

## Story of a trainee

When our trainee was 6 years old, her father sent her away to another family. Thinking she was going on vacation, our trainee went happily, only to find that she was sent there to work as a child laborer: to cook, clean, and take care of the kids in this new family.

The work conditions were extremely difficult and the family continuously mistreated her. For years, she had no one to go to for support. Many times she tried to run away, only to be sent back by her father to work again. Finally, she decided to run away and never return home.

This trainee went from city to city all over Morocco, living on the streets, trying to find odd jobs here and there. In the spring of 2014, she gave birth to a daughter and became a single mother. With the help from a single mothers organization in Marrakech, she applied to Amal to learn skills and gain experiences in order to find a steady job so that she can become financially independent to support her baby.

Currently, this trainee is in her mid-20s, graduated Amal successfully, and has a stable job at a riad, complete with paperwork. She says that she has high hopes for her future.

**We hope that with your help, we can support more women like her. #Amalforwomen**



## Recommendations from TripAdvisor:

*"Amal-zing! This is a happy place to visit and I guarantee you will be richer for doing so"*  
- Anna

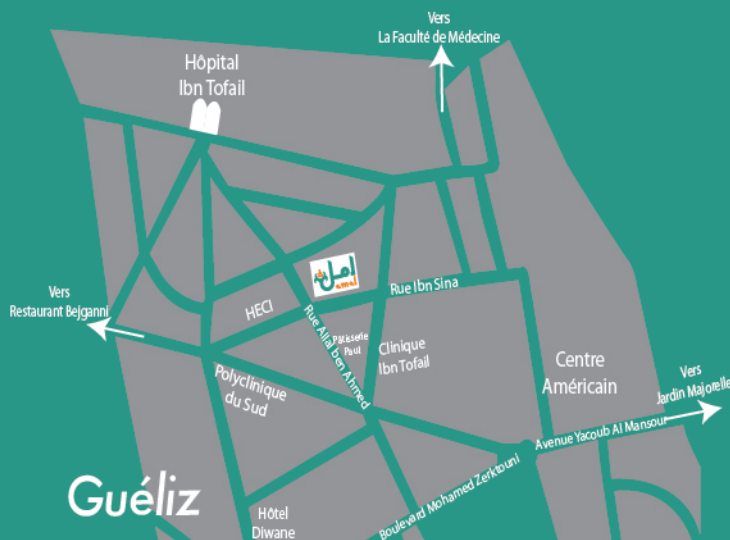
*"This was, by far, the best meal I had in a Moroccan restaurant. The center is everything that social programs should be - effective"*  
- Julie

*"Delicious food served with big hearts"*  
- Liz and Don

## How can you help?

1. Donate or sponsor a trainee through our website.
2. Spread the word! Tell friends and family to come visit us.
3. Recommend us on TripAdvisor.
5. Donate items for our kitchen and our trainees.
6. Sign up online to receive our annual newsletter.

## MAP



Amal Nonprofit

Empowering women  
to build hopeful futures



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<https://amalrestaurant.wordpress.com/>

f: [amalnonprofit](https://www.facebook.com/amalnonprofit)

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Intersection between streets Allal Ben Ahmed & Ibn Sina,  
Guéliz - Marrakech

## Amal : Mission Statement

Amal Women's Training Center and Moroccan Restaurant empowers women from disadvantaged backgrounds to become self-sufficient. Motivated women train in our restaurant to develop job and life skills in order to transform their lives and become economically and socially stable.

## Who are our trainees?

Amal trains women from disadvantaged backgrounds such as:

- Divorced or single mothers
- Former child maids
- Women with little or no education
- Widows
- Orphans

## Amal Training Center

Ten women are selected every four months to participate in our intensive training program. After graduation, our trainees are placed in jobs around Marrakech.

Our training program encompasses:

- Training at the restaurant, including kitchen, pastry making, and service
- Language classes in French, English, and Arabic
- Internships with outside businesses such as riads, hotels, café, and restaurants
- Personal and group therapy with professional psychiatrist
- Life skills coaching
- Arts and crafts classes



## Amal Moroccan Restaurant

Amal is open for lunch every day from 12-4:30 (or dinners for group reservations of 10 or more) to provide our trainees with real life experience. Our rotating menu promises a delicious meal any day of the week!

Our restaurant offers:

- Daily lunch with indoor and outdoor seating
- Variety of different salads and starters
- Moroccan and international dishes
- Delicious sweets for dessert

## Orders To-Go and Catering

Amal also bakes fresh pastries! We make fekkas, ghoribas, cornes de gazelle, chebbekia, cupcakes and birthday cakes...



We offer delivery and catering from our menu for your events. You name it, we'll make it!

## Cooking Class with Amal

Amal offers cooking classes in traditional Moroccan cuisine every morning at 10am except Fridays. Classes are available in Arabic, French, English or Spanish.

Book your cooking class today  
at [amalnonprofit@gmail.com!](mailto:amalnonprofit@gmail.com)



## Background

**Nora Fitzgerald Belahcen**, a Moroccan American, wanted to help Moroccan women in a sustainable way. In 2012 she founded Amal and in spring of 2014, Amal accepted its first class of trainees. She wanted the training center to be a way of opening windows to horizons of hope for women. That is why she named the center "Amal," which means "Hope" in Arabic.

"I see Amal as a space focused first and foremost on honoring and supporting these strong, well-deserving women who have faced incredible difficulties in their lives.

The transformation in these women's lives is quite profound. When they first arrive they rarely smile or make eye contact, even their shoulders are stooped over as if to make them smaller. As the weeks go by, they begin to smile, to stand up straight, to develop a sense of self-worth, to trust themselves and the world."



## Partner

In December 2013, Amal partnered with the Swiss based **drosos (...)**, an organization dedicated to improving the quality of life of at-risk populations throughout the Mediterranean Basin region.