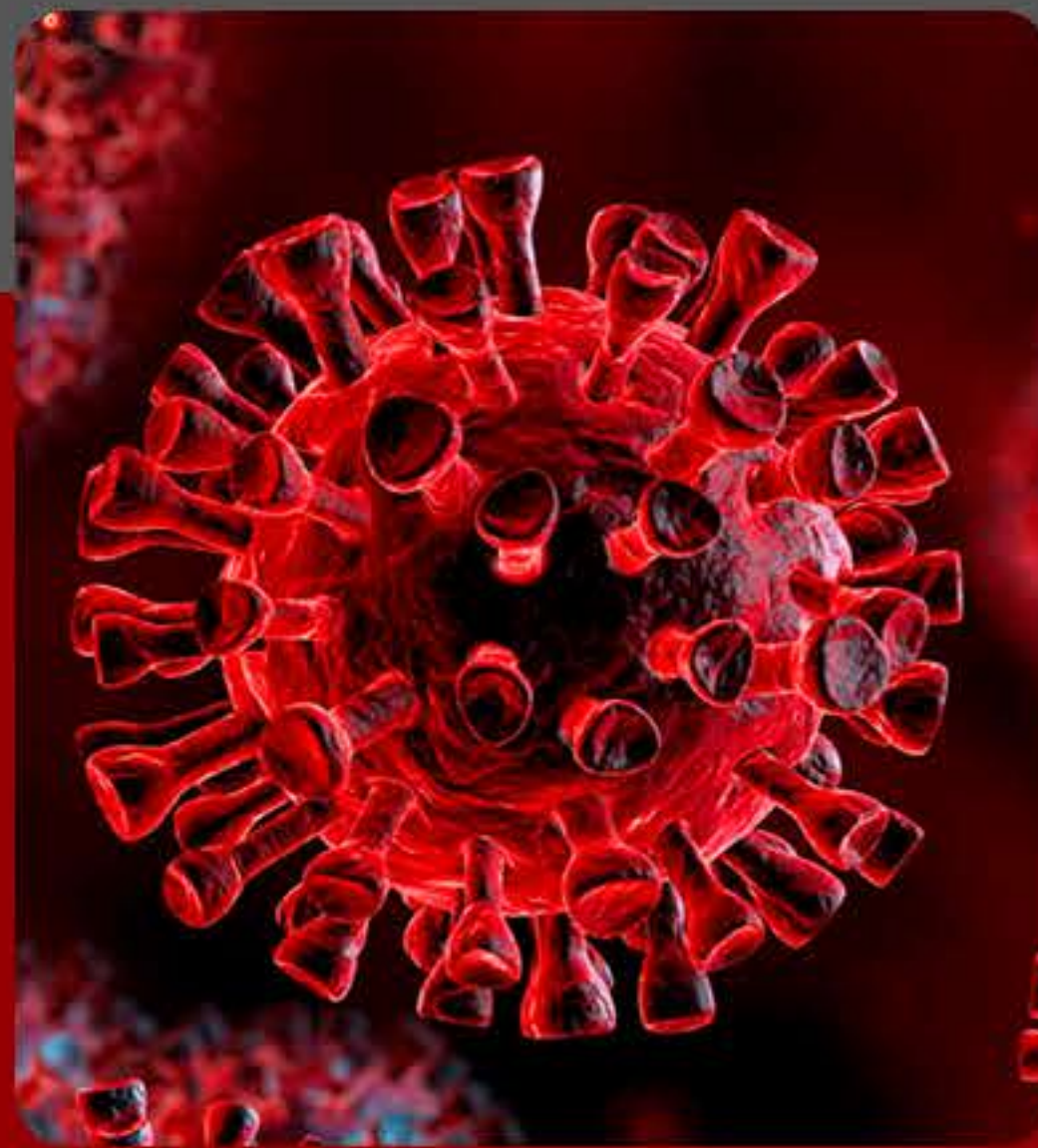


Politics

The COVID-19 Coronavirus Epidemic

Libya closes land and air ports over Coronavirus concerns

- Libya is still free from the disease
- Schools, mosques, barbershops and beauty centers were closed
- Cafes and restaurants were allowed to work until 4 pm



The Libyan Government of National Accord has announced the closure of all the country's land and air ports for three weeks as a preventive measure against the coronavirus.

Although no coronavirus cases were recorded in Libya, Prime Minister Fayez Sarraj declared a state of emergency to prevent the disease and ordered the closure of the land and air ports as of Monday, March 16.

Hundreds of Libya travelers are now stranded in Turkey, the main destination of Libyan citizens.

In an address to the nation, Sarraj also said that schools and universities would be closed for two weeks.

"All sports events will be cancelled and wedding halls will be closed," he stated.

According to Sarraj's orders, Shisha (waterpipe smoking) cafés will be also closed while other cafés that follow health standards will be allowed to open until 4 pm.

Sarraj instructed the Awqaf Authority to urge citizens to perform the daily five prayers at home until the danger of the disease fades away. "State workers are advised to take their annual leave," he said.

The Government of National Accord allocated half a billion dinars to prevent the spread of coronavirus in Libya.

Meanwhile, Libyan authorities closed Wazin-Dahiba border with Tunisia over coronavirus concerns.

Misrata Airport also banned the entry of foreigners into Libya as a preventative measure due to the outbreak of coronavirus in many world countries.

The General Authority of Awqaf and Islamic Affairs called off joint prayers at mosques, including Friday prayers, as a preventive measure against the novel coronavirus.

The Global Health Security Index (GHS) that is approved by John Hopkins University in the US said Libya is among the countries least prepared for Coronavirus pandemic.

Libya came in the lowest rank of countries - the top are the most prepared and the average are more prepared - that are capable of undermining the pandemic of it has broken out, coming at rank 168; achieving 25.7 points, globally out of 195 countries.

Politics

Seven foreign embassies call for humanitarian ceasefire amid Coronavirus challenges



The Embassies of Algeria, France, Germany, Italy, the Netherlands, the United Kingdom, and the United States along with the Delegation of the European Union and the Governments of Tunisia and the United Arab Emirates call on all parties in the Libya conflict to declare an immediate, humanitarian cessation of hostilities as well as a halt to the continuing transfer of all military equipment and personnel into Libya in order to allow local authorities to respond to the unprecedented public health challenge posed by Coronavirus and the disease COVID-19.

"We strongly support the efforts of Libyan health authorities across the country as they come together in a spirit of national cohesion and urge them to take all necessary measures to support the health and well-being of all Libyans." The statement, posted by the US embassy in Libya on Facebook on Tuesday, reads.

The statement indicated that this truce would also enable combatants to return home to provide care for relatives who may be at higher risk.

The embassies also expressed strong hopes that a humanitarian truce will facilitate both Libyan parties' leadership agreeing to the UN-facilitated February 23 draft ceasefire reached in Geneva in the framework of the 5+5 intra-Libyan Joint Military Commission and returning to political dialogue.

The Libyan Presidential Council declared the state of emergency in the country on Saturday with a budget of 500 million dinars to prevent the outbreak of Coronavirus in Libya, in addition to closing all borders for three weeks starting March 16.

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Politics

Interior Ministry and Airbus to sign contract for new helicopters



The Libyan Interior Minister Fathi Bashagha has agreed with the officials of Airbus in France to sign a contract for buying new helicopters for the Interior Ministry.

Bashagha said in a tweet on Tuesday that after visiting the Airbus Company and checking the modern helicopters used by advanced police personnel in the world, he has agreed to sign a contract to buy Airbus 135 and Airbus 145 helicopters for the Ministry.

Meanwhile, the Interior Ministry said on Facebook that Bashagha's meeting with Airbus officials was part of his series of meetings in France.

"This is all part of the Minister's efforts to develop the capabilities of security personnel in order for them to do their duties fully." The Ministry said.

On Monday, the Interior Ministry said Bashagha discussed in France with some field security experts how to set up field hospitals amid natural disasters.

NOC denounces sending aviation fuel by UAE to Haftar

Politics



The Chairman of the Libyan National Oil Corporation (NOC) Mustafa Sanallah has denounced the illegal shipment of aviation fuel from the UAE to (Khalifa Haftar) in the eastern Libyan city of Benghazi.

NOC said in a statement on Monday that it had informed the United Nations and the Government of National Accord as well as numerous other governments of these clear violations to UN resolutions and Libyan laws by the UAE.

NOC explained that the shipment of fuel into Benghazi port was a breach of the UN arms embargo relating to Libya, a contravention of the internationally agreed exclusivity of NOC relating to fuel imports, an infraction of the vessel quarantine protocol, and contrary to international law.

According to NOC, the shipment came from the UAE to Benghazi on a ship called (Gulf Petroleum 4) and had been in Benghazi port for a number of days, referring to the UAE commitment in September 2019 when it signed an international statement saying it was fully support Libya's National Oil Corporation (NOC) as the country's sole independent, legitimate and nonpartisan oil company.

The Libya state oil firm reaffirmed that the actions of the UAE appear to be in stark contradiction to its words.

NOC Chairman Mustafa Sanallah said that despite extreme hardships caused by illegal blockades on Libya's oil facilities, NOC had been able to supply sufficient fuel to all parts of Libya, including the eastern regions to meet all civilian needs, including civil aviation, adding that the only reason why Benghazi wanted additional fuel to be imported in this illegal and clandestine way is that it is intended for other purposes.

Politics

Foreign Ministry says no Coronavirus cases among Libyan communities abroad



The Libyan Foreign Ministry said the diplomatic missions abroad had registered no Coronavirus cases among Libyan nationals.

The Deputy Foreign Minister for Technical Affairs Mahmoud Al-Tellisi said Monday that the announcement came after direct contact with the heads of missions and their committees overseas.

According to the Foreign Ministry, all missions had reported their measures and precautionary procedures, including the needed medical assistance to be provided to those in need, to the concerned departments at the ministry.

Libya's Foreign Ministry formed earlier a follow-up committee to confront any possible outbreak of Coronavirus in the country. The committee is headed by Al-Tellisi and Deputy Foreign Minister for Financial and Administrative Affairs, Hamza Al-Oukli.

The state of emergency was declared by the Presidential Council on Saturday with a budget of 500 million dinars to prevent the

prevent the outbreak of Coronavirus in Libya, in addition to closing all borders for three weeks starting March 16.

A meeting approved a package of measures on Sunday, including tackling the issues of the Libyans stranded abroad. It was attended by the Head of the Presidential Council Fayez Al-Sarraj, Governor of Central Bank of Libya Al-Siddiq Al-Kabir, Head of Audit Bureau Khalid Shakshak, Head of Administrative Control Authority Sulaiman Al-Shanti, Speaker of Tripoli-based House of Representatives Hamouda Sayala and Head of High Council of State Khalid Al-Mishri.

The same measures were called for by the Interior Minister Fathi Bashagha, who urged to tackle the problems at international airports where Libyans are awaiting a flight back home.



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Economy

Minister of Economy issues a decree banning the export of medical masks and sterilization materials



The Minister of Economy and Industry of the Government of National Accord (GNA), Ali Al-Essawi, on Sunday, issued a decree forbidding the export of sterile and non-sterile face masks, and also that of respiratory ventilation aids along with sterilizing products of any type or size.

also that of respiratory ventilation aids along with sterilizing products of any type or size.

He added that this decision was taken after a number of profiteers had been buying these items in copious amounts with the intention of re-exporting them to neighboring countries, therefore raising the prices domestically.

Economy

Turkey eyes more investments in Libya anticipating an increase of 50% in 2020



Economy

Presidential Council urges Central Bank to resume foreign currency transactions



The Libyan Presidential Council has called on the Central Bank of Libya (CBL) to resume selling foreign currencies for trade and personal reasons at the fee-added rates - 163%.

This decision was made on Sunday as a response to the CBL's request to increase the fees imposed on the foreign currency transactions.

Chairman of the Turkish-Libyan Business Council, Murtaza Karanfil, has said that the volume of Turkish investments to Libya amount to 120 billion dollars in all sectors, mainly, the contracting sector.

Karanfil revealed in statements to Anadolu News Agency that Turkish exports to Libya reached their peak in 2012, exceeding two billion dollars, but afterwards, it decreased due to the problems that instability in Libya.

He expressed his optimism that Turkish exports to Libya this year will approach 3 billion dollars; an increase of 50%, thanks to the agreements signed between the two countries and the warm relations and successful economic ties.

Turkish exports include various products, such as jewellery, furniture, poultry, meat, and iron and steel products, in addition to dozens of other items, "according to Karanfil.

The Head of the Presidential Council Fayez Al-Sarraj told the Governor of the CBL Al-Siddiq Al-Kabir in a letter to facilitate the transactions for trade and industry firms in order for them to import the goods and commodities needed on the markets.

The Presidential Council cited the shortages on the markets as well as the hike in prices and the exchange rates of foreign currencies on the black market due to the halt of foreign currency transactions by the CBL without consulting the Presidential Council, according to the letter.

Over the last week, dollar to Libyan dinar as well as other foreign currencies to the dinar hit new highs as \$1 reached LYD5 on the black market due to the CBL's halt of foreign currency transactions, citing the need to up the fees amid the oil blockade that had been in place since last January.

Economy

NOC considers austerity measures as oil ports shutdown continues



The National Oil Corporation (NOC) is to implement biting austerity measures in light of the continuing closure of major oil ports by Haftar's militias, while the NOC head, Mustafa Sanallah, has renewed his demand to reopen the oil facilities at once.

The NOC said it would freeze some contracts and withhold overtime payment, but assured workers that their basic salaries would not be affected. It also unveiled plans to suspend specific services, according to a statement issued Friday.

Since the oil production was brought to a halt in mid-January, the oil output in Libya has dived, as losses exceed \$3 billion, according to the NOC

Economy

Public Eye: Swiss trader Kolmar is linked with network for smuggling Libyan fuel



A Journalist at the Swiss-based "Public Eye" organization, Agathe Duparc has said that the Swiss company "Kolmar Group AG" involved in smuggling Libyan oil between 2014 and 2016 had rented two underground warehouses in Malta to store the smuggled shipments.

In a statement to Radio France Internationale, the journalist revealed that the smuggled fuel was transported by truck from Zawiya city, west of Tripoli, with the help of Libyan "Fahmy Bin Khalifa". Afterwards, it was loaded aboard small fishing boats, before being discharged into larger tanks in the Mediterranean heading to Malta.

Duparc emphasized that their report is backed with documents and evidence that proves the involvement of Colmar in this case, and its relationship with Italian, Maltese and Libyan smugglers, indicating that part of the smuggled oil was sold in Europe

Breathing new life into sustainable development Opinions

By Gerardo Noto, Resident Representative, UNDP Libya

Doing the same thing over and over and expecting different results is what Albert Einstein called insanity. He refused to believe in the inherent unpredictability of the world. Is the subatomic world insane, or just subtle? He asked himself. What he defined as insanity may rightly apply to some repetitive approaches to promote development. We support Governments to come out with new regulations but most of the time the gap between rules and reality does not close and people do not benefit of changes. We rehabilitate schools but literacy rates do not necessarily rise. We build hospitals but there are people still dying from preventable and curable diseases.

We have learned that there are too many development initiatives, although well-intended, that have modest impact on people lives. Is not clear by now that to make a difference in the field of development we should go beyond repeating the same actions and expecting different results?

See life as it should be

I would say that we have been maybe too sane, taking the words of Miguel de Cervantes Saavedra, author of 'Don Quijote', when he said that "Too much sanity can be the worst of crazy things; See life as it is and not as it should be."

The concept of 'insanity', 'madness' or 'craziness' is ambivalent as can be proven by its evolution throughout history. Madness has a negative connotation. It was linked to supernatural and demonic influences in ancient times. At the end of the 19th century, madness started to be conceived as a behaviour positioned against social norms. Nowadays, madness has been acknowledged as an indispensable quality of genius and the wise. People as relevant as the Persian scholar Muhammad ibn Musa Al-Khwarizmi, Edgar Allan Poe, Charles Darwin, Marie Curie or Leonardo da Vinci, were called crazy in their day.

UNDP was founded in 1965 to help countries eliminate poverty and achieve sustainable human development. A crazy idea, wasn't it?

Opportunities for all

UNDP has always envisioned life as it should be full of opportunities for all, women, men, children and generations to come. We have helped countries to develop policies, leadership skills, partnering abilities, institutional capabilities and achieve inclusive economic growth and equality.

We live in a time when our lives are deeply shaped by information and communications technologies. Human society has changed dramatically in ways hardly imaginable some years ago. There are infinite "crazy" new initiatives worldwide. As UNDP Administrator, Achim Steiner, points out: "We realized that UNDP needs to draw on lessons learnt in the fields of innovation and entrepreneurship to deliver a more dynamic approach to accelerating the implementation of the Sustainable Development Goals."

New life for sustainable development

The 60 UNDP Accelerator Labs are our way of going 'crazy' to breathe new life into sustainable development.

In Libya, another kind of madness has been punishing people for a long time. After promising changes in 2011, divisions and violence have trapped the country in a protracted conflict preventing them from moving forward on a development path which realizes the amazing potential of its people and resources.

Sustainable development may seem an unreachable dream. Too many lives have been sacrificed to war. Too many have been displaced. Too many migrants have suffered exploitation and abuse or have died at sea. Women have been heavily burdened by the consequences of war, they have suffered violence and other human rights violations. Children have been denied a quality education. People have not received badly needed health services.

Taking another path

In UNDP Libya, we believe that another path is possible. There are committed and dynamic people ready and eager to build a different future. We have chosen the 'genius craziness' to empower innovative people to look for ways to solve development problems. The Accelerator Lab in Libya has been designed as a development catalyzer.

The short cycle of experimentation and expansion of successful ideas will allow the innovators to quickly learn from successes and failures. We have already set up a team within the country office. Following an intensive bootcamp, where the team was exposed to the most effective techniques and tools, they returned to Libya to implement their ideas. Our priority for the next 100 days is solid waste management—a significant problem in everyday life.

The UNDP Libya Accelerator Lab will bring together local organizations and private companies eager to work with their communities and governmental institutions that need support implementing policies to address challenges such as solid waste management. They will test out their ideas with the help of UNDP and their partners.

Trying something else

Due to the conflicts that Libya has experienced since 2011, most of the development initiatives that have been implemented in the country aimed at withstanding the impairments of war. Now we are trying something else.

They may call us crazy, but only craziness can make a difference. As William Blake said, "If the madman persisted in his madness, he would become wise." We are joining the world that is going crazy, as many say, to contribute to peace, stability and a better future in Libya. We hope soon people will look at our "crazy" efforts as a little shot at genius.

Disclaimer: The views and opinions expressed in this article are those of the writer, and do not necessarily reflect those of the Libya Observer



Health
Map of the Coronavirus in the Arab World and Eastern Mediterranean region

التحديث اليومي لمرض فيروس كورونا 2019
2020 مارس 19 | GMT+2 18:00

منظمة الصحة العالمية
المكتب الإقليمي لشرق المتوسط

● العدد الإجمالي للوفيات	● العدد الإجمالي للمتعافين	● العدد الإجمالي للحالات المؤكدة	
	1 ●	22 ●	أفغانستان
		47 ●	الأراضي الفلسطينية المحتلة
	31 ●	140 ●	الإمارات العربية المتحدة
	1 ●	56 ●	الأردن
1284 ●	5389 ●	18407 ●	جمهورية إيران الإسلامية
2 ●	5 ●	302 ●	باكستان
1 ●	95 ●	269 ●	البحرين
		39 ●	تونس
		1 ●	جيبوتي
1 ●		1 ●	السودان
		-	سوريا
		1 ●	الصومال
12 ●	43 ●	177 ●	العراق
	13 ●	39 ●	عمان
	4 ●	452 ●	قطر
	18 ●	148 ●	الكويت
4 ●	2 ●	149 ●	لبنان
		-	ليبيا
6 ●	28 ●	210 ●	مصر
2 ●	2 ●	61 ●	المغرب
	8 ●	238 ●	المملكة العربية السعودية
		-	اليمن
1312 ●	5640 ●	20759 ●	العدد الإجمالي (*طبقاً للبيانات الواردة من وزارات الصحة)

Health
Ministry of Health launches the 'first step program' to deal with isolation of potential patients with Coronavirus

The Ministry of Health has launched the first training program to instruct 30 medical practitioners on how to deal with any future confirmed cases of Coronavirus in isolation facilities.



The training program which was launched on Saturday, in coordination with the World Health Organization (WHO), focused on introducing health practitioners to methods and ways to secure personal protection, how to deal with medical equipment, case study and quarantine conditions to deal with all emergency protocols.

The Director of the Health Emergencies Administration, Tawfiq Harisha, said that a sister program will be launched with Medecins Sans Frontieres (MSF) on how to deal with suspected cases of the virus.

Health
Staff of Benghazi Cancer Center completes advanced training course in Jordan



A number of employees at the National Cancer Center of Benghazi have completed a training course in Jordan, during which they received training on the use of cutting-edge equipment in the field of diagnostic and therapeutic radiology.

The training was the second of its kind for the center's staff, which included doctors, physicists, and technicians.

The participants received specialized training for two successive months at the King Hussein Cancer Center.

The courses come within the framework of the agreement signed lately between Benghazi Cancer Center and King Hussein Center, which provides an opportunity for medical professions and assistance to familiarize themselves with the new technology in this field, according to the National Cancer Center of Benghazi.

Health
Children of African immigrants in Sabha receive health awareness campaign



The Libyan Health Awareness Society has organized a health awareness activity for the children of African immigrants in Sabha, southern Libya.

The program included an educational campaign on oral and dental health due to its importance and impact on public health in general.

According to the organizers, the campaign's goal is to educate and provide immigrant children with guidance on how to take care of their dental health, by affordable and available means.

The campaign, in its first phase, will cover all schools of African migrant children in Sabha, before launching a second campaign conducting free dental checkups for these children

Minister of Health: We are continuing to take active preventive measures against the Coronavirus



The Minister of Health of the Government of National Accord (GNA), Omar Al-Taher, has reiterated that Libya is presently free from the Coronavirus, reaffirming the continuation of anticipatory measures to prevent its entry into the country.

Al-Taher, in a press conference with the Ministers of Transport and Foreign Affairs, urged citizens to adhere to the advisory measures suggested by the relevant authorities, whilst praising the efforts made by the ministry in cooperation with those same relevant authorities on taking an active role to prevent the spread of the Coronavirus epidemic into Libya.

Culture

Tahala festival kicks off in Ghat



The first edition of the "Tahala" festival in Ghat city kicked off on March 14 under the theme "Authenticity and Heritage".

The festival held in the small town of Tahala, situated between the Mountains of Acacus to the east and the striking landscape of the golden sands to the west. The place is a fertile landscape for creativity and culture.

The opening ceremony was attended by the dignitaries of the region, Ghat's residents and festival-goers from across Libya.

The festival celebrates the areas' diverse heritage, offering visitors to enjoy the intersection of tourism and culture.

The event featured a variety of activities, such as folk music and dancing, as well as different types of crafts. Visitors also got to enjoy the Mahary riding race which the desert population the "Tuareg" are noted for.

The festival activities were organized and performed by clubs and civil society institutions of the city, who hoped to make of Ghat a symbol of peace, and the tourist capital of Libya, according to the organizers.

Life

Motorcycle enthusiasts in Tripoli launch blood donation campaign

Motorcycle enthusiasts in Tripoli have launched a campaign to raise awareness of the importance of blood donation, especially during this challenging time the country is experiencing, following the war ignited by Haftar.

One of the campaign's organizers, Ziad Bugoula, explained that the move came in cooperation with the National Blood Bank after they had learned from health officials about a shortage in blood supplies, due to low donor participation.

Bugoula asserted that their goal is to spread the culture of blood donation among various segments of Libyan society and be a role model, especially for young people.

The motorcyclists donated blood at a mobile health vehicle in front of Tripoli's Port, before parading through the streets of Tripoli.

Education

Ministry of Education suspends schools as a precautionary measure against the Coronavirus



The Ministry of Education of the Government of National Accord (GNA), has suspended study at all levels of education, for a period of two weeks from Sunday, March 15, as a measure of prevention against the Coronavirus due to its detection in neighboring countries.

The Minister of Education, Mohamed Amari, said that the precaution comes after meetings with the Minister for Health. Amari called on parents, teachers and staff to take the necessary preventative and detection measures to assist in advising students of the dangers of mingling and the possible infection in public places.

The parallel government in Eastern Libya also announced that schools will be suspended for a period of two weeks for the same reason.

Life

Awards given to six municipal councils for the implementation of 'Children's Rights'



UNICEF photo

Six municipalities within Libya, namely, Zintan, Awjila, Ghadames, Sirte, Souq Jumm'a, and Yefren, have made great strides towards prioritizing the needs and rights of children and adolescents.

Within the joint programme of UNICEF and EU in partnership with the Ministry of Local Government, the six municipal councils were presented with Certificates of Recognition for the improvement and delivery of services.

Providing protection for the youths and endorsing their participation within their respective areas was also an important part of the award, however, the Minister of Local Government, Milad Al-Taher, mentioned that empowering the younger generation of Libya to help shape the future would lead from an air of protection, aiming towards an even higher level of development.

Al-Taher reiterated his belief that one could not stress enough the importance of nurturing and shaping the way forward to implement 'The Child-Friendly Municipal Initiative, which was launched in 2017, stressing that it was all-encompassing and considered it paramount in providing a route to success.

The European Union Ambassador to Libya, Alan Bugeja also took part in the event and stated that although children rely on the guidance of their elders, their voices must also be heard.

He said also, that the youth of Libya had, undoubtedly been somewhat scarred due to the present military situation, particularly those of displaced families, but also mentioned the unwelcome impact of forced change on young minds.

He concluded that he was impressed with the great efforts of the many and various councils who worked, and continue to work hard in providing access to basic services such as education and health; he once more honored their commitment and hoped that their work would inspire others to take similar action throughout Libya generally.

The Special Representative of UNICEF to Libya, Abdel-Rahman Ghandour, in his statement on the occasion, clearly cited the amazing efforts and success of the six boroughs in helping to improve the lives of the youth within each separate area and aiding them in achieving their goals.

Ghandour added that although much had been achieved, there remains a great need for the implementation of similar programs throughout Libya to provide sanctuary for all children, male and female and ways and means to enjoy their childhood outdoors, as far too many youths are seeking refuge inside their living quarters through fear of attack, and for some, the problem is compounded by living in unfamiliar settings.

weather

TRIPOLI WEATHER FORECAST



DAY		DESCRIPTION	HIGH / LOW	PRECIP	WIND	HUMIDITY
FRI MAR 20		Sunny/Wind	72°/57°	10%	ESE 23 mph	59%
SAT MAR 21		AM Showers/Wind	77°/59°	40%	ESE 20 mph	48%
SUN MAR 22		Sunny	69°/57°	10%	W 16 mph	65%
MON MAR 23		Partly Cloudy	68°/56°	10%	N 9 mph	69%
TUE MAR 24		Mostly Sunny	76°/60°	10%	ESE 17 mph	58%
WED MAR 25		Scattered Thunderstorms	72°/55°	50%	SW 17 mph	59%
THU MAR 26		Partly Cloudy	62°/53°	20%	NW 16 mph	60%

Photo of the Week: A young judoka performs a dive roll during Libya Judo Championship, Tripoli



Features

Enjoy a taste of Libya's traditional dishes



The history of Libya has had an impact on shaping its traditional food, starting with its indigenous population "Tamazight" to the different rulers, travelers and neighbors, which all had their great influence; the geographical diversity also had its role in enriching the culture and tradition of Libyan food. Food could talk history, cost differences of traditional Libyan food tell the vicissitudes of history and its effect on people's life.

In general, Libyan cuisine can be split into three categories: the coastline, which approaches the Mediterranean culture, the south represents the desert culture, in addition to the mountain region, which offer their own blend of mountainous nature, despite this diversity, all regions share the common rules of preparation, and the art of catering.

Food in Libya means more than just eating, it is a way of socializing, and it has its role in social events and religious festivals, by getting together with family, relatives and friends.

Libyan dishes as North Africa's region are often coloured and flavoured with a hot spice mixture. One of the most characteristic dishes of the region is couscous, bearing in mind that each country offers its own blend.

You could find couscous in almost every kitchen cupboard in a Libyan home, despite couscous is incredibly popular in Libya, and some consider it as the national dish of the country, the closed door policy imposed by the former regime, including lack of participation in international festivals to introduce their heritage in all its forms, made couscous usually attributed to neighboring countries without pointing to Libya.

Couscous is a steamed small-grained semolina, served with stew, it is one of the top dishes served in weddings and big occasions, the dish is ancient, mentioned by the medieval traveler Ibn-Battuta, it was even passed to Mediterranean territories like Spanish and Italian cuisine, and some parts of Spain still share the tradition of having couscous as a main dish at weekends.

Amongst the most distinctive foods of Libyan cuisine is Basin. Basin is identified by its special pyramid shape. It is prepared by boiling the barley flour in water until it ripens and then it is molded in to a pyramid shape. It could be served with a wide variety of stews including meat stew, which is usually presented in special occasions, bean and legume sauce, sour milk besides other kind of stews. This dish expresses the Libyan lifestyle of eating healthfully.

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