

Research Article

Palestine's Struggle for Survival: Unveiling the Humanitarian Crisis and Pathways to Lasting Solutions

Syed Rizwan Haider Bukhari 

Department of Political Science, Islamia College University, Peshawar, Pakistan.

*Email: bukharipalmist@gmail.com

Citation: Bukhari, S.R.H. (2025). Palestine's Struggle for Survival: Unveiling the Humanitarian Crisis and Pathways to Lasting Solutions. *International Social Research Nexus (ISRN)*, 1(2), 1-12.
<https://doi.org/10.63539/isrn.2025007>

Received: April 14, 2025

Accepted: May 20, 2025

Published: June 2, 2025

Copyright © 2025 The Author (s).
Published by Scholar Cave.

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).



Abstract

For more than a decade, Israel blockade and military interventions have actually made the ongoing humanitarian crisis in Palestine – especially in Gaza – catastrophic. In this paper we analyze the destructive effect of the Israeli-Palestinian conflict on the Palestinian civilians especially the grave results of the occupation, displacement, and the ban of accessing necessary facilities. Key findings of the research include destruction of infrastructure on a wide scale, breakdown of healthcare and education systems and worsening of living conditions for over two million people in Gaza. The paper also investigates how international law, international aid organizations and regional political dynamics have made the situation worse or, alternatively, have helped to alleviate them. This study argues that humanitarian reports of the crisis and analysis of the political barriers to peace dictate a multifaceted response to solving the conflict that includes attention to political reconciliation in Palestinian leadership, the implementation of international law, and increased grassroots peacebuilding efforts. The very premise of the findings calls for urgent coordinated international action to allow immediate humanitarian needs to be met while setting the course for a sustainable peace that is premised on the Palestinians' rights and dignity.

Keywords

Palestinian Conflict, Middle Eastern Geopolitics, Political Fragmentation, International Relations, Peacebuilding.

1. Introduction

For more than a hundred years, the disagreement between Israelis and Palestinians has affected politics locally and everywhere. Simply put, the struggle comes down to land, one's identity and ruling oneself. As a result of this conflict, Palestinians have faced many hardships, including being displaced, having little freedom to move, problems accessing healthcare and schools and being exposed to violence again and again. People in the Gaza Strip and West Bank continue to suffer from military control, blockades and political unrest.

Over the past few years, the conditions in these places have gotten worse. As a result of the Israeli blockade in Gaza, more than two million Palestinians have trouble getting plenty of food, clean water, medicine and reliable buildings (UNRWA, 2024). The building of new Israeli settlements in the West Bank has led to many Palestinians losing their homes and

prevented them from reaching important services ([Human Rights Watch, 2024](#)). These facts have caused an urgent humanitarian situation and hinder lasting peace in the region.

Why this research is significant is that it reveals how many people continue to suffer from this crisis and how it negatively affects international laws protecting them. While various peace agreements have been made, important points such as whether Palestinians have a state and their right to choose their own future, are still in question. The research likewise wishes to enrich debates in areas like fixing conflicts, providing aid to people and overseeing international laws. The majority of research deals with historical events or talks among leaders, yet not much focuses on daily life for ordinary people. Not much attention is given to the way divisions between Hamas and the Palestinian Authority (PA) have made it harder for Palestinians to create a strong strategy to protect their rights ([Mishal, 2024](#)).

The researcher sees the topic from various viewpoints. Its focus is on: revealing how Israel's blockade and growth of settlements negatively affect Palestinians, exploring how disagreements among Palestinians make matters worse and seeking answers in international laws, supporting Palestinians' basic needs and collaborating with neighboring nations. Thus, the analysis may offer advice on ways the international community can address the current problem more efficiently.

2. Literature Review

The conflict has been studied in the Israeli–Palestinian conflict in history and political science, and in the field of international relations. This synthesis of the current literature on the FRY shows historical roots and human political cost for the populations involved, internal political fragmentation, and the role of international actors in the peace process, with that led by the Security Council, through a context setting of Conflict theory and Realism.

2.1. Historical Context and Root Causes

The roots of the Israeli-Palestinian conflict emerge with the breakup of the Ottoman Empire and subsequent remapping of the political climate caused by the European empires. In 1917 the Balfour Declaration promised a Jewish national home in Palestine on what the declaration stated was the understanding that the rights of the local Arab population would be protected, but the document resulted in decades of tension and violence ([Khalidi, 2020](#)). It is in this historical context that Palestinian and Israeli political ideologies have been shaped ([Smith, 2020](#)).

In 1948, Israel was created in 1948 and war broke out between the newly created state and Arab countries, causing the displacement of hundreds of thousands of Palestinians, which has since become known as the Nakba event and which has created a refugee crisis that is prevalent until today ([Pappe, 2006](#)). These issues are complicated by the 1967 Six Day War and the Israeli occupation of Gaza, the West Bank, and East Jerusalem which made the two state solution a less and less viable option ([Pappe 2022](#)).

2.2. Humanitarian Impact

Frequently referred to as perhaps the most acute manifestation of the Israeli Palestinian conflict, the humanitarian crisis is also one. Since 2007, an Israeli blockade forces Gaza to deal with severely limited access to necessities such as food, water and healthcare. [UNRWA \(2024\)](#) says that more than two million people in the region continue to live in constant hardship; repeated Israeli military operations destroying the already fragile infrastructure in the area. This blockade, [Human Rights Watch \(2024\)](#) and [Amnesty International \(2024\)](#) go on to argue, turns into collective punishment and therefore is illegal according to international law, continuing the cycle of pain. As well as the construction of the separation wall in the West Bank, Israeli settlements have been expanding, dividing Palestinian territory and limiting access to key economic resources and contributing to the stalling of the economy ([Human Rights Watch, 2024](#)). This, [Pappe \(2022\)](#) says, is a vicious cycle of violence, displacement and deprivation that is constantly destabilizing Palestinian society and making humanitarian situation bleaker.

2.3. Theoretical Framework - Conflict Theory

According to Conflict Theory espoused by the Marxist and neo-Marxist thinkers, we can see how Palestinians and Israelis are involved in the ongoing conflict. From this theory is derived that social, political and economic conflicts come from

an unequal distribution of power and resources. The Palestinian experience of displacement, occupation, and marginalization in the context of Israeli Palestinian conflict stems from the interaction of Hindu experience of the British colonial experience, and consequently, the unequal power relation between the British and Hindu, can be applied in the Palestinian experience with Israel. (The conflict persist) because the power structures are entrenched (Galtung, 1969), but the conflict is the result of power structures entrenched in inequality, resulting in Israel's occupation of Palestinian territories and displacement of Palestinians as part of the overall struggle over resources, security and self-determination.

2.4. Political Fragmentation and Internal Division

Yet internal Palestinian division between Hamas, which runs Gaza, and Fatah, who run parts of the West Bank, is a major obstacle to peace. Following the 2006 Palestinian legislative elections whereby Hamas won, this political fragmentation has undermined any efforts to forge a single Palestinian strategy (Mishal, 2024). Of course, this division has further weakened Palestinian efforts to put forth a coherent statehood agenda, and therefore irresponsibly contributed to weak governance and internal strife, as Barghouti (2023) argues. Hamas believes in using armed resistance against Israeli occupation, as opposed to Fatah, who promote a diplomatic route. Israel has profited from the inability of the two factions to reconcile and show a unified front and from the erosion of the Palestinian political legitimacy and the decisive obstruction of meaningful negotiations (Mishal, 2024).

2.5. Theoretical Framework - Realism

In international relations, realism as a theory believes that states tend to act based on self-interest to maximize power and at the same time secure themselves. From this point of view Israel's actions in the occupied territories, such as military forays, settlement expansion, the blockade of Gaza, are understandable. Mearsheimer and Walt (2007) contend through the tenets of realism, that Israel exists on the basis of perceived needs of security and control of key spatial territories. From the perspective of the Realists, the ongoing occupation and the rejection of a Palestinian state is a strategy to ensure Israel's regional dominance and security. It also explains why peace attempts such as the Oslo Accords have failed, since both Israel and Palestine perceive the struggle from the perspective of national security, making concessions unfeasible.

2.6. The Role of External Actors and Geopolitical Dynamics

The Israeli-Palestinian conflict has been critical in shaping the trajectory of the Israeli-Palestinian conflict since external actors have had an important role in shaping this trajectory. Historically, Israel has been backed by the United States, offering it military and economic aid, yet its link with the Palestinian leadership was damaged due to U.S. backing for Israeli policies, for instance, promoting the settlement enlargement (Friedman, 2015). However, European countries have been more sympathetic to the Palestinian cause and have supported a two state solution and opposed growth of Israeli settlements.

Nevertheless, the influence of the European Union is modest because of internal disarrays and the inability to enforce Israel with any meaningful pressure (Le Monde, 2024). Egypt has also played a central role on the ground in ceasefire negotiations and Saudi Arabia and other Gulf states have been at times supporters, at times non supporters of Palestinian factions. Since the 2020 Abraham Accords, which normalized relations between Israel and several Arab countries, the region has changed its dynamics by oftentimes setting the Palestinian issue aside in favor of broader geopolitical interests (The Times, 2024).

2.7. Potential Solutions and Frameworks

Several possible solutions to the Israeli-Palestinian conflict have been proposed of which the two state solution, in particular, has received most discussion. Nevertheless, Pappé (2022) contends that this solution is becoming ever more untenable given that Israeli settlement expansion is encroaching on it, as is territorial control. Scholars like Karmi (2022) provide an alternative solution in the bi-nationalist state where Israelis and Palestinians would live as equal citizens. However, both sides oppose this method because of the political and ideological differences between them. Also a second proposition is the confederation model which promotes common governance between Palestine and Israel with maintaining the sovereignty of both people (Pappé, 2022). While this possible alternative to the two-state solution had not been often discussed, it proposes cooperation in security, economic development, and infrastructure.

The aim of this paper is to analyse the Palestinian crisis critically from historical roots, humanitarian problems, political breakdown and impact of external actors. The first part is an analysis of driving events in history that have resulted in the territorial and political disputes that constitute the conflict, culminating in the 1917 Balfour Declaration, 1948 Nakba and 1967 Six-Day War.

The paper goes on to contend that Israeli occupation and the blockade have caused increasingly horrible humanitarian conditions in Gaza and the West Bank. It concentrates on the political division between Hamas and the Palestinian Authority which has hindered Palestinian unity as well as peace negotiations. The impact of the conflict on prospects for Palestinian statehood and the role of external actors (the US, European Union and regional powers) who mediate the conflict and look at ways to settle it are examined. Finally, the paper critically analyzes potential solutions to the issue such as the two state solution, international legal reform, or grassroots efforts for peacebuilding, and provides tactical recommendations for future action for both the Palestinian leadership, regional actors, and the international community to navigate and reach a durable resolution of the issue.

3. Methodology

The research design incorporates original qualitative and quantitative data collection methods as a mixed-methods approach to study the Palestinian crisis. Firsthand information about Middle Eastern geopolitical dynamics and past peace processes will come from qualitative data gathered through available interviews with political analysts and diplomats who specialize in this field. The research evaluates past peace initiatives by examining Oslo Accords with Camp David Summit along with Abraham Accords by analyzing their accomplishments alongside their hindrances as well as their educational merits.

The research will obtain quantitative data from established organizations such as UNRWA, World Bank and OCHA which will provide information on humanitarian indicators and displacement statistics and Western Bank and Gaza economic conditions. The Good Friday Agreement from Northern Ireland forms the basis for comparative analysis through evaluation of its third-party mediation aspects and political reconciliation elements and economic collaboration methods for Israeli-Palestinian conflict application. A combination of quantitative and qualitative research methods used in this study makes the findings applicable in generating solutions for conflict resolution.

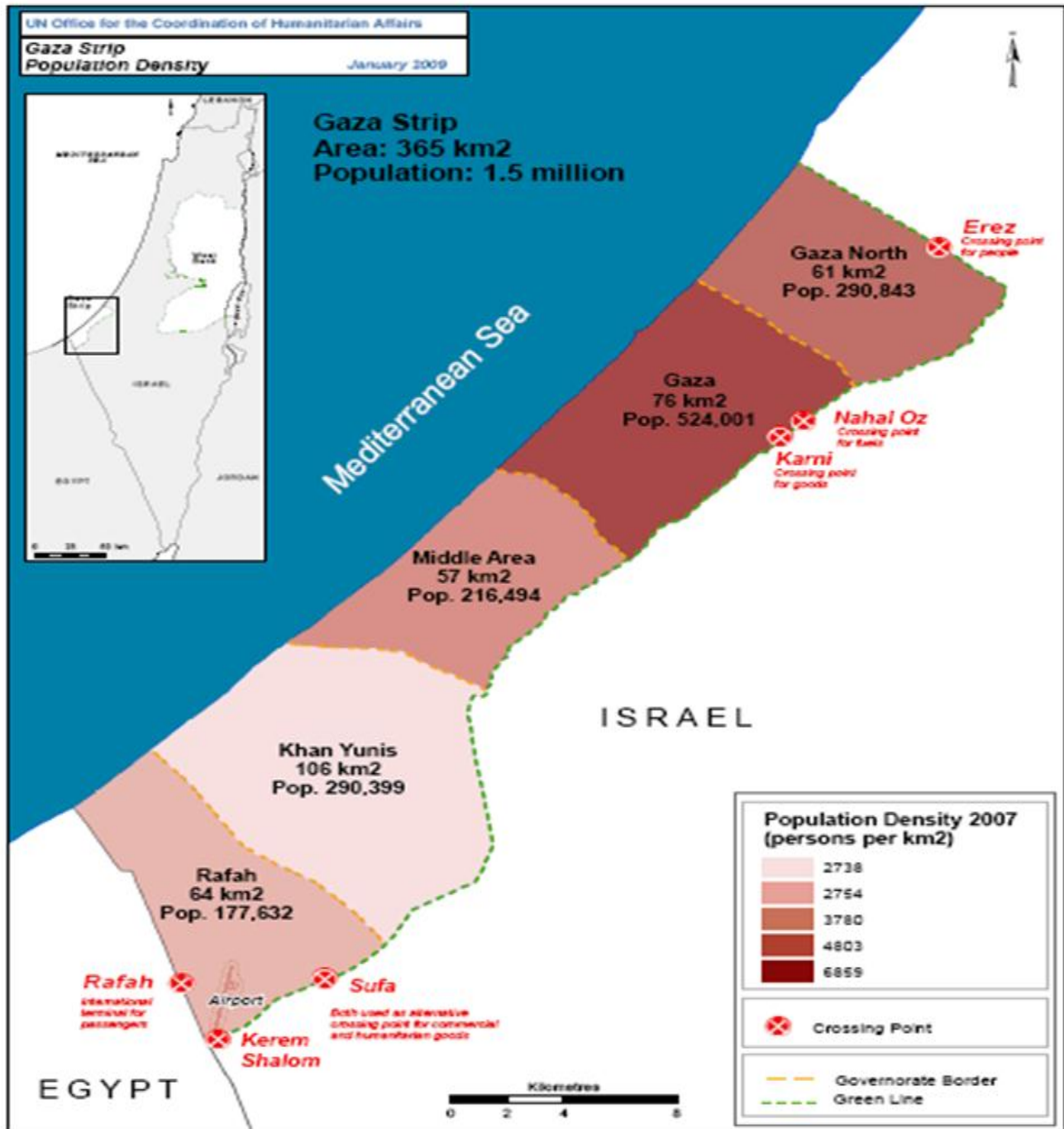
4. Results and Discussions

The Palestinian crisis is one rooted in historical and contemporary conflicts for survival and years of displacement, occupation, humanitarian suffering. For this to be more than a territorial crisis means a system and systematic deprivation of basic human rights, fragmentation of Palestinian society and the continued violation of international law. Ultimately, the major impediment to peace is not simply political disagreement, but the humanitarian catastrophe that gets into deeper with each year passing, because Palestinians keep being deprived of genuine right to self-determination and statehood.

The roots of the conflict are of historical nature and specifically refer to the 20th century, which contains the 1917 Balfour Declaration promising a Jewish homeland in Palestine but failing to properly address the rights and existence of the local Arab population. On the provocation of this, conflict ensued and the 1948 Nakba came about, evicting 700,000 Palestinians who have endured the trauma of loss of their homeland, shaping the Palestinian identity and providing an insurmountable case for resisting Israeli occupation (Pappe, 2006). However, since then, the establishment of a Palestinian state has become more complicated due to multiple wars, Palestinian territories occupied by Israel, and the Israeli settlements that have expanded throughout the West Bank.

The situation today is dire, a population exceeding two million people living under the crushing blockade implemented by Israel since 2007 in Gaza. It (blockade) has resulted in the mass shortage of food, medicine and access to essential services.

Figure 1: A Map Showing the Gaza Strip's Population Density Compared to Other Regions



Source: (Haddad, 2023)

Ongoing Israeli military raids have further ruined Gaza's infrastructure, like hospitals, schools and water treatment plants, worsening the lives of its inhabitants. Palestinians are still being displaced in East Jerusalem and across the West Bank because of Israel's expanding settlements.

Figure 2: A Graph Illustrating the Growth of Israeli Settlements in the West Bank over the Past Few Decades



Source: (Haddad, 2023)

By embarking on these actions, the possibility for a two state solution is undermined, the creation of a Palestinian state that is contiguous is becoming ever more unfeasible. Add to that the too complex political fragmentation between Hamas in Gaza and the Palestinian Authority (PA) in the West Bank, thereby further complicating efforts to compose a unified Palestinian position in the peace negotiations, to say nothing of the internal feuds between the most senior of PA leadership. According to Barghouti (2023), the internal division of the Palestinians reduces its ability to unite and consolidate its position during discussions with Israel and the international community. A weak and divided Palestinian people exist,

both the result of the split between Fatah and Hamas, not having a cohesive political strategy, and completely without a clear road to peace or sovereignty.

Figure 3: A Chart Comparing Areas of Settlement Growth to Palestinian-Controlled Territories



Source: (Haddad, 2020)

The conflict's dynamics have been determined by external actors mainly, that is the United States, European Union and regional powers. In truth, the U.S. has historically sided with Israel and European nations have generally favored Palestinian statehood. Yet, the Abraham Accords that brought normalization of relations between Israel and Arab countries including the UAE and Bahrain have relegated Palestinian cause to the back burner. The Palestinian leadership, thus, becomes even more isolated and unable to count on traditional regional support to achieve a lasting peace (The Times, 2024).

Although solutions, like the two state model, have previously been popular, they are currently refuted as Israeli settlements in the West Bank continue to grow. While the bi-national state or shared governance presents alternatives that Pappé (2022) lays out that are perhaps even more viable than separation, both Israelis and Palestinians fear identity and sovereignty losses to be incurred in those forms of governing. The only way to create a culture of peace is by grassroots peacebuilding efforts such as intercommunity cooperation and humanitarian aid, but such efforts cannot replace a political resolution.

Palestine's future is contingent upon resolving internal political divisions and external geopolitical forces that have always sabotaged Palestine's independence and statehood. It is ultimately a multi-faceted approach to the humanitarian disaster and political fragmentation that precedes a sustainable peace, the inclusion of Palestinian leadership, regional actors, and the international community to guarantee the rights of the Palestinian people are wholeheartedly satisfied.

4.1. Future Implications and Directions

The impact of Israeli – Palestinian conflict is most urgent and devastating humanitarian aspect of Ongoing insecurity and violence among the people of two parties. What should be addressed in any discussion of Palestine's future, however, is addressing the deepening humanitarian crisis. The humanitarian situation in Gaza and the West Bank is deteriorating at the alarming rate. Two million residents in impoverished Gaza have been suffering through years of blockade, repeated military escalations and the systematic destruction of essential infrastructure to live there. Food, clean water, healthcare and electricity are widespread in critical shortage (United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA, 2024). International aid organizations such as the International Committee of the Red Cross has for its part provided essential relief but these measures are only temporary and cannot replace a political solution. Humanitarian needs are growing, and increasingly, too large to effectively handle by external agencies. There is no humanitarian solution without systemic political and structural changes. Rebuilding hospitals, rebuilding schools, rebuilding housing and basic utilities, unfettered humanitarian access to move food and medicines and rebuilding supplies into areas that need it, and long term economic development initiatives to get people off of NGO aid and put them into the local economy. Gaza's economy has been devastated by the blockade – pushing unemployment rates to extremely high levels, poverty rates to near universal levels and stalling economic growth (World Bank, 2024).

The enormity of humanitarianism crisis is distressed by this economic collapse as it restricts families to basic necessities and their ability to withstand shocks. The water is supplied by infrastructure destroyed in successive military operations from which it has yet to be fully rehabilitated, including water systems, electricity grids and (o) health care facilities. Despite heavy international organizational support, UNRWA, the efforts at reconstruction are piecemeal and severely constrained by political realities and security restrictions. A return to normal, however, will only come with a normal political environment so goods and people can move freely and public services are provided for and systematic hindrances to reconstruction efforts are removed. Things have just reached another level of catastrophe when it comes to humanitarian conditions, and these recent escalations have made them even worse. The instance where some 35 civilians lost their lives at the Israeli offensive on Shuja'iyya on April 9, 2025, and another apartment building destroyed, illustrates the risk of steep civilian casualties during military operations. The infrastructure damage and subsequent access to healthcare, clean water and education keeps mounting. More than 50,000 Palestinians have been killed, hundreds of thousands expelled and live in makeshift shelters, since the Israeli offensive in Gaza began in October, 2023, says Al Jazeera (2025). The hospitals and water systems have been destroyed, leaving a serious public health crisis and elevating the vulnerability to disease outbreak and other health problems, thus decreasing life expectancy. While efforts like the temporary housing effort led by Indonesia or the international humanitarian response give some relief, without a political solution for the affected coast, they are insufficient for the scale of the need.

The humanitarian crisis of Palestine is an issue the international community serves to resolve. But, the political dynamics frequently hinder the response of humanitarian responses. Despite calls by the European states and international organizations for a greater degree of humanitarian access and humanitarian support to Palestinian civilians, the political sectors especially the strong US support for Israeli security strategies often hinder efforts to enforce international humanitarian law (Friedman, 2015). In addition, countries like China and Russia, which are on the rise in power, present alternative diplomatic blueprints but have not helped much in improving humanitarian situation on ground. To achieve effective humanitarian strategy, international counterparts should guarantee neutral humanitarian corridors, increase in funding, logistics and support in favour of UN agencies and NGOs operating in Gaza and West Bank, and promote the political framework that emphasizes, among other things, civilian protection, and post-conflict reconstruction. The worst consequence of the ongoing conflict is the humanitarian crisis in Palestine. Since there is no meaningful and sustainable political solution, Gaza and the West Bank will continue to sink further into poverty, displacement and suffering. Any future political process is in no way an afterthought to addressing humanitarian needs. We have an urgent need for humanitarian intervention as part of a sustained effort in aiding the reconstruction of the island once the war has ended and the international community's enforcement of international law to protect civilians from attacks. And human stability is a moral imperative as well as a precondition to any lasting peace in Palestine.

5. Conclusion

The struggle of Palestine is a humanitarian crisis without borders nor politics. Blockades, conflict and systemic deprivation continue to exact a heavy toll on the people of Gaza and the West Bank as infrastructure collapses, large numbers of

people are displaced, essential resources are in short supply. This conflict neither can, nor should, be reduced to a secondary issue of humanitarian matters, it is paramount to any discussion of peace and justice. This is more than emergency aid; it is long term strategies that rebuild communities, restore human dignity, bringing in health, shelter, education and economic opportunity to make sure the least of us is picked up too. A common adherence to humanitarian principles is thus required for providing a spur for political reconciliation, internal unity and international cooperation. Solutions that protect and empower civilians will lead to the path to lasting peace. However, a future of stability and dignity for the Palestinian people can only be secured by placing human needs front and center of all efforts.

5.1. Theoretical Implications

Other than that, this study puts the humanitarian consequences of protracted occupation, recurrent displacement and chronic deprivation at the centre of the Israeli Palestinian conflict. Beyond traditional geopolitical of territorial sovereignty analyses, it adds in the human consequence of war, the ability to acquire and use health, shelter, food and dignity. The results reinforce a realist perspective where power struggles and control over territory prevail but also shift a constructivist viewpoint to the continuously shifting identity of the Palestinian people from a long term humanitarian trauma. The study shows resilience in this sense not just as political or strategic, but also as humanitarian, as how people carry on from day to day, how people are part of a global struggle over empathy, visibility, support.

5.2. Practical Implications

This research provides policy recommendations that suggest placing humanitarian priorities at the center of all peace building and diplomatic efforts such as aid, political reconciliation and gendarmerie missions. To also achieve sustainable solutions, Palestinian political unity is needed, but in the meantime the immediate needs ranging from food security to medical access to housing need to be addressed. Hamas and the Palestinian Authority must interact with one another in an internal dialogue, but the external framework must ensure humanitarian corridors and rebuilding of necessary infrastructure. Greater diplomatic efforts by the international actors (the UN, EU, key regional states) should be aimed not only to end settlement expansion, but to enforce humanitarian protection and to restore civilian dignity. This is how these pathways provide a multidimensional approach encompassing on the one hand urgent relief and on the other planning for the long term and making sure that Palestinians have a voice in determining the path for recovery and for peace.

5.3. Limitations and Findings

Though this study concentrates on humanitarian and political implications of the conflict, it is acknowledged that it cannot cover fully economic, psychological, and cultural consequences of protracted siege and war. Further research could be done on its post conflict trauma, its plight in being a generationally uprooted place, and the movement of grassroots aid initiatives that has occurred there. In addition, holdings of some findings may become less relevant due to rapidly shifting geopolitics throughout the Middle East, along with changing alliances sourced. Not only does gaining access to first hand testimonies from civilians in Gaza and West Bank offer so much more to enriching both the academic analysis and policy application of such things but the very architecture of the tools of disseminating research in these areas leaves out a great deal.

5.4. Future Research

It should also look into the long term humanitarian impact of the Israeli Palestinian conflict, paying special attention to the socioeconomic cost that a long standing violence and blockade in Gaza and the West Bank entails. The role of international humanitarian organizations in the longer term, beyond emergency relief, needs special attention, building up critical infrastructure, including healthcare systems, water networks and housing, together and in cooperation with national authorities, the military and funding agencies. Moreover, there must be an exploration into what sustained economic deprivation does to public health, schooling and livelihoods in the communities affected by conflict. Grounds for studying grassroots peacebuilding efforts from within Palestinian civil society (both at home and abroad), as well as from within cross-border initiatives, is research on what local peace actors contribute to resilience and reconciliation from below. The shifting geopolitical alliances, particularly the growing role that China and Russia are playing would also contribute to understanding the emergence of global humanitarian trends in diplomacy. Lastly, the alternatives of a bi national state or confederation that offer new promise for equitable governance and human security in the region are then examined.

6. Recommendations

The Below recommendations comprise this integrated approach to relieving suffering and laying the base for a lasting peace. It's clear we not only need to meet basic needs but to enable Palestinians to live with dignity, with safety, one that enables them to live with self-determination. An approach based on rights and supported by strong international cooperation is required for turning the situation in Palestine into one of stability, and for providing a sustainable response to Palestine's humanitarian crisis that merges immediate relief with political transformation. It is designed to ensure their protection, re-establish key services and to play a building block for long term recovery and peace.

- **Side by side Agreement to Achieve and Monitor a Humanitarian Ceasefire between Warring Parties:** It is critical to get a sustained ceasefire so that civilian casualties are halted and lifesaving aid is able to reach people. International humanitarian law enjoins all parties to respect such things as the protection of civilians and of infrastructure. Compliance and accountability for violations should be under supervision of international bodies.
- **Guarantee Unimpeded Humanitarian Access:** To permit the regular entry of food, water, medicine and fuel in humanitarian convoys, Israel and Egypt must ease border restrictions. Safe aid delivery and civilian movement space should be established by humanitarian corridors. Movement restrictions must be lifted in the West Bank in order to enable relief and service provision.
- **Scale Up International Humanitarian Support:** Currents levels of destruction and displacement are on an unprecedented scale, and donors will have to scale up funding dramatically. Urgent are also full backs for UN emergency appeals, the revival of the Gaza Reconstruction Mechanism, investment in the health, water and shelter sectors. For those reasons, deployments of technical teams to reinforce local capacities and rapid disbursal mechanisms for multilateral institutions should be considered.
- **Accelerate Reconstruction and Infrastructure Renewal:** Now is when preliminary planning of Gaza's rebuilding must begin. All fourths address emergency repairs to power grids, hospitals and water systems, including a reconstruction of a new printer installation. As permanent reconstruction is being prepared, transitional housing solutions should be deployed. The livelihoods should be revived and future infrastructure resilience using local contractors for this.
- **Support Political Reconciliation and Governance Unity:** To coordinate humanitarian response and negotiate political solutions, Palestine has to have a unified leadership. Encouragement must be made for dialogue between Hamas and the Palestinian Authority with international facilitation. Reconciliation will reinforce governance, facilitate aid flow and improve representation in peace efforts.
- **Enforce International Law and Accountability:** Pressure by the international community to maintain the international humanitarian and human rights law must be constant. Collective punishment, civilian targeting and settlement expansion has to cease. Violations must be deterred with diplomatic and economic measures and supported by justice mechanisms for the affected population. Go through viable political frameworks including a Confederation model. New frameworks for a solution, such as a confederation, should be considered given obstacles to a traditional two state solution. Both Palestinians and Israelis could retain self-determination and cooperate, under shared sovereignty, on security, economy, and infrastructure.
- **Invest in Grassroots Peacebuilding:** Peace must be established from below upwards. Healing divisions and reducing hostility can be brought about by civil society programs of intercommunity dialogue, joint economic projects and educational exchanges. Efforts on these lines should be funded, integrated in formal peace initiatives.
- **Increase the Status of the Organization of Islamic Cooperation (OIC):** Diplomatic, financial and humanitarian engagement by the OIC should be broadened. As a platform, it can be a unifying for Palestinian representation, a global advocate for Palestinian rights, and a coordinator of member state contributions to humanitarian and reconstruction efforts.
- **Need to Address Root Causes to Affect Sustained Peace:** No humanitarian plan can work unless it deals with the political basis of the crisis. We need to end occupation policies, lift the blockade, put a stop to settlement activities, and guarantee freedom of movement and of access to basic services, to Palestinians. All humanitarian

efforts will have to be accompanied by a parallel political track to move from crisis management to conflict resolution.

Declarations

Funding

No funding was received for this research.

Conflicts of Interest

The author declared no conflict of interest regarding the publication of this paper.

References

- Al Jazeera. (2025, March 23). *Israeli offensive in Gaza has killed 50,000 Palestinians since October 2023*. Al Jazeera. <https://www.aljazeera.com/news/2025/3/23/israeli-offensive-in-gaza-has-killed-50000-palestinians-since-october-2023>
- Amnesty International. (2024). *'You feel like you are subhuman': Israel's genocide against Palestinians in Gaza*. <https://www.amnesty.org/en/documents/mde15/8744/2024/en/>
- Barghouti, M. (2023). Palestinian political fragmentation and the path to unity. *Journal of Middle Eastern Politics*, 15(2), 45–67.
- B'Tselem. (2024). *Israeli settlements in the West Bank: Facts and figures*. <https://www.btselem.org/settlements>
- Friedman, T. L. (2015). The root causes of enduring conflict: Can Israel and Palestine coexist? Harvard University. https://scholar.harvard.edu/files/jfrieden/files/frieden_israelpalestine_dec2015.pdf
- Galtung, J. (1969). Violence, peace, and peace research. *Journal of Peace Research*, 6(3), 167–191. <https://doi.org/10.1177/002234336900600301>
- Haddad, M., & Chughtai, A. (2023, November 27). *Israel-Palestine conflict: A brief history in maps and charts*. Al Jazeera. <https://www.aljazeera.com/news/2023/11/27/palestine-and-israel-brief-history-maps-and-charts>
- Haddad, M. (2020, June 26). *Palestine and Israel: Mapping an annexation*. Al Jazeera. <https://www.aljazeera.com/news/2020/6/26/palestine-and-israel-mapping-an-annexation>
- Human Rights Watch. (2024a). *Hopeless, starving, and besieged: Israel's forced displacement of Palestinians in Gaza*. <https://www.hrw.org/report/2024/11/14/hopeless-starving-and-besieged/israels-forced-displacement-palestinians-gaza>
- Human Rights Watch. (2024b). *Israel/Palestine: Human rights violations in the West Bank*. <https://www.hrw.org/news/2024/02/25/israel/palestine-human-rights-violations-west-bank>
- Human Rights Watch. (2024c). *Palestine/Israel: Occupation and systematic discrimination in the West Bank*. <https://www.hrw.org/report/2024/03/10/occupation-and-systematic-discrimination>
- Karmi, G. (2022). The bi-national state: A solution to the Israeli-Palestinian conflict. *Middle East Journal*, 76(4), 501–518. <https://doi.org/10.3751/76.4.11>
- Khalidi, R. (2020). *The Hundred Years' War on Palestine: A History of Settler Colonialism and Resistance, 1917–2017*. Metropolitan Books.
- Le Monde. (2024, April 29). *We call on the European Union to endorse a confederation of the states of Israel and Palestine in one homeland*.
- Mearsheimer, J. J., & Walt, S. M. (2007). *The Israel Lobby and U.S. Foreign Policy*. Farrar, Straus and Giroux.
- Mishal, S. (2024a). Hamas and Fatah: The internal division and its implications. *Journal of Political Science*, 48(1), 22–39. <https://doi.org/10.1080/17493812.2024.1945123>

- Mishal, S. (2024b). The political divide in Palestine: Analyzing Fatah-Hamas rivalry. *Middle East Studies Journal*, 56(1), 34–56. <https://doi.org/10.1080/17529789.2024.1745908>
- Pappé, I. (2006). *The Ethnic Cleansing of Palestine*. Oneworld Publications.
- Pappé, I. (2022). The Collapse of Zionism. *New Left Review*, 130, 5–23. <https://newleftreview.org/issues/II130/articles/ilan-pappe-the-collapse-of-zionism>
- Smith, C. D. (2020). *Palestine and the Arab-Israeli Conflict: A History with Documents* (10th ed.). Bedford/St. Martin's.
- The Times. (2024a, April 15). *EU pledges €1.6 billion for the Palestinian Authority*. <https://www.thetimes.co.uk/article/eu-pledges-1-6-billion-for-palestinian-authority-2024-04-15>
- The Times. (2024b). *Normalization of relations between Israel and Arab nations*. <https://www.thetimes.co.uk/article/israel-arab-normalization-relations-2024>
- United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA). (2024a). *Annual operational report 2024*. UNRWA. <https://www.unrwa.org/resources/reports/annual-operational-report-2024>
- United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA). (2024b). *Gaza: Humanitarian crisis deepens*. <https://www.unrwa.org/newsroom/press-releases/gaza-humanitarian-crisis-deepens>
- United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA). (2024c). *Gaza: Humanitarian emergency response*. <https://www.unrwa.org/gaza>
- World Bank. (2024, March). *Economic monitoring report to the Ad Hoc Liaison Committee*. World Bank Group. <https://documents.worldbank.org/en/publication/documents-reports/documentdetail/099424503132410983/idu0f7e3039a06473042240b2a5074ad84d17dcb>