



# NEWSLETTER

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## Global Connections and Exchange Program for Tajikistan

Global Connections and Exchange Program for Tajikistan has established 24 Internet Learning Centers (ILCs) in secondary schools across Tajikistan. The program's main goal is to increase global dialogue and educational opportunities by installing modern computer equipment with Internet access in schools, and developing training and learning projects for teachers and students.

### Tajikistan Global Connections and Exchange Program activities include:

- \* Teacher training on using computers and the Internet in classroom teaching;
- \* U.S. school partnerships on civic education projects, teacher and student exchanges;
- \* Public access and programs for community members and disadvantaged groups;
- \* Development of sustainable practices for schools and communities.

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### Addressing Conflict in our Daily Lives



Students conduct research on conflict in teenagers' lives

During the February partnership activity, GCE students learned about different types of conflict, and addressed some of the top conflicts faced by teenagers around the world. Through research and interviews among fellow classmates, students analyzed the impact conflict has on young people, identified various sources of conflict, and discussed positive ways of addressing conflict. Students created publications based on the results of polls taken, and expressed their thoughts about conflicts in the daily lives of young people.

Conducting research on conflict gave students a variety of information: for example, conflict can be caused by different feelings and human moods such as envy, jealousy, hatred and etc. Some students compared the frequency of conflict between girls and boys and found that boys more often encounter conflicts than girls and usually they address conflicts with fighting. Students of Gulyakandoz ILC believe that conflict has positive and negative

sides. From the positive point of view conflicts can help to improve communication skills, solve problems and develop strong character if the conflicts are addressed in a healthy manner.

Delano High School created interesting publications with diagrams on the most abundant sources of conflicts: gangs, pollution, lack of education, single parenting, poverty and many others. Other students from Delano High School believed that: "Most conflicts that teens face with their parents at home are conflicts concerning independence; the issue of independence arises when a teen feels that their parents are too strict and therefore never lets them participate in things that they find enjoyable. Parent's lack of trust on their teens also rises as a conflict, often time when a parent refuses to let his or her teen do something because they believe that they will just get themselves into trouble".

An online forum with qualified psychologists was set up for students to delve deeper into the issues surrounding conflict and healthy ways of addressing various conflict in youth's lives. This forum creates a safe space for students to ask psychologists about daily conflicts happening in their lives. The forum can be accessed at: <http://connect.tj/forum/viewforum.php?f=20>

## Keys to Public Speaking



Leaders practice public speaking in front of their peers

An important skill for leaders is public speaking. Strong public speaking skills enables a person to deliver his main point or idea and engage listeners. It is very important for members of our Youth Leadership Clubs (YLCs) to have such skills as they often conduct seminars and trainings, and have discussions with younger students and community members. Nearly everyone has a sense of fear when talking in front of a big audience and a good orator should overcome this fear. In order to help young speakers overcome this fear of public speaking and improve their skills, in February YLC members underwent activities focused on public speaking.

Trainings held by ILC Managers helped leaders to learn and practice how to speak in public and deliver speeches. YLC members learned major key points for engaging the audience and communicating effectively in public, and practiced giving speeches with their peers. Youth leaders now know how to prepare themselves for a speech or presentation, and can more easily and with confidence communicate with people. Taking into account that public speaking is an important skill for every leader, YLC members plan to share their skills with others and pass on "the keys of successful public speaking" further and further.

## Health: Tajikistan and Beyond

This month GCE students started to address major health challenges in Tajikistan and throughout the world. By participating in this activity students learned and taught others about different health issues confronting their communities and the world. Among the health issues that students researched were serious and widespread health risks including HIV/AIDS, bird flu, iodine deficiency, tuberculosis, pneumonia, intestinal diseases, cancer, mental diseases, interfamilial marriage, alcohol abuse, smoking and using drugs.

During 2 weeks project group students studied an assigned health issue with the help of information found through the Internet and interviews with doctors and specialists, and prepared informative presentations. Based on the presentations created by GCE students, participants voted for the best publications that addressed the problem accurately and then selected one important health issue to further study and discuss. Students have decided that the issue of suicide deserves greater attention and focus, and will explore it further by conducting research online, discussing with experts, and conducting interviews. Students are currently working to collect and prepare materials which will be used to create a unique website addressing this sensitive consequence of conflict – suicide in the world and in Tajikistan, causes of suicide, statistical data, and resources for prevention and help.



Khorog students interview a representative from local police station

Check back soon to view the website about suicide created with the help of students.

*The Tajikistan Global Connections and Exchange Program for Central Asia is a project of Relief International - Schools Online's Global Citizenship & Youth Philanthropy Program and has been made possible with major funding from the United States State Department Bureau of Educational and Cultural Affairs, the William and Flora Hewlett Foundation, and the Global Catalyst Foundation*

## Youth Leaders Protecting the Environment



Sarband youth leaders talk about environmental problems with a representative from the Ecological Center "Chashma"

In February, Youth Leadership Clubs investigated their environment with the aim of better understanding the issues that surround them. There are many problems that people all over the world face, and one of these is environmental destruction. The environment plays an important role in the life of every human. Increasingly, humanity is confronted with many diseases and natural disasters which are caused or related to environmental degradation. People usually pay less attention to their environment and do not think about the consequences of environmental pollution and how the world will look like in the future if we do not take care of it now.

Realizing the importance of

environmental understanding and protection, YLCs conducted research on the top environmental problems specifically in their own region or city. Then, they invited students from other schools into the ILC and held discussions with them on the following themes:

- What are some consequences of environmental pollution?
- How can we address these consequences and work towards solutions?

These meetings facilitated discussion and emphasized the importance of youth to be involved in addressing the problems of their community and setting goals to improve the environmental situation in their communities.



Members of Kayrakkum YLC conduct a seminar on environmental problems for neighboring school students

*See in March issue of our newsletter winners of photo contest and view the best photos of Tajikistan women.*

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