



2025



# ABOUT US

SWIM IS A NON PROFIT, NON CONFESSIONAL, NON POLITICAL, SELF SUSTAINED NGO DEDICATED TO SUPPORTING MARINE CONSERVATION AND ECOSYSTEM PRESERVATION



SWIM INVOLVES COMMUNITIES ACROSS LEBANON IN COMBINED WATER SWIMMING AND WASTE COLLECTION EFFORTS, FOSTERING A CHAIN OF POSITIVE HABITS.





**NABIL AOUAD**



**LISA SOFIAN**

# FOUNDERS

FOUNDED IN 2020 & REGISTERED IN 2021  
SWIM PROMOTES CLEAN LEBANESE SEA  
AND COASTLINE.

WE ARE DEDICATED CITIZENS AND WE  
ASPIRE TO SPREAD AWARENESS  
AND TO MAKE SUSTAINABILITY OUR  
LIFESTYLE THROUGH SPORTS AND  
ECO-FRIENDLY ACTIVITIES.



# PURPOSE



**SWIM** STANDS FOR WHAT?

**SUSTAINABLE  
WASTE  
INTERCITY  
MARATHON**



# SWIM FOR A GREENER LEBANON



**16 Stops of SWIM LEBANON'S Sustainable Waste Intercity Marathon**

**MISSION ACCOMPLISHED**  
**SWIM Along CLEAN Along**  
**OF THE LEBANESE COASTLINE**

**IT'S YOUR SEA**  
**Keep IT Clean**

www.swimlebanon.org  
@swiminitiative  
76-781230

City	Date
Naqoura	21 Aug
Tyr	22 Aug
Ghazieh	28 Aug
Sidon	29 Aug
Jiyeh	11 Sep
Damour	4 Sep
Beirut	5 Sep
Jounieh	12 Sep
Okaibe	18 Sep
Jbeil	19 Sep
Amchit	6 June
Batroun	26 Sep
Hereh-Chekka	25 Sep
Anfeh	2 Oct
Tripoli	3 Oct
Akkar	30 Oct

## IT'S YOUR SEA Campaign

Open water swimming  
and beachfronts clean up all  
along the Lebanese coastline  
from Naqoura to Akkar.



# SWIM CONCEPT 2022

COMPETITION FOR ENVIRONMENT AND SUSTAINABILITY



1

Form a  
team of  
5

2

Be  
passionate  
about  
sports  
and  
environment

3

Maximize  
your  
outreach  
for  
volunteers

4

Choose  
your  
spot for  
clean-up

5

Sustain  
your  
cleaned  
spot  
for 3 months

## WIN ECO-FRIENDLY PRIZES

- Solar Systems
- Mountain Bikes
- Stand-up Paddle Boards

Email your application by

1ST OF MARCH

[info@swimlebanon.org](mailto:info@swimlebanon.org)

For Info Whatsapp Nabil @ 76-781230





# NATIONAL CLEANUP CAMPAIGN

#clean your country

حملة النظافة الوطنية  
#نظف\_بلدك

STARTING JULY 22 TILL OCTOBER 22



Register now

[www.swiminitiative.org](http://www.swiminitiative.org)

Follow us on

@swiminitiative

Call us : 76 781230

Tyre

6 OCT



Beirut

13 AUG



Jounieh

20 AUG



Amchit

17 SEP



Bchaaleh

16 SEP



Chekka

25 SEP



Akkar

9 SEP



MEDIA PARTNER

Lebtivity  
.com

Your social calendar for events



وزارة السياحة اللبنانية  
LEBANANESE MINISTRY OF TOURISM

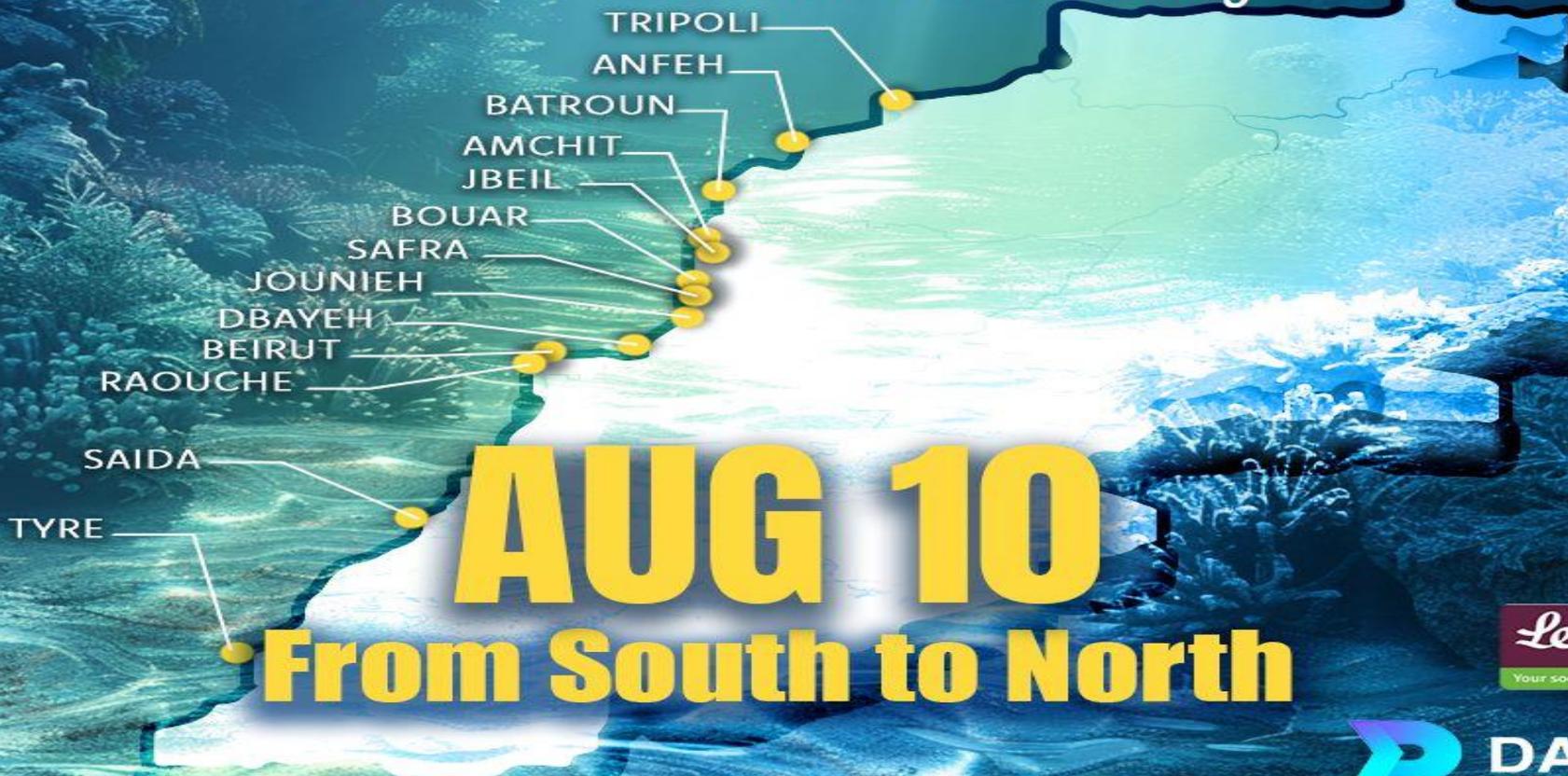


وزارة البيئة



# COME DIVE in LEBANON

The Mediterranean Sea is calling



# AUG 10

## From South to North



OUR FOUNDATIONAL BELIEF

All good things are  
**WILD & FREE**

LET'S PRESERVE OUR NATURAL  
TREASURE & SUSTAIN ITS FUTURE

## MISSION AND OBJECTIVES

- RAISING ENVIRONMENTAL AWARENESS ABOUT THE NEGATIVE IMPACT OF POLLUTION ON ENVIRONMENT
- CREATING A NETWORK OF PEOPLE SHARING THE SAME VALUES
- HIGHLIGHTING THE INTERCONNECTEDNESS OF DAILY LIFE WITH THE PLANET'S HEALTH

# CALL TO ACTION

- ADOPT THE 3 “R” RULE:  
REDUCE-REUSE-RECYCLE

- USE LESS PLASTIC

- CHANGE BEHAVIOUR AND  
MINDSET WITH INDIVIDUAL  
RESPONSIBILITY AND  
COLLECTIVE EFFORTS

بحرك إلك، خلي نظيف  
**IT'S YOUR SEA**  
*keep it clean*



# Q&A



بحرک إلك، خلی نصیف  
**IT'S YOUR SEA**  
*keep it clean*

**Thank You!**

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