



# COMMUNITY VOICE

Day 1

23 January 2020

## Andrew Cope

Mohammed Gulzar  
Qatar Academy Doha

Andrew Cope is a well-known children's author that has written many books including; Spy Dog and Spy Pups. He describes himself as an educator, a mentor and a learning junkie after completing a PhD at Loughborough University in the United Kingdom. We are honoured to go deeper into the mind of this unique character and learn more about his history and his plans for the future.

The press team had the privilege to conduct an interview with Mr Cope the previous day, in which we discussed many things regarding health and wellness of children and of the general population in Qatar and the world.

Mr. Cope felt that joyful and accomplished that there are many children that love and enjoy reading his books that have caused anxiety levels to go down considerably within such children. Mr. Cope also works to ensure schools throughout Europe and specifically, the U.K implement systems and ideals that put the kindness and wellbeing of the student, even above the education of the student or with the same importance as education.

The reason Mr. Cope

says he is working to help children is that he was studying traditional psychology at the University of Loughborough, yet he believed that psychology in the traditional sense only focused on illness, not true happiness. We cannot expect a happy society when we only focus on the times where we have a disease. Psychology is much more complicated and Andrew Cope's goal in the 'Art of Brilliance' group is to show the general public through the positive results on children within the affiliated schools.

While Mr. Cope doesn't believe that a society cannot be 100% perfect as happiness cannot be fully sustained, he believes that people have good days and bad days, yet we can try to optimize the number of happy days we have through lowering anxiety levels in our own unique ways. It's ok to be sad, it's ok to not be in the best mood every day, yet we have to ensure that we are trying to make sure every day is better than the rest!

I then asked how parents and guardians feel about knowing and understanding that their children may have mental

issues such as depression or an anxiety disorder, he then said that of course, it is a painful thing for parents to know that their children cannot physically be happy, yet thankfully more parents are more understanding but still, "a parent can only be as happy as their least happy child". It also helps that now there are better ways of dealing with depression.

Mr. Cope is happy with how THIMUN Qatar cares about good health and wellness with the selection of SDG 3; Ensuring healthy lives and promote well-being for all at all ages. He likes

that not only students are actively participating within the conference but are fully operating and maintaining the conference as a 100% student-run initiative. He says that he hopes to see fruitful and compelling debates from the delegates within the coming days.

In the final question, I asked Mr. Cope how Qatar is dealing with the increase of students and minors who have to deal with issues such as anxiety and depression. While he only arrived yesterday he could see that the steps Qatar Foundation is taking to ensure student well-being and happiness is key and that he hopes to see many of the other projects occurring throughout QF. From the entire staff for THIMUN Qatar, we would like to thank Mr. Cope for being the official keynote speaker for TQ 2020!



***"He says that he hopes to see fruitful and compelling debates from the delegates within the coming days."***

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# 2020: New Decade

Mohammed Gulzar  
Qatar Academy Doha

To many people, the new year means new goals, new aspirations and overall a new person that can achieve more and be happy. Unfortunately, many people simply cannot keep to their goals and go back to their possibly bad habits as the previous year. One important thing is to break your goal down to make it simpler and easier for yourself. This is especially important for big goals. Think about the smaller goals that are steps on the way to achieving your bigger aim. Sometimes our big goals are a bit vague, like 'I want to be healthier'. Breaking these down helps us be more specific. So a

smaller goal might be 'go running regularly' or even 'to be able to run around the park in 20 minutes without stopping'. Write down your smaller goals and try to set some dates

to do these by too. Having several smaller goals makes each of them a bit easier and gives us a feeling of success along the way, which also makes it more likely that we'll stay on

track towards our bigger goal. Another important part of the goal reaching steps is to actually start on January 1. An ancient Chinese proverb says that the journey of 1000 miles starts with one step. Even if your goal isn't to walk 1000 miles, thinking about the first step on the way will really help to get you started. Even if you don't know where to start, there's no excuse - your first step could be to research 'how to...' on the internet or think of people you could ask or get a book on the subject from the library. Then think of your next step...and next...

May 2020 be a year of health, wealth and happiness for all people and a year of successful goals!



## Free Speech

Hend Mansi  
Qatar Academy Doha

"If liberty means anything at all, it means the right to tell people what they don't want to hear" No matter what race, nationality, age or gender, everyone has the right of freedom of expression. This means everyone holds the right to have opinions, impart ideas and receive information without interference from public authority.

Freedom of speech is crucial within society as it ensures citizens have a sense of authority and liberty to make their own choices. This right is what grants them the opportunity to bring about change in society through diverse perspectives from critical thinkers. Imagine a world that agreed on everything? We wouldn't

progress, rather be standard in our daily life and this world is anything but a uniform society.

However, there are nations such as Iran, Russia, Egypt, and Mauritania where freedom of speech is not celebrated. Within Russia, although the Russian Constitution guarantees freedom of speech, within the court lay countless laws that suggest practically unlimited control for the government upon what is published and where. Seen through Egypt during the passing of media regulation law in July 2018 which further pushed for the regulation of the press. In turn this law also pushes the lack of freedom and restrictions on speech for journalists. Certain limitations across societies around the world have on free speech to protect individual privacy,

honor, reputation and safety of others.

Observing nations worldwide, one may wonder if freedom of speech should be given in all countries or shouldn't? Certain societies exist with limitations to freedom of speech however these exist for good reason (eg; safety, bullying, etc). The concept of free speech is something that has been

fought over centuries and most people stand behind, but few believe that certain restrictions should be placed. Supporting restrictions on freedom of speech does not mean it makes someone pro-censorship or anti-debate. The concept of freedom of speech on its core seems quite simple however it has complex lines that can be drawn.



# Stem Cells

Haya Al Kuwari  
Qatar Academy Doha

The world is developing in the most innovative and practical ways. Stem cells have taken over the biological field as they have the ability to develop into many different cell types, from muscle cells to brain cells. Researchers believe that stem cell-based therapies may be used to treat devastating ailments, in the future, like paralysis and Alzheimer's disease.

There are many ways stem cells are the future of medical treatment, one being their ability to regenerate healthy tissues after any injuries. Replacing damaged or destroyed human tissue may be difficult, however stem cells can overcome a lot of the problems. Using the body's own cells means there would be no transplant rejection in organs or with skin grafts. With enough stem

cells, the same kind of research could apply to all kinds of organ damage – including the possibility of regenerating limbs, possibly built around an artificial bone scaffold or built up from scratch.

However, with every innovative product comes the disadvantages.

The use of embryonic stem cells for research actually involved the destruction of blastocysts, a structure formed in the early development of mammals and is a more viable method of fertility treatment. For those who believe that life begins at conception, the blastocyst is a human life and to

destroy it is viewed as immoral. Since it's also a newly introduced technology, the long term effects are unknown, such as the interference with nature and how it could materialize.

Overall, it's important to learn and to accept new and innovative

***“German political parties such as AFD and the NPD are the main front-runners in rise of anti-Semitism and pan-German nationalism”***

technologies as I personally believe not every technology has to be ethical as long as it provides a positive output into the world. Unethical experiments can change the world. As you read through this article, there are a number of clinical trials that are using stem cells therapies being conducted in the U.S. We could be closer to finding cures than you think.



# Test Anxiety

Abdulla Al Nasr  
Qatar Academy Doha

Test anxiety is something that almost every teenager has to deal with, it makes your heart beat faster, sweat and gives you a headache. It's annoying but we still have to deal with it as in the end, for most people the stress does not get in the way of actual test answers and we still get the grades we deserve. Yet unfortunately, there are people who you don't know as they are normal people but simply have full on panic

attacks during stressful examinations as many people do not know how to deal with the stress of performance and have an immense fear of failure.

Performance anxiety is something completely normal for people who have anxiety disorder. This means that they get irrationally afraid of things that deal with performance such as tests, projects and usually anything related with time. Remember that anyone may have this

issue even your friends, coworkers, colleagues and even family. It's not something you can easily tell.

People who suffer from performance anxiety regularly get bad test scores even though they understand the entire topic, yet simply can't handle the pressure tests give. Most of the fears are irrational such as believing you will be caught cheating even if your not cheating or not completing an answer



until the answers are completely perfect which is time consuming. Have compassion for people doing tests as you never know how stressed and scared they're of the paper. Try and support your friends if you know they

suffer from test anxiety.

***“Have compassion for people doing tests”***

# Iran Issue

Mohammed Gulzar  
Qatar Academy Doha

On the 3rd of January, 2020, under the command of President Donald J. Trump, U.S forces in Iraq bombed a military convoy, carrying the highest-ranking general in the Iranian military, General Qassem Solaimani killing the general and 9 other individuals in a strike that was condemned internationally as a clear act of aggression against Iran and has since had an extremely destabilising impact in the Persian Gulf. Many rightfully say that the move was inappropriate and immature on part of the Trump administration and that, yet again American meddling has resulted in the lost lives of innocent civilians.

Iran swiftly responded with heavy words from their leadership and coordinated strikes against U.S interests with the use of proxies, most of which occurred in Iraq. Iranian state media kept on mentioning the vengeance that will occur to the U.S and any nation supporting them. This put the entire GCC Peninsula Shield Force in high-alert as well as the U.S bases in the region as an Iranian invasion of Bahrain would be plausible if a full-out war was proclaimed.

Iran backed out of the nuclear deal, a massive blow to decades of efforts to hinder Iranian nuclear capabilities and all of this escalation came to a climax on the 8th of January, in the middle of



the night when Iranian forces attacked Ayn Al Assad Airbase, in Iraq, filled with U.S soldiers using a barrage of rockets.

A total of 17 rockets were fired, and 11 hit the base in the operation code-named “Martyr Soleimani” which resulted in no American casualties apart from 11 U.S personnel who received concussions from the blast. The lack of American casualties was reportedly done on purpose as even one American death would have meant a certain invasion of Iran, even though Iranian media falsely reported 80 American deaths.

U.S public opinion was on both sides of the spectrum, against further military action against Iran as many saw the

attack against Soliemani as an illegal move that should’ve been approved by Congress and a further example of America doing as it pleases and leaves civilians in other countries helpless. Some Americans even sided with the Iranian side of events and supported Iranians in mourning the general.

The reality of events that the majority of people do not know is much darker and sombre than many believe. Many people saw the millions of Iranians crying in the streets, so they believed that Soleimani was loved by Iranians. People don’t know that schools and workplaces forced students and employees to go to the funeral or risk being imprisoned or tortured.

Many believed that the

Ukrainian jet that crashed was an unfortunate coincidence yet Iranian security forces hid the video and imprisoned any individual that knew the truth that in actuality the aircraft was shot down by Iranian missiles.

While speaking ill of the dead is unbecoming, the general controlled Iran with an iron fist, executing protestors, destroying any freedom movements and subjecting the people of Iran in horrendous conditions without any free will to even speak about the conditions they live in.

The U.S was wrong in attacking the general, it was an immature and inappropriate decision that risked millions of innocent lives. To the best knowledge, there was no imminent threat

to any U.S persons or her interests if Soleimani was kept alive and many assume that Trump aggravated Iran to get people to stop talking about his impeachment. Let’s all hope that there is no further escalation between the nations and both people can live happily and freely.

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**“Many people saw the millions of Iranians crying in the streets, so they believed that Soleimani was loved by Iranians.”**

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# Obesity In The GCC

Hend Mansi  
Qatar Academy Doha

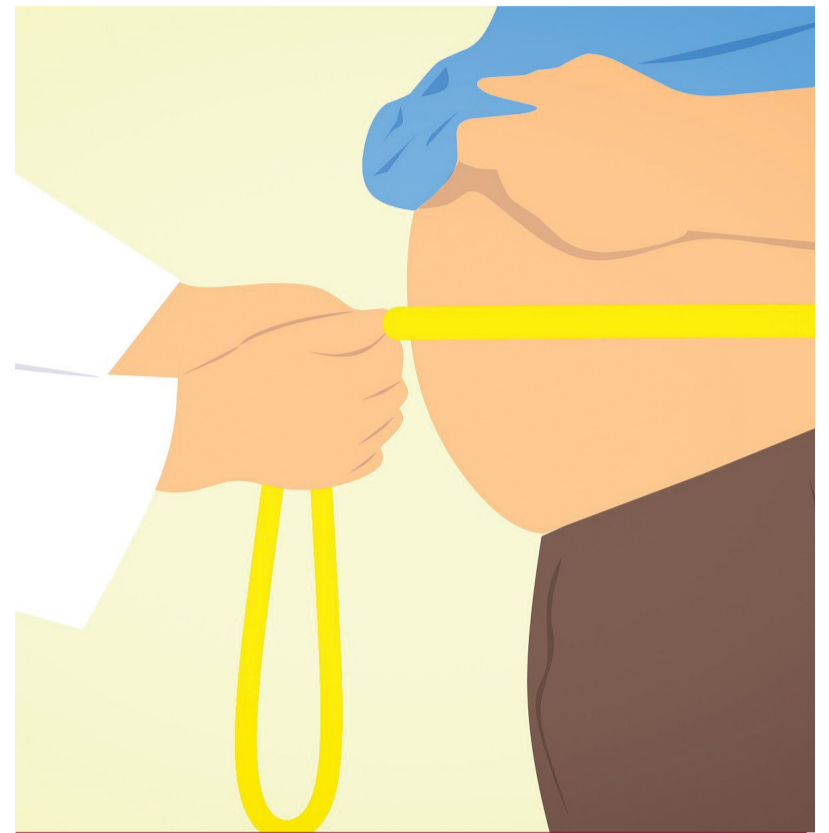
Obesity is an issue that is widespread across all nations, tripling since 1975. In 2016, it was found that 650 adults worldwide were obese. The obesity epidemic is global, however throughout the Gulf Countries it is seen to be rather higher than in other countries and is seen to be one of the most rated obese and overweight individuals.

It is seen in males that obesity ranges from 4 - 13% and females ranging from 3 - 18%, however adult obesity rates raise up to an averaged 47% of gulf country populations. Other such high rates are found in countries such as America, Australia, New Zealand, and Canada. Such high rates are found throughout the

Gulf countries due to shared factors such as cultural, political and geographical. These states are wealthy and obtain a high standard of living, exposed and influenced by western world living which includes eating habits (fast foods, processed foods) and physical inactivity (communication ways such as social media, working environments, available jobs). Physical inactivity has high rates with the GCC due to socio cultural characteristics, but other reasons such as in Saudi Arabia there is a lack of sporting facilities open for women. Other characteristics include expensive pay for food and such sporting facilities in other GCC countries.

Despite these characteristics, these states have recognized the alarmingly high rates

within Gulf Countries and have awakened. They are currently trying to take charge of the rising health epidemic that is widespread amongst their country by implementing health strategies throughout the years. Some strategies that are seen to be approached are calories labeling within restaurant menus in Qatar, taxation on soft drinks throughout United Arab Emirates and Saudi Arabia, banning soft drinks and junk food within hospitals in Qatar. However this will still be seen as an issue due to Gulf Countries lacking local policies throughout schools such as the availability of healthy food and beverages in school canteens. This has began to be spread throughout the schools in Qatar, but not popular in other GCC countries.



***“through males that obesity ranges from 4 - 13% and females ranging from 3 - 18%,”***

# Rise of Neo-Nazism

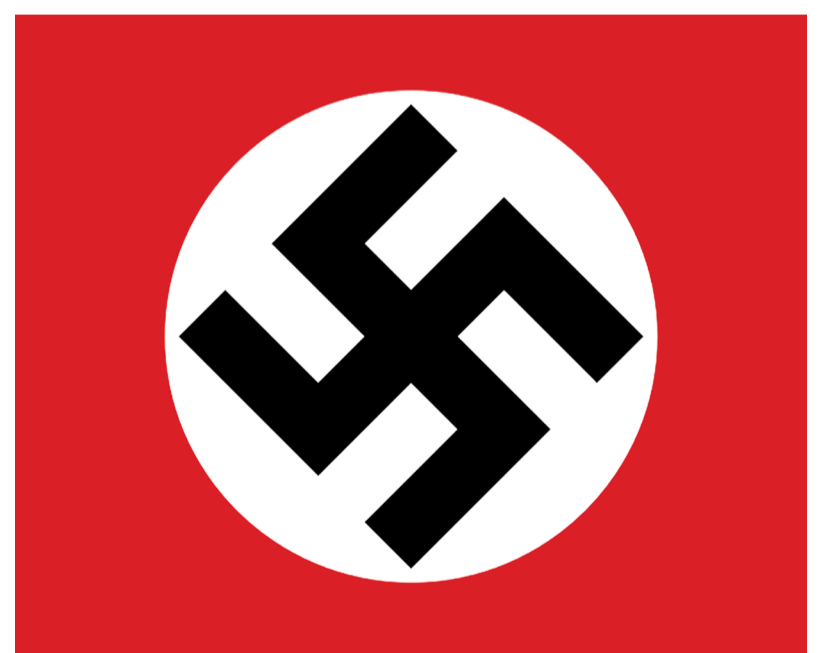
Mohammed Gulzar  
Qatar Academy Doha

Everyone has learnt of the horrors that occurred during WWII under the demonic Nazi regime that murdered millions upon millions of non-Aryans and anyone that had a disability, got too old, was a communist or simply did not fully assimilate to Hitler's rule. Soldiers who fought their entire lives, ate nothing but rodent, followed commands no matter what and never shed a tear were seen crying on the floor due to the inhumanity seen in the abandoned camps. Nazism and its similar concepts represent the worst of humanity and for the vast majority of

people, it is just a painful reminder of how evil we can become. Yet, there are some who have been emboldened by the recent rise in conservative and right-wing leaders across Europe and the U.S, to spew their racist beliefs. They're called Neo-Nazis (New Nazis). Their beliefs differ from simply deporting all non-whites, to the extreme in which some advocate for a Fourth Reich\*. German political parties such as AFD and the NPD are the main front-runners in rise of anti-Semitism and pan-German nationalism, yet more surprisingly the U.S is also seeing a rise of Nazi supporters, with stories of Nazi flags going up on homes in the south

or a car running through anti-facist protesters ever increasing, we can obviously see that many of these individuals have been emboldened by their conservative leaders to express their disgusting views in public. German law forbids any publication or showing of any Nazi symbols which simply is not stopping such people from inflicting violence on innocent people such as beatings and knife attacks. Stronger general denial of such beliefs by the public is needed to put an end to humanity's worst chapter to an end.

\*Fourth Reich is referred to the hypothetical revival of the Nazi party in the current day and age.



***“Nazism and its similar concepts represent the worst of humanity”***

# Bariatric Surgeries

Abdulla Al Nasr  
Qatar Academy Doha

Due to the overwhelming issue of obesity, diabetes and high blood pressure in Qatar, bariatric surgeries have increased widely as people try to fit into society's image of the 'perfect figure'. Statistics show the Qatari culture encourages this habit, as fast-food restaurants are widely available and always busy! While this may be normal, it develops unhealthy eating habits.

The Qatari culture has had a great effect on this type of surgery to become one of the most common surgeries we have in the region. Our car culture is one major factor which leads people to be overweight and lazy as people barely walk because of the heat. The humid temperatures we have in Qatar force people to use cars to do their daily tasks. This causes people to become lazy and not take the necessary steps to lose weight. So many people opt to simply not do the work it takes to lose weight naturally and get bariatric surgery.

People in Qatar have a superficial view on appearances, and being obese may be overwhelming to a lot of Qataris as they think it ruins their image in front of society. This leads them to take drastic measures to ensure that their image in front of everyone is sustained. This obese slice of the population suffers from a lot of derogatory terms such as 'you bear' which they

may find offensive as many obese people are actively attempting to lose weight. Yet these types of insults demotivate them and lead them to accept that they can never lose weight naturally.

Being obese gives you a sense of depression every time you have to go shopping for clothes or belts. It may be really hard for other people to understand what an overweight or obese person goes through in order to find the perfect fit for him. But this is not the only thing which people who are obese suffer from. Obesity affects daily life routines as individuals find it difficult to perform

basic functions like a healthy person would do. For example, being obese can prevent you from being active, running as fast as other people, being comfortable in every chair you sit in and being able to participate in every sport your friends are playing.

Sometimes this issue may not be entirely a choice for people due to many different factors like how their family used to feed them when young, genetics, not being able to find comfort other than food and getting used to being inactive all day long.

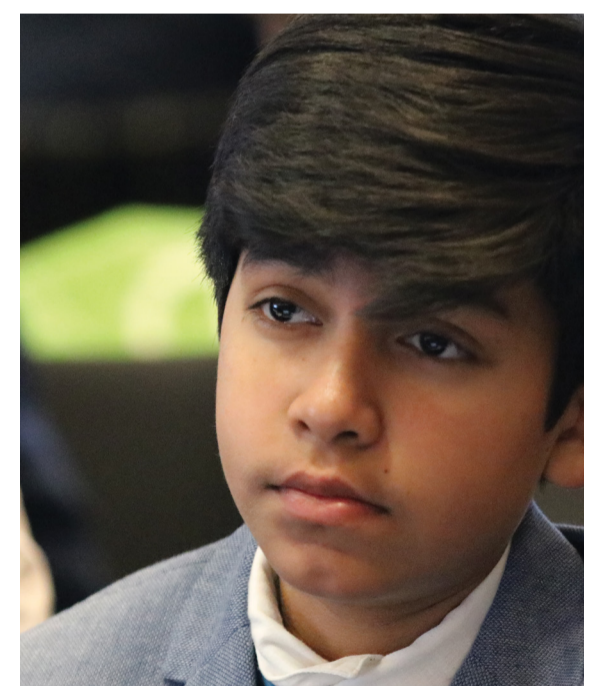
All these factors push people towards bariatric

surgery as it is an easy and shorter way out of this dilemma. But this does not mean people who do the surgery are not doing anything after it. In contrast, it is the first step to changing their lifestyle and their way of thinking towards being fit and healthy. The surgery forces the patient to make the correct choices they were not able to do before as it limits their eating capacity to a bare minimum which enables them to lose weight in the fastest time possible. Bariatric surgery is not just an easy way out, it is a last stop measure to ensure you don't have to live with heart problems,

artery issues or heaven forbid, cancer. Most people do not do it to look better, they do it so that they can be happy and healthy. Nobody should be insulted or be humiliated for taking this choice.

***“Obesity affects daily life routines and makes it harder for the person to do things skinny people can do.”***





# Mental Stigma

Hend Mansi  
Qatar Academy Doha

In today's society, misconceptions about visiting a therapist stem widely because of the lack of awareness. People think its either only for crazy people or a waste of money. However, therapy is an outlet for people to feel safe in expressing their emotions, problems or stress. Even though, these people aren't necessarily in recovery or have had a life altering event, therapy is seen as an escape to solve problems and overcome struggles such as anxiety, addiction and depression.

One would wonder, why is there a stigma around therapy? - a source of help. The answer is in history. Throughout time, the mentally ill and mental health treatment was considered for people who were "too crazy" to be considered a part of society. At first, people had put them through painful and experimental treatments to try and solve their illnesses, as if they were a science project. These experimental treatments included drilling holes into the skulls of the diseased, draining their bodies of blood to use for testing, inducing seizures, deliberate starvation and many other disturbing treatments. Not to mention people who were thought of as less than what was considered "normal" were subjected to degrading names such

as "witch" and most of the times were murdered. Not to anyone's surprise but no one wanted to be classified as mentally ill.

Continuous suffering had led on throughout centuries, even in the 1950's where the US had created new psychiatric drugs for the mentally ill. While these drugs helped mentally ill patients live outside of the psychiatric wards and experience life 'normally', they ended up being so dangerous and uncomfortable that their survival today was not possible. Despite the improvements, there was a lack of safe spaces for these patients around the world

However talk-based psychotherapy, which is seen to be popular amongst struggling mentally

diseased patients and other struggling members of the community today was founded in the late 70's. Despite the fact that there was a lack of research on whether or not talk-based therapy aided patients until the 90s and still lacks research today as it is considered experimental, it has increased in popularity.

Other factors contribute to the resistance to believe and accept mental health include such as cultural issues which could be seen throughout the GCC countries such as Bahrain and Qatar, where therapy is seen as a scam. Rather culturally it is believed that for medication drugs and the science of medicine through doctors is the most suitable form of

healing.

A large portion of society is made up of people who had lived through the times where the mentally diseased were seen as different then them, experimented on and mental health treatment meant institutionalization. The reinforcement of the belief that the mentally diseased were disoriented and had no medication throughout history continues to live on through old generations. Thus the stigma still continues to surround both therapists and therapy. Still, people retain to admit that they might be able to benefit from mental health treatments with anxiety and depression with other such diseases rising within populations due

to the historical hostility towards mental health as a whole.

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***“Nevertheless, these drugs helped mentally ill patients live outside of the psychiatric wards and experience the outside life.”***

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# Say No to Racism

Abdulla Al Nasr  
Qatar Academy Doha

Say NO to racism !  
Racism has created a wide range of opinions from people through the past years as we still see discrimination by race and color to this day. People have set up various campaigns all around the world in order to stop this nonsense in choosing between people based on color, race or ethnicity. Even the game of football has been infected by this spreading disease which has nothing to do with a person's skin colour. Say no to racism is a campaign which was launched in 2001 in partnership with the FARE organization which comprises groups and bodies "working against intolerance and discrimination across the continents" according to UEFA.

Italy is known for having racism around stadiums in Milan, Naples, Torino and many other cities across Italy. This issue hasn't been fixed yet which shapes a bigger problem as this campaign serves to be ineffective. These incidents happen regularly, as players with an African descent constantly face backlash and are harassed for no reason at all. Players such as Mario Balotelli, Kalidou Koulibaly, Romelu Lukaku and many more, fell as victims in Italian Football to racism. They were called different names that were dehumanising. They were commonly called

monkeys and displayed that through throwing bananas towards them and chanting disrespectful chants which affect the players externally and internally as well. These chants sung by the fans may be very disturbing and are mostly taken personally by players which leads to many bigger problems that affect their game. Fans think of this way as a strategy to distract players but they do not realize what they are saying and how it may affect them if they put themselves in the players shoes.

The problem is that the fans never realize how discrimination may affect these players and being dehumanized and alienated is not something easy to comprehend as well. We can say that

measures set by the UEFA and many other organizations cooperating with this campaign have yet not been fully implemented. This issue has to be fixed as players are suffering with these disgusting rants and chants by fans.

Penalties haven't been applied or implemented to people who are violating the rules which are supposed to protect these people from suffering. These policies in stadiums need to be more strict in order to prevent problems like these happening every now and then. Organizations like FIFA have worked really hard in order to establish and maintain rules which control the crowds. But now organizations have to take action that will have a greater effect on the

crowds to prevent these events happening in the future.

We as humans have to understand that we are equal and there is no difference between us. No matter what race, ethnicity, or even color we are but in the end we are equal. We should

learn how to interact with each other with an open mind. Our mindsets have to change and we have to learn to accept others. As an ethical and responsible human there should be no question of accepting individuals in a society based on their skin colour, race, gender and ethnicity.

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***"These chants sung by the fans may be very disturbing and are mostly taken personally by players which leads to many bigger problems that affect their game."***

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# GAIA

Haya Al Kuwari  
Qatar Academy Doha

It's weak to be good and nice. Do you believe that? To what extent are you, as a human being and a global citizen, willing to devote your time and attention towards a cause? It's amazing to be good and nice, but the idea here is to devote that kindness and goodness into one problem area. It comes down to what you're passionate about, how your identity, your culture influences your actions. As an African woman perhaps, you'd maintain your focus, kindness and goodness to the starving children of Africa. As an Arab you might direct that energy towards the children of Yemen, Syria and Palestine etc. Unfortunately, there

are very few places that are not in conflict. It is not possible to solve all of them at once. This is why the Global Act with Impact Award aims to unite schools all over Qatar that are participating in THIMUN Qatar to work towards the UN Sustainable Development Goals (SDGs). This year, we have three exciting finalists with amazing projects that tackle one or more SDG's; Doha British School Project on SDG 1 and SDG 10 Downtown Doha is an initiative that has been created a few years ago in school and has expanded ever since. Students collect items within school to deliver to workers in a camp situated in Qatar. The students actively deliver necessary items such as

clothing, toiletries and canned food in order to support their day-to-day life and provide them with comfort to improve their lifestyle.

International School of London Qatar Project on SDG 11, 12, 13 and 7 The main purpose of this project is to set up solar panels so the reception area of our school can run independently of the national grid. the next phase is to transition each sector of the school to run off solar energy. This project looks to help the environment along with advocating an important cause and preventing the disastrous effects climate change has on our planet. The more people we can engage in a project as broad as renewable-energy, the

more we can gradually improve the state of the Earth. Thus, we hope to inspire the education community, and help support other schools run on clean energy. As a school, a member of our school community will definitely notice a change in electrical systems (as we will make it evident through banners around the school and reception), and this will lead to companies, other schools, and individuals to be inspired to make a change. We believe that if we can commit and accomplish a project such as this, then everyone can achieve it too!

The Next Generation Project on SDG 16. This project addresses the issues of bullying in schools. To address the issue, the MUN

club of TNG will spread awareness through the use of videos (roleplay), assemblies, interviews in which we learn about the experience of a victim of bullying, as well as implement confession boxes in classes to create a safe space in which students can share their experiences with bullying. Finally we will end by holding workshops directed by the student counsellor and by having a student affairs committee in school. The idea is that we will support the creation of a more confident student body where students who don't usually take part in school activities become more involved as they feel safe and secure to do so.

Congratulations! Now it's your job to vote for the project of your choice, you'll have the chance to do so tomorrow and the winners will be announced at the closing ceremony.



***“The more people we can engage in a project as broad as renewable-energy, the more we can gradually improve the state of the Earth.”***

# Best Dressed



***Khader Al Khoraibi***



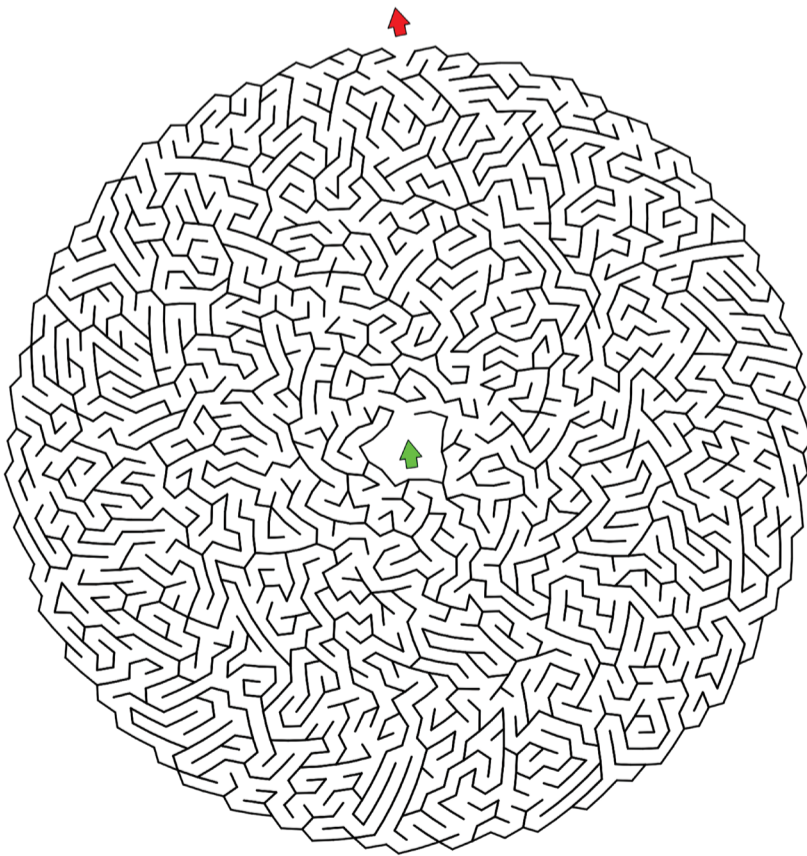
***Iyana Abdel Aziz***

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Yield



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