.org/en/location/middle-east-and-north-africa/israel-and-occupied-palestinian-territories/report-israel-and-occupied-palestinian-territories/>

Information from Medical Aid for Palestinians including reports, factsheets and infographics

Link 1: <https://www.map.org.uk/publications/fact-sheets>

Link 2: <https://www.map.org.uk/publications/programme-reports>

Link 3: <https://www.map.org.uk/publications/infographics>

We've been chatting too long and now I'm embarrassed to ask:

- What is Gaza?

Gaza is a Palestinian territory that is home to 2.3 million people. 60% of the population are refugees that were displaced following the Nakba. Gaza is not another country or island. Prior to occupation, the land that is now identified as Israel on world maps belonged to Palestinians (it still does). Following decades of Israeli occupation, only a small amount of Palestinian land is now lived on and partially controlled by Palestinians (Israel still controls Gaza's air and maritime space, as well as several road crossings). Gaza has come to be known as the world's largest open air prison with its civilians subject to violence in many forms on a daily basis.

For some quick geographical perspective: https://www.youtube.com/watch?v=zUCI_8-xjQI

For an understanding of Gaza, and the conditions of the Gazan people, see:

Link 1:

<https://www.aljazeera.com/news/2023/10/11/what-is-gaza-strip-the-besieged-palestinian-enclave-under-israeli-assault>

Link 2:

<https://www.aljazeera.com/opinions/2022/6/24/gaza-blockade-15-years>

- What is the West Bank?

The West Bank (including East Jerusalem) was taken over by Israel during the 1967 War. It makes up the bulk of what's now referred to as the Occupied Palestinian Territories, along with the Gaza Strip. It is bordered by Jordan and the Dead Sea to the east, and by Israel to the south, west, and north. From 2012 to 2022, the population of Israeli settlers in the occupied West Bank, including East Jerusalem, had grown from 520,000 to over 700,000. These settlers lived illegally in 279 Israeli settlements across the occupied West Bank, including 14 settlements in the occupied East Jerusalem, with a total population of more than 229,000 people. At least 147 of these settlements were outposts, illegal even under Israeli domestic law.

[Let's Talk Palestine](#) made [this post](#) that explains the separation of Palestinians and what that means for individuals living in those areas really well.

Here's some more information:

Link 1: Human Rights Council Hears that 700,000 Israeli Settlers are Living Illegally in the Occupied West Bank – Meeting Summary (Excerpts)

<https://www.un.org/unispal/document/human-rights-council-hears-that-700000-israeli-settlers-are-living-illegally-in-the-occupied-west-bank-meeting-summary-excerpts/>

Link 2: Explainer: Israel, annexation and the West Bank

<https://www.bbc.com/news/world-middle-east-52756427>

Link 3: Populations in Israel and the Occupied Palestinian Territory endure recurring war crimes and crimes against humanity, including the crime of apartheid.

<https://www.globalr2p.org/countries/israel-and-the-occupied-palestinian-territory/>

Link 4: Land Grab: Israel's Settlement Policy in the West Bank - 2002

https://www.btselem.org/publications/summaries/200205_land_grab

Western mainstream media

Loss of innocent civilian life is always tragic. However, the media coverage of loss of life in occupied Palestine and so-called Israel is heavily skewed in favour of Israeli settlers who are humanised and treated with dignity. Here are some examples of the differences.

- Use of language - "killed" (Israeli) vs "died" (Palestinian)

Link 1: Video from TRT world on X, formerly known as Twitter.

<https://twitter.com/trtworld/status/1395500329333035008?lang=en>

Link 2: How media reports of 'clashes' mislead Americans about Israeli-Palestinian violence

<https://theconversation.com/how-media-reports-of-clashes-mislead-americans-about-israeli-palestinian-violence-183077>

- Unverified information and blatant lies shared widely without fact checking - The world was outraged at the fabricated story of 40 beheaded babies but there seems to be very little reaction to 700+ actual dead children in Gaza.

Link 1: Israeli official says government cannot confirm babies were beheaded in Hamas attack
<https://edition.cnn.com/2023/10/12/middleeast/israel-hamas-beheading-claims-intl/index.html>

Link 2: Apology from CNN report Sara Sidner on X, formerly known as Twitter.
<https://twitter.com/sarasidnerCNN/status/1712415116363169884>

Israel & the myth of self defence - David Hearst, Middle East Eye editor-in-chief
<https://www.instagram.com/reel/CyakMVnIBTX/?igshid=MzRIODBiNWFIZA==>

In addition to the selective media stories, Palestinian activists, academics, journalists, etc. are often only asked to speak on air when Israeli deaths have been reported. The agenda is always clear - you've been invited to denounce and condemn the actions of Hamas. Interviewers will speak over invited guests, ignore the information that is presented to them, or outright end the conversation.

Video by Al Jazeera - Demands for condemnations of violence against civilians seem to be reserved only for Palestinians - why is this the case:
<https://www.instagram.com/reel/CyVhZ4VtHTM/?igshid=MzRIODBiNWFIZA==>

Video by Mohammed El-Kurd - Media Literacy Lesson
<https://www.instagram.com/p/Cybb2xEN62Z/>

Here are some *recent* full interview examples of Palestinians on air, though this has been happening for decades:

- Randa Abdel Fattah on Sky News - <https://www.youtube.com/watch?v=eHx3bjOLKao> (official Sky News link tho ew to giving them clicks)
- Nasser Mashni on Sky News - <https://www.youtube.com/watch?v=LXoQMIJAINc> (another official Sky News link ew)
- Husam Zumlot, Palestinian Ambassador to the UK in an interview with BBC - <https://www.youtube.com/watch?v=nZFCJ4NN4Dk>
- Mariam Barghouti, Journalist, on Sky News with reporter who tries to shift focus to Hamas and not on denouncing state-sanctioned ethnic cleansing - <https://www.instagram.com/reel/CyEbI SopdB/?igshid=MzRIODBiNWFIZA==>

Mohammed El-Kurd just published an article in The Nation (20/10) about this treatment of Palestinians by Western journalists - Western Journalists Have Palestinian Blood on Their Hands
<https://www.thenation.com/article/world/western-journalists-have-palestinian-blood-on-their-hands/>

Adding this legendary interview that Bassem Youssef did with Piers Morgan in case you need a break from the ridiculousness of the interviews above:
<https://www.youtube.com/watch?v=4idQbwsvtUo>

Hamas

<https://www.aljazeera.com/gallery/2023/10/11/history-illustrated-the-story-of-hamas-and-its-fight-for-palestine>

This media coverage often leans heavily on Hamas as justification for the violence against Palestinians, but what isn't reported is that:

- Hamas was democratically elected.
- Palestine does not have a military to defend itself. Hamas is its defence. Israel controls everything in the region including access to electricity and water. At one stage, they began to count how many calories Palestinians would need to starve but not actually die. The idea that Palestinians have an alternative form of defence to turn to is false.
- They are a resistance movement that formed because of the occupation. They haven't always existed! Israel depends on an Islamist terrorist narrative to keep brutalising Palestinians and expanding their territory, but the Nakba was in 1948 and Hamas was established in the late 80s.

The attacks and threat to Palestinian and Israeli lives are so disproportionate that Palestine LITERALLY ASKED the International Criminal Court to come in and investigate them to decide whether they were guilty of committing war crimes

<https://apan.org.au/factsheet-icc/>

I don't know of many terrorist organisations who willingly and openly submit themselves to investigations, I'm just saying.

"But Iman, what about all the violence?"

A common slogan you'll see written on cardboard signs or in the caption of instagram posts: "If Israel stops fighting, there will be peace. If Palestinians stop fighting, there will be no more Palestinians."

Often when we hear this language about condemning violence, it seems to suggest "no matter what". Violence should be condemned *no matter what*. Except, it seems, when it's committed by Israel.

How long can an occupied people be expected to peacefully resist their occupation? To be perfect victims? While it is acceptable for Israel (the occupier) to use self defence as a motive, the same defence is not afforded to Palestinians resisting their occupation. When we talk about restoring peace, what does that mean? If Palestinians and Israelis agree to a ceasefire, has peace been restored? Does peace mean an end to the occupation, or a continuation of it? I invite you instead to consider that the long term goal should not be "peace" which is not tied in any meaningful way to truth-telling and reparations. The long term goal that we should instead be striving towards, is justice.

Cool, now that we've gotten all the theory and philosophy out of the way:

Israel receives 4 BILLION DOLLARS of military aid per year from the United States *alone*. This is something Western media shamefully leave out of the reporting when Palestinians are portrayed as the aggressor - even when the act of resistance is children throwing rocks at Israeli tanks.

For more details, see:

<https://www.aljazeera.com/news/2023/10/11/how-big-is-israels-military-and-how-much-funding-does-it-get-from-the-us>

Palestinian Efforts Towards a Free Palestine

So, now that we've outlined the situation, what would you have Palestinians do? Before you answer, here is a list of things they have already tried:

Peaceful resistance

The Palestinian flag was first banned in Gaza and the West Bank in 1967. Two months after occupying the Palestinian territories in 1967, Israeli authorities issued a military order which punishes and criminalises Palestinians for attending and organising processions, assemblies or vigils of 10 or more people for issues that “may be construed as political”, unless they have a permit. The order, which does not define what is meant by “political”, effectively bans protests, including peaceful ones. It also prohibits the display of flags or emblems or the publication of any material “having a political significance” without a permit from an Israeli military commander. The order continues to apply in the West Bank.

Link 1: Source: Amnesty International [this is where the text above came from]

<https://www.amnesty.org/en/latest/news/2023/01/israel-opt-flag-restrictions-are-the-latest-attempt-to-silence-palestinians-and-reduce-their-visibility/>

Link 2: Source: NY Times article

<https://www.nytimes.com/2022/07/30/world/middleeast/palestinian-flag-attack-israel.html>

Peace talks

The Oslo Accords (named after Norway’s capital where secret meetings initially took place) are considered internationally to be the first direct Palestinian-Israeli peace agreement. Israeli PM Yitzhak Rabin, head of the Palestinian Liberation Organisation (PLO) Yasser Arafat, and US president Bill Clinton met in 1993 - you may remember the photo of the handshake on the White House lawn. This was considered to be a step towards peace as it was the first time the PLO recognised Israel as a state, and the first time Israel recognised the PLO.

However, it was not until 2001 before the US formally gave support for a two state solution. Prior to this, there was no mention of a Palestinian state in the documents. Instead, there was a plan for an interim Palestinian Authority to be established that would govern over Palestinians (in a limited capacity) in the West Bank and Gaza for five years. The accords also outlined the responsibilities in the division of land in the West Bank (links below). Supposedly following this period, talks regarding borders, settlements, refugees, and Jerusalem would take place.

30 years later, you can guess how that’s going:

Link 1: <https://www.aljazeera.com/news/2023/9/13/what-were-oslo-accords-israel-palestinians>

Link 2: <https://www.youtube.com/watch?v=Ncg713gHwos>

Link 3:

<https://theconversation.com/30-years-after-arafat-rabin-handshake-clear-flaws-in-oslo-accords-doomed-peace-talks-to-failure-211362>

Link 4: https://www.btselem.org/publications/201606_reality_check

Link 5: <https://www.middleeasteye.net/opinion/oslo-accords-thirty-years-peace-distortion>

Link 6:

<https://www.newarab.com/opinion/temporary-deals-become-entrenched-injustices-israeli-occupation-persists>

Link 7: https://www.btselem.org/publications/summaries/199905_oslo_before_and_after

See also: 2000 Camp David.

Peaceful marches

In March 2018, Palestinians organised the Great March of Return to voice their right of return to their land, and to protest the Israeli blockade on Gaza which was making living conditions unbearable. This gathering took place from 30 March 2018 until 27 December 2019. One of the inspirations for the march

was Ahmed Abu Artema, a poet and journalist, who wrote on Facebook: "What would happen if thousands of Gazans, most of them refugees, attempted to peacefully cross the fence that separates them from their ancestral lands?"

Here's some more information about the right of return:

<https://www.hrw.org/news/2023/05/15/75-years-later-israel-blocking-palestinian-refugees-return>

& here's what happened when they marched to the border:

The man behind Gaza's Great March of Return

<https://www.youtube.com/watch?v=ecrbhD8l1SE>

Link 1: Amnesty International

<https://www.amnesty.org/en/latest/campaigns/2018/10/gaza-great-march-of-return/>

Link 2: United Nations Relief and Works Agency (UNRWA)

<https://www.unrwa.org/campaign/gaza-great-march-return>

Link 3: Medecins Sans Frontiers (Doctors Without Borders)

<https://www.msf.org/great-march-return-depth>

Link 4: Israeli forces 'deliberately killed' Palestinian paramedic Razan

<https://www.aljazeera.com/news/2018/7/18/israeli-forces-deliberately-killed-palestinian-paramedic-razan>

Petitions from Palestinians, the international community, human rights organisations, etc. There are *hundreds* and *hundreds* of these from around the world asking governments to sanction Israel, to hold them accountable for their crimes, to stop the support of their military, etc.

Link 1: Israel's Supreme Court dismisses petition to remove West Bank Settlement

<https://www.reuters.com/world/middle-east/israels-supreme-court-dismisses-petition-remove-west-bank-settlement-2023-08-03/>

Link 2: Petition by Australians in 2021

<https://www.aph.gov.au/e-petitions/petition/EN2715>

Minister response to above petition can be found as a PDF on the bottom of the page.

Links 3-5: Amnesty International

<https://www.amnesty.org/en/petition/end-the-violence-in-occupied-palestinian-territories/>

<https://action.amnesty.org.au/act-now/israel-must-stop-violating-human-rights>

<https://action.amnesty.org.au/act-now/demolish-apartheid-not-palestinian-homes>

Art

From 1980 - 1993, the Israeli government prohibited Palestinian artists from using the colours of the Palestinian flag in their work. This is how we eventually got the watermelon resistance! 🍉🍉🍉

Link 1: Post from gaytor.al

<https://www.instagram.com/p/CPD9-pQj9Pm/>

Link 2: An article on the censorship and punishment of Palestinian artists

<https://www.newarab.com/opinion/dreams-liberation-israels-censorship-palestinian-art>

Link 3: Hafez Omar imprisoned

<https://www.frontlinedefenders.org/en/case/artist-and-human-rights-defender-hafez-omar-remains-detention>

Ameerah Bad'r in [this reel](#) did a really cool thing and compiled 100 revolutionary posters created over the past 50 years in support of a free Palestine. She also made this separate Google doc to credit each artist:

<https://bit.ly/405NrXJ>

Poetry (I gotta, but I'll restrain myself)

Link 1: Mahmoud Darwish, Palestine Poet Laureate

<http://www.barghouti.com/poets/darwish/bitqa.asp>

Link 2: Rafeef Ziadah, We Teach Life Sir, 2011

<https://www.youtube.com/watch?v=aKucPh9xHtM>

Get Involved

"Whoa, that's horrible, I can see they've literally tried everything even when the onus should never have been on Palestinians to fight for freedom and justice. What can I do to help?"

6 ways that you can help, regardless of the struggle, that pretty much never change:

1. Write to your local member

Tell them that you do not support your country backing Israel's genocide of Palestinians. APAN has a ready template that you can personalise or send as is, all you have to do is put in your address and it'll give you the name of your local member. https://apan.org.au/israel_stop/

If you have petitions available to you, sign them! Here's one if you're based in Australia:

<https://www.change.org/p/retract-australian-government-support-of-war-crimes-committed-by-israel-again-st-palestine>

2. Donate to trusted charities who are on the ground in Palestine.

Palestinian Children's Relief Fund - PCRF: <https://www.pcrf.net>

Medical Aid for Palestinians (MAP): www.map.org.uk

Baitul-maal: <https://baitulmaal.org/donate/>

Middle East Children's Alliance: www.mecaforpeace.org

3. Join your local rallies/protests

Most major cities have Palestinian organisers and activists that will ask people to show up and support the movement to free Palestine. A full list of groups in Australia can be found here:

<https://apan.org.au/local-groups/>

If you're on Gadigal land, follow Palestine Action Group Sydney on [Facebook](#) and [Instagram](#) to stay up to date.

At the time I write this, the next protest will be on Saturday 21st October 2023, 1pm @ Town Hall.

4. Follow people to stay up to date, and share their content with your circles.

This is a video about the types of content to share that's useful:

<https://www.instagram.com/reel/CyckJfnM1hf/?igshid=MzRIODBiNWFIZA==>

Here are some accounts to follow to get you started:

[@sbeih.jpg](#) - US
[@instasaranade](#) - AU
[@mohammedelkurd](#) - US
[@nouraerakat](#) - US
[@randaafattah](#) - AU
[@zedekcollective](#) - AU
[@jewishvoiceforpeace](#) - US

For up to date news, consider:

[@middleeasteye](#)
[@eyeonpalestine](#)
[@aljazeeraenglish](#)
[@theimeu](#)

There's also a post with a list of accounts of people in Gaza you can follow on instagram here:

https://www.instagram.com/p/CySCPAPrJ9M/?img_index=1

Infographics -

These have been included because they were specifically requested by people wanting to understand more about the situation. Visualising Palestine has made many of these graphics that cover a range of topics such as death tolls, discriminatory laws, and international responses. You can view them here:

<https://visualizingpalestine.org/visuals>

For more, see:

- Death Toll for scale:
<https://www.instagram.com/p/CyZOFjvOmmk/?igshid=MzRIODBiNWFIZA==>
- 4 Wars Old - Fourteen Years of Childhood in Gaza
<https://visualizingpalestine.org/visuals/four-wars-old>
- What Genocide looks like over 7 days:
<https://www.instagram.com/p/CyZGdaVLBIP/?igshid=MzRIODBiNWFIZA==>
- An animated map of the loss of Palestinian land:
https://remix.aljazeera.com/aje/PalestineRemix/maps_main.html
- 23 Palestinians for every 1 Israeli killed between 2008- 2021:
<https://www.aljazeera.com/news/2021/5/18/mapping-israeli-occupation-gaza-palestine>
- What does the blockade actually look like:
https://www.instagram.com/p/CyNpw16sYhs/?igshid=MzRIODBiNWFIZA%3D%3D&img_index=6
- 50,000 pregnant women can't access health services in Gaza:
<https://twitter.com/UNFPA/status/1712838361117794493>
- Clickable map of a list of town where Palestinians were forcibly removed, 1947-1949 (Nakba):
https://en.wikipedia.org/wiki/List_of_towns_and_villages_depopulated_during_the_1947%E2%80%931949_Palestine_war
- And here are the main massacres that occurred, and the name of the towns:
<https://www.aljazeera.com/news/2022/5/15/nakba-mapping-palestinian-villages-destroyed-by-israel-in-1948>

- The contamination of Gaza's water:
https://www.facebook.com/middleeastmonitor/photos/a.175445796925/10156833240971926/?type=3&ref=embed_post
- Unemployment rate and stops to exports strangling Gaza's economy:
<https://m.facebook.com/Oxfam/photos/after-more-than-a-decade-of-illegal-blockade-of-gaza-its-once-thriving-economy-h/551093568601795/>
- Not an infographic, but a link to the UN saying that Gaza is unlivable - in 2018 - that was FIVE YEARS AGO.
<https://www.un.org/unispal/document/gaza-unliveable-un-special-rapporteur-for-the-situation-of-human-rights-in-the-opt-tells-third-committee-press-release-excerpts/>
- How a 15 year blockade affects food supplies:
<https://images.theconversation.com/files/487843/original/file-20221003-7185-zmf9k8.jpg?ixlib=rb-1.1.0&q=45&auto=format&w=1000&fit=clip>

5. **Support Palestinian businesses [will continue to update]**

- Hazem Sedda runs Redfern Convenience Store, you can follow [@refern_convenience_store](#) on instagram. They're located at 152a Redfern St, Redfern NSW
- Little Jerusalem Catering - you can follow [@littlejerusalem](#) and place orders through www.littlejerusalem.com.au
- Ethically sourced, fair trade products imported from Palestine!
<https://www.palestinefairtradeaustralia.org.au>
- Beit e'Shai - a social enterprise, apothecary and popup teahouse based in Naarm.
<https://www.beiteshai.com/>

International:

<https://sittisoap.com/blogs/news/10-palestinian-owned-brands-to-support-today-and-every-day>

6. **Boycott, Divestment, Sanctions (BDS)**

What is BDS?

BDS is a global, Palestinian-led movement for freedom, justice and equality. Inspired by the South African anti-apartheid movement, the Palestinian BDS call urges nonviolent pressure on Israel until it complies with international law by meeting three demands:

1. Ending its occupation and colonisation of all Arab lands and dismantling the Wall.
2. Recognizing the fundamental rights of the Arab-Palestinian citizens of Israel to full equality.
3. Respecting, protecting and promoting the rights of Palestinian refugees to return to their homes and properties as stipulated in UN Resolution 194

What does this specifically entail?

1. Boycott:

Withdraw support from Israel, complicit sporting, cultural and academic institutions, and all Israeli and international companies engaged in violations of Palestinian human rights.

2. Divestments:

Urge banks, councils, churches, pension funds and universities to withdraw investments from Israel and all Israeli and international companies that sustain Israeli apartheid.

3. Sanctions:

Pressure governments to fulfil their legal obligations to end Israeli apartheid, including not to aid or assist its maintenance, ban business with illegal Israeli settlements, end military trade and free-trade agreements, and suspending Israeli membership to the UN.

More info about BDS can be found here:

Website: <https://bdsmovement.net/>

AUS website: <https://bdsaustralia.net.au>

Insta: [bdsinaustralia](#)

Need more convincing to throw away your Soda Stream? Here are some horrific things Israeli officials have openly stated in this past week *alone*:

<https://www.newarab.com/news/what-have-israeli-officials-said-about-palestinians-gaza>

Here are some more:

https://www.instagram.com/p/Cyd5a9moQps/?img_index=2

Non-Palestinian Support for Palestine

"Okay Iman, I see what you're saying and I'm pretty sure I agree with you, but these resources heavily favour Palestinians and Arabs more generally, how can I trust that you're not biased?"

That's a fair concern, here are some more people to check out:

Jewish Voice For Peace - Israel & Palestine, A Very Short Introduction:

<https://youtu.be/Y58njT2oXfE?si=8qbUCUHXONlIgqLw>

Gabor Mate - Holocaust survivor and activist, former Zionist.

Link 1: Gabor Mate speaks about Palestine and Israel

<https://youtu.be/6n6xvFw7r9Y?si=aVH36V8wK0ZioT2O>

Link 2: Why Do People Still Defend Israel:

<https://www.instagram.com/p/CyYUtTroVO4/>

Norman Finkelstein - Well-known academic. His mother survived the Warsaw ghetto and his father survived both the Warsaw ghetto and Auschwitz.

He has written books such as **Gaza**, and given lectures and interviews that can be freely found on YouTube:

<https://youtu.be/mZGPZRkqJzY?si=3oaFo0MfzUXkWO6z>

Ilan Pappé - Israeli historian. He's written books such as ***The Ethnic Cleansing of Palestine*** and ***Ten Myths About Israel***. He also co-wrote ***On Palestine*** with old mate Noam Chomsky who has heeeeeeaaps of things you can read as well as lectures and talks that you can watch/listen to on YouTube.

Gerald Kaufman - UK lawmaker speaks about Israeli attack on Gaza 15 January 2009

https://youtu.be/Osr_1ySuF6A?si=h99qXOasQHqs5E4y

Noam Chomsky - Anti-imperialist academic born to Ashkenazi-Jewish parents, who is renowned for his contributions to linguistics, philosophical thought and is an ardent critic of the ideological role of mainstream mass media.

Interview on Palestine, Israel and the state of the world, 2023

<https://www.aljazeera.com/features/2023/4/9/qa-noam-chomsky-on-palestine-israel-and-the-state-of-the-world>

"This is the last phase of European colonisation...notice that the countries that are most strongly in support of Israel...the United States, Australia and Canada - the offshoots of England...these are settler-colonial societies."

From the following video 'Why Does the U.S. Support Israel?'

https://youtu.be/UQ_0MubbCM?si=XK7OjFHxvV1_HK6Z

Several prominent Black civil rights activists and writers have spoken out in support of Palestine:

Malcolm X

In his 1964 essay, "Zionist Logic," Malcolm X called for the liberation of Palestine, writing: "The ever-scheming European imperialists wisely placed Israel where she could geographically divide the Arab world."

The full essay:

https://www.marxists.org/history/etol/newspape/socialist-viewpoint-us/mayjun_05/mayjun_05_21.htm

Angela Davis

Angela Davis, a revolutionary political activist and academic published a whole book of essays, interviews and speeches linking the struggles of liberation movements in history and the parallels between state violence from Ferguson to Palestine.

Link 1: Freedom Is A Constant Struggle by Angela Davis

<https://www.haymarketbooks.org/books/780-freedom-is-a-constant-struggle>

Link 2: Angela Davis and 'indivisible justice' for Palestine

<https://www.workers.org/2019/01/40763/>

Muhammad Ali

"I declare support for the Palestinian struggle to liberate their homeland and oust the Zionist invaders"

<https://www.aljazeera.com/opinions/2016/6/13/the-greatest-was-a-black-man-who-supported-palestinians>

Nelson Mandela

"We know too well that our freedom is incomplete without the freedom of the Palestinians." Mandela reaffirmed his support for Palestinian rights in a 1997 speech on the International Day of Solidarity with the Palestinian People.

<https://www.middleeasteye.net/news/nelson-mandela-30-years-palestine>

+ Here's a great article by Nelson Mandela's grandson, Nkosi Zwelivelile Mandela

<https://www.aljazeera.com/opinions/2020/7/18/how-israels-lobbyists-occupied-mandelas-legacy>

James Baldwin

A world renowned author and academic who, after being invited to Israel, came to the sobering conclusion that Israel represents Western imperialism rather than Jewish salvation.

Open Letter to the Born Again 1979:

...But the state of Israel was not created for the salvation of the Jews; it was created for the salvation of Western interests. This is what is becoming clear (I must say it was always clear to me). The Palestinians have been paying for the British colonial policy of “divide and rule” and for Europe’s guilty Christian conscience for more than thirty years...The collapse of the Shah of Iran not only revealed the depth of pious Carter’s concern for “human rights,” it also revealed who supplied oil to Israel, and to whom Israel supplied arms. It happened to be, to spell it out, white South Africa.

<https://socialistworker.org/2014/07/23/how-baldwin-saw-palestine>

<https://www.thenation.com/article/archive/open-letter-born-again/#> (change to Reader View in your browser to access)

bell hooks

Signed a statement in solidarity with Palestine in 2014

<http://www.forharriet.com/2014/08/statement-in-solidarity-with.html>

Here is a longer list of black feminists who have voiced their support of Palestine:

<https://www.blackwomenradicals.com/blog-feed/black-feminist-perspectives-on-palestine-a-reading-list>

Human Rights Organisations

Before I link the internationally recognised human rights organisations, I want to make it clear that **Israel’s own foremost human rights organisation, B’Tselem, has recognised and documented Israel’s war crimes in occupied Palestine.**

Link 1: Reality Check: Almost 50 Years of Occupation

https://www.btselem.org/publications/201606_reality_check

Link 2: Bombing Civilian Objects is a War Crime

https://www.btselem.org/gaza_strip/20210520_bombing_civilian_objectives_is_a_war_crim

Link 3: Not a “vibrant democracy”. This is apartheid.

https://www.btselem.org/publications/202210_not_a_vibrant_democracy_this_is_apartheid

Link 4: Various publications by B’Tselem

<https://www.btselem.org/publications/100>

Amnesty International:

Link 1: Human Rights in Israel and Occupied Palestinian Territories

<https://www.amnesty.org/en/location/middle-east-and-north-africa/israel-and-occupied-palestinian-territories/report-israel-and-occupied-palestinian-territories/>

Link 2: Israel’s Occupation: 50 Years of Dispossession

<https://www.amnesty.org/en/latest/campaigns/2017/06/israel-occupation-50-years-of-dispossession/>

Human Rights Watch:

Link 1: A Threshold Crossed - Israeli Authorities and the Crimes of Apartheid and Persecution, 213 pg. report

<https://www.hrw.org/report/2021/04/27/threshold-crossed/israeli-authorities-and-crimes-apartheid-and-persecution>

Link 2: Time to Recognize Reality of Israeli Apartheid & Persecution

<https://www.hrw.org/news/2021/10/04/time-recognize-reality-israeli-apartheid-persecution>

Link 3: EU Buries Head Deeper in Sand Over Israel's Apartheid

<https://www.hrw.org/news/2023/02/09/eu-buries-head-deeper-sand-over-israels-apartheid>

Link 4: Israel: Discriminatory Land Policies Hem in Palestinians

<https://www.hrw.org/news/2020/05/12/israel-discriminatory-land-policies-hem-palestinians>

World Health Organisation:

Link 1: On access to healthcare

<https://www.emro.who.int/opt/news/who-launches-report-on-the-right-to-health-2018-october-2019.html>

Link 2: On reversal of the evacuation order

<https://www.who.int/news/item/13-10-2023-who-pleads-for-immediate-reversal-of-gaza-evacuation-order-to-protect-health-and-reduce-suffering>

United Nations:

Link 1: On ethnic cleansing

<https://www.ohchr.org/en/press-releases/2023/10/un-expert-warns-new-instance-mass-ethnic-cleansing-palestinians-calls>

Link 2: On the Palestinian right of return

<https://www.ohchr.org/en/statements/2023/06/right-return-palestinian-refugees-must-be-prioritised-over-political>

Still have some questions? Here's some more information for you to check out. We all learn differently so I've tried to include a wide range of sources.

Some content from people on TikTok & Insta:

Gideon Levy, an Israeli who reported about Israel for 40 years

<https://www.instagram.com/reel/Cybvu31O9i5/?igshid=MzRIODBiNWFIZA==>

Rabbi Yisroel Dovid Weiss, activist and spokesperson for Neturei Karta

<https://www.instagram.com/reel/CybVXbloQGr/?igshid=MzRIODBiNWFIZA==>

Sim Kern, Do Jews need a homeland?

<https://www.instagram.com/p/CyTp6ZQrllS/>

Sim Kern, Jewish author speaks

<https://www.instagram.com/p/CyMFkNeg16z/>

Further Education - books, videos, audio

Big fan of books?

Verso and Haymarket Books are currently offering some ebooks for free!

Verso:

<https://www.versobooks.com/en-gb/products/370-ten-myths-about-israel?>

Haymarket Books:

<https://www.haymarketbooks.org/blogs/495-free-ebooks-for-a-free-palestine?>

Here's a link to a google drive with access to free ebooks:

www.tinyurl.com/read4palestine

Even more reading (there may be some titles mentioned that are already listed above) from a list compiled by Sara Saleh and Hasib Hourani, last updated in 2021:

Articles & Op Eds

General

[Living the Nakba: Testimonies of trauma, loss, rage and hope](#), Randa Abdel Fattah

[A history of Palestinian dispossession](#), Lana Tatour

[Welcome to the Nakba: notes from the epicentre of an apocalypse](#), Micaela Sahhar

[Indigenous there, settlers here: Palestinians in Australia](#), Tasnim Mahmoud Sammak

[How Black Lives Matter is changing the conversation on Palestine](#), Micaela Sahhar

[Righting the history of Palestine](#), Jamal Nabulsi

[Gaza on the brink of extinction: an open letter to Malcolm Turnbull](#), Amy McQuire

[Why we cannot be 'progressive except for Palestine'](#), Roz Bellamy

[As in Australia, so in Palestine: the colonial logic of striking at terror](#), Jeff Sparrow

On the recent Israeli attack on Gaza; Sheikh Jarrah; Palestine

[The Bombs of Eid](#), Samah Sabawi

[My family in Gaza ask me 'can you postpone nightfall'](#), Samiha Olwan

[A Palestinian-Australian on the violence in the Middle East](#), Amin Abbas

[Defending Sheikh Jarrah](#), Tasnim Mahmoud Sammak

[Gaza and the 20-year War on Terror](#), Nahed ElRayes

Books

Non-fiction

The Question of Palestine, Edward Said

The Hundred Years' War on Palestine, Rashid Khalidi

BDS: The Global Struggle for Palestinian Rights, Omar Barghouti

Justice for Some, Noura Erakat

Freedom is a Constant Struggle, Angela Davis

Facts on the Ground, Nadia Abu El Haj

The Ethnic Cleansing of Palestine, Ilan Pappé

The Iron Wall, Avi Shlaim

Except for Palestine: The Limits of Progressive Politics, Marc Lamont Hill and Mitchell Plitnick

Fiction

Tales of a City By the Sea, Samah Sabawi

Where the Streets Had a Name, Randa AbdelFattah

Against the Loveless World, Susan Abulhawa

Mornings in Jenin, Susan Abulhawa

A Minor Detail, Adania Shibli

Salt Houses, Hala Alyan
You Exist Too Much, Zaina Arafat
Palestine +100, Ed. by Basma Ghalayini

Poetry

Australia

[A Trillion Tiny Awakenings](#), Candy Royalle
[Eyad](#), Sara Saleh
[nothing ever really](#), Lujayn Hourani

International

[What I Will](#), Suheir Hammad
[Fuck Your Lecture on Craft, My People Are Dying](#), Noor Hindi
[Running Orders](#), Lena Khalaf Tuffaha
[When They Say Pledge Allegiance I Say](#), Hala Alyan
[Breaking \[News\]](#), Noor Hindi
[On Learning Palestine Does Not Exist](#), Fargo Tbakhi
[Broken Ghazal, Before Balfour](#), George Abraham
[Memory of Figment a Merely](#), Zaina Alsous

Graphic novels - sent in as suggestions, thank you!

Palestine by Joe Sacco
Footnotes in Gaza by Joe Sacco
How to Understand Israel in 60 Days by Sarah Glidden
Not the Israel My Parents Promised by Harvey Pekar
Baddawi by Leila Abdelrazzak

For more:

<https://sweatshop.community/support-palestinian-stories>
<https://decolonizepalestine.com/reading-list/>
<https://palestinianyouthmovement.com/reading-list>
<https://www.haymarketbooks.org/blogs/71-free-palestine-a-reading-list>

Like to watch things?

Check out www.palestinefilmminstitute.org

Palestine 1920: The Other Side of the Palestinian Story
<https://youtu.be/QUCeQt8zg5o?si=NAAWa5SgmV1BMcYE>

Panel: What does Palestine Mean for Black America? A conversation in partnership with the Dream Defenders (featuring Mohammed El-Kurd, Ahmad Abuznaid, Aja Monet, Vic Mensa, Dr Angela Davis, Fayrouz Sharqawi, Anwar Hadid and Janaya Future Khan).
https://www.youtube.com/watch?v=mqn2_os_LJY&t=2s

The titles below were shared [here](#) by [@Afikra](#) on Instagram:
They also shared a blog post with more recommendations [here](#).

Gaza Ghetto: Portrait of a Palestinian Family — The first feature documentary made in Gaza (1985), directed by PeÅ Holmquist, Joan Mandell & Pierre Bjorklund, and set in 1948-1984 Jabalia Palestinian refugee camp. Along with a long list of relevant films, it's free to stream through October 21st via: <https://www.palestinefilmstitute.org/en/unprovoked-narratives>

Where Should The Birds Fly? — A documentary directed by Fida Qishta released in 2013 & covering Gaza in 2004-2011. Available to watch via: <https://www.cultureunplugged.com/documentary/watch-online/play/52720/Where-Should-the-Birds-Fly>

Jenin, Jenin — A 2002 film directed by Mohammed Bakri that's free to watch via: <https://www.youtube.com/watch?v=J5pGLEmmnns>

Salt of this Sea — A 2008 film directed by Annemarie Jacir that's available on: <https://www.netflix.com/lb-en/title/70117041>

The Present — A 2020 short film, directed by Farah Nabulsi & set in the West Bank. Available on: <https://www.netflix.com/title/81424328>

My Neighbourhood — A documentary directed and produced by Julia Bacha & Rebekah Wingert-Jabi, first released in 2012. Available to watch via: <https://justvision.org/myneighbourhood/watch>

Frontiers of Dreams and Fears — A documentary by Mai Masri (be sure to check out our podcast episode with the director <https://www.afikra.com/talks/conversations/maimasri>) shot in two refugee camps & first released in 2001. Available to watch on: <https://www.netflix.com/title/81504566>

The Land Speaks Arabic — A documentary by Maryse Gagour that was released in 2007 but brings together rarely seen footage of Palestine before 1948. Free to watch via: <https://www.youtube.com/watch?v=JfFN8gw1jSI>

In Search of Palestine - Edward Said's Return Home was released by the BBC in 1998 & is available on: <https://vimeo.com/184213685>

Lover of podcasts and interviews?

The Big Picture podcast has some great content on Palestine.

The History of Palestinian Resistance

<https://www.middleeasteye.net/video/history-palestinian-resistance>

The forgotten History of Arabs and Jews

<https://www.middleeasteye.net/video/forgotten-history-arab-jews-1>

Israel, the Media, and the Future of Palestinian Resistance

<https://www.middleeasteye.net/video/israel-media-and-future-palestinian-resistance>

Ben Gvir, Smotrich and the End of the Peace Process

<https://www.middleeasteye.net/video/ben-gvir-smotrich-end-peace-process>

Here are a few others:

Legal Experts Deconstruct Media Lies about Gaza; Voices from Around World Shout Out Solidarity with the Palestinian People

<https://speakingoutofplace.com/2023/10/14/legal-experts-deconstruct-media-lies-about-gaza-voices-from-around-world-shout-out-solidarity-with-the-palestinian-people/>

Let's Talk Palestine: Was Gaza Just Liberated?

<https://open.spotify.com/episode/2RgUwYL0hFhLkTkABBCZSZ>

Lex Fridman Podcast: #391 - Mohammed El-Kurd: Palestine

<https://open.spotify.com/episode/5nANFCJkaU7OYanBpdF2Aj>

Statements & interviews with former/current IDF, pilots etc.

Nir Avishai Cohen

https://youtu.be/xRyBaPkdJ_c?si=uHAI7kBCfSlurdyr

<https://www.breakingthesilence.org.il/testimonies/database> - an extensive database of testimonies from ex-IDF soldiers, this NGO aims to expose the reality of what happens in Occupied Palestinian Territories in order to end Israeli occupation.

Via the Breaking the Silence instagram account:

Anonymous IDF first sergeant operating in Jericho and the Jordan Valley in 2019:

"The military comes and says, that's the area I want. I decide I'm doing training here. And they'd do training either never or once a year. These things just take up more and more space. There are people living there, and they get kicked out only when it pays off. And they'd come with bulldozers and just get rid of all their stuff."

Ilan Fatchi, 50th Battalion IDF soldier. Talking about a specific violent attack of an elderly Palestinian man by a Jewish settler, the police excuse the act because they knew her father and she was 12.

<https://www.youtube.com/watch?v=LaiTwJvdn4Q>

>>> IMPORTANT to note that Israeli police arrest THOUSANDS of Palestinian children each year, who are routinely abused in their military detention systems.

https://www.dci-palestine.org/children_in_israeli_detention

Bonus resources for FAQs!

Q&A on Palestine

<https://imeu.org/article/twenty-questions-and-answers-on-palestine-israel-a-political-guide-for-elec>

Myths about Palestine:

<https://decolonizepalestine.com/myths/>

Before you go, remember to check the 'Get Involved' section again to make sure you've explored all the ways you can make a difference. Okay, now #FreePalestine!