



Between Economies of Resilience & Resistance- *Case of Gaza*

Mohamed Buheji

Founder of International Institute of Inspiration Economy (Bahrain) Socioeconomic Institute for Advanced Studies (SIAS)-Rwanda

* Corresponding Author: **Mohamed Buheji**

Article Info

ISSN (online): 2583-8261

Volume: 04

Issue: 03

May-June 2025

Received: 02-03-2025

Accepted: 06-04-2025

Page No: 07-14

Abstract

This paper reviews all the types of economies experienced during the 2023-2025 war on Gaza. Concepts of resilience, resistance and war economies are reviewed and applied to Gaza's current situation as a non-traditional economic system that emerges under prolonged crises such as wars, blockades, or disasters. The author examines how individuals and communities adapt to resource scarcity by developing self-sufficiency, fostering solidarity networks, and engaging in informal economies.

The study highlights Gaza as a case study, where resilience mechanisms have become vital for survival amid a 17-year blockade and the 2023-2025 war. The paper also contrasts 'Resilience Economy' with 'Resistance Economy', the latter being a proactive strategy for economic independence through local production and anti-colonial practices. The author discusses the challenges created by the occupation, which include aid dependency, psychological tolls, and the gap between survival and sustainable development. The study calls for further research on grassroots economic innovations and the role of 'War Economy' and 'Sharing Economy' in empowering besieged communities, similar to the exemplified case of Gaza. The implications of this work are expected to help those in the field know how to balance between all these variables to increase survival, agility and anti-fragility till the liberation of Palestine.

DOI: <https://doi.org/10.54660/IJSSER.2025.4.3.07-14>

Keywords: Gaza, Palestine, War Economy, Resilience Economy. Resistance Economy. Sharing Economy, Informal Economy, Self-Sufficiency

1. Introduction

1.1 Devastating the Economy as a Tool to Force Palestinians to Migrate

The Zionist occupier uses the economy as a tool of war to force Palestinians to migrate. Following the destruction, they attempt to control the flow and effectiveness of international aid, starting with the crossings. They also attempt to establish small, self-sufficient projects, perhaps relying on solar energy or urban agriculture.

The Israeli occupation has long weaponised Gaza's economy as a means of collective punishment, systematically dismantling livelihoods to render life unsustainable and coerce mass displacement. Following the 2023-2025 genocidal war, this strategy intensified, combining deliberate economic strangulation with restrictions on humanitarian aid to accelerate what Israeli officials openly frame as "voluntary migration"—a euphemism for ethnic cleansing.

1.2 Destruction of Economic Foundations

Israel's military campaigns target Gaza's productive sectors to ensure irreversible collapse. For example, in the area of food security, all farmlands, greenhouses, and irrigation systems were bombed or destroyed, which also caused contamination of the soil with white phosphorus. (UNCTAD, 2024) ^[33].

Over 90% of factories, workshops, and small businesses were destroyed. Fisheries: Naval blockade and attacks on fishermen reduce catch by 95%, (FAO, 2024). Besides, in order to further cripple the economy banks were bombed, causing cash shortages, and restrictions on financial transfers. The purpose was to eliminate income sources to make Palestinians entirely aid-dependent, then control that aid to dictate survival.

1.3. Creation of the Black Market during the War on Gaza

Israel manipulates Humanitarian aid by using it as a weapon to exacerbate famine and despair. By using arbitrary rejection techniques, the occupation blocked basic items like anaesthesia, solar panels, and seeds under "dual-use" pretexts. The IDF slowed and delayed inspections at Israeli-controlled crossings for weeks, letting food rot.

Attacks on aid convoys became the norm with direct strikes on UNRWA trucks and police escorts to disrupt distribution, UNRWA, (2024) ^[34]. The occupation used what is called "Trickle Economics" which meant to allow just enough aid to prevent outright starvation but never enough for recovery, a tactic to prolong suffering. Hence, blocking of sufficient flour imports, besides the consistent bombing of bakeries, led to many families grinding 'animal feed' into flour, trying to survive, which caused, in many cases of malnutrition. (WFP, 2024).

With Gaza's economy in ruins, Israel profits from its destruction by creating forced dependence on Israel's black market. Israeli contractors sell overpriced goods (e.g., canned food, fuel) through controlled channels, thus creating smuggling monopolies. Extortion at checkpoints makes the Palestinians pay bribes to soldiers for access to "VIP" aid lists.

1.4. Economy that Leads to Systematic Depopulation

IDF also uses psychological warfare techniques as advertisements in Arabic that circulate in Gaza, offering "free relocation to Europe" for those who "voluntarily" leave. (Euro-Med Monitor, 2024). Israeli officials openly advocate for mass expulsion. This can be seen in the statements of the Finance Minister Bezalel Smotrich (2024): "The solution is to encourage emigration... Gaza's economy must not recover." Besides, the intentional demolition of housing, forces Palestinians to live in tents for an indefinite time. This is combined with denied exit permits for cancer patients, ensuring slow deaths, besides bombing of schools and universities to erase future prospects.

The result is a calculated "economics of extermination" that makes Gaza uninhabitable to fulfil the Zionist goal. Thus, without lifting the siege and halting aid restrictions, Gaza's economy—and people—face engineered extinction.

2. Literature Review

2.1. Between Economy of Resistance and Economy of Resilience

This research aims to detail and document the role of the "resistance economy" as a political-economic strategy in confronting occupation, and the technical mechanisms and challenges in societies under siege, with a focus on the case of Gaza. In light of its diversity, from wars and boycotts to natural disasters, conditions force societies to innovate and develop unconventional methods for survival. The economy

of resilience (resilience economy) encompasses one of these connections, where individuals can focus on innovation despite historically scarce resources, such as recycling, community solidarity, and parallel science. Conversely, the economy of resistance (resistance economy) emerges as a war strategy to attempt cooperation, such as under siege or occupation, by enhancing self-sufficiency, reducing dependence on the enemy, and transforming production. Buheji (2024a)

This assignment aims to analyse the commonalities between the two concepts, focusing on the Gaza Strip as a prime example, where celebrities have gathered since 2007, with the War of Mass Destruction (2023-2025), to connect and engage in daily sessions of steadfastness and resistance. While Gazans rely on converting rubble into bricks and cultivating actors, expressing barter, they also develop effective networks such as smuggling and crowdfunding, which raises questions about the essentiality of economic integration and resilience after the initial stages that precede the construction of a systematic economy. How can we build a record of local innovation that can be supported by primitive institutions such as cooperatives in the face of challenges? What are the limits of these economies in achieving growth under occupation? Buheji and Mushimiyimana (2023a) ^[13].

The study draws on models of control such as the Siege of Leningrad (1941-1944) and the forced experiment under the US-led coalition, in addition to field analysis of resilience mechanisms in Gaza, from "kitchenware" to the use of alternative currencies. It also discusses the role of the sharing economy in smart care, through technologies such as crowdfunding for solar panels or merchant banks. Migdad and Buheji (2024b) ^[28].

This article contributes to the discussion on the conceptual framework adopted by the group between resilience (as a reaction) and resistance (as a strategy). It also demonstrates the success of the Gazan inventions as a study of informal economies, taking into account the psychological and structural challenges facing the transformation of resilience into a sharing economy and a resistance economy (Buheji, M and Mushimiyimana, E (2023a)) ^[13]. In a world of increasing participation and presence, this confirms that today, resilience has been able to claim the banner of liberation from the folds of colonialism, and that it has a society that is directly and indirectly confined, and that the economy can be both a tool and a means of resistance. Buheji (2024a)

According to the research, this study is analytically critical and relies on empirical models from studies and reports issued by the Gaza Resilience Lab and research centres specialising in models of war, resilience, and resistance.

Research sources were based on Lab reports and data (e.g., blood stress, community case studies, and the 2023-2024 Resilience Record Evaluation), in addition to research papers written by the Lab or in partnership with scientific research within it, with a focus on studies that focus on the roles of economic tools revealed by war, such as hospices, barter systems, and urgent interventions in Gaza. Migdad and Buhaji (2024b) ^[29].

The researcher conducted a qualitative analysis of the reports (e.g., identifying key resilience themes—recycling, community solidarity) and a comparative analysis between Lab studies and global military and military sectors (e.g., comparing Gaza to the siege of Leningrad or Kopyle).

Migdad *et al.* (2024d) ^[30].

The Gaza Resilience Lab (GRL) contain 15 cases (2023-2025) that vary in their categories of household resilience, the parallel economy, and individual and institutional vocabularies. They were also categorised into collective/family resilience, local resilience, and community resilience (solidarity networks, other currencies). The researcher then linked the theoretical framework by testing the extent to which the results of GRL studies matched the theories of the economies of war, the resilience, and resistance, which are all based on self-reliance. Taleb (2012) ^[32].

2.2. Resilience Economy during Wars - an Introduction

A resilience economy is an unconventional economic system that emerges in the context of protracted crises (such as wars, blockades, or disasters). It relies on the ability of individuals and communities to adapt to resource scarcity or discover new opportunities based on self-sufficiency and other approaches that contribute to transforming crises into opportunities for self-sufficiency or substitution. This resilience economy focuses on recycling available resources (such as using building rubble in construction), establishing community solidarity networks (family volunteer work (such as hospices) or civil society organizations), innovation in production (transforming simple materials into goods that meet essential needs), or engaging with the parallel economy (black markets, substitute goods, or goods extracted from destroyed buildings or smuggled goods). Al-Muhannadi and Buheji (2024a) ^[15].

2.2.1. Historical Models of Resilience Economy

There are many recent historical models, including the Siege of Leningrad (1941-1944) during the Soviet era. The Germans imposed a blockade that cut off food supplies to 3 million Russians. Among the survival mechanisms resorted to by the besieged population were eating shoe and animal hides, growing vegetables in public gardens, and making fuel from factory waste. Millions of Russians survived, despite the deaths of a million people from starvation. Buheji (2025), Buheji and Hasan (2024a) ^[7].

However, during the Lebanese Civil War (1975-1990), state authority collapsed and the country was divided into regions controlled by militias, leading to an increase in resilience mechanisms. Resilience mechanisms include the creation of self-sustaining supply networks (such as the "cantonal economy"), the use of the US dollar as an alternative currency, and the smuggling of goods through informal ports. In Cuba, after the collapse of the Soviet Union in the 1990s, the loss of Soviet economic support led to a tightening US blockade. This led to the development of resilience mechanisms such as urban agriculture (90% of food was now locally grown), the use of bicycles instead of cars due to fuel shortages, and increased research into the development of alternative industries (such as local pharmaceuticals). Buheji (2025)

2.2.2. Importance of a Resilience Economy for Supporting Gaza

Resilience economy is used to analyse the ability of communities to survive under siege and demonstrates how communities transform vulnerability into creative strength. This economy develops its mechanisms according to the needs of resilience derived from dealing with the reality on

the ground. The resilience economy is based on several mechanisms, including individual and family resilience, institutional resilience, and societal resilience. Migdad *et al.* (2024c) ^[28].

One mechanism of the individual and family resilience economy is resource recycling projects. Examples include converting water tanks into solar heaters, or producing charcoal from tree remains, as is happening today in Gaza. Another mechanism is converting burned car tires into heating fuel. Another mechanism is familial and community cooperation. In Gaza, families operate home-based workshops for clothing or food production (such as the "Al-Migdad Bakery"). In Lebanon, during the civil war, goods were exchanged between families (such as flour for medicine). Hassoun *et al.* (2025) ^[17], Migdad and Buheji (2024c) ^[29], Al-Muhannadi and Buheji (2024b) ^[15].

The parallel economy is considered one of the most important mechanisms of familial and societal resilience. In Gaza, due to the prolonged blockade, which even applies to air traffic, smuggling networks have become active through tunnels between Gaza and Egypt to bring in fuel and food. In Venezuela, the black market for dollars continues to contribute to resilience during the prolonged economic crisis. In terms of institutional resilience mechanisms, community kitchens (including, for example, hospices) have become an important role in Gaza, where each hospice serves a vital role in feeding at least 2,000 displaced people daily, funded by local residents or directly supported by charitable organisations. In Yemen, "Hope Kitchens" have also been active and played an important role during the recent wars. Alternative currencies also play an important role in resilient economies. In Syria, gold has been used to replace the collapsing Syrian pound. In Gaza, bartering has become widespread, involving the exchange of bread for vegetables and other daily necessities.

The resilience economy also relies on reviving handicrafts to compensate for the shortage of clothing and blankets in the displacement areas. In Gaza, many women weave winter clothes, rugs, and blankets from old threads. In Cuba, there is now a thriving pharmaceutical industry that emerged from the suffering of the US blockade and relies on locally grown herbs. Migdad *et al.* (2024a) ^[30].

2.2.3. The Gaza Resilience Economy Model

In the context of the ongoing blockade on Gaza since 2007 and the devastating war (2023-2025), where more than 90% of the population lives below the poverty line (UNRWA, 2024) ^[34], and 60% of the infrastructure has been destroyed, resilience mechanisms in Gaza today focus on recycling rubble, converting the rubble of homes into building blocks ("war bricks"), and using crushed concrete to pave roads. Buheji (2024b)

Gaza residents have also developed alternative energy by increasing reliance on solar panels despite the ban on the import of spare parts, and converting used cooking oil into vehicle fuel. A parallel economy also operates in the Gaza market, facilitating the smuggling of medicines through tunnels, even though the price of a box of insulin for diabetics has reached no less than \$300.

Palestinians have also developed community solidarity services through the Tekkiyyat, with more than 100 traditional kitchens spread throughout the areas hosting displaced people. Schools have also been used as shelters,

and classrooms have been converted into sewing workshops or clinics.

Innovation efforts have increased in the areas of simple and rapid agriculture, initially initiated on rooftops due to the destruction of land. Fast-growing plant varieties (such as radishes instead of wheat) have subsequently been developed, along with anything that can be grown near displacement camps. Migdad *et al.* (2024b) ^[28].

2.2.4. Challenges and Limits of the Resilience Economy

There are several challenges, starting with the gap between resilience and development, where resilience ensures survival but does not build a sustainable economy. There is also the heavy reliance on aid: 80% of Gazans rely on free food. This is in addition to the psychological exhaustion, which, even if creativity is achieved under bombardment, carries a significant psychological price. Buheji (2024b)

3. Methodology

3.1. Qualitative Methodology for Assessing Gaza's Economic Practices

To determine the most suitable economic model for Gaza—resilience, resistance, or a hybrid approach—a qualitative research methodology is best suited due to the complex socio-political environment and lack of reliable quantitative data.

The research was designed to take into consideration that Gaza's economy is shaped by non-quantifiable factors (blockade dynamics, political instability, informal economies). The reliance on narratives, lived experiences, and expert opinions that were reflected in the Gaza Resilience Lab (GRL) publications since 19 months since October 7th, 2023. The selected papers were chosen because they cover the details of the primary case due to its unique siege conditions. The author also chose comparative cases of Iran (to resemble a resistance economy), Cuba (to resemble resilience under embargo), and Lebanon (to resemble informal survival economies).

The research also depended on the in-depth interviews and storytelling mentioned in the papers that reflected the details of the actual economic and socioeconomic situation in Gaza. Migdad *et al.* (2025) ^[29], Buheji and Migdad (2025) ^[28], Hassoun *et al.* (2025) ^[17], Migdad *et al.* (2024a) ^[29], Migdad *et al.* (2024b) ^[30], Migdad *et al.* (2024c) ^[28], Al-Muhannad and Buheji (2024), Migdad and Buheji (2024) ^[29].

The author also used secondary data that were collected from the UN reports (OCHA, UNRWA), Historical accounts of Gaza's economy.

A thematic coding was applied to identify recurring themes from interviews/focus groups. The practices between the short-term aid reliance and the long-term self-sufficiency were analysed too. However, the author considered that the development of informal innovations is beyond the scope of the research. Also, this paper avoided studying the impact of the political constraints on the economic intensity.

4. The War Economy in Gaza

What do people do in a war economy, and how do they provide for their needs?

The war economy in conventional warfare is defined as "a set of emergency measures taken by a modern state to mobilise its economy for production during wartime." Philippe Le Billon describes the war economy as "a system of producing, mobilising, and allocating resources to support the war

effort." These include:

- Increased tax rates
- Introducing resource allocation programs
- Increased planning and intervention during wartime
- Recruitment for civilian purposes, such as the "female agrarian army"

Migdad *et al.* (2024d) ^[30].

By studying all modern wars in the modern era, we can see war economy can be characterised as "the continuation of the economy by other means." According to the Berghof Research Centre, what distinguishes the war economy, especially in wars similar to the aggression on Gaza, is that the resistance fighters are forced to circumvent the methodologies of the formal economy. Therefore, it is natural for informal markets and a decentralised economy to exist. However, much of what has been written about the war economy in general, or civil war and its definitions, does not apply to the war in Gaza for several reasons. For one, Gaza was not an independent state before the war; besides, the strip had been under financial and economic blockade for years, perhaps two decades. The other reason is that the government in Gaza does not fully govern Gaza; rather, UNRWA, Egypt, Israel, and the Ramallah government control Gaza more than the control Gaza. Last, but not least, the Gaza government lacks the tools of governance and economics. Berghof Foundation (2021) ^[3].

Nevertheless, during the war, the Gaza government attempted to implement some of the necessary measures during wartime economies. For example, the local police protected the entry of aid in coordination with UNRWA to the extent that it did not negatively impact both parties. This was due to the Israeli occupation's rejection of any attempts to regulate the passage of aid, and the occupation also rejected any role for the Palestinian police in regulating aid. The local government regulated imports, directing them to those most essential and vital to the lives of citizens, and prohibited the import of luxury goods, given Israel's restrictions on the number of incoming trucks. The local government also attempted to provide diesel fuel in various ways for police vehicles and for institutions serving citizens, especially civil defence, ambulances, and health services in general.

During the early days of the War on Gaza, the local government was able to secure the necessary funding to continue its work by leveraging revenues from imported cigarettes or those brought in by truck through unofficial channels. Many attempts were made to coordinate with the Egyptian side and with UNRWA to increase the number of trucks entering Gaza and improve their quality. It worked to coordinate the sales and distribution of imports by establishing points of sale that adhere to government pricing. It worked to impose revolutionary sanctions on monopolistic traders or thieves who threaten community peace. Ashour *et al.* (2025).

5. Gaza as a Lab for Testing Mechanisms of Economies of Resilience and Resistance

Even before the Gaza Resilience Lab initiative, the entire Gaza Strip could be considered a global Lab for the war economy. After 17 years of severe blockade and eight consecutive wars, the Palestinian experience demonstrates the importance of resilience mechanisms that emerge through community solidarity, charitable kitchens, and free shelter for

the displaced. It also demonstrates innovation in production through hand-weaving projects, recycling tents into shoes, and converting rubble into building blocks. Experience has also demonstrated the importance of informal trade, as seen in the stalls where people sell what they own, what they have been able to acquire, what they have made, or what they have acquired from humanitarian aid, or in trading in hard currency through "money changers".

The role of GRL Lab is to overcome the obstacles to survival and overcome the mechanisms of Israeli monopoly, including allowing only five companies to import, which leads to overcoming the problem of price increases that often reach 1000% compared to their original price. The Lab's role is also to overcome the systematic destruction of vital sectors that have come to a standstill, which has reached 90% in all types of simple industries after the destruction of almost all workshops and factories in Gaza. Migdad and Buheji (2024a) [28]

The Lab's role is also to overcome the conspiracy to collapse the monetary system by making it difficult to access the dollar or sustaining its scarcity as a currency, which begins with every aggression on Gaza, with the disruption of banks due to bombing or the cessation of salaries to the Palestinian Authority by the occupation.

The lab thus reduces, mitigates, or circumvents some of the repercussions of the war economy, including mitigating the impact of the poverty rate in Gaza rising to 90% according to the World Bank (2024), or by reducing the level of dependency on aid, as 80% of the population relies on free food, and promoting a culture of self-sufficiency, Al-Muhannadi and Buheji (2024b) [15]. Or by mitigating the depth of the collapse of the local currency, through the spread of in-kind exchanges (commodity barter).

Need for More Studies Linking the Resistance Economy and the Resilience Economy

The study demonstrates the need to include up-to-date statistics on economic losses (such as the extent of destruction in vital sectors and the collapse of the labour market). Field interviews with economic activists and traders are also needed to identify the resilience strategies they can engage in.

It is important to divide field experiences of resistance or resilience economies into categories, starting with survivors (innovative households), those affected (impoverished by the war despite having previous resources), and beneficiaries (war traders, remittance brokers), and perhaps even examine the feasibility of maintaining the household economy.

6. Resistance Economy

6.1. Definition of Resistance Economy

A resistance economy is an economic model designed to counter external pressures (such as blockades, sanctions, or occupation) by enhancing self-reliance, reducing dependence on the enemy, and building a resilient local production system.

Among the most important characteristics of a resistance economy are relative self-sufficiency, which is based on the local production of basic goods; alternative economic networks that circumvent restrictions through smuggling or public financing; community solidarity that compensates for the absence of the state through local cooperatives; and finally, symbolic resistance, which is based on transforming the economy into a tool of struggle (such as boycotting

occupation authorities).

6.2. The Difference between a Resistance Economy and a Resilience Economy

As demonstrated by the resilience economy, it is based on a reaction to survive under pressure, while a resistance economy is based on an offensive strategy to achieve economic independence. The theoretical foundations of the resistance economy are based on several theories, including self-reliance, which Mahatma Gandhi recently applied to resist British colonialism in India through the "Swadeshi Movement" (boycott of British goods) in 1905. As a result, the British economy suffered, paving the way for independence. This led to the revival of local industries (handloom "khadi"). Economist Amartya Sen referred to it in his book "Development as Freedom" as a tool for resisting dependency. Sen (1999).

Among recent practices in the resistance economy is South Africa's experience against apartheid in the 1980s, which was based on boycotting the system through the establishment of black cooperatives. "People's Banks" were also established to finance black enterprises, and boycotts of companies supporting the apartheid regime were carried out, ultimately leading to increased international pressure to end apartheid. In Cuba, which has been under a US blockade (since 1962), agriculture has been converted to organic farming to compensate for the fertiliser shortage, and pharmaceuticals are being manufactured locally (such as the Soberana vaccine against COVID-19), thus achieving 80% food self-sufficiency for Cubans.

The resistance economy is also based on the theory of siege economics, which studies how besieged societies maintain their economic functions (such as Cuba under the US blockade). It also explores the theory of new institutional economics, which focuses on the role of informal institutions (such as family networks) in compensating for state failure.

6.3. Resistance Economy in Gaza during the 2023-2025 War

Under the Israeli blockade since 2007 and the 2023-2024 war, 95% of the water remains unfit for drinking (WHO), and 80% of the population depends on aid (UNRWA). Therefore, the Zaghayoun have resorted to economic resistance mechanisms in Gaza. They began using resistance agriculture and underground tunnel farming, which involves growing mushrooms and herbs (to avoid bombardment), in addition to farms such as fish farms in displacement areas. Recycling has made the most of scattered wood scraps and made furniture from the rubble of homes. Reliance on solar energy has also increased, with 40% of the displaced relying on solar energy despite the ban on the import of solar panels. Buheji and Mushimiyimana (2024) [14].

In the field of education, education continued through universities under the rubble, where teaching continued in tents or online. Training programs were also developed to support the education of craftsmen and manual skills among the displaced.

The spread of barter currency has also been observed, with people exchanging bread for medicine, for example, and community money changers, who transfer money through informal systems ("hawala"), have also become active.

7. Sharing Economy during the War on Gaza

The Sharing Economy is a system based on the exchange of resources and services between individuals or groups rather than relying on traditional markets. In difficult contexts such as war or siege, this model becomes a vital tool for survival, reducing costs through the shared use of resources, strengthening community solidarity, and stimulating innovation to solve commodity shortages.

One of the mechanisms of the sharing economy in targeted communities is the sharing of basic resources, most importantly water and energy. For example, water is distributed from available wells, and families share the use of solar panels or generators. Al-Muhannadi and Buheji (2024b) ^[15].

Gaza can also establish crowdfunding funds to rebuild destroyed workshops. Applications can be leveraged through local platforms to coordinate the exchange of services (such as appliance repair in exchange for foreign language instruction). They can also cultivate rooftops or wasteland collaboratively to secure food. Buheji and Hasan (2024a) ^[8]. There are applications similar to the sharing economy in Gaza today, the most important of which are shared food pantries that feed thousands of displaced people through donations, local volunteering, or support from charitable organisations, Al-Muhannadi and Buheji (2024b) ^[15]. Participatory appliance repair workshops provide a network of volunteers who repair medical devices or generators for free or for a small fee.

However, applications could also be available that support the resistance economy and the resilience economy, such as a local application to coordinate the exchange of medicines, books, or spare parts. Alternatively, seed banks could be established to achieve a minimum level of self-sufficiency for each family, such as drought-resistant seeds, which could be distributed to farmers. Solar energy cooperatives could also be established, and crowdfunding could be used to purchase solar panels and distribute them to neighbourhoods.

In general, we can say that in Gaza, the sharing economy is not a luxury, but rather a first line of defence against collapse. However, its success depends on community self-organisation. Using these tools, Palestinians can transform challenges into opportunities and demonstrate that sharing is not just a response to crises, but a model for a more just future.

8. Discussion and Conclusion

8.1. Role of Self-Sufficiency as a Milestone for Shifting from Resilience to Resistance Economy

This paper reviews all the types of economies experienced during the 2023-2025 war on Gaza. The war economy in Gaza is not a temporary phenomenon, but rather a coercive system imposed by the occupation. This calls for the development of flexible economic models based on self-sufficiency (such as urban agriculture).

In economic discourse, resilience and resistance represent two strategic approaches to mitigating external shocks and ensuring sustainable growth. A resilience economy focuses on absorbing and recovering from disruptions, while a resistance economy goes further by actively reducing dependency on external forces and fostering endogenous growth. Self-sufficiency serves as a critical milestone in transitioning from resilience to resistance, enabling nations to strengthen their economic sovereignty.

While resilience economy enhance adaptability to external shocks (e.g., sanctions, global crises), it requires diversification of supply chains and risk management. This would include in the beginning stockpiling essential goods to withstand shortages. Resistance economy on the other hand requires proactive reduction of external vulnerabilities. i.e. Domestic production of critical goods (food, energy, and technology).

Thus, self-sufficiency is considered a milestone for the shifting from passive resilience to active resistance. This means we can reduce import dependency by localising production of essential commodities (agriculture, medical supplies, and energy). Besides, a program for mitigating risks from geopolitical tensions or trade wars should be established. Gaza needs this and this should start from supporting SMEs and innovation in high-tech sectors, besides encouraging domestic R&D to reduce reliance on foreign technology. Gaza needs also an investment in agricultural independence (e.g., vertical farming, drought-resistant crops), besides expanding renewable energy (solar, wind) to reduce fossil fuel dependence.

8.2. Keeping up the Adaptation Approaches as War Intensity Increases

After reviewing the theoretical concepts of the resilience economy and the resistance economy and analysing the adaptation mechanisms in the context of the blockade and war on Gaza, several key conclusions emerge. First, the study confirms that the resilience economy is not merely a spontaneous response to crises, but rather a complex system of creative practices that have evolved to ensure survival under the blockade. The transformation of rubble into building materials, the spread of takiya, and the adoption of barter systems all constitute an integrated economic system based on adapting to resource scarcity. Second, the resistance economy in Gaza has moved beyond the stage of resilience to an attempt to build systematic alternatives, despite the imposed restrictions, as in the cases of urban agriculture and solar energy. This confirms the ability of besieged communities to transform challenges into opportunities for innovation. Buheji (2024c)

The paper also reveals that the structural challenges facing the transformation of the resilience economy into sustainable development are closely linked to the ability to break away from near-total dependence on humanitarian aid and overcome the obstacles of the deliberate destruction of productive infrastructure, restrictions on the movement of people and goods, and the accumulated psychological effects of successive wars. Buheji and Mushimiyimana (2023b) ^[13]. The study presented a framework for integrating the sharing economy as a bridge between the resilience and resistance economies, by strengthening community solidarity networks, developing popular financing systems, and establishing banks for local resources (seeds, tools, knowledge). Therefore, the researcher recommends documenting and disseminating Gaza's resilience models as a reference framework for communities under siege, developing new measurement tools to assess resilience economies beyond traditional indicators, supporting research in the field of the sharing economy as a tool for economic justice, and involving local communities in designing post-war reconstruction policies.

8.3. Resistance Economy as a Necessity

A resistance economy is not an option, but a necessity under occupation. Local innovation in Gaza can transform the blockade into an opportunity (such as Gazans' brick-making from rubble). Through a resistance economy, we can continue the liberation project, keeping pace with human will and enabling it to break through the blockade. The challenge now is to transform this experience into a sustainable development model under international pressure to end the occupation.

The study proposes future research that adopts a framework for resilience as a dynamic process based on the developments and mechanisms of resilience in Gaza, which deserves an in-depth study. Migdad and Buheji (2024c) ^[29]. Israel's economic warfare is a test case for modern colonialism, proving that occupation evolves beyond tanks to algorithmic control of calories, aid, and hope. International inaction normalises this model, inviting its replication globally. Gaza's choice—starve, flee, or resist—is no accident but a deliberate Israeli formula for ethnic cleansing. Breaking it requires unconditional aid access (bypassing Israeli inspections), overcoming sanctions on Israel's war economy (e.g., targeting banks profiting from Gaza's siege),

and legal recognition of economic genocide in international courts.

8.4. Framework of Economies Expected with the Increase of the Intensity of the War

With the rise of the intensity of the devastation created by the War on Gaza by the Israeli occupation brought a consistent, planned destruction of economic foundations, which led to a deep black market in Gaza. Along this, the occupation continued its systematic plans for the depopulation of the strip. They used different techniques as the creation of famine, and even reaching genocide using 'siege economics'. This helped to raise the informal institutions and made Gaza a reality of 'war economy'.

Gazan started to understand the importance of the sharing economy, despite not fully implemented. Resilience economy became an applied necessity rather a theory. This made Gazan appreciate the importance of self-sufficiency. Now the Palestinians don't have a big space to think about shifting to 'resistance economy'. Figure (1) shows the cascading economic practices as the intensity of the war continues to rise in Gaza.



Fig 1: Illustration between War-Resilience-Resistance Economies vs. the Intensity of War on Gaza

8.5. Limitations and Implications of the Study

The study's limitations highlight potential bias in the paper's findings due to the data's reliance on local community narratives (which may lack neutrality) and the lack of quantitative standards, as most Lab studies are qualitative.

The findings show that resistance is aspirational but hindered by a lack of sovereignty, while resilience is the de facto reality, driven by NGO aid and informal coping mechanisms. A hybrid Model may be optimal: Community-led resistance (e.g., cooperatives) within a resilience framework (aid-supported infrastructure).

The implication of this study is that the resistance economy is not about isolation but strategic autonomy. Self-sufficiency in critical sectors ensures long-term stability, transforming defensive resilience into proactive economic strength.

The Gaza experience demonstrates that the economy can be

both a means of survival and a tool for resistance. Amid the rubble of war, the people of Gaza, besieged by the world, can create a parallel economic system that holds within it the seeds of a different future—a future that rejects the logic of defeat and creates life where death reigns. Gaza's economy is now a battlefield of existence. The question is whether the world will watch its erasure—or fight back.

9. References

1. Al-Muhannadi K, Buheji M. Keeping the rhythm of employing social problem-solving to sustain resilience – Cases from Gaza during genocide (2023–2024). *Community Practitioner*. 2024;21(12):1–21.
2. Al-Muhannadi K, Buheji M. Surviving despite intentional food and water scarcity – Cases of resilience from Gaza (2023–2024). *International Journal of*

- Management. 2024;15(6):65–76.
3. Berghof Foundation. War Economies and Post-Conflict Peacebuilding. 2021.
 4. Buheji M. Addressing human factors in Gaza: Challenges and solutions for post-war recovery. *International Journal of Management*. 2024;15(3):35–45.
 5. Buheji M. Dealing with loss – Coping with yearning of lost livelihood – Case of Gaza. *International Journal of Social Sciences Research and Development*. 2024;6(1):200–215.
 6. Buheji M. Streams of inspiration from Gaza despite genocide: Reflections from 2023/2024 war. *International Journal of Inspiration & Resilience Economy*. 2024;8(2):57–64.
 7. Buheji M, Hasan A. Beyond famine and chaos – Case of Gaza. *International Journal of Management*. 2024;15(2):1–26.
 8. Buheji M, Hasan A. Capitalising on the ‘social capital’ that would accelerate the collective wealth of Gaza. *International Journal of Social Sciences Research and Development*. 2024;6(1):134–152.
 9. Buheji M, Marouf M. Mapping reconstruction of Gaza to overcome donors' fatigue. *Gradiva*. 2024;53(7):116–130.
 10. Buheji M, Migdad M. Building anti-fragile generation – Stories on mothers of Gaza. *International Journal of Advances in Philosophy*. 2025;7(1):6–13. doi:10.5923/j.ap.20250701.02.
 11. Buheji M, Migdad M. Displacement, destruction, and determination: Gazans experience of returning home during the truce. *Gradiva*. 2025;64(2):138–150.
 12. Buheji M, Mushimiyimana E. Gaza – Towards an agile resilience. *International Journal of Management*. 2023;14(7):120–136.
 13. Buheji M, Mushimiyimana E. Raising Gaza survival capacity as per violence experienced: Lessons from best war survival stories in recent history. *International Journal of Advanced Research in Social Sciences and Humanities*. 2023;7(1):22–48.
 14. Buheji M, Mushimiyimana E. Gaza 2024: Revising the ‘reasons to live’ – An assessment of current scenarios and foresighted future. *International Journal of Management*. 2024;15(1):209–229.
 15. Hassoun A, Al-Muhannadi K, Hassan HF, Hamad A, Khwaldia K, Buheji M, Al Jawalkeh A. From acute food insecurity to famine: how the 2023/2024 war on Gaza has dramatically set back sustainable development goal 2 to end hunger. *Frontiers in Sustainable Food Systems*. 2024;8:1402150.
 16. Hassoun A, Hamad A, Iriqat D, Alousi R, Nijim M, Buheji M, Aldahdouh T. The implications of the ongoing war on Gaza for food sustainability. *Sustainable Futures*. 2025;9(8):100473.
 17. Hassoun A, Hamad A, Iriqat D, Alousi R, Nijim M, Buheji M, Aldahdouh T. The implications of the ongoing war on Gaza for food sustainability. *Sustainable Futures*. 2025;9(8):100473.
 18. Migdad M, Buheji M. Diary of displacement from Al-Mawasi – Case from Gaza 2024. *International Journal of Social Sciences Research and Development*. 2024;6(2):47–61.
 19. Migdad M, Buheji M. Diary of displacement from Al-Mawasi – Case from Gaza 2024. *International Journal of Social Sciences Research and Development*. 2024;6(2):47–61.
 20. Migdad M, Buheji M. Realising the capacity of the internal front – Case of Gaza 2024. *Community Practitioner*. 2024;21(8):544–565.
 21. Migdad M, Buheji M. Resilience amidst devastation: qualitative insights from Gaza during the war. *International Journal of Social Sciences Research and Development*. 2024;6(2):13–27.
 22. Migdad M, Migdad S, Migdad A, Buheji M. Waves of inspiration despite genocide – Cases from youth and children of Gaza. *Journal of Research Administration*. 2024;6(2):508–529.
 23. Migdad M, Migdad S, Migdad A, Buheji M. Waves of inspiration despite genocide – Cases from youth and children of Gaza. *Journal of Research Administration*. 2024;6(2):508–529.
 24. Migdad M, Al Karriri A, Buheji M. Challenges in delivering humanitarian aid during war on Gaza. *International Journal of Multidisciplinary Research and Growth Evaluation*. 2025;6(2):1329–1338.
 25. Migdad M, Buheji M, Migdad I. Reviving resilience from the tents – Gaza (2024). *International Journal of Management*. 2024;15(6):93–108.
 26. Migdad M, Buheji M, Migdad I. Reviving resilience from the tents – Gaza (2024). *International Journal of Management*. 2024;15(6):93–108.
 27. Migdad M, Migdad I, Migdad A. Socioeconomic life in the shadow of October 7 war on Gaza. *International Journal of Inspiration and Resilience Economy*. 2024;8(2):65–90.
 28. Migdad M, Migdad I, Migdad A. Trade in the shadow of war on Gaza 2023–2024. *International Journal of Inspiration and Resilience Economy*. 2024;8(2):91–110.
 29. Migdad M, Migdad I, Migdad A. Socioeconomic life in the shadow of October 7 war on Gaza. *International Journal of Inspiration and Resilience Economy*. 2024;8(2):65–90.
 30. Migdad M, Migdad I, Migdad A. Trade in the shadow of war on Gaza 2023–2024. *International Journal of Inspiration and Resilience Economy*. 2024;8(2):91–110.
 31. Sen A. *Development as Freedom*. Oxford: Oxford University Press; 1999.
 32. Taleb N. *Antifragile: Things That Gain from Disorder*. New York: Random House; 2012.
 33. United Nations Conference on Trade and Development (UNCTAD). Preliminary assessment of the economic impact of the destruction in Gaza and prospects for economic recovery. UNCTAD Rapid Assessment. Geneva: United Nations Conference on Trade and Development; 2024 [cited 2025 Apr 26]. Available from: https://unctad.org/system/files/official-document/osginf2024d1_en.pdf
 34. United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA). UNRWA Situation Report 148 on the humanitarian crisis in the Gaza Strip and the West Bank, including East Jerusalem. UNRWA Reports. 2024.