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DAY 3 November 5, 2022

Roudha Mohammed Al Attiyah Qatar Academy Doha

Phylicia French is an Author, Entrepreneur, and, A Risk Taking Advocate. Upon interviewing her, French states "I live my life each day taking risks, and again my motto is: If the thrill of adventure outweighs the fear I'm going to do it anyway." Which is the perfect phrase to describe her advocacy and passion towards taking risks.

She says "Taking a risk means doing something when you have no idea what the outcome is going to be. So it's uncomfortable, there's fear of the unknown, but you do it anyway.". As a keynote speaker, she shared how creativity and risks are linked as well as the ways they influence each other immensely,

"Creativity speaks to who we truly are, so when you are creative you are pulling from all the things that you love and enjoy. Your creativity would look different from my creativity, it's personal to you, for you. When you are creative, you follow your gut, the things that you want for yourself and being true to who you are. To me, that's the bridge between taking risks and creativity. That's the foundation of taking risks. When you have that creativity (being true to yourself) you are able to take risks because you do it for yourself anyway. Because sometimes people take risks that aren't for themselves. They take these risks because of influences coming from family members and friends."

Phylicia French also urges and motivates people to take risks, although success and

'Back to the Basics'



positive consequences might not be guaranteed. "The thing about life, we don't know what tomorrow brings, but we prepare for tomorrow. We don't know what life brings but we do it anyway." The author explains, "So why would we not take the risks even though we dont understand what would happen. Just because you fail doesn't mean that the risk was not worth taking, because failure is a little part of risk taking." She then expands onto the biggest and the more difficult part of taking risks which touches on the subjects of mental fortitude, "The biggest piece of risk taking is doing it whilst pushing past the fear and showing yourself that you are able to go after what you want.".

When asked about advice and steps students or the younger generation could include into their life to encourage risk taking, she gave 4 main steps: Going back to the foundation. Understanding who you are. "Who am I? What am I doing? Are the

risks that I am thinking about taking are for me or somebody else?" Having an understanding that the risk you are taking might not work out. "You have to say to yourself and be intentional that it is okay if it does not work out."

Making a realistic plan. A plan of what that risk would look like. Find motivation. "Ask why? Why am I taking this risk? What is it that I want to get out of it?"

The Author also added depth into the strategy: "Then we use that (Plan and Motivation) to go after what it is that you want. It does not have to be a big risk, because we take risks everyday. So I think when you start small, and realize that you take risks and you continue to take risks everyday, the smaller ones are going to be easier to do and the larger ones won't be as scary to do. "

To conclude the session, Phylicia French added her personal experience with taking risks and how it has transformed her life into becoming a vital advocate of risk

taking. She explains that she had quit her full time job to go into a field with careers that aren't always guaranteed like writing a book and becoming a speaker. Furthering on her ideology, Phylicia talks on career paths and undergoing risks whilst pursuing them. She states:

"We work and we go to school, then life says if you do these things you are guaranteed a job, and this is the path to go. For me, I believe in taking the risk and getting exactly what I want to get out of life. Which is to create the freedom to create in the ways that I want to create, that is to live my life to the fullest, to inspire, to love, support. And doing those things in the most freest way possible is very risky, because it's all on me."

Fatima Nawaf Al Thani, Secertary General of QLC 2022

Aljohara Al Subaey Qatar Academy Doha

Fatima Nawaf Al Thani's role in QLC is a Secretary General. Her job is to run the whole conference with the help of the exec team members and the 4 conference coordinators and ensure everything is done smoothly.

"The conference is student run, by students for students. We had to select the different workshops that we will be presenting, plan and bring in the Doha Debates portal and choose the countries we would like to be portalling in. We also had to do everything from the general vision of the conference (which is back to the basics) up to every little detail, like writing the scripts for our opening ceremony and making sure everything is run smoothly during the conference"

Fatima has been an amazing participant in the MUN world since the 7th grade. It took her 6 great years full of experiences to reach where she is today. "I was always motivated and had a goal which I was working towards, which is to be secretary general and so I'm extremely proud to have this role. It took many years of consistency. I went through different positions from being a student officer at THIMUN multiple times to a presenter at QLC and a delegate in many conferences, including THIMUN and MSMUN. This all allowed me to reach the role



and to gain the skills needed to run the conference."

"To all the youth and participants in the QLC conference today, my message to you is to do 3 things. Take risks and just jump into a project to persevere and be resilient in the face of whatever comes your way and just allow yourself to move past these challenges and allow yourself to take in whatever happens, even if it is bad. I'm telling you this because you should know that you are capable of fighting for something better. You should also take action after leaving this conference. This is as after leaving this conference you are equipped with all the tools you need to go out there and make a difference in your community and the world! Moreover, it's your job to be able to take action in this generation and after learning

and developing all those skills". She continues to say "as long as you are focusing in your sessions and gaining all those skills that you need to take action, you will be successful in whatever you hope to achieve".

She shares her personal experience and all the memories she has from working and being a part of different conferences. "Personally, I hope to just develop the skills that I have learnt throughout MUN are leadership and communication skills. The skill that I have developed through this conference is my organizational skills which allow me to be able to be adaptive to anything that comes my way or any issue that might arise and solve it really quickly"

"I hope for everyone attending

"...you should know that you are capable of fighting for something better."

this conference from participants, presenters, press, admin, IT and alike to enjoy it and be able to leave this conference feeling gratified by all the skills that they have gained and to be able to go out there and achieve all their goals. As well as, know that they did the most while spending their weekend being a part of this amazing conference!"

Interview with: Ahmed from Qatar International School

Roudha Al Attiyah Qatar Academy Doha

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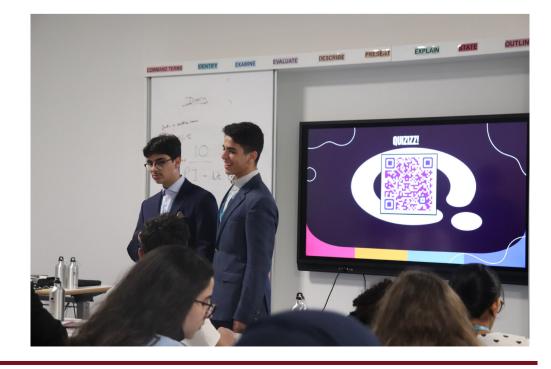
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Abid Gharatkar Roughly over 300 participants came from multiple schools throughout Qatar to attend QLC 2022. A few were selected randomly and asked about their past experiences, current thoughts and future hopes throughout QLC as well as MUN.

Ahmed from Qatar International School, who although has taken MUN classes throughout his school years attended his first weekend at QLC this weekend. Throughout the QLC conference, he wishes to employ the skills he accumulates into his life in his future career. He says, "I took notes from some of the sessions. Hopefully these will help me in the future, throughout my life. For example, yesterday, I went to a conference about finding my fuel so I took some keynotes to help me adjust my life." Ahmed also explains that this conference is a great opportunity for himself to meet people with different backgrounds, "I look forward to meeting new people and learning new things.". He hopes to utilize the people present in QLC to learn from their experiences, he says that "I think learning through people with better past experiences can help me better my life when it comes to maybe even getting employed or throughout life." Overall most participants are ecstatic and are looking forward to the rest of the QLC weekend.







Sustainable Development Goal 2: Zero Hunger

Aljohara Al Subaey QatarAcademy Doha

"To end hunger, achieve food security and improved nutrition and promote sustainable agriculture"

The sustainable development goal 2 aims to ensure food security and find long-term solutions to abolish all types of hunger by 2030. The goal is to guarantee that everyone, everywhere has access to plenty of wholesome food to maintain a healthy lifestyle.

Good nutritional supply and extensive promotion of environmentally responsible agriculture are necessary to meet this objective. This involves fostering fair access to land, equipment, and markets, sustainable agriculture methods, and adaptable farming practices in order to boost the profitability and incomes of local producers. To boost the agricultural sector's productivity in emerging nations, more money must be invested through international collaboration.

Did you know? Approximately 720 million and 811 million people globally experienced hunger in 2020, an increase of about 161 million over the previous year. Additionally, in 2020, an astounding 2.4 billion individuals, or more than 30% of the world's population, had high to extreme food insecurity and lacked regular access to a sufficient diet. In only one year, the number rose by around 320 million. In 2020, there were 149.2 million children under the age of



five who were stunted down from 24.4 % in 2015.

The major cause of mortality in the globe is starvation and malnutrition. The earth has given us a wide range of resources, but countless individuals are starving due to uneven access and ineffective management. Through the use of cutting-edge technology and equitable distribution methods, we can support the global population and ensure that no one will ever again be hungry.

Humans can all work together to make sure the global goals are achieved. there are 8 targets that can be worked on in order to end hunger worldwide, which are; End all forms of malnutrition, provide universal access to healthy food, double the productivity and income of small-scale food producers, invest in rural infrastructure, agricultural research, technology, and gene banks, prevent trade restrictions, market distortions, and export subsidies, and ensure stable commodity markets for food and timely access to it.

What can you do to help work towards achieving SDG 2? There are various things that you can do which can be very easy and very effective too. Some of which are; Locate a Goal 2 charity that you wish to aid, n o matter how big or small as every contribution counts. Avoid wasting food by thinking wisely by freezing and saving the food you can't consume fresh food items or remains before they spoil. Purchasing seasonal and local food, as well as considering growing a portion of your own food is very beneficial. Reduce your meat intake and switch to a weekly vegetarian day, as the production of meat has a significant negative influence on the environment. There are various simple other things that you could do. Work toward ensuring a brighter future for everyone starting today.







Equality within Gender

"To achieve gender equality and empower all women and girls"

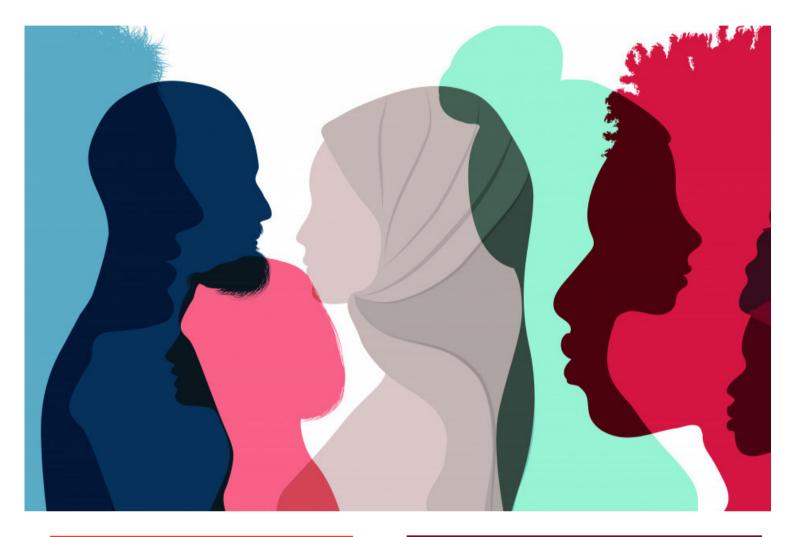
Aljohara Al Subaey Qatar Academy Doha

When women, men, girls, and boys have equal rights, opportunities, and control over their own existence and the growth of humanity as a whole, gender equality has been accomplished. It has to do with the fair allocation of social resources, power, control and influence.

Comparing the past to the present, there has been advancement and improvements made towards this goal and working to achieve it all around the world. This is as more girls are attending school, fewer are being coerced into early marriages, more women are holding elected office and other leadership posts, and laws are being changed to promote gender equality. But besides these advancements, there are still many obstacles to overcome.

The fifth of the 17 Sustainable Development Goals included in the Sustainable Development Agenda is the development of gender equality. This objective contains standards that are unique to gender, emphasizing the link between women's rights and a brighter world for everyone.

Through bringing a halt to all types of aggression, discrimination, and harmful behaviors against women and girls in both the public and private domains, SDG 5 strives to achieve gender equality.





"Gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world"

Additionally, it demands that women participate fully and have equal opportunity to hold positions of leadership at all levels of governmental and economic decision-making.

Focusing on Education.
Gender equality requires that everyone gets to have access to high-quality training and educational opportunities.
Individuals who have the appropriate abilities can obtain decent employment

and increase their chances of success in life. Initial dropouts from school and education may encounter significant challenges in the job market. For instance, individuals can have trouble establishing themselves since potential employers might be less willing to hire them given their lack of schooling. Today, acquiring the required degree is sometimes not regarded as being enough to ensure high-quality work. As a result, obtaining a

higher degree, for instance, is becoming increasingly crucial for both men and women. Having access to education likewise plays an important role in the community by promoting creativity, boosting economic progress, and enhancing individuals overall health. Eliminating gender roles and promoting gender balance in typically men or women based sectors are major goals in educational and training programs which SDG 5 aims to work towards.

Clean Water & Sanitation

Mubarak Al Thani Qatar Academy Doha

Building Forward
Better for Recovery and
Resilience will be the
focus of the Ministers'
Meeting for the
Sanitation and Water for
All 2022 Sector. In order
to raise the priority of
water, sanitation, and
hygiene across national
policies, the gathering
will offer a chance to
connect with various
sectors.

The UN Children's Fund (UNICEF) and the Indonesian government are co-hosting the event,



which is organized by the Sanitation and Water for All global partnership. It will offer a venue for world leaders to interact and come up with creative methods to collaborate in order to raise the political priority of water, sanitation, and hygiene



and guarantee that these services are incorporated into national climate, health, and economic policies and plans. The meetings will also include representatives from the various Sanitation and Water for All constituencies.

Mubarak Al Thani Qatar Academy Doha

Wa'hab is a Middle
Eastern start-up
company that provides
services for managing
and recycling food
waste. It was established
in 2017. Implementing
the three R's of food
waste management—
Reduce, Reuse, and
Recycle—is the
foundation of its
functioning.

It has addressed food waste reduction at the source by setting up awareness workshops about the effects of food waste at educational institutions, enterprises, and events.

More than 800 tonnes of food have been removed from landfills by Wa'hab and given to those in need. In order to save food and bring communities together, it also collaborates with OLIO, a food sharing service.

For food that is no longer edible, Wa'hab provides a range of cutting-edge food waste processing options, from huge industrialized machines with a daily capacity of up to one tonne to the tiniest urban home compost bin. To promote organic

Reduce, Reuse, & Recycle - Wa'hab







Wardah Mamukoya

Nour Tabet

farming, it helps recycle food waste and transform it into a nutrient-rich soil enhancer.

Over the past several months, it has helped divert more than 33 tonnes of carbon emissions from landfills by partnering with a variety of reputable clients for food waste recycling. Media outlets including the Middle East Eye and Radio France International have featured Wa'hab.

























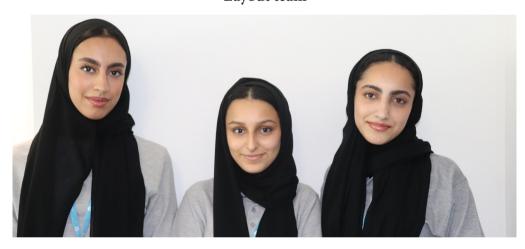
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