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Note From Editor

Dear Readers:

After the successful publication of the first YLF Newsletter, let me thank all of you for giving us the courage to again work hard for the second issue of the YLF Newsletter. Without your contribution and feedbacks, taking this step was not easy for us. I am thankful to all those, who contributed to the first issue of the YLF Newsletter.

In the year 2007, YLF members expanded the knowledge and skills, gained in the forum, to other youth in different parts of Afghanistan. Their action really has been worth to praise.

In this issue of the Newsletter we are privileged to put in light the YLF activities outside FES Office in Kabul. They presented YLF not as participants but as a team of trainers active in the society helping other Afghans to gain certain knowledge and skills. It is our aim to reach out each and every young Afghan in corners of Afghanistan, giving the message of peace and democracy through this Newsletter. Once again, I underline that without a teamwork it will be hard for each of us to set an example for other young Afghans in Afghanistan.

At the end I hope that everybody finds this issue interesting and useful.

Thanks,
Bahram Rahman

2008, Year of Hope and Concern

In these days we are at the brink of a new year, looking back and looking forward in Afghanistan is a story of hope and concern.

On one hand, in 2007 Afghanistan continued to move in a positive direction in various fields such as:

- Education; as children have returned to school in their millions,
- Health care; as basic health care is available in three fourth of the country and
- Economy; as the Afghan economy is one of the fastest growing economies in South Asia....

Nevertheless, it will take far more years until progress can make a substantial difference to the lives of ordinary citizens countrywide!

On the other hand, security has deteriorated and the international community still lacks unity and coordination in its overall approach among donors themselves and within the Afghan government. Inefficiency of the engagement to secure and rebuild Afghanistan is one of the bitter consequences for the people.

Despite all our efforts to strengthen the economy and security, we cannot achieve peace without acknowledging the truth of the past abuses, and without protecting human rights and rebuilding the rule of law.

Ms. Ursula Koch-Laugwitz
Country Director of FES-Afghanistan

Young Afghan Multipliers

The 'Young Leaders Forum' is a sustainable effort to contribute in bringing up:

- young multipliers of skills in communication, management of events & conflicts, leadership and peace building; as well as
- young activists of values such as tolerance, equality, democracy, human rights, gender balance, social justice and peace.

That is in fact, the main output of the whole program.

In the last quarter of 2007, YLF volunteers travelled to many parts of the country and conducted certain training activities for different Afghan youth groups. Training subjects involved non-violent communication, rhetoric, conflict management and negotiation skills, which are all of the essential needs of young Afghans, either students or activists in the civil society arena or both.

What these young motivated volunteers found during their contribution to other Afghan youth, is a world of enthusiasm, courage and eagerness for change! The current issue of the



Mr. Sulaiman Qeyamat
Co-ordinator, FES-Afghanistan

YLF Newsletter is focusing on all these experiences and I invite all dear readers to carefully go through them. The program is going on in 2008 and besides the training activities, the group will also hold discussion sessions on different socio-political issues of interest among Afghan youth in different parts of the country.

I would like to thank all dear members of the program whose consistent efforts have marked another success point: the second issue of the YLF Newsletter!

YLF Trainings for Youth on the

'HARVARD Concept of Negotiation'



Group exercise during a training workshop on the HARVARD Concept of Negotiation

During their intense outreach training programs for active youth in the capital Kabul and in a number of different provinces across the country, the volunteer trainers of the 'Young Leaders Forum' trained over hundred young Afghans in managing conflict situations, holding successful negotiation meetings and thus contributing in building peace within their environment.

The main concept involved in these training activities is called the 'HARVARD Negotiation Concept'. One of the main advantages of this concept is its high degree of flexibility as it can be gently applied to managing different conflict levels from interpersonal and family levels to wider social and political ones. As a result, it becomes one of the broadly used methods in holding successful negotiations among a variety categories of people including individuals, families, businesspeople and politicians.

So what is inside the whole concept?

The 'HARVARD negotiation concept' is simply composed of the following five steps:

1. Don't fight about POSITIONS.
2. Distinguish between the PERSON and the PROBLEM.
3. Concentrate on INTERESTS, not on POSITIONS.
4. Develop OPTIONS where everyone wins something.
5. Insist on the application of OBJECTIVE criteria.

The YLF training module is properly set for two days to provide participants with enough information, knowledge and skills on the subject to make them able to apply the method by themselves.

The training method is a highly participatory one, consisting of input sessions, group work exercises, presentations, working on a variety of conflict cases and developing case samples of successful negotiation meetings. Recently the YLF trainers also added a role play at the end, as the final step of the training course

towards practical application of the method in participants' personal or professional life. The role play is exactly based on the findings coming out of the case studies during the training, is a complete demonstration of all aspects of conflict management and negotiation regarding that proper case and demonstrated by involved participants.

What participants say about the whole training on the 'HARVARD Negotiation Concept'?

- A young participant from Kabul: "Getting this training, for the first time ever, I felt I am convinced that conflict is not an indication for the use of force and violence and that there are proper tools to manage a conflict situation and go forward -step by step- towards a successful negotiation meeting based on several logical options. This is the real meaning of conflict management and successful negotiation."

- Another young participant from

Kunduz: "Through this training, I learned how to manage and hopefully end up a conflict situation through a just negotiation for all involved sides without making one feeling as the winner and other, as the loser of the conflict case. In fact with this method no one loses."

And, that is all true!



Humaira Sadeqyar



The main concept involved in these training activities is called the 'HARVARD Negotiation Concept'.



"Through this training, I learned how to manage and hopefully end up a conflict situation through a just negotiation for all involved sides without making one feeling as the winner and other, as the loser of the conflict case. In fact with this method no one loses."

A final role play showing a negotiation meeting between two participants



The Quest to Reach Others



“We are leaving to Mazar-e-Sharif at 8:00 am.” Sulaiman Qayamat FES-Kabul youth program coordinator said to me while we were talking about YLF workshops on the phone.

It has been a month that I, Reza Mohammad Sharifi and Sulaiman were planning for conducting workshops in provinces. And that day was the time we had been waiting long for it.

I picked up all my stuff and rushed to FES-Kabul office to join other colleagues. I entered to office, Sulaiman and Reza were waiting for me. We loaded the flip charts, manuals, training tool box and other stuff in the car and were totally ready to go to our first training outside Kabul. It was the first experience for both of us I and Reza, and we were very excited about it but we were really fortunate having Sulaiman more experienced than both of us. As we were leaving Rahmat one of the FES-Kabul guards said “You guys have learned a lot here, hope to give it to others. Safar Be Khatar” His words really jolted me of having responsibility to carry with us to Mazar-e-Sharif. We left the office and took the north route to north gate of Kabul, Kotal-e-Khair Khana. I and Reza were all the way practicing ‘The Art of Good Rhetoric’s’, the topic of our workshop in Mazar-e-Sharif with Sulaiman. Sulaiman always encouraged us to work as a team. And we were trying our best to stand up to his high expectations.

It was late evening when we reached to Mazar-e-Sharif, everyone was really tired enough. We moved quickly to the guest house which was already booked for us. Sulaiman was always trying to

give us confidence, “You two can do it. It is true that the boys in Mazar are really smart and skillfull but you are the people only knowing about The Art of Good Rhetoric’s.” His words and encouragement really worked all the time. After two more hours of preparation, we were finally ready for the big day. As the sun rose in the city, our new day also started in our life. We picked up all our stuff and went to the workshop hall. Fortunately everything was set and we were waiting for our participants. They came quite on time and we did not wait for so long. Just on time, at 9:00 am everyone was in the hall and we stood in front of them as YLF trainers.

In a moment all that I planned in mind to say at start went black, but only one thing came to my mind the responsibility to convey what we have gained to other young Afghans.

That was the time we, I and Reza gained confidence and commenced the workshop. Everything went in an excellent way, and boys and girls in Mazar-e-Sharif were really cooperative with us. The turnout was much higher in the second day. I said to Reza “We have done it”. The workshop in Mazar-e-Sharif was a real success. The participants were very happy and found this workshop to be the best in their life. “It has changed my life, I am now confident that I can also speak and convey my message more effectively.” Fahim Kamgar one of the participants said, It was really a proud for us that we did carried our responsibility.

Mazar-e-Sharif was just the start of the wave of workshops conducted by YLF members in provinces and in Kabul. One came after another, Kunduz, Herat, Takhar, Faryab, Nangharhar, and a number of workshops in Kabul. Finally YLF was out from the office in Kabul to the corners of Afghanistan reaching young Afghans who never had access to the knowledge and skills we gain in FES’s Young Leaders Forum in Kabul. Truly FES believed in us and gave us the chance to stand and do our job as young leaders; we are grateful to that



“It has changed my life, I am now confident that I can also speak and convey my message more effectively.”

Fahim Kamgar, one of the participants



Afghan Youth Parliament and Democracy

It was 8:30 AM in a sunny day of June, 2007 when people of Afghanistan were watching the opening session of the first Afghan Youth Parliament through the National TV live telecast. The members of the Youth Parliament were voting to elect their Speaker and the Administrative Board in the Hall of the Upper House of the National Assembly.

One day after the opening of the Youth Parliament there was an increased debate among the people in the streets, schools, public administrations and shopping centers about the successful establishment of the First Youth Parliament as it would help in the involvement of youth in the democratization process.

It is worth mentioning that FES's Young Leaders Forum members; Ms. Marina Joya, Ms. Fatima Hussaini, Mr. Zahir Moen, Mr. Reza Sharifi, Ms. Meena Hussaini and Mr. Abdul Halim played a major role in the training and orientation of the members of Youth Parliament.

It was the very first time that Afghan Youth practiced in the democratic elections and open candidacy in their schools and in the presence of the schools' academic and administrative staff. These proceedings not only helped the successful candidates of the Youth Parliament who actually visited the National Assembly and actively participated in the debates, but it prepared the ground for all students and staff of the



Members of first youth parliament in Afghanistan during their voting session to elect their president in chamber of Upper House of parliament

schools to find a chance to be informed of and persuaded for the potential leadership and social development roles in their country. Youth are the cross-cutting constituency of the Afghan society vital for implementation of the Afghan National Development Strategy and the Millennium Development Goals both in local and international context.

We will witness that the current members of the Afghan Youth Parliament enlist themselves for the next term of the National Assembly candidacy. We also hope that the key leaders and authorities of our country will be those inspired by, and involved in the National Youth Parliament of Afghanistan.

Jawaid H. Samadey

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Reza Haidari

Is a student of Kabul Science University. He joined YLF in April 2007.

Mr Haidari works as a designer with one of the leading newspapers in Kabul.

Furthermore, he has designed many FES's publications which this Newsletter is an example of his many creative works. Together with other YLF members he has conducted a training workshop on Rhetoric Skills for students of Kabul Polytechnic University. Mr. Haidari says:

"Being in YLF has changed my life and made me to believe on youth power." He is optimistic about the future of Afghanistan and believes on more involvement of young people in the political structure of the country.



Najla Sabri

One of the most successful faces of YLF, Ms. Sabri has BA degree in English Literature from Kabul University. She is working as a personal assistant and office

coordinator in the office of EU Special Representative for Afghanistan. She joined YLF in 2006. She is one of the most committed members of YLF.

Ms. Sabri says:

"YLF is a good experience in my life to know from others. YLF linked me with a bigger network of young Afghans to share experiences and exchange ideas."

She believes that young Afghans should work hard to bring Afghanistan up from ashes of years of war.

The Living Sixty Days of my Life

Before I go to Germany, I was thinking that I will go to a beautiful country, green and as I had heard about, a country without mountains and full of plain and green lands, a country with excessive facilities!

I was going to a country where the German Language has been borne and as I eagerly like this language I was so happy to go to an environment where I can freely speak German! As it was already planned for me to reside in the historic and beautiful city of Berlin, I always wished to visit all historic places, monuments and beautiful sights of this marvelous city.

Life in Berlin:

“Berlin is always worth a visit.” This popular statement from the ITB Company is absolutely right! Berlin is really a beautiful city. During my stay in Berlin I participated in New York Festival at “Haus der Kulturen der Welt” in presence of the German Foreign Minister Mr. Frank Walter Steinmeier and I was very happy to visit some German Ministries and German Chancellery on the day of “Tag der offenen Tür” on 25-26 of August. The good location of my apartment in Berlin provided me with the unique opportunity to easily visit all sights and historic places of the city only with walking a short distance. Visiting Brandenburger Tor, Bundestag and Rotes Rathaus was a normal part of my daily life and it really fascinated me a lot. It also gave me the feeling that war torn countries could be built again only with hard work.

What changed in me?

Since Germany is a very modern and advanced country, therefore, time is important for Germans and almost all of them are always on time and appreciating punctuality. Every individual knows his/her duty very well and they all look so self-confident. These have all impressed me and after I returned to my country, I have become more accurate in my time management and time has become more valuable for me. Making realistic daily plans has really let me do all my assignments during the day in a perfect way. Since I have lived alone for complete

two months in Germany, after I returned, I really got the difference between living alone and with family. I also got what *friends* mean in one's life. And of course I will impart my experiences of my internship with other YLF members and my colleagues in my society.

Inter cultural experience:

The existence of tens of museums, theatres, orchestras all around me indicated that Germany is really a cultural country. Also I noticed that different people with different religions are all living together peacefully in a free and democratic environment. They exchange ideas and views among themselves and this is a good example, which I am very hopeful to use it for our war torn, multi ethnic, multi linguistic and multi religious country.

What I gave to Germans:

As the issue of terrorism is the provocative question across the world today, therefore, there was no way out of touching this issue in almost all my meetings and visits with Germans. In all occasions I tried my best to provide them with a realistic picture of Afghanistan today, a picture in big contrast with the one media reflect! I tried to convince Germans that *terrorism* is not similar to *Afghanistan* or to *Islam*! But, on the other hand, it is a further political issue than a matter of civilizations. I showed them how much peaceful and harmless the religion of Islam is!

It was only 60 days but it will last for years in my mind, in my way of life and my dreams.



Mustafa Paaksimaa



Mustafa Paaksimaa, 22 years old, is a member of the 'Young Leaders Forum'. He is currently studying architecture at Kabul Polytechnic University, Kabul, Afghanistan.



I noticed that different people with different religions are all living together peacefully in a free and democratic environment.



The Opium Labor



“Matinullah, bring the donkey inside!” Habibullah the father of six children in Helmand province calls his son. He can hardly provide food for his family and he is the only farmer in the village who cultivates wheat and cotton in his farm. “But not this year,” Habibullah was speaking in front of the village Mullah in the mosque. He is joining his neighbors in growing poppies to harvest Afghanistan’s most lucrative cash crops, opium.

“I will be a rich man. I will also have a Toyota car. Everyone will respect me too in the village.” Habibullah says to the Mullah of the village.

Across Afghanistan, opium cultivation is surging. It defies all the efforts of the Afghan government and international officials to stop it. Officials are predicting that lands under poppy cultivation will rise by 30 percent or more this year; possibly yielding a record crop of 92% of opium. The trade generated \$1 billion for farmers and \$1.3 billion for traffickers according to the United Nations, more than half of Afghanistan’s national income. It has lured private capital for investment and created a free-market system. With Thuraya satellite phones, farmers in distant Kandahar, a strong source of poppy in the south, know almost in real time about changing weather conditions here in this northeastern province, Badakshan, and adjust prices accordingly. Landowners and traffickers offer credit to farmers willing to grow opium. Trafficking has linked Afghanistan to the global economy. It even brought the first real industry here, a heroin-processing laboratory that villagers estimated could operate for six months to a year before Afghan and British forces

destroyed it in January. One local referred to it as “the company.”

How ever, with billions of dollars it produces to others what opium has brought to Matinullah, a 16 years old Afghan boy in Helmand province? He is one of the dozens of young Afghans forced to leave school and joined in the farming industry of opium. “Life changes with sessions of crops, each session and hard time I work in this field make me far from my real world, I belong to. But I do not have any other option; I must help my father to give his loan back to the drug lord of our village.” Matinullah adds.

Within the year of drought and war the agricultural industry has been hit mostly to ashes and these farmers are the first been affected. Criminal calculation is partly driving the spread of the drug trade. Residents of southern & south western regions long known for poppy growing have turned into the main distributing crossing the country with loans, expertise and seedpods to generate more opium for heroin laboratories, American, United Nations officials and Afghan farmers says. The instability in the south triggered the production of opium and forced young Afghans to work on the field of opium, more students left their schools and universities and joined the farmers in opium field nearly in total reached to 1.8 million young Afghans are working on the opium trade. While all efforts by Afghan government has been failed until now to bring back student to their schools; *what could be done to stop this lethal crop trade and have young Afghans back in their classrooms?*

Bahram Rahman



I do not have any other option; I must help my father to give his loan back to the drug lord of our village.



The trade generated \$1 billion for farmers and \$1.3 billion for traffickers according to the United Nations, more than half of Afghanistan’s national income

څنگه کولای شو د بنځو په وړاندې تبعیض له منځه یوسو: د تاوتریخوالي د له منځه وړلو د کنوانسیون له خوا، ځینی لارښوونې:

چطور تبعیض علیه زنان را از بین ببریم رهنمودهایی از کنوانسیون رفع تبعیض علیه زنان

ټوله هیوادونه باید هر ډول تاوتریخوالي د بنځو په اړه وغندي او په دې باید هوکړه وکړي چې د تاوتریخوالي د له منځه وړلو سیاست به په خپل لاس کې لرلو وسایلو سره له کوم ځنډ پرته تعقیبوي، او په دې لاره کې به ژمن اوسي چې:

(الف) د نارینه وو او بنځو د برابروالي اصل، په اساسي قانون او پاهم په ټولو اړوندو اساسي قوانینو کې تر اوسه پورې نه دی ځای په ځای شوی او باید ځای په ځای شي او په نورو اړوندو قوانینو او مناسبو لارو چارو، پوهنیزو څیړنو سره باید تضمین شي.

(ب) د قانون په تصویبولو او نورو اقداماتو لکه د اړتیا په وخت کې مجازات او نورو سره باید د بنځو په وړاندې د تاوتریخوالي مخنیوی وشي.

(پ) د قانون ملاتړ د بنځو د حقوقو څخه باید د نارینه وو د برابرې په بنسټ پلي کړي او د بنځو د حقوقو څخه، په اغیزمن ډول ملاتړ باید د باصلاحیته او واکمنو ملي قضایي سرچینو او دولتي موسساتو له لارې تضمین شي.

(ت) له هر ډول عمل او حرکت، چې له تاوتریخوالي څخه ډک وي، باید مخنیوی وشي. او دا باید تضمین شي چې دولتي سرچینې او بنسټونه به ددې ژمنې رعایت کوي.

(ث) ټول هغه لازم اقدامات چې د بنځو په وړاندې د تاوتریخوالي د له منځه وړولو لپاره اړین دي، باید د هر وګړي، سازمان او یا هم د موسسې له لوري اوچت شي.

(ج) ټول مناسب ګامونه، چې له هغې ډلې نه د قانون جوړول د هر ډول قانون، مقرراتو، عرف او تګلارې د اصلاح او سمون او د هغه د له منځه وړلو لپاره د بنځو په وړاندې د تاوتریخوالي لامل کیږي، اوچت شي.

(چ) ټول ملي جزایي مقررات چې د بنځو په وړاندې د تاوتریخوالي لامل ګرځي، باید لغوه شي.

تمامی دولت‌ها باید هر گونه تبعیض علیه زن را محکوم کرده، موافقت نمایند که سیاست رفع تبعیض از زن را با کلیه ابزارهای مقتضی بی درنگ دنبال کنند و در این راستا متعهد می‌شوند که:

(الف) اصل برابری زن و مرد را، در قانون اساسی یا سایر قوانین مربوطه هر کشور، اگر تاکنون منظور نشده باشد، بگنجانند و با قانونگذاری و راه‌های مناسب دیگر، تحقق عملی این اصل را تضمین کنند؛

(ب) با تصویب قوانین و اقدامات دیگر، از جمله مجازات در صورت ضرورت، تبعیض علیه زن را ممنوع کنند؛

(پ) حمایت قانون از حقوق زنان بر پایه‌ی برابری با مردان را برقرار کنند و حمایت موثر از زنان را از طریق مراجع قضایی با صلاحیت ملی و سایر موسسات دولتی تضمین کنند؛

(ت) از هر گونه عمل و حرکت تبعیض آمیز علیه زنان خودداری کنند و تضمین کنند که مراجع و نهادهای دولتی این تعهد را رعایت خواهند کرد؛

(ث) همه اقدامات مقتضی را برای رفع تبعیض علیه زن توسط هر شخص، سازمان یا موسسه‌ای اتخاذ کنند،

(ج) همه اقدامات مناسب، از جمله قانونگذاری را برای اصلاح یا لغو قوانین، مقررات، عرف یا روش‌های موجود را که موجب تبعیض علیه زن باشند اتخاذ کنند؛

(چ) همه مقررات جزایی ملی را که موجب تبعیض علیه زن باشند لغو کنند؛



همه افراد بشر آزاد به دنیا آمده‌اند و از نظر منزلت و حقوق یکسان هستند و حق دارند بدون هیچ گونه تمایزی، از کلیه حقوق اساسی، اجتماعی، فرهنگی، مدنی و سیاسی بهره‌مند گردند.



How to Eliminate Discrimination Against Women Guidelines from the Convention of Elimination of Discrimination Against Women (CEDAW)

States parties condemn discrimination against women in all its forms, agree to pursue by all appropriate means and without delay a policy of eliminating discrimination against women and, to this end, undertake:

- a) to embody the principle of the equality of men and women in their national constitutions or other appropriate legislation if not yet incorporated therein and to ensure, through law and other appropriate means, the practical realization of this principle;
- b) to adopt appropriate legislative and other measures, including sanctions where appropriate, prohibiting all discrimination against women;
- c) to establish legal protection of the rights of women on an equal basis with men and to ensure through competent national tribunals and other public institutions the effective protection of women against any act of discrimination;
- d) to refrain from engaging in any act or practice of discrimination against women and to ensure that public authorities and institutions shall act in conformity with this obligation;
- e) to take all appropriate measures to



eliminate discrimination against women by any person, organization or enterprise;

- f) to take all appropriate measures, including legislation, to modify or abolish existing laws, regulations, customs and practices which constitute discrimination against women;
- g) to repeal all national penal provisions which constitute discrimination against women.



YLF in Their Own Words:

"2005, was the year which linked me to the world of FES's Young Leaders Forum" Ms. Azita Rafat member of Afghan Lower House of Parliament and FES's Young Leaders Forum says. She joined YLF to build the bridge between young Afghans and Afghan Parliament. Ms. Rafat says "While being a member of the Young Leaders Forum, I found particularly the discussion forums on topics related to Afghanistan's current socio-political issues very beneficial and practical. Sharing different opinions on a variety of socio-political issues turned me to have a wider understanding and forward look to current situations of Afghanistan." Ms. Rafat has also set a

youth organization in Badghis province actively working in different matters like tackling gender discrimination, role of youth in politics and above all condition of youths in Badghis province. She is strongly trying to bridge YLF to this provincial youth organization to extend YLF activities to Badghis province. "For me YLF is the best way to further strengthen understanding and unity among Afghan youth as it has helped for opening windows between youth from the provinces and youth from the capital Kabul, to share their ideas, problems and challenges."

Ms. Azita Rafat.



Ms. Azita Rafat member of YLF and lower house of Afghan Parliament



کوم یوه بڼه ده؟

Which one is better?

کدام یک بهتر است؟





Fahim Bakrash



Jawad Faryad



A.Halim



Javaid Sameedi



Zahir Moin



Asma Fasihi



Eshaq Faizi



Shoab Temori



Marina Joya



Fatima Hussaini



L.Ali Salehi



Mustafa Paakimaa



The Young Leaders Forum

