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HELLO EVERYONE! WELCOME TO THE 5TH ISSUE OF THE GENERATION NEXT MAGAZINE.

Alilya
Narikbayeva

ON THE COVER OF THIS ISSUE, YOU CAN SEE A FLOWER CALLED 'SNOWDROP' WHICH SYMBOLIZES HOPE AS IT IS THE FIRST FLOWER TO BLOOM AT THE END OF WINTER AND THE BEGINNING OF SPRING

So, you may guess that this issue's theme is Hope, hope for this generation. We are the future; we will be the ones to make the world a better place therefore we have to take care of ourselves, help each other out and that is what this issue will be doing for you. In this issue you may find helpful advice, individual experiences, important and interesting facts. Hope you'll enjoy this issue!

LAND OF THE WANDERERS

SPRING, A SEASON OF REBIRTH AND RENEWAL, WHEN EARTH SEEMS TO COME TO LIFE AGAIN AND A CYCLE OF NEW BEGINNINGS CAN BE FELT.

NEW BEGINNINGS CAN BE STARTED WITHIN OURSELVES, NATURE, COMMUNITIES, OR COUNTRIES. IN HONOR OF NEW BEGINNINGS, I WOULD LIKE TO SHARE THE MOST IMPORTANT CHANGE AND NEW BEGINNING FOR MY COUNTRY. **INDEPENDENCE.**

I am from Kazakhstan, a magnificent country that was part of the Soviet Union from 1917 till 1991. Despite our size as one of the world's largest countries, few could find us on a map. Those who did know where Kazakhstan was saw a country which was remote, landlocked, underdeveloped, multi-ethnic, burdened with environmental problems – and surrounded by powerful neighbours. Many feared that those formidable challenges we had to deal with threatened our very survival as a sovereign nation. Kazakhstan translates to "The land of free people" or "The land of wanderers." Kazakhstan is a country rich with history, myths, and a beautiful culture. It was both a joyous and arduous time when Kazakhstan has finally declared its sovereignty on October 25, 1990 and became fully independent on December 16, 1991, this year the people of Kazakhstan will be celebrating 30 years of independence.

So how did the Kazakh people embrace this new beginning? What was next? On December 1, 1991, Nursultan Nazarbayev won the first nationwide presidential election with a "Soviet-style" result of 98.7 percent of the vote. The founder of modern Kazakhstan, Nursultan Nazarbayev, had to take Kazakhstan through a crash course in nation building. In the process, he made his way from serving as Kazakhstan's Communist Party First Secretary to becoming a recognized national, regional, and international leader. Almaty or Almata (Alma means Apple and Ata means Grandpa) was the national capital when Kazakhstan gained independence from the Soviet Union. If you did not know Almaty is recognized as the origin of all apples. But the city had little room to expand, could experience an earthquake and was too close to the Chinese border for the Kazakh's comfort. So, the government moved the capital 1,200 km north to Nur-Sultan in December 1997. Which was then known as Aqmola and renamed in May 1998 to Astana and finally named Nur-Sultan in 2019.

As Kazakhstan embarked on its independent journey, it faced a lot of challenges when becoming independent, for instance there was pressure toward economic independence which became irresistible. In 1991, on the eve of independence for many of the former Soviet republics, the international community was concerned with potential instability in the Caspian region. In the subsequent years, all fifteen of the former Soviet republics lived through a difficult period of post-communist transition. Their economies suffered from hyperinflation, abrupt industrial recessions, and food crises. For months, people went without receiving their wages and social security payments.

However, Kazakhstan managed to withstand the challenges and at the beginning of the 21st century, the rapid transformation of the capital was led by a dramatic construction boom directed by Nazarbayev and fueled largely by the country's growing petroleum revenues.

The clear vision of Kazakhstan's founding President, Nursultan Nazarbayev, of making our country an economically competitive and democratically mature nation urged the Kazakh foreign policy to develop according to two main pillars. First, adopting a balanced foreign policy model based on openness towards the outside world and promoting equal, respectful and mutually beneficial relations with all our partners, near and far. Secondly, assuming the role of a responsible and trusted citizen of the world committed to contributing to global security and progress. Kazakhstan's achievements are very high. Today it is one of the world's economic development leaders with an active political position.

In 2017 Kazakhstan hosted the International Exposition (EXPO), with 112 countries participated and over 3 million visitors. The country has chosen "Future Energy" as the overarching theme for this world event. Until September 2017, the Kazakh capital Nur-Sultan was a global forum where the main question being debated is: "How do we ensure safe and sustainable access to energy for all while reducing CO2 emissions?" Moreover, the first president held a forum in 2019 for the new generation, where teenagers and young adults presented their projects to the president. This showed that the young generation is heard and wants to be heard.

Alilya Narikbayeva

KAZAKHSTAN IS DEVELOPING EVERY SINGLE DAY, THIS YEAR OUR COUNTRY WILL BE CELEBRATING 30 YEARS OF INDEPENDENCE.

LOOKING BACK, THIS COUNTRY HAS ACCOMPLISHED SO MUCH BUT THERE IS STILL A LOT MORE TO BE SEEN.

Camilla
Simao

EVERY LITTLE CHILD HAS DREAMED, AT LEAST ONCE, OF BEING A ROYAL WALTZING IN A LARGE, STONE CASTLE, AMONG OTHER NOBILITY AND WELL-DRESSED PEOPLE. **EVERY GIRL WANTS TO BE A PRINCESS, EVERY GUY WOULD LOVE A CHANCE TO BE A PRINCE.**

We dream of twinkling gowns, and joyful strings carrying the dancing feet of everyone around, and we dream of the romantic midnight prince with a mysterious stranger, on the balcony, under a full moon.

Sadly, as we grow up, it feels as though castles and dancers and string quartets were but a gust of wind, a flicker of a candle in our imagination. We learn that gowns are out-dated, that parties have become about who can have the shortest dress, that the warm candlelight has been replaced by pulsating LEDs. Meanwhile, the castles decay, the dresses are moth-eaten, and the violins have lost their strings.

BUT WHAT IF I TOLD YOU
THAT LIFE DOESN'T HAVE
TO BE THAT WAY?
THAT THERE IS A CHANCE,
A LARGE CHANCE,
FOR YOU TO DISCOVER THE
FEELING YOU LONGED FOR
IN CHILDHOOD?
ENTER VIENNA,
CAPITAL OF AUSTRIA,
AND OF THE ANNUAL
BALL SEASON.

Hundreds of years ago, the king and queen would hold revels, and sometimes even invite peasants in for them to enjoy at least one evening of fineries in their life. Later, after the monarchy was dismantled, those events remained, becoming the official Viennese ball season, running from December to February. Often held in opera houses, concert halls or other grandiose, historical venues, those balls offer a once in a lifetime opportunity to dance the night away wearing the most Disney-like gown you'd want, or the finest suit you've dreamed of.

Meanwhile, enjoy the other sights Vienna has to offer; a city rich in history and culture, it is sure to become a favorite of yours with its museums, artistic architecture, and delicious food. Add a visit to their philharmonic orchestra, considered to be one of the finest ones to exist, and to the lavish palaces still standing.

Every child has wanted to feel like proper royalty, and for the most part, that dream is at their fingertips, ready to be reached.

WHY DOES SUSTAINABLE FASHION MATTER?

THE FASHION INDUSTRY IS ONE OF THE BIGGEST INDUSTRIES IN THE WORLD AND IS WORTH OVER **278.2 BILLION DOLLARS.**

DEVELOPING AND GROWING EVERY SINGLE DAY, THE WORLD NOW CONSUMES ABOUT **80 BILLION NEW PIECES** OF CLOTHING EVERY YEAR.

As new clothing comes into our lives, it gets thrown out too in a shocking pace.

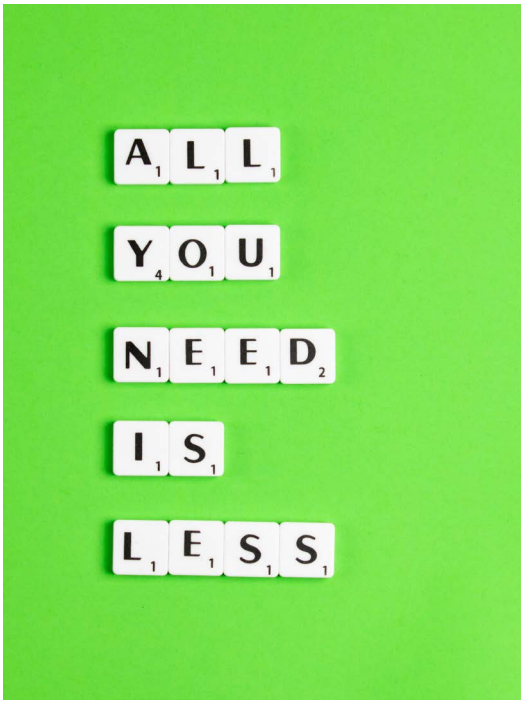
IN 2014 AND AN ESTIMATED 92 MILLION TONS OF TEXTILE WASTE IS CREATED ANNUALLY FROM THE FASHION INDUSTRY.

The clothes you wear matter. Yet most people have never thought about what the fabric in their favorite shirt is made of, or who made their clothes. They're important questions and they really do make a difference. Unfortunately, the fashion industry has traditionally had, and still has, an enormous negative impact upon the planet and not a great history looking after the people in the supply chain. Annually the fashion industry creates more CO_2 emissions than all international flights and maritime shipping worldwide, which really shows how negative an impact it has.

WHAT IS FASHION?

You may ask, well 'Sustainable' fashion refers to garments that have been made in a way that is mindful of the many environmental issues the fashion industry touches upon. It is about producing clothes, shoes and accessories in way that won't harm the environment and minimizes the impacts on the environment. And is about sustainable patterns of consumption and use, for example people who quickly throw out clothes and buy new ones is not sustainable consumption.

Some garments that are made in a mindful way include: sustainably grown fiber crops or recycled materials, using natural resources efficiently and carefully, and opting for renewable energy resources when it's possible. Raw, virgin materials like cotton and wool are becoming scarce just like all the other resources. These are the fabrics that can be recycled and decomposed. When fashion designers and brands start to think about how their clothing will continue after the customer has left it, they're creating a sustaining structure where we can continue to use these materials. Moreover, you must check where your clothes are made, as to lower our carbon footprint we must make clothes locally. Sustainable brands often use materials from natural or recycled fabrics that require less to no chemical treatment, little water, less energy and no fertilizers or pesticides to grow. This is a benefit to rivers since most of the waste is dumped into rivers.



Some popular fast fashion brands like Zara recently announced that all its collections will be made from 100% sustainable fabrics before 2025. By 2025, 80% of the energy consumed in Zara's headquarters, factories and stores will be from renewable sources and its facilities will produce zero landfill waste, the company said. By 2023, it promised, the viscose used will also be 100% sustainable. That is amazing news which hopefully other fast fashion brands will follow.

However, this also depend on us, meaning that we need to take responsibility for our daily choices. Commit to buying less, limit your outfits per day, and invest in pieces that last longer. For example, my grandma who is 67 years old has never once thrown out her old clothes or her children's clothes. She kept them and kept them in good condition, she passed these clothes on to us and we wear them, that is sustainable, and although small, she still has made a significant difference by not throwing out the clothes.
There are many ways that YOU can be sustainable in fashion for example: Up-cycle your old clothes (it's fun and the results can be satisfying), donate your unwanted clothes, look after your clothes so they last longer, go for quality over quantity, thrift shop (it's fun and has low carbon footprint compared to new clothes that have traveled across the globe to get to you.)

Alilya Narikbayeva

INSPIRING WOMEN MAYA ANGELOU

When I was in year 11 in our English lesson I came across a poem: 'still I rise' and I have never been more moved and inspired by a poem till that moment. I searched up Maya Angelou and was deeply interested in her life and how she produced these master pieces, so I would like to share with you what I know about the amazing Maya Angelou.

Maya Angelou is one of the most inspirational writers, poets, storyteller, and civil rights activist of the past century. Born Marguerite Annie Johnson on April 4th, 1928, the young Maya had a traumatic childhood which she wrote about in her autobiographies. Her parents separated when she was just three and she and her brother spent time living in her mother's home and their grandmother's in Arkansas. When she was eight, Maya was assaulted by her mother's new partner. A few days after she confided about what happened the culprit was found dead. It was believed that Maya's uncle had killed him. Maya blamed herself for the murder and chose not to speak for five years. "I thought my voice killed him; I killed that man, because I told his name," she said. "And then I thought I would never speak again because my voice would kill anyone.

THE CAGED BIRD

Maya had many jobs before becoming a famous writer, including being the first black streetcar conductor in San Francisco, a cook, a waiter, dancer, and editor at an English newspaper in Egypt. It wasn't until she was 41 that she became. An author with 'I know why The Caged Bird Sings', an autobiographical book telling the story of her life up to the age of 17. It gives an account of life in the South during the Depression and won her awards across the world with its themes of human resilience, survival, and endurance.

STILL, I RISE...

Maya went on to write six more volumes of her autobiography, as well as six books of poetry. She won writing awards and was nominated for an Emmy for a role in the 1970s TV mini-series Roots. She also spoke to the world when she gave a reading at President Bill Clinton's inauguration in 1993.

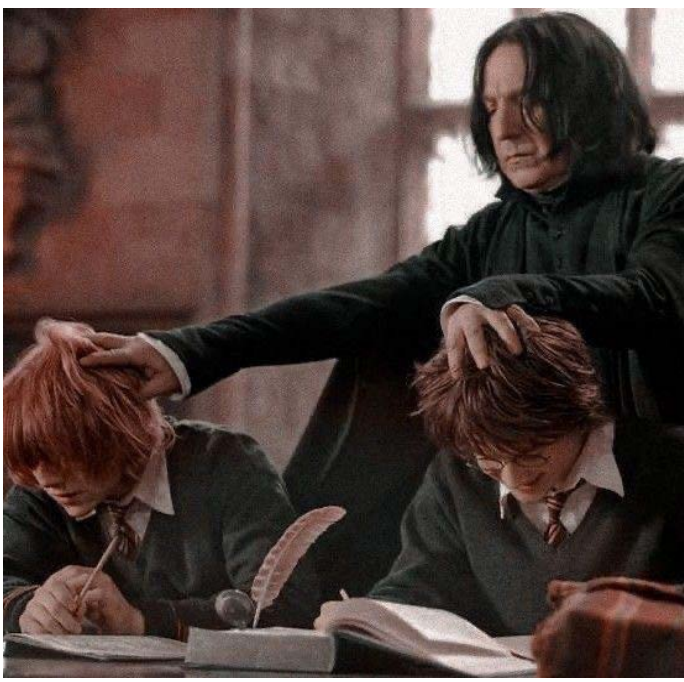
A friend of Martin Luther King Jr, she became well respected as a spokesperson for black people and women's rights. Her 1978 poem about inner strength and defiance And Still I rise is one of her most popular works.

Alilya Narikbayeva

HI EVERYONE!! TODAY I'M GOING TO BE SHARING WITH YOU

SOME INTERESTING FACTS IN THE HARRY POTTER WORLD

-If you haven't read the books you probably didn't know about Percy Weasely's redemption arc . After realising that the ministry of Magic was in the wrong and understanding his mistake of putting it over his own family , he came back right before the battle of Hogwarts to apologise and fight for them. In tears, they reconciled and the battle began. He fought alongside Fred , and just moments before his death Percy made a joke about one of his colleagues at the ministry of Magic , This surprised and made Fred laugh as he said 'you actually are joking, Perce - I don't think I've heard you joke since you were -' and these were his last words. Percy was the first person to see his brother dead and at that moment he thought that it should've been him instead .



-Did you know that after the fragment of Voldemort's soul which was inside Harry got destroyed, he lost his ability to speak parseltongue and his scar no longer hurt or bothered him.

- This is first introduced in the goblet of fire but did you know that there are exactly 11 other wizarding schools from around the globe .

For now, we only know the names of 8 , they are :

- Beauxbatons academy of magic (located somewhere in Pyrenees, Beauxbatons , hidden away in the mountains that separate France from Spain).
- Castelobruxo (located in Brazil).
- Ilvermorny School of witchcraft and Wizardry (located in the US).
- Mahoutokoro School of Magic (located in Japan)
- Durmstrang institute (located somewhere in Northern Europe)
- Koldovstoretz (located in Russia).
- Uagadou School of Magic (located in Eastern Africa).

Amina Narikbayeva

PROTECTING OUR PLANET STARTS WITH YOU

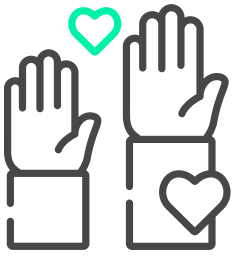
BIKE MORE DRIVE LESS

EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

VOLUNTEER!

VOLUNTEER FOR CLEANUPS IN YOUR COMMUNITY. YOU CAN GET INVOLVED IN PROTECTING YOUR WATERSHED TOO!



REDUCE REUSE RECYCLE

CUT DOWN ON WHAT YOU THROW AWAY. FOLLOW THE THREE "R'S" TO CONSERVE NATURAL RESOURCES AND LANDFILL SPACE.

CONSERVE WATER

THE LESS WATER YOU USE, THE LESS RUNOFF AND WASTEWATER THAT EVENTUALLY END UP IN THE OCEAN.

CHOOSE SUSTAINABLE

LEARN HOW TO MAKE SMART SEAFOOD CHOICES AT **WWW.FISHWATCH.GOV**

PLANT A TREE

TREES PROVIDE FOOD AND OXYGEN. THEY HELP SAVE ENERGY, CLEAN THE AIR, AND HELP COMBAT CLIMATE CHANGE.

SHOP WISELY

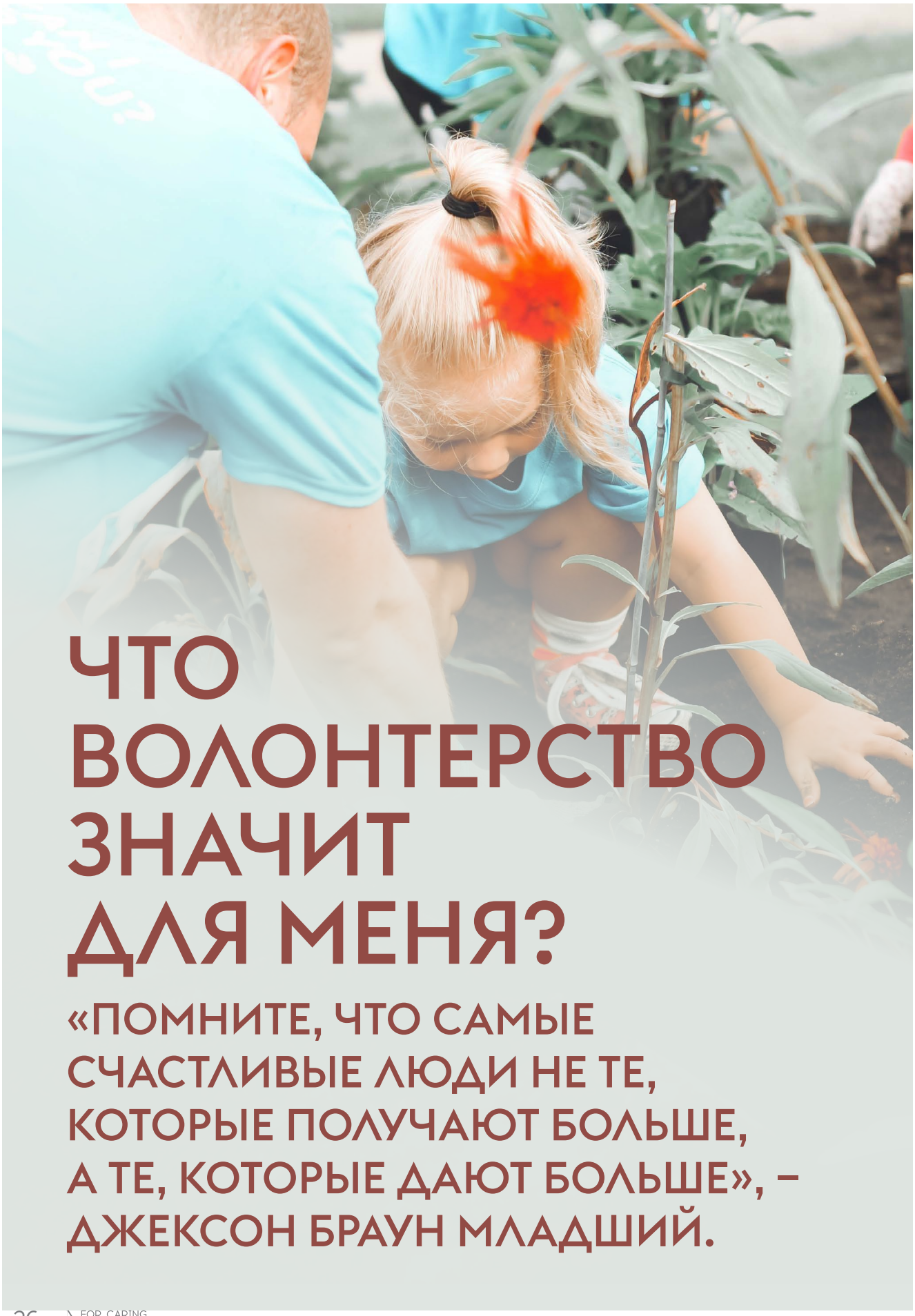
BUE LESS PLASTIC AND BRING A REUSABLE SHOPPING BAG.

DON'T SEND CHEMICALS INTO OUR WATERWAYS

CHOOSE NONTOXIC CHEMICALS IN THE HOME AND OFFICE.

LONG-LASTING LIGHT BULBS ARE A BRIGHT IDEA

ENERGY EFFICIENT LIGHT BULBS REDUCE GREENHOUSE GAS EMISSIONS. ALSO FLIP THE LIGHT SWITCH OFF WHEN YOU LEAVE THE ROOM!



ЧТО ВОЛОНТЕРСТВО ЗНАЧИТ ДЛЯ МЕНЯ?

«ПОМНИТЕ, ЧТО САМЫЕ СЧАСТЛИВЫЕ ЛЮДИ НЕ ТЕ, КОТОРЫЕ ПОЛУЧАЮТ БОЛЬШЕ, А ТЕ, КОТОРЫЕ ДАЮТ БОЛЬШЕ», – ДЖЕКСОН БРАУН МЛАДШИЙ.

ВОЛОНТЕРСТВО - ЭТО САМООТВЕРЖЕННЫЙ ПОСТУПОК, посредством которого можно распространить любовь и надежду на лучшую жизнь среди обездоленных. В основном волонтерская работа связана с заботой о детях-сиротах в приютах, обучением бездомных детей или тех, кто посещает сельские школы. Любители животных могут участвовать в благотворительных проектах или работать в спасательных центрах, чтобы уделять должное внимание своему благополучию

ВОЛОНТЕРСТВО, НЕСОМНЕННО, ЯВЛЯЕТСЯ ВАЖНЫМ ДЕЛОМ, которым каждый должен заняться хотя бы раз в жизни, по сути, чтобы коснуться жизни других и поделиться частичкой своего счастья. Ваш маленький поступок может показаться очень незначительным, но он определенно окажет большее влияние для тех, кому вы помогаете.

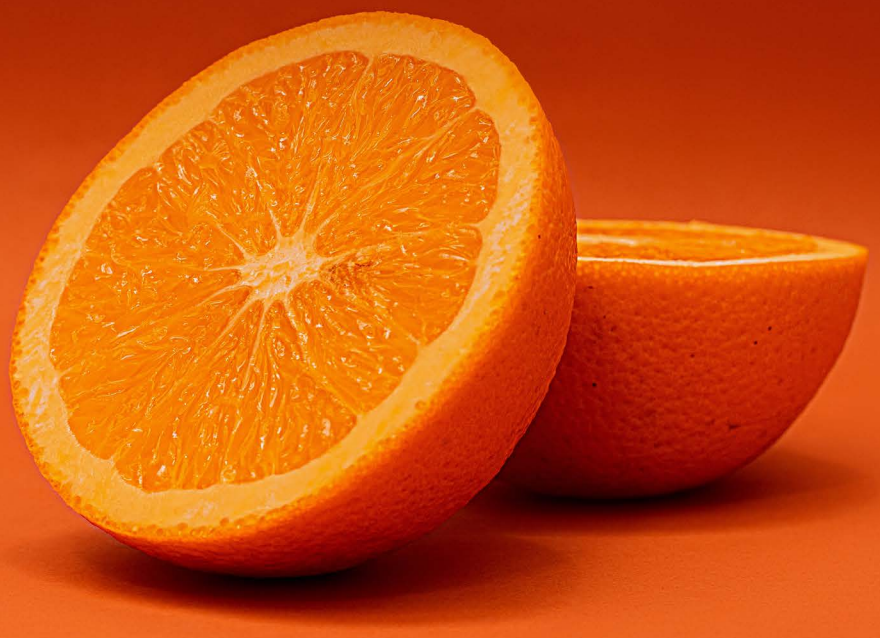
Как по мне, так ВОЛОНТЕРСТВО - ЭТО ПОТРЯСАЮЩИЙ СПОСОБ ИСПОЛЬЗОВАТЬ СВОИ НАВЫКИ, чтобы изменить жизни окружающих, а также и свою, к лучшему. Этот бесценный опыт позволяет расширить круг знакомств и улучшить свои социальные навыки. Для меня оплатой за волонтерства является получение положительных эмоций. Делая добро для других и общества Я получаю чувствую как мое сердце наполняется добром и радостью.

КРОМЕ ТОГО, ОСУЩЕСТВЛЯЯ РАБОТУ ВОЛОНТЕРА МЫ ТАКЖЕ РАЗВИВАЕМ И СВОИ ЛИЧНЫЕ НАВЫКИ.

В качестве примера могу привести один эпизод. Проходя обучение в школе Я принимала участие в группе волонтеров для «Terre Des Hommes», которая является ведущей Швейцарской организация по оказании помощи детям.

Нам пришлось осуществлять продажу апельсинов на французском языке в одном из местных торговых центров. На тот момент у меня был не очень хороший французский язык, но это не остановила меня. Местные жители не обращали внимания на мой французкий язык и подходили к нам, ввели с нами разговоры и по окончании благодарили нас.

Сложившейся добродушные отношения и личное общение с носителями языка повысило практические навыки моего французского и дало мне незабываемые воспоминания и опыт за который Я очень благодарна.



Поступив за границу, Я была приятно удивлена что много людей занимались волонтерством, и призывали других попробывать. У меня сразу загорелось желание стать частью этого сообщества и попробовать себя в другой сфере.

Видя как серьезно относятся к волонтерству заграницей, мне хотелось бы повысить волонтерское движение в Казахстане. На самом то деле у нас есть много людей которые готовы помочь благотворительным организациям и вкладывать в это свое время и усилие, но, к сожалению в данный момент в нашей стране это не так уж и развито.

Несмотря на пандемию, я продолжаю в настоящее время участвовать в различных волонтерских движениях в режиме онлайна, к чему и вас всех я призываю!

Laura Bolatova

THE POWER OF LISTENING

GAMES ALWAYS HAVE CHEAT CODES. BE THAT TO GET FREE CURRENCY OR TO SKIP A CERTAIN STAGE, THEY'RE ALWAYS THERE TO RID US OF UNNECESSARY FRUSTRATION. GAMES ASIDE THOUGH, THERE IS SUCH A CODE TO LIFE THAT WORKS JUST LIKE IN-GAME.

If you frequently act irrationally and based on emotions, wasting your time and energy because of it, there are many like you. In many cases the root appears to be the habit of speaking too much, which doesn't initially seem like a big deal, however getting rid of it can prove very useful. How do you do that? The answer is pretty simple.

As you might have already guessed, the key is developing a preference to listen instead of speaking, which can be quite a life-changer. A good example of that is my friend, who was previously used to reacting to things emotionally rather than based on logic or rationality, which in many instances got him into unnecessary and easily avoidable conflicts, eventually making him realise what he was doing wrong and stimulating him to work on it. Even simple daily conversations with him are now much more interesting and productive, showing why we should constantly be working on ourselves to achieve satisfactory results.

Another example is my grandmother's older sister who's 91 and has 9 kids, 17 grandchildren and more than 30 great-grandchildren. It was always obvious to me that there's a lot to learn from her, which I'd call little cheat codes of her own, derived from actual experience. This one is about her ability to get all she needs while wasting very little of her time and energy. During her visits, when we have guests over at our house she often looks clueless and uninterested, seemingly not being too attentive near most of the guests, the key word being "seemingly". We, kazakhs usually have an "afterparty" after the guests leave and the closer relatives stay to have more genuine chats, where our great-aunt always amazes us by showing that she has in fact listened very attentively to the prior conversations, just without actively participating. You could say it's disrespectful to the guests, to which I'd say that in a lot of cases speaking to people, which supposedly recharges you and gives you energy actually empties you of it, meaning you should filter out your daily flow of information.

Everyone's been in situations where they try to speak up, reply, make comments or simply talk more but it's not always that necessary.

TALKING TO PEOPLE IS STILL IMPORTANT IN TERMS OF SOCIALISING, SHARING THOUGHTS, SUPPORTING EACH OTHER ETC., WHICH IS WHY YOU SHOULDN'T AVOID ALL CONTACT, JUST LEARN TO REDISTRIBUTE YOUR ENERGY.

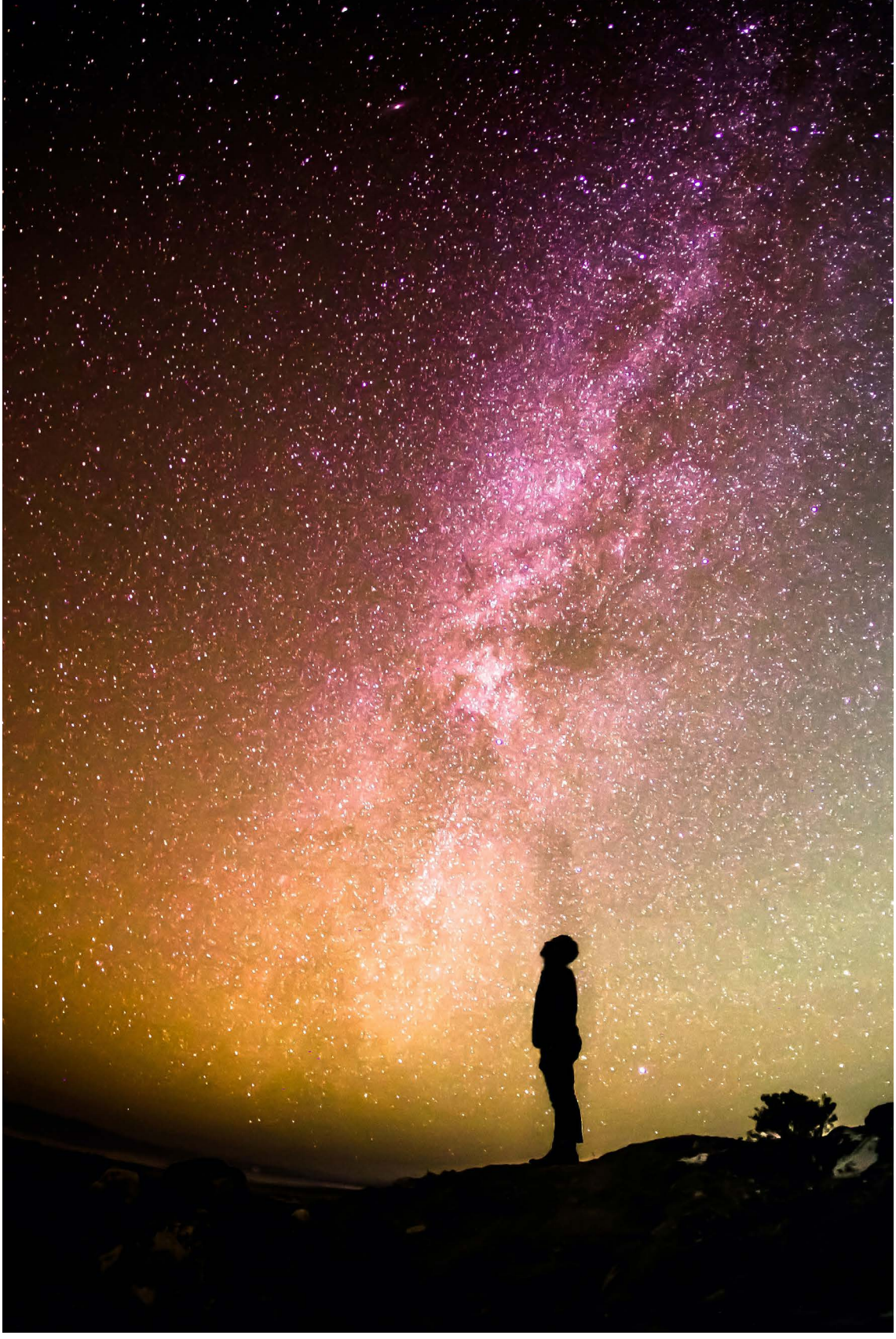
DON'T WASTE IT ON UNIMPORTANT THINGS.

Notice how my great-aunt talks more to us, to whom she is closer rather than to the guests. It's even more impressive that she remembers almost every single one of our relatives and keeps up with what's going on in their lives, which adds to the topic of filtering out the information you "intake" and focusing on the things you hold important, allowing you to free up more space for them.

This is only a small part of what this philosophy truly means, though. In short, it has to do with gaining more from things while spending less. There are also some derivative pieces of advice, like avoiding heated arguments and not saying more than you need to, which make communication productive both for you and those around you. So, abstain from speaking where it can be avoided and instead listen closely to what others have to say and then decide if saying something back is necessary in the first place.

Even if you disagree with this philosophy, never forget the importance of working on yourself and constantly improving in all aspects.

Alikhan Issekeshev



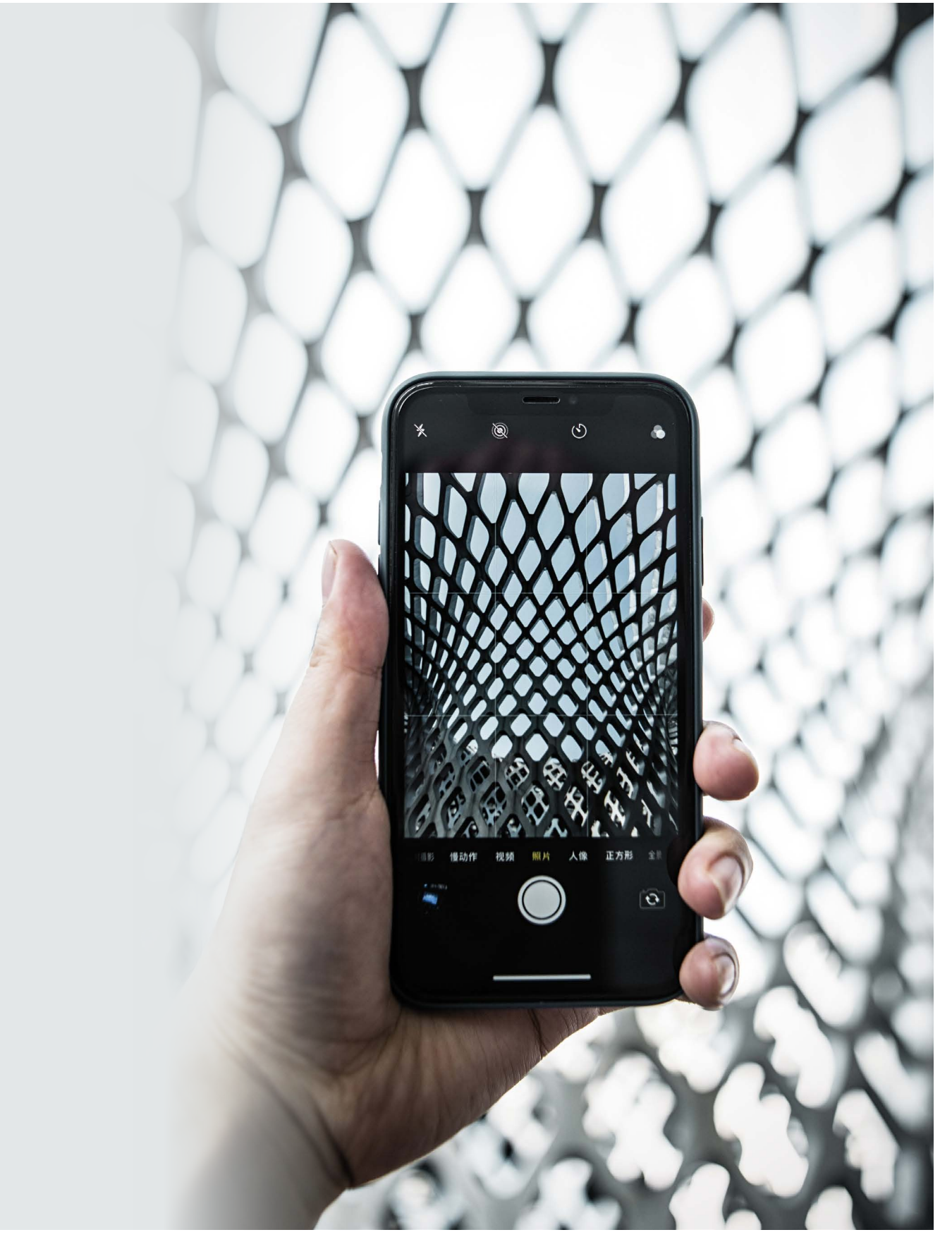
МОБИЛЬНЫЕ ТЕЛЕФОНЫ: ПОЛЬЗА И ВРЕД

Сейчас, в наше цифровое время, во время пика интернета и технологий, мобильные телефоны - одна из самых часто встречаемых, важных и нужных вещей для каждого из нас. Они нужны как и для связи с людьми, так для работы с развлечением. И в этой статье поднимаем вопрос и пользе и вреде мобильных телефонов.

И так, начнём с минусов.
70 процентов современных людей не могут себе представить не то чтобы дня, но и часа без своего смартфона, к сожалению. Многие люди живут своими телефонами, в своём виртуальном мире. Так же, считается, что около 80% информации человек получает благодаря своему зрению. Людей с отличным зрением сейчас очень мало и в большим количестве, именно из-за телефонов. Ну и так же, конечно, вредны и магнические волны, которые издают мобильные телефоны и опасность зарядных устройств и наушников. Ну и конечно огромный минус, что не все взрослые могут уследить за детьми и даже иногда наоборот, подростки за родителями, о чем они читают и находят в интернете в телефонах.

Но в то же время, без телефонов сейчас никак. Это впервую очередь конечно же связь с близкими и с людьми, в общем. А так же, чтобы кто сейчас не говорил, социальные сети и т.д., без них сейчас никак. Это тоже способ общения, развлечения и работы в данное время. Так же, интернет в целом большую помощь даёт народу. Там можно найти что угодно и когда угодно за максимально быстрое время. Интернет в очень многом упрощает жизнь человека. И конечно же, телефоны сейчас имеют всё в себе: камера, калькулятор, компьютер, интернет, работа, связь и тд. И это все в маленьком аппарате в наших карманах.

Я считаю, что вопрос о пользе и вреде телефонов очень относителен. Его плюсы и минусы идут в ногу с друг-другом и образованный и понимающий это человек должен пользоваться телефонам с умом, пользой для себя и должен беречь своё здоровье и близких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ЗНАЧЕНИЕ ТРУДА В ЖИЗНИ ЧЕЛОВЕКА И ОБЩЕСТВА

Труд – неотъемлемая часть жизни каждого из нас. Даже самому ленивому приходиться трудиться, ведь иначе жизнь встанет на месте и перестанет двигаться.

С раннего детства человека приобщают к труду. Малыша учат складывать игрушки, заправлять кровать, убирать свои вещи. Затем в школе ребенок получает знания, старается принести домой хорошую оценку и порадовать родителей. Так и меня с детства приучали к труду. Правда, не особо домашнему. С четырёх лет меня отдавали на различные курсы и кружки и была на ногах и занималась чем-то с раннего утра до поздней ночи, стабильно. С этого у меня наверное и привязалось спокойная трудолюбивость.

Как считают многие ученые, именно труд сделал из обезьяны человека. Это, конечно, спорное утверждение, но определенный смысл в этом есть. Все удобства и блага, что сейчас люди имеют, появились именно благодаря трудам человека.

Труд является очень важным фактором, с которым тесно связана вся жизнь каждого человека. Человек трудится для того, чтобы обеспечить себе и своей семье достойный уровень жизни. Труд развивает человека, позволяет учиться чему-то новому, повышать уровень своего развития и умения.

В общем,исходя из всего выше сказанного можно сделать вывод,что труд как и во времена первобытно общинного строя,так и в наш век компьютаризации и высоких технологий имеет огромнейшее значение для дальнейшего развития и прогресса человечества.

ЧТО ТАКОЕ НАСТОЯЩАЯ ДРУЖБА? И СУЩЕСТВУЕТ ЛИ ОНА ВООБЩЕ?

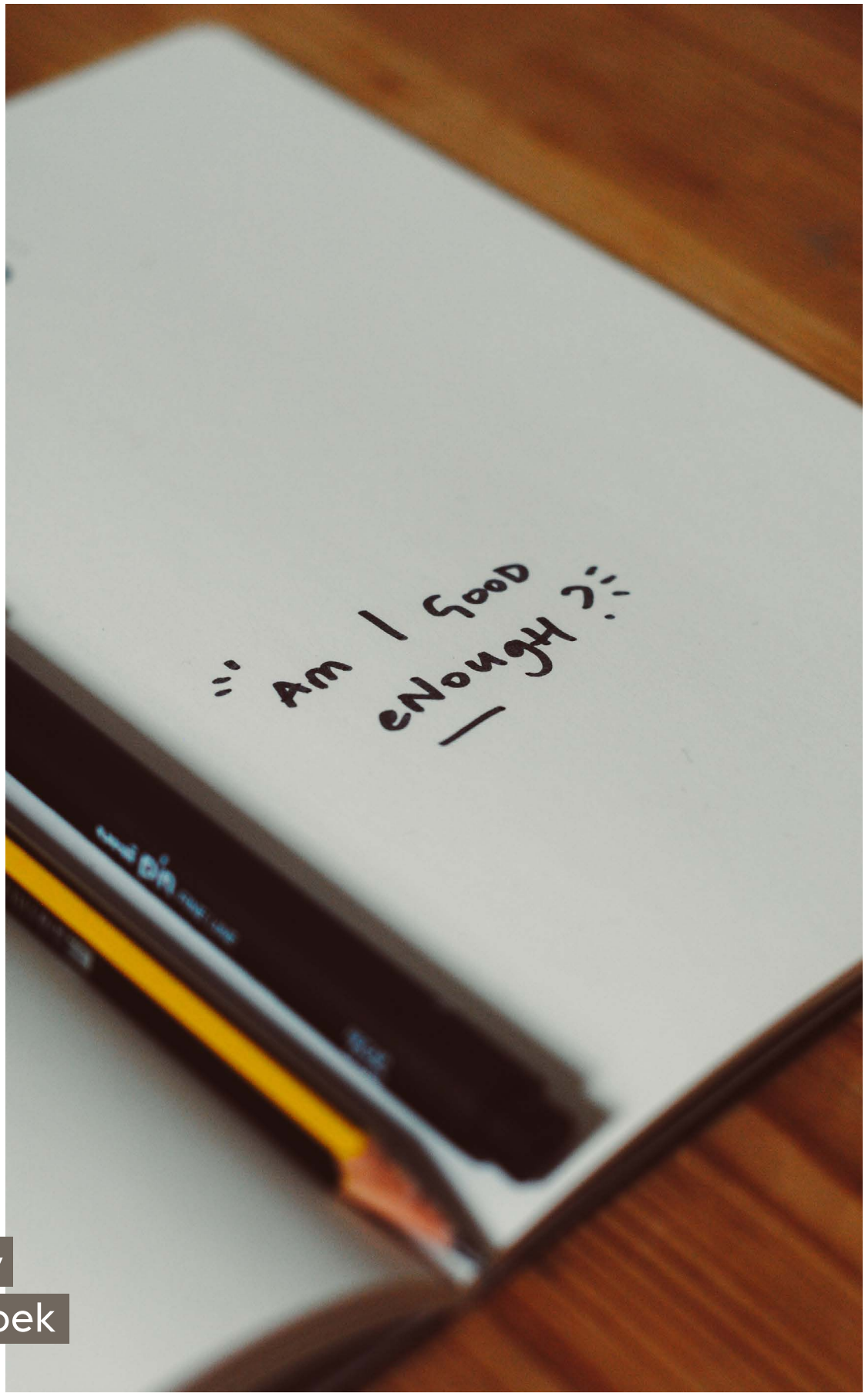
На этот вопрос у меня нет точных терминов, но в моем понимании, это близкие отношения, основанные на взаимном доверии, привязанности, общности интересов. Это когда ты находишь человека, который готов тебе всегда помочь, быть рядом в горе и в радости.

Я считаю, мало того, что в жизни встречаешь хороший людей, с которыми становишься друзьями, надо ещё и самому быть достойным другом. Есть множество причин, которые могут повредить крепкой дружбе. Например: завышенные требования, зависть, сплетни, излишняя прямолинейность, хвастовство, неумение слушать, ненужные советы, обесценивание и т.д. Лично я порой бываю вспыльчивой и эмоциональной, над чем стараюсь работать, чтобы никак не задеть близких мне людей.

Мои друзья, это моя семья и ребята, с которыми нас связала жизнь. Возможно, школа, дополнительные курсы или общие знакомые. С друзьями у меня связаны очень многие тёплые, веселые, уютные и порой грустные моменты. Мне очень нравятся слова Цицерона по поводу настоящей дружбы: «В мире нет ничего лучше и приятнее дружбы; исключить из жизни дружбу — все равно что лишить мир солнечного света».
Я считаю, что друзья — это семья,которую мы в праве выбирать сами.

Слово "друг" значит многое, не просто человек, с которым можно просто весело провести время. Дружба для меня, это и душевные разговоры, и забота, это и опыт, воспоминания. Я очень рада, что мне довелось встретить таких людей в своей жизни вокруг себя.

Nurzhanat Orazbek



Ablay
Orazbek

Stress and anxiety of I/GCSE Examinations and examinations in general GCSEs is an academic qualification in England, Wales and Scotland, made up of a particular group of subjects, usually taken in YIO and YII. While the IGCSEs are very much the same, they have been constructed to suit students studying in other countries across the globe. Hundreds of thousands of students sit the examination every year, varying from Mathematics to Economics. The GCSEs are split up into 2 main sections. The core, which consists of Maths, English and the Sciences, and a choice of a language and 3 other subjects. Overall, students take IO subjects on average, but of course, the number can vary according to the student's work ethic and ability. However, with such workload comes responsibility and maturity, which can further lead to critical anxiety or stress levels rising. On average, I5% of GCSE students may fall into the category of being 'highly test anxious'. But, there's nothing to worry about, as this article will hopefully help you overcome the fears of sitting exams in general and make sure to feed your brain with the best possible tips and advices.

As teenagers and young adults, all of us like to spend time with friends and hang around as if nothing is bothering us. However, towards the start of exams, it will be best to put your social life aside. Friends can sometimes act as a huge distraction, preventing students from revising effectively and being productive. This does not apply to all students but limiting or even fully prohibiting any kind of social life can positively impact your performance in school. As a result, what you should see is that stress and anxiety would not bother you and affect your life in general, and although you might believe that it will be hard to retain that same social life you had before the exams, trust me everything will piece itself back together.

Another factor that leads to an increase in stress levels is the lack of knowledge and revision. It has been proven that 7 hours a week can get you a grade A*/8 in your subject. Revision is a key aspect of school and preparation for examinations. There are multiple methods of revision, from practice questions to flashcards, and these different methods vary in the level of effectiveness across different students. Other students hire themselves a tutor, but personally students can achieve the same goals without one. It may seem boring and dull but putting the hours of hard work and practice will always lead to success, where hard work beats talent.

From personal experience, I have never come across any kind of stress or anxiety towards examinations. However, a case that I am well aware of touches upon my good friend Jake. He was always passionate about academics and performed decently in class, as well as never having to deal with overdue or incomprehensible homework. However, whenever a test or an exam comes up, Jake would go on to achieve himself a C or a B, although with his potential, A or A* was not an obstacle. He would always go out and spend minimal amount of time on revision, instead of devoting his time to studying. As a result, prior to the exams, Jake would always feel stressed and uncomforted, seeking help from his fellow classmates, who couldn't do anything but blame him for going out too much. Finally, after several average graded exams, he understood that lack of revision was his catalyst to stress and anxiety. He started dedicating his time to revision and went on to get several As and A*s in his final GCSEs.

THE POWER OF A SMILE

In hindsight, one begins to understand the reality of time, how it runs through our lives. Time is ever fluctuating, and infinite. In the blink of an eye, you witness little kids grow up, much as your parents did before you. It sometimes may seem like time has passed so quickly, and is passing even quicker the older you get, but one thing people must remember is that what may seem insignificant to you in the present does not equate the same to your family, your friends, or anybody around you. What you do in your day-to-day life may seem to be insignificant in the long run, in the big picture, but what you do in a day, in a small minute, could set off a chain reaction affecting people far beyond you. This is what I try to get people to understand, as well as what I try to remind myself of in situations where I lose my calm or react rudely. What other people do – I cannot in any way control. How I react, on the other hand, is a completely different thing.

A negative mind will never give you a positive life.

A SMILE.
A SMILE SO RADIANT AND SINCERE IS ALL IT TAKES. IF YOU WAKE UP, WALK UP TO YOUR MOM, DAD, SIBLING, OR WHOEVER YOU LOVE AND SMILE.
SAY "GOOD MORNING",
AND "HAVE A GREAT DAY!"

When you eat, smile. If you made your meal applaud yourself, and if somebody else made the meal, show your gratitude externally, not just keeping it bottled in your mind. After all, showing appreciation through a quick "thank you" or even just a smile is all it takes.

IF YOU START YOUR DAY WITH POSITIVITY AND AN ENTHUSIASTIC MINDSET YOU WILL HAVE A GOOD DAY.

The moment I realized the power that a simple smile has, was a day I still remember. I can recall arguing with my mother about, well as many arguments tend to lead to, I cannot remember. I do, on the other hand, remember what I did. I knew I was not in the wrong and I knew that my mother was being unreasonable, but instead of ticking her off the way I normally would do, I smiled and apologized. I acknowledged my inexistent fault in this silly argument because at the end of the day, what matters isn't if you were right or wrong, it's whether you had a happy day. By avoiding a fight in this argument, by choosing to smile, I spread that contagious action over to my mother. She couldn't possibly fight back after I acknowledged I was wrong, apologized, AND smiled. Instead, my smile made her laugh. Her laugh made me laugh even harder, and after a few minutes we turned our fight into an anecdote and went on forgetting it ever happened. I continued with my day, and she with hers, and during the night, we said good night to each other and went to sleep with not a shred of hatred in our hearts. Now what could've, or what usually would happen, was that I could've been stubborn, fought back, been called disrespectful, had the argument turn xIO worse than what it started at, and went on with my day angry. I would've projected my anger over to my brother, and ultimately ruined his day. I would've gone on to meet with my friends, and instead of having fun would remain obsessed with this little argument, ruining their days. I would've been rude to strangers on the street, and the woman working in the shop next to my home. The same would also go with my mom and everybody who we interacted with after our little debacle. A simple smile prevented all that. Even if I had apologized, without a smile it wouldn't look sincere. It would be sarcastic.

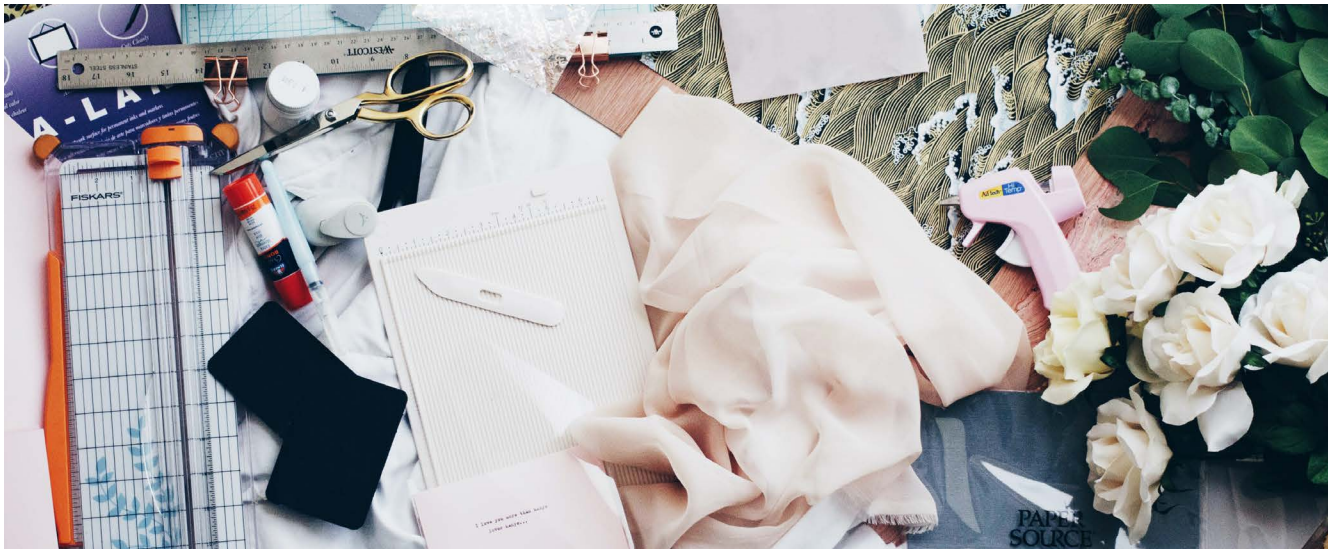
Now that I think about it, the whole argument could've ended much sooner. If I had taken my mother's criticism on whatever it is that had started the problem, positively the first time around, she wouldn't have made it into a bigger deal. If you are at the absolute core of a boiling conversation that is slowly reaching into a steaming argument, mitigate and dilute the problem asap. Take the high road and simply smile. That is my advice to you, from a credible and experienced source: an absolute drama queen who would always enrage her family with her sarcastic attitude. Smile, smile, laugh and smile some more. That is the secret to maintaining peace.

IF YOU SMILE, OTHERS WILL FOLLOW.

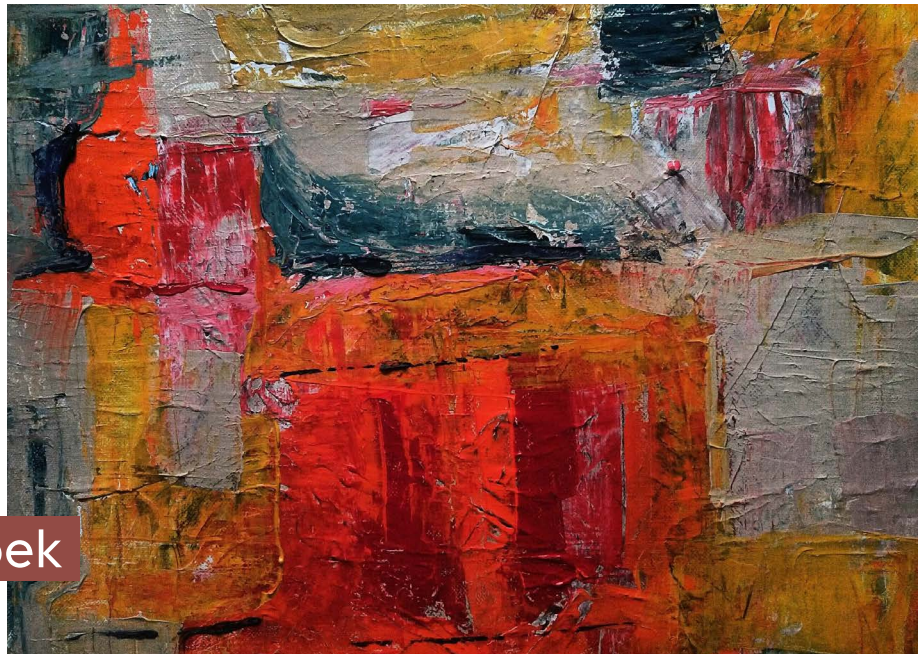
Aliya Khaltayeva

THE SIMPLE ART OF MESSY

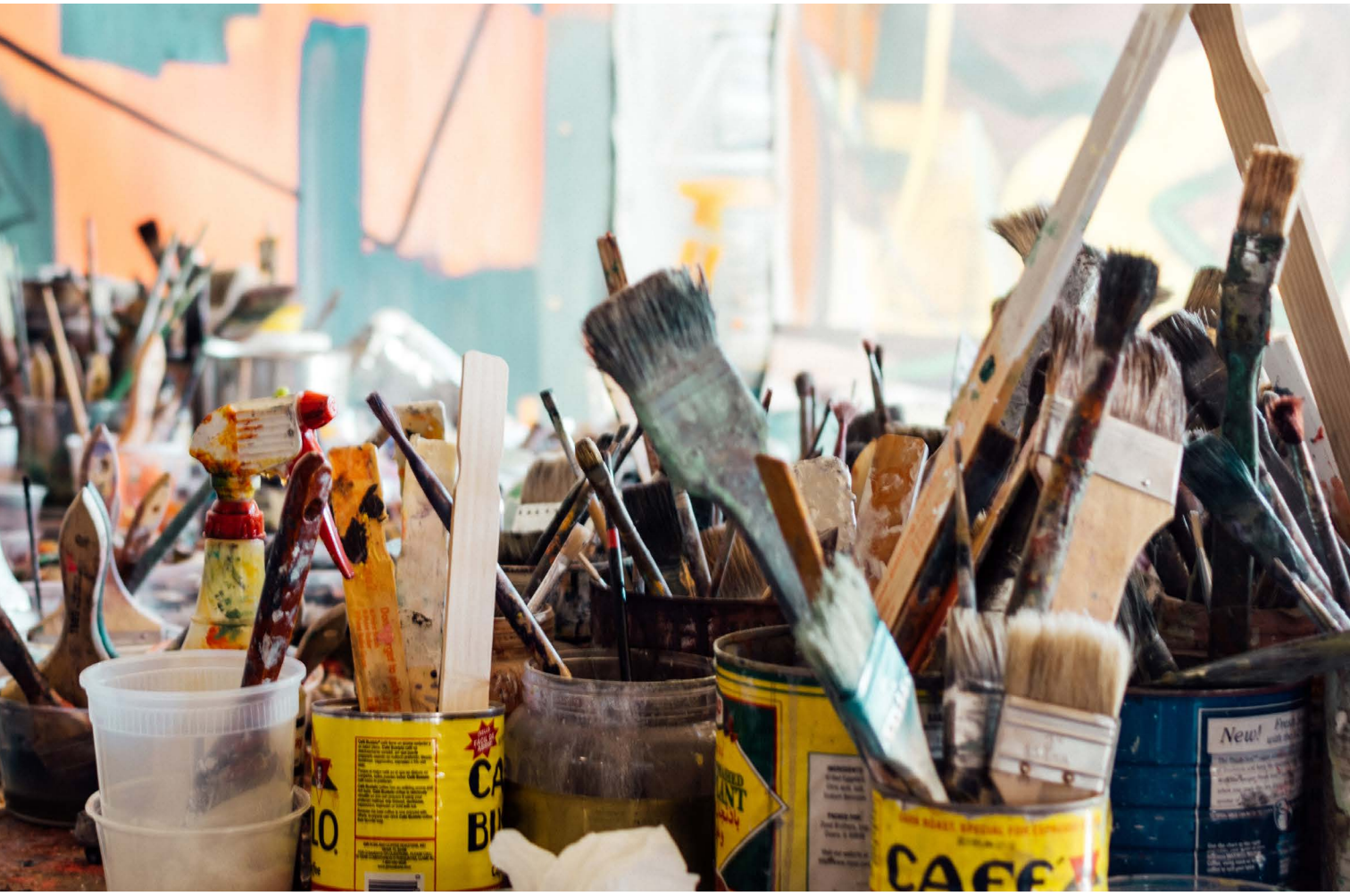
Many of us perceive messiness as the first sign of negative consequences. We perceive it as a sign of depression, anxiety, mental turmoil, laziness, and much more. That individuals who are more chaotic and unorganized somehow perform worse in society or are just in a worse position. Writers like Marie Kondo and other minimalists deeply encourage the fact that clean, and organization are the key to happiness and fulfillment. We coined the term “a clean space equals a clean mind", thus encouraging ourselves and others to keep the workspace and surrounding clean. But truthfully, we should not be that quick to perceive what is best for us, and not be that quick to judge others. In fact, numerous studies have shown a great positive effect on the messiness and show that more messy individuals are more creative and sometimes even smarter. Some messes are just simply habitual and reveal more the subconscious then generally the mental health of an individual.



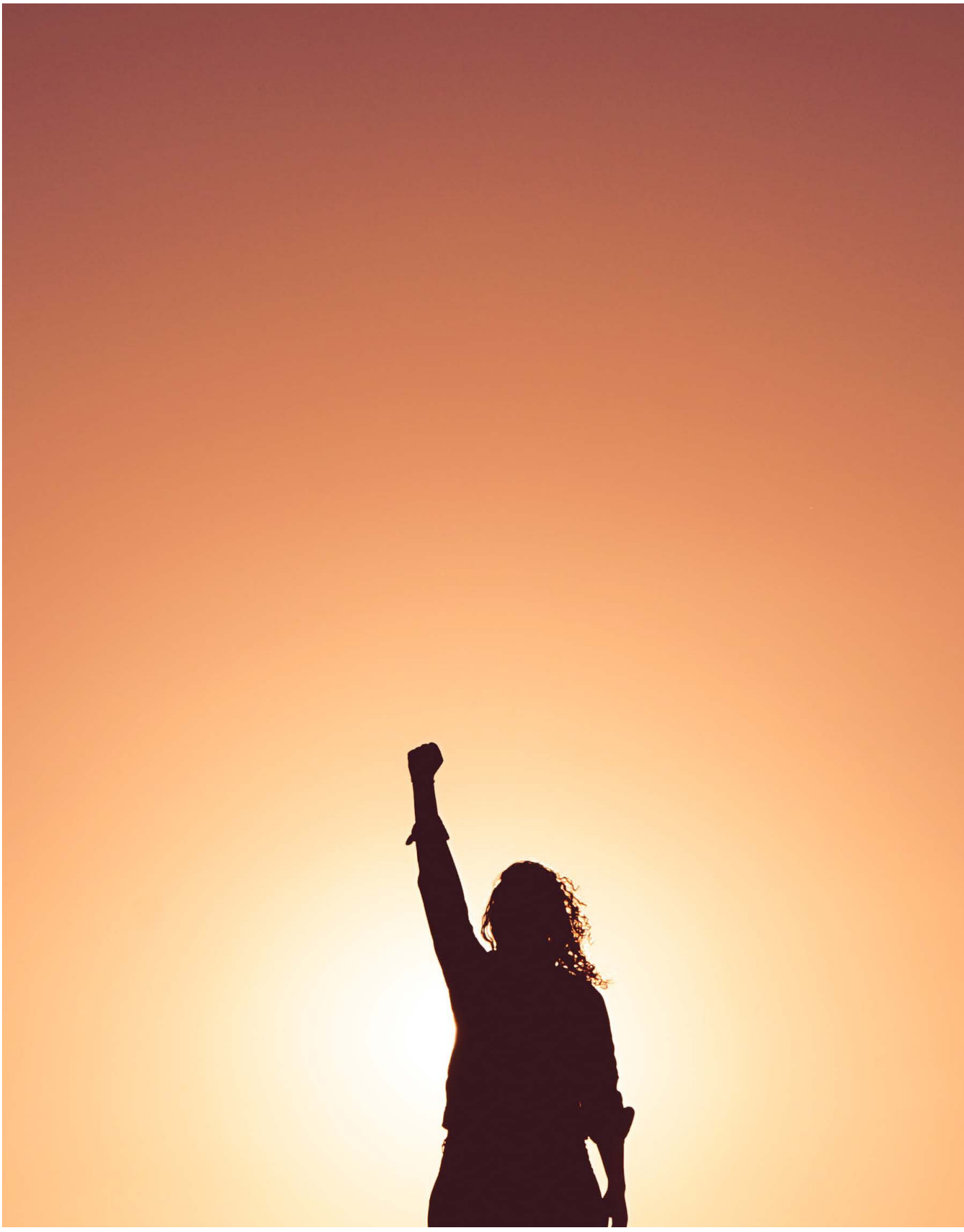
On the outside, it may seem that messy people are living in the chaos of unorganized papers, cups, stacks of books, and much more but, most messy people are simply prioritizing. While this may appear counterintuitive since we believe that by tidying the space, we have a higher chance for productivity and therefore prioritize our work studies have shown that messiness leads to larger skills with task prioritizing. Messy people simply perceive it as a lesser or meaningless aspect. They perceive it as simple background noise when focusing on the task at hand leading them to have better focus. The organization of one's space also leads messy people to make tasks faster and simply be bolder with what they are doing. Messy people, while living in a seemingly stressful environment begin to subconsciously learn strategies to deal with this stress and sometimes even ignore it as they do with a messy environment. Messy people focus less on the micro perfection of each and single thing and tend to look more openly and open-mindedly at situations, with ur getting caught up in the details.



Leyla
Zhaksybek



Messiness is also a great sign of creativity and innovative thinking. A study was done where individuals were put in a messy and tidy room and were tasked with something up with new ways to use a ping-pong ball. The Judges confirmed that people in messy rooms were more creative and thought outside the box with their ideas than the people in the tidy rooms. This leads to the idea that messiness can lead to more innovative thinking, which could be of wonderful use in the workspace whether at work, home, or school. This might mean in the future to provide workers and students with making their workspace more personalized even if it means less clean and tidy. Obviously, this study does not necessarily mean that messiness completely improves one's creativity. If a naturally tidy person would be forced into a more unorganized workplace it might decrease creativity and worsen their work. But even so, it shows the greater potential of unorganized people. A lot of messy people find their own creativity and inspiration directly in the mess. For example, these individuals are Mark Twain who was notorious for always having a messy desk full of pacers, books, pens, and much more. Still, that did not stop him from having a creative and genius mind. He said that he found his inspiration in his messy workspace, which is similar to what a lot of other creatives experience in their search for inspiration. As Kathleen Vohhan from the University of Minnesota in Carlson school said- “The creative people feel free from the limitations in messy and disorderly environments. It helps them to break the traditions and produce new insights. On the opposite side, orderly environments which resemble safe and conventional zones encourage more routine and safe work practices”



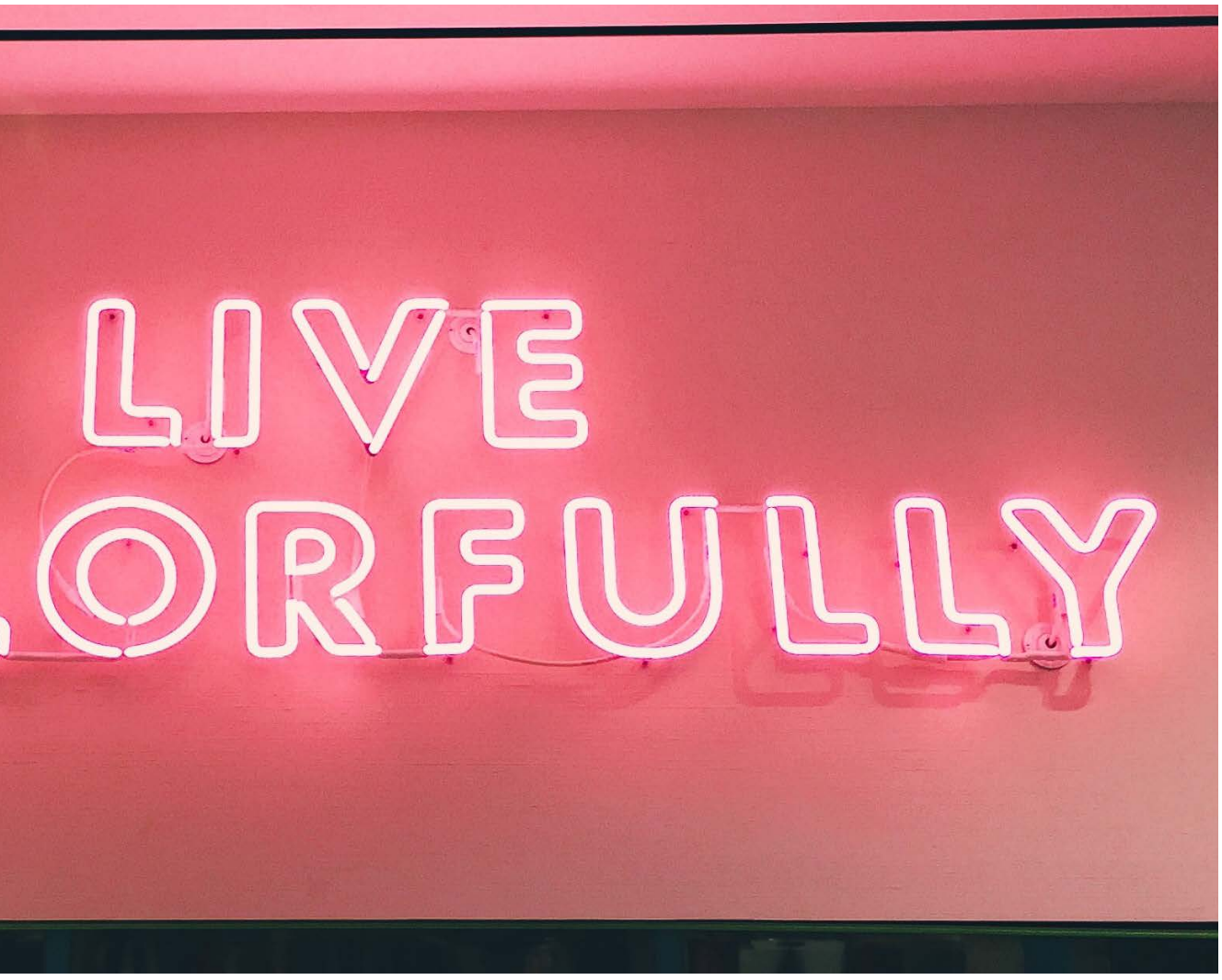
WHEN I WILL GROW UP

While you are growing you learn different things, but from the start you're doing your first steps. The very first thought your parents had was: 'what kindergarten or school they would send you to? I remember when I was a kid and I went to school for the first time, I wasn't really interested in maths , French or Russian literature and any other of the subjects. I wasn't taking them seriously since I didn't believe back then that I will eventually become an adult, I didn't realize that it can happen so fast ...I wanted to be a princess and have a great life. I was 6 when I first thought of that, smart right? Every kid has their own memories about their first day in school, few remember what happened throughout the year, but when we become older, we always hold on to those memories and treasure them, a time when life was easier. In middle school, like every kid I had my own problems. It's normal everyone is going through tough times, but all the teens deal with them differently and it's a fact.

Confident kids, shy kids, rich kids, smart kids, and mean kids. I don't know If I was in any of these categories, because I don't think that some of my classmates were really bothered giving me a label or what they thought of me, I don't read people's minds so I can't really predict anything about it.

Well, that didn't bother me either, since I knew back then that I'll have to leave my country anyway. I also didn't know what I liked back then, I just studied everything because I had to. I forced myself to keep doing everything without any goal in front of me, I was suffocating. However, I enjoyed singing, so whenever I walked into the studio I would just sing for hours and when I would walk out, I would be back to my normal life routine. I think many parents would love for their kids to develop many talents or have more hobbies, many of us would be signed up to many extra curricular activities. I had French, volleyball, vocal ,maths ,science , swimming lessons. I always had a specific timetable for my activities. I tried to keep myself busy to not stay in a room alone after finishing my homework and wondering what's next?

I had my own emotional breakdowns without any tears, I often shouted when I would be anxious. Sometimes I would speak with my mom, but I was too scared to talk about it with her, even though she always supported me. In my head I was thinking that I cannot show her that I struggle or else she'll be disappointed; I will embarrass myself if I'll show her that I am lost in all my life decisions. We teens always keep everything inside ourselves, we are scared to be judged or not heard in the right way.



But how about we think about ourselves for a second, not about our duties or opinions of other people. Think about what makes you happy, what you want to try because you never tried before, don't force yourself to do something you hate, just live. Learn how to live a proper happy life, because what I got from my experience is that my duty is to live my life to the fullest, living a happy life is my goal when I'll grow up. I hope you can also set yourself a goal that won't keep your hands tide but will help you spread your wings.

GOOD LUCK OUR GENERATION I BELIEVE WE CAN DO IT, FOR OURSELVES!

Mariyam Adamsopiyeva

THE POMODORO TECHNIQUE

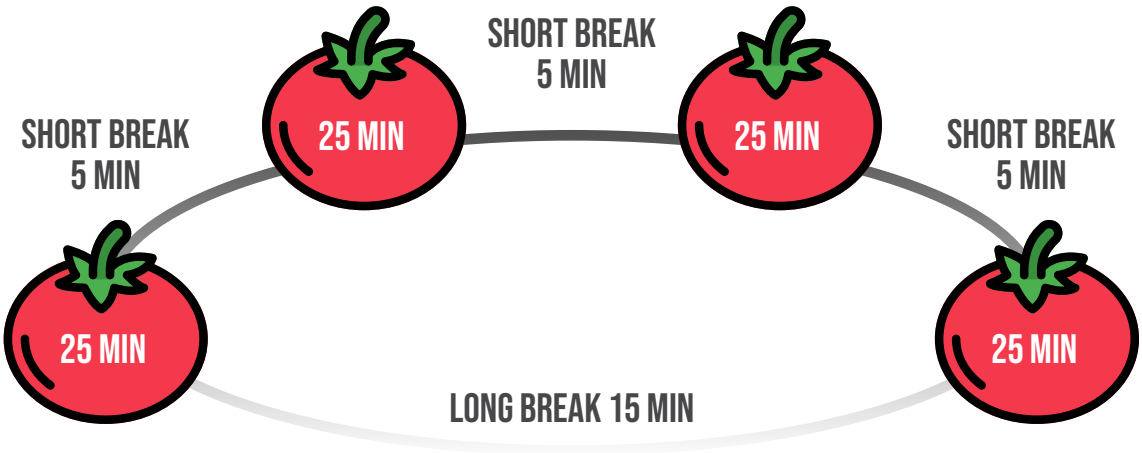
Hello everybody, this is Amina Narikbayeva.

Recently, I have been watching some interesting Ted x talks and I came across one that concretely grabbed my attention. The ted x talk is by a young high school student , Yana Savitsky, who talks about her struggles with motivation, productivity, and successfully managing her time. She shares how this common struggle was resolved for her, by following an efficient time management method called the Pomodoro technique.

The Pomodoro technique is a time management method developed by a university student Francesco Cirillo, in the late 198Os. Cirillo was struggling to focus on his studies and complete his assignments. Feeling immensely overwhelmed, he decided to commit to just IO minutes of focused study time, with absolutely no distraction. So he found a tomato-shaped kitchen timer, and set to his challenge. As a result, the Pomodoro technique was born.

Using this method, you would break down any large task/series of tasks into short-timed intervals , referred to as pomodoros. Each pomodoro is separated by a short break, which takes advantage of the fact our brains have limited attention spans.

The standard pomodoro cycle breaks the task/tasks into 25 minute focused work sessions separated by 5 minute breaks. Each of the 25 minute bursts of productivity are called a 'pomodoro', and after 4 pomodoros you would take a longer , more restorative 15-2O minute break.



This cycle helps you resist all self-interruptions and retrain your brain to provide as much focus as possible into a task. Each pomodoro is dedicated to one task, and each break is a chance to reset and bring your attention back to what you should be working on. One important thing to note is that the pomodoro is an indivisible unit of time and cannot be broken. So if you were to get distracted during that period of time, you'd have to restart. If any ideas, requests, or tasks come up during a pomodoro, they should be taken note of to come back to later. All this ensures that your work would be completed fast and with less mental fatigue.

Additionally, tasks become more manageable and less overwhelming. Like stated before, Pomodoro encourages breaking down big tasks,projects, or goals into something you only have to do in the next 25 minutes. This keeps you hyper focused on the one thing you need to do instead of getting overwhelmed by the overall enormity you're taking on. It effectively expresses the idea of 'one step a time'.

Since the pomodoro technique provides a well organised cycle, it lets you see your tasks in a more comprehensible manner; avoiding all forms of uncertainty which may input laziness or lack of self-control. So, all in all, it makes it easy to just get started.

In the long run, the pomodoro technique can benefit your overall attention span, concentration and the important, valued skill of time management. It's a fluid system designed to help you produce higher quality work in a shorter amount of time.

Yana Savitsky , the then high school junior said that the Pomodoro technique changed the way she thinks and acts towards her work, allowing her to make the most of her time and achieve all of her goals.

As for me, I have tried the Pomodoro technique, especially this week as I had exams. On youtube, if you search up 'pomodoro technique' and choose some fun working music; i have no doubt you'll complete all of your work in time.

Amina Narikbayeva

1.

DECIDE ON THE TASK THAT YOU NEED TO DO

2.

SET THE TIMER TO 25 MINUTES

3.

WORK ON THE TASK UNTIL THE TIMER RINGS

4.

TAKE A SHORT 5 MINUTE BREAK

5.

AFTER 4 CYCLES TAKE A 15-30 MINUTE BREAK

MOST PEOPLE IN THEIR LIVES LACK SOMETHING EXTREMELY IMPORTANT AND THAT IS: **PERSPECTIVES.**

Perspectives affect your potential and talent to thrive and experience different worldviews. In my opinion, the quickest way to happiness and success depends on perspective. There is a saying "I do not fix problems. I fix my mind first, then the problems of mine fix themselves." Does that make sense? It means that a person's worldview is far more valuable at the beginning of their business, hobby and job, because that is what justifies the steps they take to achieve a certain goal. This is called the "Winner mentality''.

YOU NEED TO USE TIME WISELY AS IT NEVER STOPS.

Most people are so materialistic that they forget about inner peace. You unwarily tend to be punching the clock not even realizing that time flies by. You give your all to be progressive and happy. You have so much to do in order to learn and use what you've learnt, to change society for the better. A human being can get stuck in a toxic mindset that makes you think your intelligence and talent are set in stone. The fear of no possibilities to become a great personality will start controlling your life, instead of being controlled. You need to use time wisely as it never stops. Managing your time correctly can save your life, as long as you learn how.

Moreover, many people do not like any obstacles they have to get through in their lives. They only see it as something that holds them back, not something that they can learn from. As an example, students who get lots of work can use that as an opportunity to learn how to use time efficiently. Instead, most students choose to do everything a day before the deadlines and then get frustrated by the amount of work they now have to take on. They then blame it on the teachers, rather than choosing to use their time efficiently. Planning ahead, or using certain time management techniques would help you complete all your tasks in a calm, happy manner.

My point is that the optimism in perspectives is really important to gain the feeling of being good at something. Always try to be a possiblity seeker and more appreciative on what life gifts you; if your happiness really matters to you the most.

MY POINT IS THAT THE OPTIMISM IN PERSPECTIVES IS REALLY IMPORTANT TO GAIN THE FEELING OF BEING GOOD AT SOMETHING. ALWAYS TRY TO BE A POSSIBLITY SEEKER AND MORE APPRECIATIVE ON WHAT LIFE GIFTS YOU; IF YOUR HAPPINESS REALLY MATTERS TO YOU THE MOST.

Diyar Zhussupov

By Ghena Radi

MY HIJAB STORY + ADVICE:

Salam! Before diving into my hijab story, I would like to clarify that nobody should be obliged or forced into wearing the veil if they are not ready to do so. Hijab is so much more than a light piece of fabric and dressing modestly. It's a sign of freedom, protection, and a symbol of purity. Moreover, it signifies strong faith between a Muslim women and Allah, proving that she is devoted to her faith and practices.

Now that I've got that out of the way, let's begin! I always admired my elder sister and my mom by how effortlessly they were able to style the hijab in several ways while keeping covered.

Ever since an early age, I knew I wanted to wear it and relate with the empowering women beside me. I began experimenting with styles, fabrics, and colors way before being consistent with the veil. I went through phases where I would wear it temporarily when I would go out in public, yet not at school. My biggest fear at the time was the judgement or the reactions of my classmates. I went to a predominantly European school, certainly there were different ethnicities, but majority were white. Thankfully, I never struggled with issues about my hijab outside of school since I live in the Middle East, it is common and praised upon here. It was summer 2016 that for some odd reason, I was strongly dedicated to wearing the hijab permanently, and so it began. My family was extremely proud since I committed without hesitation and publicized it to extended friends and relatives.

First day of grade 7 rolled around and sudden regret and fear hit me as soon as I stepped foot into the main building. A few of my friends immediately recognized me and were shocked to see me wearing it since I never informed anyone beforehand. I was showered with compliments by most classmates and teachers. I was more than grateful than no one reacted negatively towards my decision because in all honesty, at the time I did not know how to stand my ground.

From then on, I chose to keep it on, and I progressively began to know ways which the hijab suited my style and adjusted it to my preferred liking in order to make me feel confident. I do have moments where I question why I wear it or become self-conscious compared to my non-hijabi friends, though I tend to remind myself that there is a purpose and a beauty behind all this. Keep your beauty in your faith, rather than your face.

Much love! Ghena.

IN THIS ARTICLE I WANTED TO TALK ABOUT AN EXPERIENCE THAT CHANGED MY LIFE **FOREVER.**

It all started when my dad booked a flight for us four (my dad, my mom, my sister and I) to Dubai, without thinking we started looking for good schools, by chance we only found one school open, we visited it, passed a test just to look at my language level.

After a week we went back to Algeria hoping that they call me and accept me in the school. I couldn't really focus on school, I kept thinking how my future would become so much better if I left all those family problems behind.

After a long wait the school finally called us and announced their wonderful news "that I was accepted and could join the month after", I felt so happy to leave all of them except one person: my sister, but what could I do? That was my future, even though it was so painful leaving her, I remember the day we were leaving in the airport we hugged each other for almost five minutes straight and we were crying and terrified about the idea of leaving each other.

We got home in Dubai, and I felt so lonely without her, she was my life, I wouldn't had been this far without her. I started going to school, the language was handicapping me from making friends and getting to know people. So, I started learning English and trying to get better mentally and physically.

Now this is a year and half living in here, I'm living alone, happy with who I'm today even though I still struggle with my mental health sometimes like any other person maybe sometimes worst, but this is me and I'm proud of who I am today.

Leila Djoudi

MY SUMMER

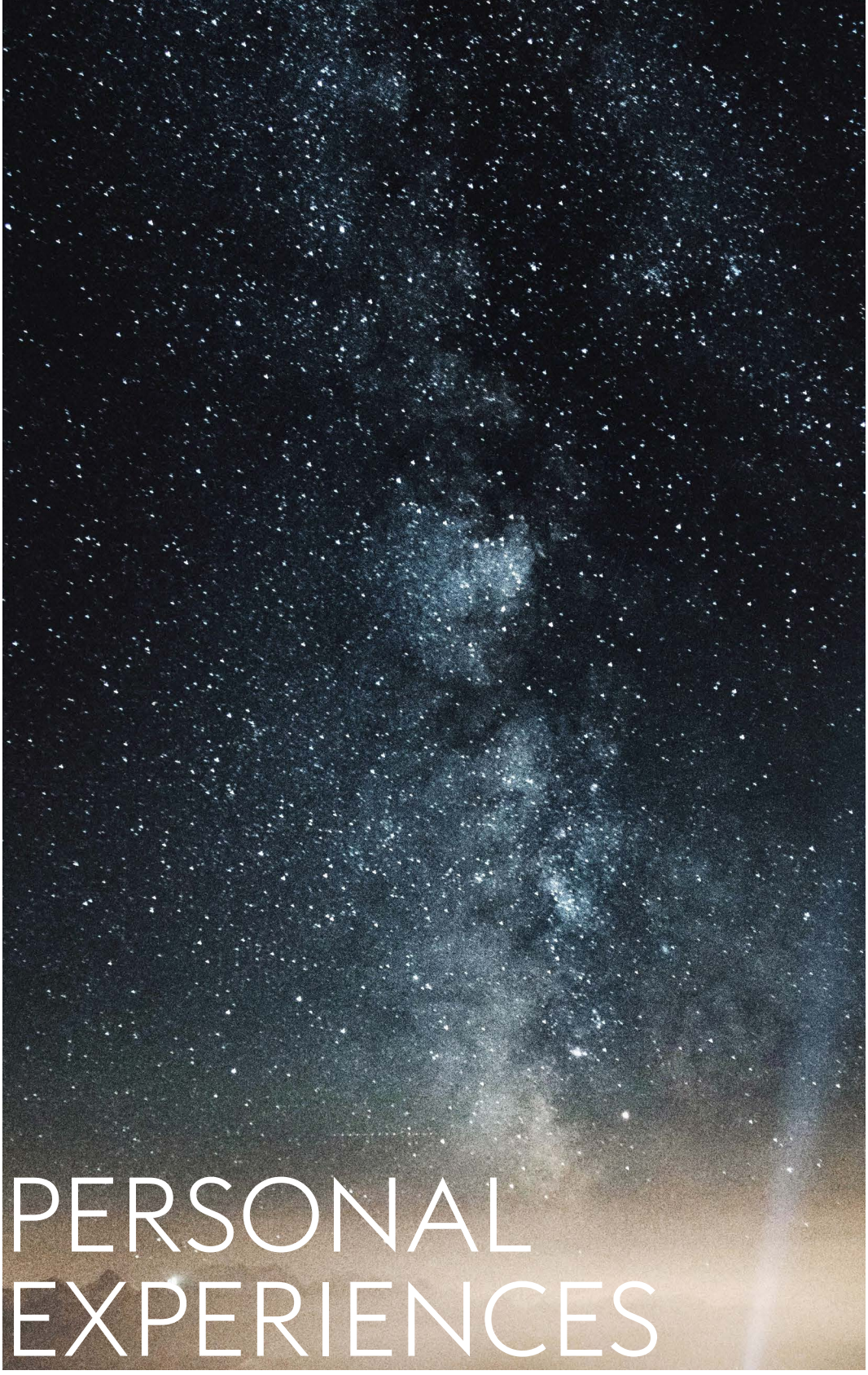
This summer I went on a trip with my family to Borovoe. We went on a 3–4-hour road trip. We got snacks on the way and we saw beautiful sights on the way. We booked a house with a pool; there also was a gorgeous, green, and aromatic forest nearby that we hiked through every day. Well, I was mostly in my room watching TV series and movies, but we also had a delicious picnic outdoors. It was incredibly fun there and I wish I could go again.

I celebrated my 13th birthday. Unfortunately, it was quarantine, so I only invited my two closest friends. They brought me chocolate covered strawberries and a beautiful, dazzling, silver bracelet. We watched a couple of episodes of Friends, ordered food such as pizza, bruschettas, ice cream and lemonade. We played Monopoly and UNO. My parents came back from work and we finally enjoyed the birthday cake.

Few weeks later, my family and I went to Aktobe to visit my grandparents. Although, my mom feared going on an airplane there. So, we went on a road trip again for 24+ hours. Before that, I got some snacks/fruit and water and I downloaded movies for the trip. I was in the car with my twin brothers, sister, my mom, and our uncle who drove us there. I mostly slept on the way, but after a couple of hours; we finally got there! In my grandparent's house, they had a beautiful garden with apples, cherries, strawberries, and raspberries. I went there every day to help them out with gardening. But other than that, we were inside playing cards, playing tag with my brothers, or watching scary movies with my sister.

That is all I did over the summer!

Akerke
Yersiet



PERSONAL EXPERIENCES & ABOUT MYSELF

Ismail Kairatuly

Hello, my name is Ismail Kairatuly, today I would like to talk about myself.

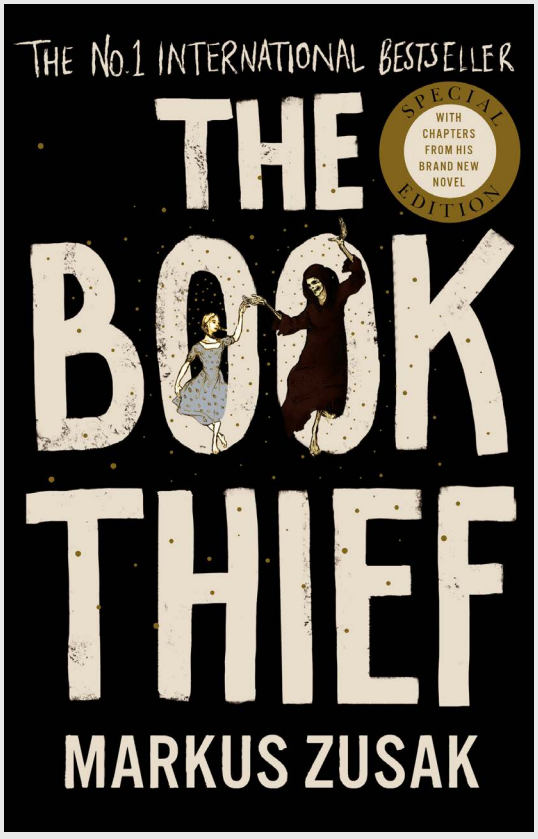
I was born on January 21st, 2004. Most of my childhood I grew up in Kazakhstan, Nur-Sultan. I used to study in NurOrda International School. I enjoyed every day of my life there, however I had to move on and find something different in my life to make it even better. I decided to move to UAE, Dubai. Now I still study there, at a school called Gems World Academy, I am currently in grade 11.

I'D LIKE TO SHARE WITH YOU ONE OF THE BEST MEMORIES FROM MY CHILDHOOD, AS I ALWAYS LOVE TO LOOK BACK AT IT, IM SURE THAT SOME OF YOU LOVE TO LOOK BACK AT YOUR CHILDHOOD TOO.

When I was around 7-8 years old my dad took me to his head office. I was extremely excited because I wasn't sure what my dad was doing for a living. I don't really remember what happened on that day, but I remember that it was very rainy, so we decided to stay in office all night. We slept on my dad's couch because it was big and comfy. But when I woke up, I was in my room, I thought my dad was magician for the next 2 weeks because I couldn't understand or imagine how it was possible to fall asleep in one place and wake up in another.

FEELING BORED?
READ BOOKS!

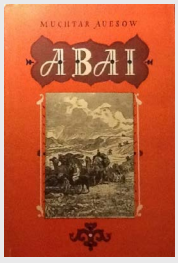
HAVE NO IDEA WHAT TO READ?
THEN THIS IS FOR YOU!
HERE ARE 18 BOOKS
I WOULD RECOMMEND
YOU READ!



1. THE BOOK THIEF BY MARKUS ZUSAK

This is the most recent book I have read and is now one of my favorites. The book thief is an international bestseller and was adapted into a 2013 feature film. The book thief is set in Germany during World War 2. It took 3 years for Zusak to write, and I can see why; it is rich with captivating description and an unusual structure, making each page and chapter unique. Zusak posits several messages in The Book Thief, most prominently the message that humans have the capacity to be resilient and compassionate. Throughout the novel, the characters are faced with incredible obstacles that they manage to overcome because they have developed compassionate relationships with others. The book thief has many important themes such as one of them being the importance and power of literacy. I really want to share more but I can't spoil the book for you! I really hope that you read this book whether it is online or on paper.

2. THE PATH OF ABAI (ПУТЬ АБАЙА) BY MUKHTAR AUEZOV

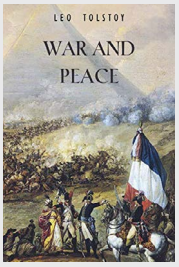


This is a classic Kazakh book I was introduced to by my mom and I'm glad I read it. The path of Abai was written by one of the most influential Kazakh writer's and social activist: Mukhtar Auezov. It was published in 1942 and is a fiction based on the famous poet Abai Qunanbaiuly. The novel demonstrates a rough life of Qazaq people in the 19th century, when the nomadic way of Qazaqs crashed down.

3. THE MIDNIGHT LIBRARY BY MATT HAIG

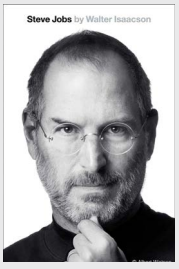
This is a book that taught me the importance of living life without regrets and understanding that you cannot please everyone in your life. The midnight library touches on sensitive topics which some people live by in our world. Nora Seed, the protagonist wants to die... that is where we begin in Matt Haig's novel. She has lost her job, her brother, her best friend, her mother, her relationships are in shambles and her cat is dead. Living has become nothing but a chore to her. The midnight Library is a place between life and death where Nora gets to live a life where she made different choices that in her core life, she regrets she hasn't made. With the goal of erasing her regrets and finding a life she is comfortable with. This book is my comfort book which I come back to sometimes and I hope that you will get yourself a copy!

4. WAR AND PEACE BY LEO TOLSTOY



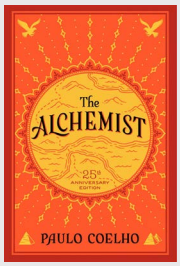
Leo Tolstoy is one of my favorite Russian authors with his diverse approaches to human experiences. Therefore, it is fun to analyze his books and the meaning behind them which tend to mostly be politically linked. 'War and peace' is one of Leo Tolstoy's masterpieces it provides a broad panorama of Russian society against the backdrop of the 1812 Napoleonic army's invasion.

5. STEVE JOBS BY WALTER ISAACSON



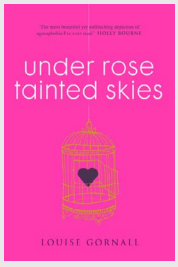
This is one of the most amazing biographies I was introduced by my mom once again. 'Steve Jobs' is the authorized self-titled biography of American business Apple Inc. founder Steve Jobs. The book was written at the request of Jobs by Walter Isaacson when Jobs found out he was sick with cancer. Based on more than forty interviews with Steve Jobs conducted over two years—as well as interviews with more than 100 family members, friends, adversaries, competitors, and colleagues. Reading biographies is just as fun as novels!

6. THE ALCHEMIST BY PAULO COELHO



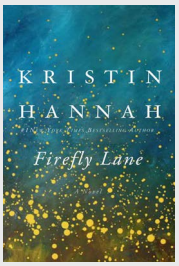
The Alchemist is a novel by Brazilian author Paulo Coelho that was first published in 1988. This book I started to read recently, and I am already hooked. It is that kind of book where in the first page you can already understand what is going on. 'The alchemist' is a simple story with a lot of inspiring quotes with the main message of pursuing your dreams by following your hearts desires.

7. UNDER ROSE AND TINTED SKIES BY LOUISE GORNALL



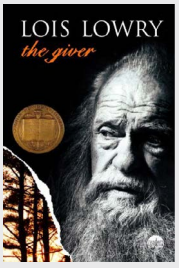
This book explores mental health and spreads awareness on agoraphobia. For Nora Seed (the protagonist) the outside is a glimpse of the sky. The book's biggest message is that bravery comes in many forms. For example, Norah is housebound because of her mental illness, but she still forces herself to try to make small, incremental changes to her life. But a chance encounter with Luke, her next-door neighbor, changes everything. Determined to be the girl she thinks Luke deserves – a 'normal' girl, Nora discovers new truths. I recommend everyone to read this book and I'm glad my sister introduced it to me.

8. FIREFLY LANE BY KRISTIN HANNAH



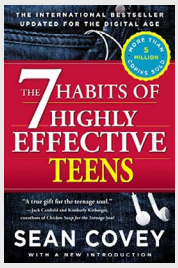
This book follows the friendship and bond of two best friends, Tully Hart and Kate Mularkey throughout the years. We see as they grow up and go through everything together, from high school to their different career paths. For thirty years, Tully and Kate buoy each other through life, weathering the storms of friendship, jealousy, anger, hurt, resentment. They think they have survived it all until a single act of betrayal tears them apart and puts their courage and friendship to the ultimate test. This coming-of-age story is sweet, poignant, and a definite must-read. It didn't take me long to read this book especially after watching the amazing series based off of it on Netflix.

9. THE GIVER BY LOIS LOWRY



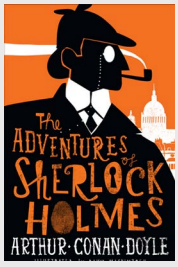
The Giver is a 1993 dystopian novel which was also adapted into a feature film. It is set in a society which at first appears to be utopian but is revealed to be dystopian as the story progresses. The novel follows a 12-year-old boy named Jonas. There are many major themes explored in this novel such as the significance of memory to human life.

10. THE 7 HABITS FOR HIGHLY EFFECTIVE TEENS BY SEAN COVEY



I got this book as a gift from my aunt when I was 14 and I cannot begin to explain how much it helped me. I learned lots of valuable lessons and the book increased my self-confidence. The 7 habits for highly effective teens is a self-help book providing a compass for teens to help them navigate the problems they encounter daily. The 7 habits Sean Covey discusses are: be proactive; begin with the end in mind; put first things first; think win-win; seek first to understand, then to be understood; synergize; and sharpen the saw.

11. SHERLOCK HOLMES STORIES BY ARTHUR CONAN DOYLE

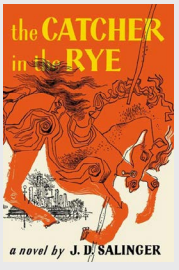


Mystery is the most enjoyable genre of books for me, and the Sherlock Holmes books are the most amazing mystery book series. Sherlock Holmes is a fictional private detective created by British author Sir Arthur Conan Doyle. Referring to himself as a "consulting detective" in the stories. The message of the whole collection of stories in The Adventures of Sherlock Holmes is that a powerful enough dose of reason can resolve almost any problem.

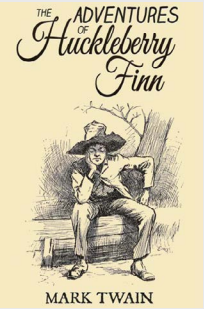
12. THE OLD MAN AND THE SEA BY ERNEST HEMINGWAY

The old man and the sea is a short novel which tells the story of Santiago, an aging Cuban fisherman who struggles with a giant marlin far out in the Gulf Stream off the coast of Cuba. The moral lessons from The Old Man and the Sea are as follows: the journey through life is the reward; a person who lives with courage and integrity can be destroyed but never defeated.

13. THE CATCHER IN THE RYE BY J.D SALINGER



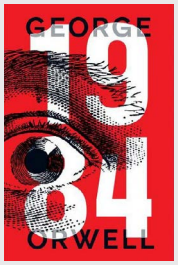
This novel details two days in the life of 16-year-old Holden Caulfield after he has been expelled from prep school. Confused and disillusioned, Holden searches for truth and rails against the “phoniness” of the adult world. He ends up exhausted and emotionally unstable. The main message of this novel is the protection of innocence especially of children.



14. ADVENTURES OF HUCKLEBERRY FINN BY MARK TWAIN

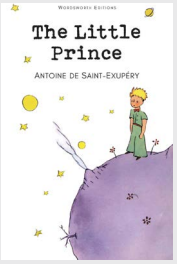
This book is a must read, Mark Twain's classic The Adventures of Huckleberry Finn (1884) is told from the point of view of Huck Finn, a barely literate teen who fakes his own death to escape his abusive, drunken father. He encounters a runaway slave named Jim, and the two embark on a raft journey down the Mississippi River.

15. 1984 BY GEORGE ORWELL



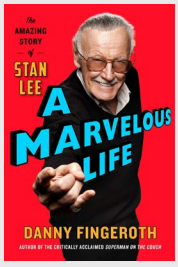
Most people say that this is a boring book but personally I really enjoyed it. 1984 is a dystopian social science fiction which was published in 1949. It follows the life of Winston Smith, a low-ranking member of 'the Party', who is frustrated by the omnipresent eyes of the party, and its ominous ruler Big Brother. 'Big Brother' controls every aspect of people's lives.

16. THE LITTLE PRINCE BY ANTOINE DE SAINT-EXUPÉRY



The story follows a young prince who visits various planets in space, including Earth, and addresses themes of loneliness, friendship, love, and loss. Despite its style as a children's book, The Little Prince makes observations about life, adults, and human nature with deeper meaning behind every phrase. It was later adapted into a feature film.

17. A MARVELOUS LIFE: THE AMAZING STORY OF STAN LEE BY DANNY FINGEROTH



I am a huge Marvel and Stan Lee fan, and I was really pumped up when I got this book, it was the first comprehensive biography of 'Stan the man.' As much as I enjoy reading fiction, I love reading biographies as they give us a glimpse into a great person's life. Biographies help us learn about diverse cultures and a chance to learn from a person's successes and failures. A Marvelous life presents the origin of Stan Lee who creates Spider-man, the Hulk, Iron man and the Avengers. It was always exciting to see cameos of Stan Lee in the Marvel movies and even after his death in 2018, he still is the voice and face of comics and popular culture in general and Marvel comics.

18. AND FINALLY,
IF YOU HAVEN'T YET- YOU SHOULD,
AND I REPEAT YOU SHOULD READ
THE HARRY POTTER BOOKS
BY J.K ROWLING
AND THE LORD OF THE RING'S BOOKS
BY J.R TOLKIN.

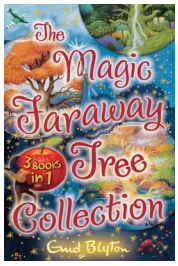
POEMS I WOULD RECOMMEND READING:

1. CAROL ANN DUFFY POEMS

Carol Anne Duffy is an astounding poet and my favorite poem she wrote is called Pygmalion's bride which is a direct intertextuality between the play Pygmalion by George Bernard Shaw. In the play Pygmalion tries to manipulate Galatea, create a woman that is subservient to him, who responds as he wants. But in Duffy's world, the women assert themselves, strive to break free from male domination. Most of Duffy's themes in her poems include language and the representation of reality; the construction of the self; gender issues; contemporary culture; and many different forms oppression and social inequality. She writes in everyday, conversational language, making her poems appear deceptively simple.

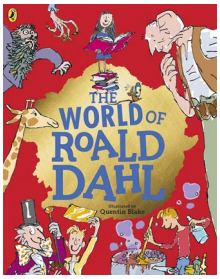
BOOK RECOMMENDATIONS FOR YOUNG READERS:

2. THE FARAWAY TREE BOOK SERIES BY ENID BLYTON



The faraway tree book series which was first published in 1943 was my favorite book series when I was younger, I read all 4 books in one breath. This is what really got me started on reading more and inspired me to start writing short stories when I was in grade 3. The stories take place in an enchanted wood in which a gigantic magical tree grows – the eponymous 'Faraway Tree'. The wood and the tree are discovered by three children named Joe, Beth and Frannie, who move into a house nearby. They then go on adventures to the top of the tree.

3. ROAL DAHL BOOKS



The Roal Dahl books were some of my favorites when I was younger, I usually would sit down and read them together with my little sister. My favorite book will always be Matilda, because of this book I went through a 'I want to be smart' phase in grade 4. Roal Dahl wrote some of the best-loved children's stories of the 20th century, such as Charlie and the Chocolate Factory, Matilda, James and the Giant Peach, The Witches, Fantastic Mr Fox, The BFG, The Twits and George's Marvellous Medicine. One of my favorite quotes from his books is: 'A person who has good thoughts cannot ever be ugly'.

Alilya Narikbayeva

"САМОЕ ВАЖНОЕ В ЖИЗНИ - СЛУШАТЬ СВОЙ ВНУТРЕННИЙ ГОЛОС" - АЙНУР МАМИ

ДОБРЫЙ ДЕНЬ, АЙНУР! МЫ ОЧЕНЬ РАДЫ ЗА ТО, ЧТО УДЕЛИЛИ НАМ СВОЕ ВРЕМЯ ДЛЯ ИНТЕРВЬЮ. РАССКАЖИТЕ, КТО ВЫ ПО ПРОФЕССИИ И КАК ВСТАЛИ НА ПУТЬ БИЗНЕСА?

Айнур Мами

Я закончила КазГЮУ по специальности международное право. Несколько лет после окончания учебы в КазГЮУ и магистратуры в Лондоне, работала юристом в международной юридической компании и нефтегазовой компании. После того, как у меня родился младший сын, я решила больше времени уделять семье и открыть собственное дело. 5 лет назад открыла Californication Beauty - SPA и йога-центр. Все началось с того, что я очень полюбила йогу. И мне захотелось, чтобы у нас в городе появилось уютное место, где можно было бы заниматься йогой, отдохнуть, сочетая это с заботой о душе и теле, вкусной полезной едой и общением с друзьями. Когда у тебя появляется мечта, вся вселенная этому помогает. У нас постепенно собралась очень дружная команда хороших профессионалов. Сейчас мы объединяем йога, бьюти, и спа центр, и а также кафе здорового питания, при этом наш центр во всем следует принципам экологичности, и единственный в Казахстане использует в работе энергию солнечных батарей.

КАК ВЫ СЧИТАЕТЕ, НАСКОЛЬКО ВАЖНО ВЕСТИ ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ?

Айнур Мами

Это очень важно для того, чтобы быть здоровыми, бодрыми и энергичными. Как правило, и наше настроение во многом зависит от нашего здоровья. Если мы в хорошем настроении, мы можем во всем достигать лучших результатов и строить гармоничные взаимоотношения в своем окружении, в семье, школе или на работе. Сейчас, когда у многих рано появляются проблемы со здоровьем и стрессами, мы должны с осознанностью подходить к нашему образу жизни, к режиму дня, занятиям спортом, питанию. Сам Геродот говорил "Мы - то, что мы едим». К примеру, если это овощи, надо узнать, они были выращены в экологических условиях или нет, использовались ли химикаты при его производстве. В общем, важно наполнять себя правильным содержанием, как в еде, так и мыслях, быть более осознанным во всем.

ВЫ МАМА ДВОИХ ДЕТЕЙ. СКАЖИТЕ, КАК УСПЕВАТЬ РАБОТАТЬ, ВЕСТИ ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ И СМОТРЕТЬ ЗА ДЕТЬМИ?

Айнур Мами

Для того, чтобы быть все успевать и быть счастливым нужно соблюдать баланс между умом, сердцем и телом. Когда они в согласии - это гармония. Основа моего счастья - моя семья. Это то, что дает мне стимул, энергию и мотивацию заниматься важными для меня проектами, для того, чтобы быть в этом примером своим детям. Знаете, у японцев есть философия Икигай. Икигай — это двигатель, который заставляет с радостью вставать по утрам и придает смысл жизни. Я очень люблю ЗОЖ, йогу и природу, на их развитие и поддержку и направлены все мои проекты, которые приносят мне радость, удовлетворение, финансовую стабильность, а также эти проекты совпадают с моей миссией, так как они нужны и полезны людям и планете. Это и есть мой икигай, как я ему следую.

Кроме того, меня поддерживает позитивный взгляд на жизнь, ко всему относиться с благодарностью - это моя основа основ. Каждое утро начинаю с молитвы благодарности, и в течение дня практикую личную технику «зато». Что бы не произошло, учу себя искать

в этом позитивное зерно, и быть за это благодарной. Ведь то, что мы ищем сами, ищет нас. И мы притягиваем в жизнь то, о чем думаем и на чем концентрируем наше внимание. Концентрируясь на добром и светлом, мы его взращиваем их как внутри себя, так и транслируем в окружающий мир.

МЫ ЗНАЕМ, ЧТО ВЫ УЧАСТВУЕТЕ В БЛАГОТВОРИТЕЛЬНЫХ АКЦИЯХ. МОЖЕТЕ ПОДЕЛИТЬСЯ С НАМИ ОБ ЭТОМ?

Айнур Мами

В течение двух лет мы участвуем в проекте "Корпоративное наставничество" фонда "Дара" и помогаем выпускницам детских домов получить профессию, связанную с красотой. Мы счастливы, что несмотря на окончание программы, девочки всегда с нами в нашей дружной семье, где у них есть возможность дальше обучаться и практиковать освоенные навыки бьюти-профессий.

В соответсвии с культурой йоги, мы ежемесячно практикуем бесплатные классы йоги, а пожертвования направляем на различные благие цели по обращениям. А все свои праздники и презентации, мы всегда делаем со смыслом - с обязательным сбором средств для благотворительных целей. У всех моих подруг свои благотворительные фонды, которые занимаются очень нужными делами, мы всегда стараемся поддерживать их добрые акции.

Или просто обсуждаем и собираемся нашей командой для помощи в срочных запросах на лечение нуждающимся детям.

Также, в рамках своей программы BeautyMama, обучаем многодетных мам в получении профессии бьюти мастеров. На сегодня, мы бесплатно обучили восемь многодетных женщин и мам детей с ограниченными возможностями, и сейчас они могут без отрыва от семей, работать на дому, оказывая услуги бьюти мастеров.

К нашим социальным акциям я также отношу проведение нами фестивалей "Organic Market". Мы провели этот городской фестиваль уже четыре раза, для объединения на одной площадке всех производителей, поставщиков и потребителей био, органических и экологических товаров. На четвертом фестивале поучаствовало свыше 80 компаний и посетило более 3 тыс человек. Изначально мы провели его, чтобы понять, кто на рынке работает в подобном сегменте, для того, чтобы найти для нашего центра экологичных партнеров и поставщиков. Радует, что с каждым фестивалем, число таких компаний, производящих и реализующих натуральную и экологичную продукцию растет, появляются хорошие качественные продукты с заботой о здоровье людей и о планете: экологичные продукты питания, ЗОЖ продукция, био косметика, товары для дома, одежда, даже произведенные в Казахстане памперсы, которые полностью разлагаются, не нанося вред окружающей среде. Фестиваль дает возможность людям познакомиться с такими хорошими продуктами. На сцене фестиваля мы собираем известных активистов в этой эко сфере, блогеров, просто известных людей и инфлюенсеров, которые делятся своим опытом и рекомендациями для того, чтобы сохранять планету зеленой для будущих поколений, следовать эко в быту и соблюдать ЗОЖ.

Также мы издаем ежедневники Yoga Beauty Planner - первый в Казахстане ЗОЖ ежедневник. Это ежедневник, который помогает эффективно мечтать, грамотно распределять время, добиваться своих целей, заниматься спортом, полезно и здорово питаться, быть бодрыми и счастливыми. Все средства от продажи первого тиража мы направили на покупку инвалидных

колясок для танцев, на которых девочки-паралимпийские спортсменки уже выйграли несколько чемпионатов. Мы очень благодарны всем, кто внес в это свой добрый вклад, поддержав своей покупкой наш ежедневник. Сейчас готовим новое издание, все средства от реализации которого, также пойдут на помощь детям.

КАК ВЫ СЧИТАЕТЕ, КАК НАЙТИ СВОЙ ПУТЬ В ЖИЗНИ? КАК ПОНЯТЬ, ЧТО ЭТО «ТВОЕ»?

Айнур Мами

Мне очень нравится техника мистера Тойода (основателя Тойота) «Пять почему". В любой сложной ситуации, спросив себя «почему» последовательно раз пять, мы можем найти глубинный смысл, который позволит правильно двигаться к цели.

(Чтобы показать эту технику на практике, Айнур провела маленький интерактив с нашим юным волонтером Аминой).

– Амина, а кем ты хочешь стать?

– Я хочу стать моделью.

– Почему ты хочешь стать моделью?

– Чтобы рекламировать разные бренды.

– Почему ты хочешь рекламировать бренды?

– Потому что, мне нравится красиво одеваться и выходить на сцену.

– А почему тебе нравится выходить на сцену?

– Потому, что когда ты на сцене люди смотрят и хлопают тебе.

– А почему тебе нравится, когда тебе хлопают люди?

– Тогда я чувствую себя хорошо.

Вот видите, очень важно понимать истинный смысл своей мечты. Ведь именно, понимание смысла помогает понять, что именно близко нашему сердцу, и этот смысл не дает нам сбиться с пути, или отвлекаться на то, что нам не нравится.

ПО ТРАДИЦИИ ТАК СЛОЖИЛОСЬ, ЧТО МЫ УПОТРЕБЛЯЕМ ОЧЕНЬ МНОГО МЯСА, ЖИРНОЙ ЕДЫ И СЛАДКОГО. КАК ВЫ ДУМАЕТЕ, КАК ЭТО ВСЕ МОЖНО ИЗМЕНИТЬ? КАК ПРИВИТЬ ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ НАШИМ ЛЮДЯМ?

Айнур Мами

Это дело привычки. Во многих семьях сформирована такая система питания. К примеру, генетически наши предки постоянно за рулем не сидели, за компьютером не работали. Да, они питались мясом, но если они и резали барана, они ведь мясо распределяли всем аулом. Каждый день они по барану не съедали. Они придерживались образа жизни в гармонии с природой, с рассвета до заката находились в движении. Когда ты большое количество калорий тратишь в активном образе жизни, то конечно же, эти жиры перерабатываются нормально. А сейчас мы ведем сидячий образ жизни, и не тратим много физической энергии. Мясо тоже стало немножко другим, так как теперь животные не питаются свежей травой как раньше. Холестерин, который накапливается у нас в крови из-за жирной пищи вредит организму, особенно в сочетании с сахаром. Потому, что этот жир обволакивает наши клетки и не дает питательным веществам сквозь него пробиться. Происходит интоксикация организма.

Натуральные жиры для организма безусловно нужны, особенно для детского растущего организма, но можно их правильно балансировать. Например, дома мы используем масло гхи. У казахов исторически топленое масло - очень популярный продукт. В детстве бабушка меня им кормила, но я его не очень любила. Сейчас, любимый продукт дома, богатый аминокислотами и питательный. При топлении у него испаряется вредный белок - казеин, и он хорош в том числе, и для готовки.

Лучше изначально содержать организм в чистоте, потому, что современная медицина может только лечить болезнь, и то порой высокой ценой. А предотвращать болезни мы всегда можем сами, заботясь о своем здоровье с детства. Просто питаясь тем, что дает здоровье и энергию. Это все, что свежее, зеленое и сезонное. То, что выросло в нашем регионе проживания, и не долго хранилось. Точно, не консервы и колбаса. Чем меньше термически обрабатывается еда, тем больше в ней полезных витаминов и нутриентов. А еще важно, чтобы она готовилась и съедалась с хорошим настроением. В семье, в теплой компании друзей, за приятным общением на хорошие темы. Это важная основа ЗОЖ.

КАКИЕ ИЗМЕНЕНИЯ В СЕБЕ ВЫ ПОЧУВСТВОВАЛИ ПОСЛЕ ПЕРЕХОДА НА ВЕГАНСТВО?

Айнур Мами

Когда то много лет назад, на тренинге для воспитателей Монтессори я услышала, что у всех детей, с рождения есть большая внутренняя сила, которая помогает им выбирать правильные решения в жизни, а нам взрослым нужно лишь прислушиваться и важно поддерживать их в этом проявлении их внутреннего голоса, а не диктовать им нашу волю. Тогда я подумала, что раз маленькие дети умеют правильно прислушиваться к себе, и им в этом гармонично помогают высшие силы природы, то и нам взрослым не мешало

бы больше доверять себе, чем врачам, коучам, тренингам, которых вокруг такое множество. И я просто начала слушать себя. Удивительно, как изменилась моя жизнь после этого! До этого у меня были большие проблемы со здоровьем, хроническая анемия, врачи советовали есть побольше мяса. Я пичкала себя им в огромном количестве, и чувствовала себя очень плохо, появился и лишний вес. Это приводило к большим проблемам. Тогда я интуитивно отказалась от молочных продуктов, позже от мяса. Я начала худеть, у меня появились силы, я начала заниматься спортом. Спорт перешел в йогу. Правда, я еще не вегетарианка, люблю рыбу и морепродукты. Но чем больше изучаю исследования в теории и практике здорового питания, тем более прихожу к выводу, что отказ от животных жиров - наиболее эффективный способ поддержания здоровья и долголетия. Не говоря уже о важности этичной стороны вопроса и экологичности отказа от потребления мяса для будущего планеты.

А по системе Монтессори, которая в дополнение к помощи в воспитании моих детей, кардинально помогла и мне самой, я открыла садик для малышей. Наш садик «Я сам» более 12 лет работает в Алматы, и ежегодно выпускает много счастливых и уверенных в себе деток, которые с детства умеют слышать себя и раскрывать свои таланты.

ВЫ СОСТОИТЕ В АССОЦИАЦИИ ДЕЛОВЫХ ЖЕНЩИН КАЗАХСТАНА. РАССКАЖИТЕ, ЧЕМ ЗАНИМАЕТСЯ АССОЦИАЦИЯ? В ЧЕМ ЗАКЛЮЧАЕТСЯ ЕЕ МИССИЯ?

Айнур Мами

Ассоциации уже 25 лет. Я сама присоединилась пару лет назад, чему очень рада. Потому что это сообщество вдохновляющих женщин, которые занимаются действительно хорошими проектами. Вступив в организацию, я сразу начала заниматься координацией проекта менторинг, помогающего начинающим бизнес-леди в построении и развитии их проектов. Я считаю, что женщинам нужно заниматься бизнесом, так как именно они как мамы и хозяйки, чаще являясь потребителями продуктов, бытовых товаров и услуг, сами всегда стараются выбирать лучшее для своих детей, семей. Поэтому, создавая свой бизнес, они с большим пониманием относятся к нуждам своих потребителей и клиентов. Соответственно, и бизнес у женщин получается с сердцем, вниманием и заботой.

СПАСИБО, АЙНУР, ЗА ОЧЕНЬ УВЛЕКАТЕЛЬНУЮ БЕСЕДУ И ЗА ПРИГЛАШЕНИЕ В ВАШ ЦЕНТР! ЖЕЛАЕМ ПРОЦВЕТАНИЯ ВАШЕМУ ДЕЛУ!

Aidana Shaimerdenova

ГУЛЬМИРА АБЕЛЬДИНОВА: "ШКОЛЬНИК ПОЖЕРТВОВАЛ НАШЕМУ ФОНДУ 1 МЛН ТЕНГЕ"

ДОРОГИЕ ДРУЗЬЯ, ПРЕДЛАГАЕМ ВАШЕМУ ВНИМАНИЮ ИНТЕРВЬЮ С ПРЕЗИДЕНТОМ БЛАГОТВОРИТЕЛЬНОГО ФОНДА «ҚАСИЕТТІ ЖОЛ» АБЕЛЬДИНОВОЙ ГУЛЬМИРОЙ САПАБЕКОВНОЙ!

ЗДРАВСТВУЙТЕ ГУЛЬМИРА САПАБЕКОВНА! БЛАГОДАРИМ ВАС ЗА ТО, ЧТО СОГЛАСИЛИСЬ ДАТЬ ИНТЕРВЬЮ КОМАНДЕ GENERATION NEXT! РАССКАЖИТЕ НАМ, В КАКОМ ГОДУ ОТКРЫЛСЯ ВАШ ФОНД? ТАКЖЕ НАМ ИНТЕРЕСНО УЗНАТЬ О НАЗВАНИИ ФОНДА, ЕГО ИСТОРИИ И ЗНАЧЕНИИ.

Гульмира Сапабековна

Наш фонд открылся в 2011 году. Все началось с замечательной истории, когда пять подруг, многодетных мам, начали помогать индивидуально и адресно нуждающимся детям: где-то школы ремонтировали, кому-то лечение оплачивали. Однажды они вместе собрались, это был священный месяц Рамадан, и решили, что нужно систематизировать помощь, объединиться и сделать ее более эффективной. Так возникла идея создания фонда «Қасиетті жол», что переводится как «священный путь». Они считают, что это путь на который рано или поздно встает каждый человек, во всяком случае большинство людей. Наш фонд существует благодаря таким людям, которые желают и помогают. Когда я пришла работать в фонд на дверях висела надпись «Мы мостик между теми, кто хочет помочь и теми, кому нужна помощь».

ЧЕМ ИМЕННО ЗАНИМАЕТСЯ ВАШ ФОНД ?

Гульмира Сапабековна

Главное направление нашего фонда помощь детям с ДЦП. Когда начался процесс оказания помощи детям, основатели фонда заметили, что в «Доме ребенка» очень много детей с заболеваниями или с разными нарушениями. Желающие усыновить детей, в основном, усыновляют здорового ребенка. Поэтому было решено оказывать помощь именно им. Они начали вывозить детей на лечение заграницу, в основном, в самые лучшие клиники Южной Кореи, в которых после лечения были видны очень хорошие результаты. Очень много историй было, когда после лечения ребенка с детского дома забирали биологические родители. Они видели что есть эффект от лечения, а некоторых детей усыновили. Это дало большой импульс, вдохновение и желание продолжать в данном направлении помогать большему количеству детей.

Начали поступать обращения родителей, дети которых болеют ДЦП. Всех невозможно было отправить зарубеж, потому что ДЦП такое заболевание, реабилитацией которого необходимо заниматься постоянно. Это не один курс лечения или одна операция после которого ребенок выздоровеет, но при этом, не смертельно опасная болезнь. Поэтому фондом было решено развивать реабилитацию здесь, в Казахстане, точнее, открывать реабилитационные центры, такие как зарубежом. Это все делается для того, чтобы родители не уезжали далеко оставляя свои семьи, других здоровых детей здесь, а также не было проблем с языком. Часто родители сталкиваются с языковым барьером, возникают проблемы с переводом, с деньгами и большими затратами. Фонд оплачивает само лечение, но кроме лечения есть и другие расходы. Чтобы минимизировать такие проблемы и затраты и развивавать отечественную реабилитологию, было решено открыть Реабилитационный центр у нас в Казахстане. Мы открыли первый центр в 2014 году в марте, приняли первых 25 детей с ДЦП в г. Нур-Султан. Наш центр отличается тем что находится на базе больницы. У больницы мы покупаем определенные услуги, например, мы покупаем услуги бассейна. У них есть физиотерапевтическое лечение, специальные ванны, есть высокоспециализированные работники и специалисты, как ортопеды. Мы располагаемся в больнице так как принимаем тяжелых деток, у них

могут быть судороги или еще тяжелые сопутствующие заболевания, иногда приезжают с регионов в очень запущенном состоянии, нам необходимо, чтоб была реанимация или в случае заболевания, чтоб ребенка можно было быстро госпитализировать. У нас очень хорошее и современное оборудование, заботливые специалисты. Также у нас есть хороший проект «Школа менторов» - из зарубежа мы привозим лучших специалистов, они обучают лучшим методикам наших специалистов, а также специалистов, которые работают в государственных учреждениях, ведь у них нет возможности обучаться зарубежным методикам лечения. Это могут быть сотрудники реабилитологии больниц, домов ребенка, а также детских садов для детей с ДЦП и т.д.

СКОЛЬКО ВСЕГО РЕАБИЛИТАЦИОННЫХ ЦЕНТРОВ ВЫ ОТКРЫЛИ ПО КАЗАХСТАНУ И В КАКИХ РЕГИОНАХ?

Гульмира Сапабековна

У нас всего три центра, два в Нур-Султане и один в г. Шымкент. Также хотелось бы добавить, что в 2017 году нашим фондом было принято решение открыть «Реабилитационный центр раннего вмешательства» при перинатальном центре, так как есть недоношенные дети или дети у которых наибольший риск ДЦП или с какими-то другими нарушениями. В процессе лечения было выявлено, что чем раньше начать лечение – тем больше вероятность полного выздоровления. Есть «золотой период» ребенка – до года, этот период нельзя упускать, у них в этом периоде очень пластичный мозг, быстро поддается вмешательству, дети начинают ходить, говорить.

СКОЛЬКО СПЕЦИАЛИСТОВ РАБОТАЕТ В ОДНОМ ЦЕНТРЕ И КАКИЕ У НИХ НАПРАВЛЕНИЯ ?

Гульмира Сапабековна

У нас есть чуть больше 30 сотрудников. Реабилитация делится на три блока:

· медицинский (врачи, инструкторы, физические терапевты) - он занимается физическим развитием и активностью ребенка;

· психолого-педагогический блок (логопеды, дефектологи, психологи) занимается речью ребенка, коммуникацией, мыслительной деятельностью, вниманием и памятью;

· социальный – тут занимаемся тем, чтобы дети могли социализироваться, научится кушать, жевать, улучшить качество его жизни, чтобы он мог себя обслуживать, самостоятельно себя кормить, сидеть, ходить в туалет.

Часто мы устраиваем детям кондуктивную терапию. К примеру, нам привозят одежду для детей, и мы организовываем магазин –у нас есть кассир, мы раздаем игрушечные деньги детям, ставим ценники на каждый товар и родители с детьми приходят в импровизированный магазин как покупатели, выбирают себе одежду в примерочной, и покупают на кассе. Также кондуктивную терапию устраиваем в дни рождения детей. Ребенка учим накрывать стол, встречать гостей , показать свое гостеприимство, а затем убрать со стола.

КАК ПРОХОДИТ ПРОЦЕСС ПОДБОРА ПЕРСОНАЛА?

Гульмира Сапабековна

В первую очередь, мы выбираем руководителя, чтобы он был высоко-профессиональный, харизматичный, чтобы у него было свое видение, должна быть своя школа реабилитации, нам очень везет с руководителями. В подбор кадров фонд старается не вмешиваться, то есть данные руководители подбирают свою команду. Когда я разговариваю с руководителями, например, Салтанат Кашенова, руководитель «Қасиетті жол» г. Шымкент говорит «Для меня важно, чтобы у человека горели глаза и было доброе сердце, а всему остальному я его научу».

РАССКАЖИТЕ, ДЕТЯМ, ПРОХОДЯЩИМ ЛЕЧЕНИЕ В ВАШИХ ЦЕНТРАХ, НА ПРОТЯЖЕНИИ ВСЕЙ ЖИЗНИ НУЖНО ПОСЕЩАТЬ ЕГО ИЛИ ЕСТЬ СТАТИСТИКА, ГДЕ ИМ БОЛЬШЕ НЕ ПОНАДОБИЛАСЬ ВАША ПОМОЩЬ?

Гульмира Сапабековна

Да, данное заболевание никуда не уходит. Реабилитация нужна на протяжении всей жизни. После лечения, мы обучаем мам, чтобы они могли заниматься и выполнять упражнения дома. Мамы активные члены команды и после обучения они сдают экзамен, чтобы быть уверенным в правильности применения на практике полученных знаний.

СКОЛЬКО ДЕТЕЙ ПРОШЛО ЛЕЧЕНИЕ В ВАШИХ ЦЕНТРАХ, И КАКИЕ У НИХ НАБЛЮДАЮТСЯ РЕЗУЛЬТАТЫ?

Гульмира Сапабековна

Прошли лечение больше 4500 детей, из них сидеть научились 430 детей, ползать 373, а самостоятельно ходить 277.

КАКИМ ОБРАЗОМ ЛЮДИ УЗНАЮТ О ВАШЕМ ФОНДЕ ?

Гульмира Сапабековна

В основном через «сарафанное радио», это когда родители узнают о нас от других родителей, которые столкнулись с данным диагнозом их детей. У нас есть свой сайт, инстаграм страница, фейсбук. Также специалисты, поставившие диагноз, могут рассказать родителям о нас.

ПРИХОДЯТ ЛИ ВОЛОНТЕРЫ В ВАШ ЦЕНТР?

Гульмира Сапабековна

Да, конечно, волонтеры к нам приходят. Очень часто это дети-школьники, что очень радует. Они проводят разные активности, ставят спектакли, делают поделки, рисунки, инсталляции. У нашего фонда есть друг по имени Акбар, который учится в школе «Почемучка». Он, вместе с мамой, написал книжку «Кубический лабиринт» о том, как собирать «Кубик Рубика». Вырученные средства от продаж книг, а это около 1 млн. тенге Акбар передал в наш фонд

ПРОВОДИТЕ ЛИ ВЫ ОБУЧЕНИЕ ИЛИ СЕМИНАРЫ ДЛЯ РОДИТЕЛЕЙ О ТОМ, В КАКОМ НАПРАВЛЕНИИ И КАК НУЖНО РАЗВИВАТЬ ДЕТЕЙ С ДАННЫМ ДИАГНОЗОМ?

Гульмира Сапабековна

Да, обязательно. Мы также приглашаем менторов, которые, к примеру, обучают их как правильно научить ребенка разным навыкам, навыку сидения, как пользоваться техническим средством (коляской), так, чтобы ребенку было функционально и удобно сидеть на нем.

ЕСТЬ ЛИ В ВАШИХ ЦЕНТРАХ КАБИНЕТ ПСИХОЛОГА ДЛЯ РОДИТЕЛЕЙ, ВЕДЬ НЕМАЛОВАЖНУЮ РОЛЬ ИГРАЕТ ВЕРА РОДИТЕЛЕЙ И ИХ НАСТРОЙ?

Гульмира Сапабековна

Да, у нас есть кабинет психолога, а также работает родительская школа, где мы занимаемся психологической разгрузкой родителей. В выходной день они могут оставить ребенка родным, и прийти к нам. Наши специалисты делают все, чтобы родители сдружились и понимали друг друга. У нас каждый родитель знает друг друга и их детей по имени. Сейчас они настолько сдружились, что одна мама остается как дежурная в детском саду, а другие мамы приезжают в родительскую школу. Мы всегда приветствуем то, чтобы вся семья приходила и принимала активное участие во всем. Вы не увидите в нашем центре печальные лица, все мамы улыбаются и не теряют надежды!

СПАСИБО БОЛЬШОЕ, ГУЛЬМИРА САПАБЕКОВНА, ЗА ПОЗНАВАТЕЛЬНУЮ И ИНТЕРЕСНУЮ БЕСЕДУ!

ЖЕЛАЕМ ВАШЕМУ ФОНДУ ПРОЦВЕТАНИЯ, А ВАШИМ РЕАБИЛИТАЦИОННЫМ ЦЕНТРАМ БОЛЬШИХ ДОСТИЖЕНИЙ!

Ainur Sultanova

TRAVEL WRITING ON KAZAKHSTAN

AS OF RECENTLY, I FINISHED UNIVERSITY IN MY CHILDHOOD PROFESSION DREAM: JOURNALISM.

ONE OF THE MAIN REASONS I WANTED TO BECOME A JOURNALIST WAS TO TRAVEL AND MY DREAM CAME TRUE. TO EXPLORE MY CRAFT THOROUGHLY I FELT THE URGE TO TRAVEL AND EXPLORE, LEARN,FIND OUT MORE ABOUT OUR MAGNIFICENT WORLD AND MOST IMPORTANTLY MYSELF.

Privileged,wild and free I traveled far and wide, high and low all over the planet's wonders.

Everywhere I went, I acknowledged how different yet the same we all were, like silver and gold. My mind became open to the cultures and situations around the globe, it opened my eyes to the fact that there is so much more to be seen and learnt. However, I still felt I didn't find what I was searching for, I had everything but still felt I didn't have enough. I felt incomplete with myself. I visited the most prestigious places on Earth; bustling, expensive and famous. Nevertheless, wherever I traveled I felt misplaced and peculiar. Tired, full of information and worries; I gave up.

Until the rich smelling Apples on a rainy Saturday morning.

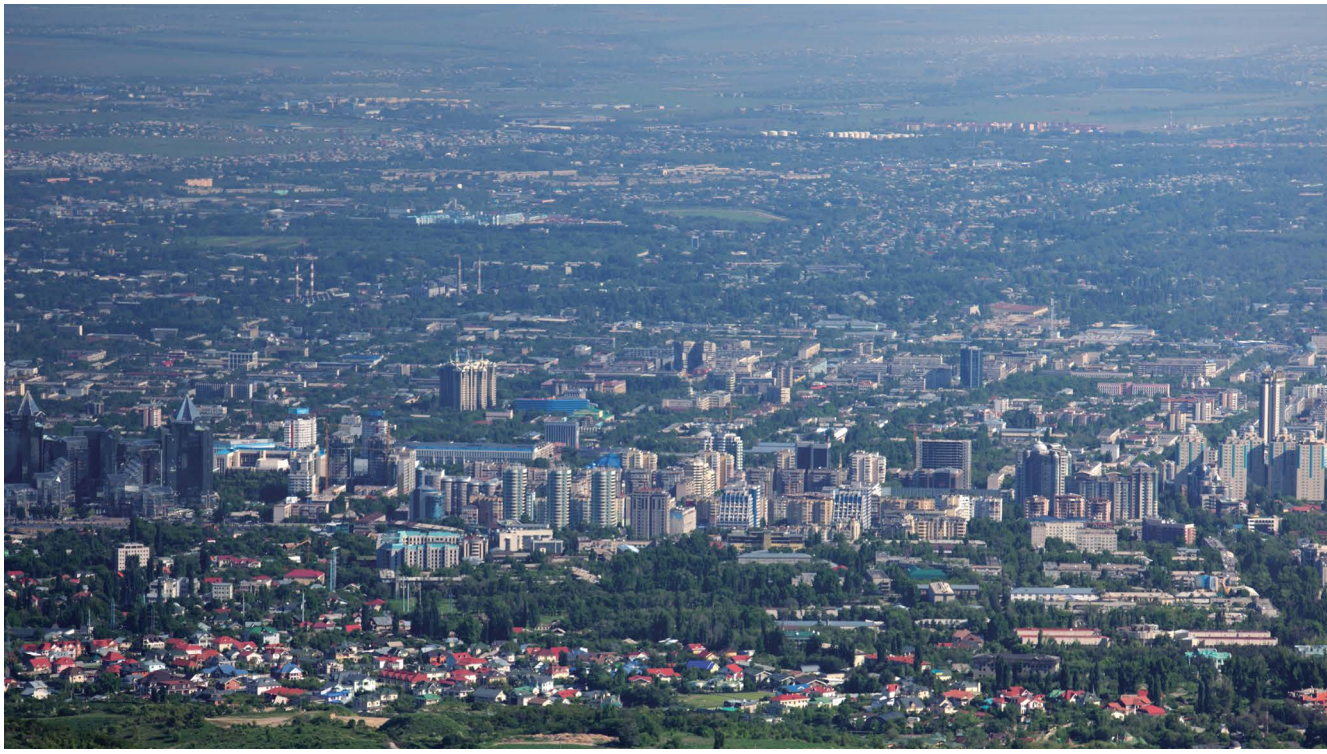
The apples were in a cardboard box; outside my door and I wasn't expecting any apples. They were not your average everyday apple, they were large,slightly flattened and exactly the size of my hand. They tasted vaguely of sweet honey – or even berries. The apples were named 'Aport' from central Asia - Kazakhstan... never heard of this country before. I did some research and was shocked when I found out that apples originated in Kazakhstan Almaty, whose old name 'Alma-Ata' means 'father of apples' in Kazakh, has claimed the honour of being the birthplace of the apple for more than a hundred years.

How did I not know that! I got inspired in learning about Kazakhstan, and as a consequence resolved to take a tour around the country.

The early morning sunlight, soft and diffuse, it was Spring. It washed in like the tide, showing off its beauty after the cold winter days. The best time to travel to Kazakhstan. It's been 2 hours since I arrived here in Almaty. The air was fresh and warm with the wind brushing across my face gently,it brought back sweet memories of times gone. The mountains soared upwards, towering as if trying to reach heaven. Almaty is surrounded by the mountains Zailyisky Alatau, which continue to rise and extend for 360km. I was in awe and this view was only from my window.

I met my tour guide, who surprisingly spoke amazing english! His name was Arsen, and I have never met a much nicer and caring tour guide in my life! He gifted me with kazakh chocolate, candy and a toy called Bal-Bala which made me laugh. Kazakh people are known to be very hospitable. It is a sign of generosity to meet guests with warmth and attentiveness. In ancient times and even now, the most delicious meal in every family is kept for the guests. I thanked him for the gifts and warm welcome and we set off at 8:OO am.

I still didn't have any breakfast because he was taking me to his family's home for breakfast! The buildings in Almaty were stunning, as if competing with the mountains with its glassed futuristic architecture. I felt myself leaning against the car seat, we were going up into the mountains. I looked into the distance behind me, everything looked so vibrant and alive, all the buildings got smaller and smaller. I never felt more relaxed in my life. While going up, Arsen filled me up with more fascinating stories,legends and history of Kazakhstan: During World War II, there were some mountain shooters training camps at Zailyisky Alatau. So, many peaks in the vicinity of the camps were named after the wartime heroes: the peak of Panfilov Heroes, Zoya Kosmodemyanskaya peak, Manshuk Mametova peak, Partisan peak. He told me that Kazakhstan meant 'Land of Wanderers or land of the free' and friendly locals reward those who choose to explore it.



His family was already standing outside, smiling and waving. There were 3 kids running around in the backyard playing a very odd game which I wasn't familiar with. The house was like any regular one: bricks,fences, a backyard and a door. As soon as I got out of the car, his family came down and greeted me.

'Welcome to Kazakhstan!' an old lady with a scarf around her head said while laughing and smiling. It seemed that they were all really good at english. They hugged me and seemed very pleased to see me. I felt as if I was part of their family. The kids came up to me and said: 'Kosh kilinezder!'(Welcome!) In their language: Kazakh. Kazakh is a member of the Kipchak branch of the Turkic language family,Kazakh was first written with the Arabic script during the 19th century when a number of poets, educated in Islamic schools, incited revolt against Russia. I already wished I spoke their beautiful language, I even felt shame for not being able to. They opened the door and welcomed me inside, I was astonished and speechless. There was beautiful architecture inside with Kazakh traditional patterns everywhere. Right in front was a huge living room, which for Kazakhs is the most important place in the house. They offered me handmade kazakh patterned slippers to put on, which were pleasantly cozy. Their hospitality and care is what made everything...

Alilya Narikbayeva

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