QLC From The Team

Nowair Al Tamimi
Qatar Academy

Qatar Leadership Conference has come to an end, the participants have gone back with a great memory of this experience which was all thanks to our great team of executives, press, and admins who have been working for the past month and a half in order to assure the best conference yet and make QLC’18 the most memorable and enjoyable.

Their hard work and efforts has been shown throughout these 3 days as this conference may be known as one of the most hectic ones we’ve had yet but they still managed to have it run as planned and as smoothly as possible.

We went around asking the team that gave you a successful conference to conclude this year’s conference.

Dana Shatila, member of the press team as Layout said, “It was a very inspirational conference, that allowed all people to express themselves and learn all new factors in becoming a successful person. From the press team, admins, presenters and participants. It was very a helpful conference that will never be forgotten.”

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Youth #2030

Fiza Faris
Newton International Academy

The United Nations Secretary General launched a new initiative where the youths are engaged to contribute towards completing the Sustainable Development goals by 2030.

UN chief António Guterres expressed hope that this new strategy will prepare the UN as a ‘leader’ by encouraging in participating in work with the youth by anticipating and understanding their needs and listening to their ideas and how to bring forth their ideas and dreams into reality.

The UN chief identified 5 key areas where working with former partners and engaging in new partnership to bring this initiative to a success: “Opening new routes to involve young people and amplify their voices. Strengthening the UN’s focus on their accessing education and health services. Placing their economic empowerment at the fore of development strategies, with a focus on training and jobs. Working to ensure their rights, and civic and political engagement.

Prioritizing support for young people in conflict and in humanitarian crises, including their participation in peace processes.

This initiative should not be gone unnoticed. It is an opportunity for the youth to stand with an organisation behind their back supporting them to help improve our world.

Take the opportunity and be the change you want in this world.

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The Refugee Crisis

At the 7th annual Qatar Leadership Conference, Lisa Martin ran the panel discussion revolving around a crucial topic; the Refugee Crisis. Three humanitarians were invited to discuss and answer questions by students and these wonderful humanitarians were Kisor Das, Jordan Hattar and Tanzil Ferdous.

These three humanitarians have worked up from rock bottom to achieve such awareness of their project globally.

Jordan Hattar is a humanitarian that focuses mainly on refugees from Syria. He shared in the discussion as to how he came about to feel passionate about such an issue. It was 6 years ago when he started his project, however, the inspiration blossomed long before that when he was at university, studying Arabic. He came across his teacher crying and discovered that two of her cousins were shot in Damascus. This fuelled his passion to learn more on the issues and challenges faced by the Syrians. His key element to becoming a humanitarian for refugees was for the purpose of finding meaning in life. He also shared how he started off with zero funds and resources and with strong determination he worked hard to build a team of young people working together to raise finance and resources.

Kisor Das comes from a poor family who struggled for an adequate living. He used to go hungry and prayed for someone to help him and his family. His family became refugees and unfortunately, Kisor lost his parents while them still being a refugee. This ignited a strong passion and desire to give back and pay tribute to his parents. He stood up and started organising his own organisation to provide aid to refugees. He wanted to provide them with what he was denied of.

Tanzil Ferdous has organized plenty successful events for community development, captivating hundreds of youth in social activities. Currently, she is working with the Rohingya refugees in Bangladesh, to hinder them from becoming victims of extreme violence. Her work has helped support a safe space for 500 refugee children with the JAAGO Foundation in the Rohingya camps. She too, like Jordan, started off with nothing but gradually grew.

Lisa Martin has fabulously conducted the discussion and the students were a delightful audience with great aptitude for listening, observing and asking. Many thanks to our humanitarian guests and well wishes for their projects to become successful.

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Mental Health

Nowair Al Tamimi
Qatar Academy

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. It is an important aspect to every stage of life, from childhood and the roller coaster called the teen years, all the way through to adulthood. The positive measurement of psychological wellness is worried in the World Health Organization’s meaning of wellbeing as contained in its constitution: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Promoting mental health is critically important. Mental illness is having an increasingly detrimental impact on the lives of individuals and communities. Any mental health promotion activity can have short-term impacts, intermediate outcomes and long-term benefits. In a project founded by VicHealth, they focus on the intermediate outcomes as they are expressed in his framework. These outcomes lead directly to the long-term benefits of promoting mental health and wellbeing.

If we are to achieve the changes required to address the growing burden of mental health, a skilled workforce and collaborative effort will be required. This resource contributes to this effort. With mental illnesses, there are several affects and impacts.

Firstly the person’s physical health will change to the worst as they won’t be able to take care of their well-being. Secondly, studying and maintaining a job will be more of a challenge as they wouldn’t be able to function normally and their work environment may not be very empathetic towards such a thing as some employees still stigmatise those who have mental health issues. Other aspects which may be impacted include, housing, driving, parenting, spirituality, and stigma.

“not merely the absence of disease or infirmity.”

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Sama Abouzahra a fellow photographer expressed her thoughts on the conference very thoroughly, “I feel like this conference showed me the true hardwork and effort behind the scenes of every conference, because as delegates we never really take notice and it doesn’t concern us the work that all the press, admins and execs do to prepare for the conference.”

QLC 2018 was a great success, it wouldn’t have happened without all our heads and executives. Most of all, it wouldn’t be possible without all the amazing participants.
Wear It Pink

Zain Armouti
Newton International Academy

"Around 252,710 women are diagnosed with breast cancer every year and around 40,610 die each year due to the disease. It is becoming alarming as to how many women are diagnosed at a very late stage and suffer the consequences."

Creativity vs Intelligence

Aliya Niaz
The Next Generation School

Creativity and intelligence. Two interchangeable terms, quite commonly and easily confused with each other.

Yet, creativity is inventiveness, it’s about innovation and originality, while intelligence would be the ability to use and apply previously gained knowledge and skills.

Creativity is the very definition of ‘thinking outside the box,’ looking at something from a different perspective and being able to devise new ways to solve problems, carry out tasks and meet challenges.

Intelligence on the other hand would be to use reasoning and knowledge or simply even just above average brainpower, in these same situations.

But as I mentioned, they’re similar.

Without creativity, how does it matter how intelligent you are if anybody else could come up with the same ideas?

And without intelligence, how does it matter if all of your ideas lack realism and efficiency?

Ideas and solutions are useless is they lack either originality or aren’t realistically applicable.

For the leaders of tomorrow and the youth of today, each and every one of us, as Albert Einstein dutifully quoted, “The true sign of intelligence is not knowledge but imagination.”
Who’s Your Inspiration?

Aliya Niaz
The Next Generation School

The Qatar Leadership Conference, a place packed with both, inspiring and inspired people, and so we went around asking people the same question, who/what’s your inspiration?

“My mom” said Suma Raed Kaedam, “she grew up without her mother who passed away when she was only a child and so she moved from home to home in her family because her father would be busy at work and then eventually he sent her to boarding school. “She never actually wanted to have kids of her own and was planning to adopt, just to make sure that her kids wouldn’t have to suffer through what she did” “She loves me and supports me and motivates me every single day, I couldn’t have asked for a better mother.”

And similarly, so many more delegates had beautifully touching stories to share, about their parents, their grandparents and even about aunts and uncles whom they looked up to. “My dad. He’s my hero” said Diana Khaled Wattad

Amel Chikh had a different answer though, she talked to us about how she crafted her own inspiration, through the research she did and what she discovered “I’m Algerian and there was recently a crisis in the American Embassy which I read about in the news, I saw how the Algerian diplomats helped them and the way they proceeded so professionally with the crisis, and as an Algerian, it truly did inspire me to do more and motivated me in a way where I believed I actually could.”

“Bill Gates” said AbdulRehman Habib “His life wasn’t the easiest. Hell, he was a school drop out for crying out loud and honestly, as a child when I first heard that, it made me want to drop out of school too, but of course Baba said no.” “Point being though, as I got a little older, I realized that it wasn’t about the fact that he dropped out of school, but more so about how he handled himself after it and how he built his own way to success, outside of society’s paradigms”

“Me.” Said my friend, Mahnoor Imran Rafique “I learn to inspire myself everyday, by loving myself, doing the things that I love, producing work that I love, putting my energy into worthwhile causes and spending my time with the people that I love.”
Prior to the conference, we asked a couple of attendees to answer four questions regarding what inspired them to join and whether it was their first QLC or not. We got many answers that differ from one another and they really proved the different mindsets and the diversity that was present in the conference.

Our first interviewer was Yusra Syed and she attends Newton International Academy. Her favorite part about this year's QLC was Mia Elazizi's presentation about 'How to have tough conversations.' She stated that listening to Mia's advice and observing how she showed off her knowledge really inspirational and very beneficial for people that have difficulties in such aspects.

Two participants named Jude Afyoun and Mark, attending Lycée Bonaparte, both responded with different answers. Jude stated that he enjoyed Evan Wesley's presentation on providing clean and sanitary water sources for all poor countries. This shows that Jude's perspective targets knowledge-based presentations and that his interests are regarding aid and helping others. On the other hand, Mark enjoyed meeting new people and making new friends. His interests are more towards social aspects and social benefits. Overall, both participants provided suitable feedback regarding the question asked.

Farah Sarhan is a presenter attending Qatar Academy and she said that the most memorable presentation at QLC was Hassan's and it was about rejection and how to cope with it. She believes that the presentation was a necessity. Considering many young people go through rejection for a variety of different reasons, Farah says by addressing this important issue it will help many that could struggle with emotionally draining matters such as rejection.

A student coming from QIS called Moussa responded with, "I believe QLC consists of many presenters that address topics regarding health or education, however I believe the presentation about conspiracy theories was very different and interesting." Moussa is referring to Rawan and Lina's workshop about conspiracy. It truly was a very new and fascinating topic. Well done to both presenters!

This year's QLC consisted of many different attendees that have benefited from the conference from different aspects. Some attendees stated that their main aim coming to QLC was to gain confident and benefit from different workshops talking about different social topics. So, such attendees have achieved their aims. Some insisted on making new friends and meeting new people. The conference allows people from different countries and different cultural backgrounds interact amongst one another. So, this opens up many opportunities for something new.