Dear Readers,

I am pleased to welcome you to the 8th edition of YLF newsletter and our first in 2010. This version of the newsletter is coming out in a very important time in YLF calendar. We have just concluded the core programme of YLF family of 2009 and welcome the new family of 2010 to YLF. The editorial team of YLF newsletter would like to wish all the good luck to the 2009 family and welcome the 2010 generation to the Young Leaders Forum.

YLF is a platform where youth from different walks of life come together and learn from one other. Being a member of YLF myself, I strongly encourage the YLF family of 2010 to grasp this golden opportunity and attend in YLF activities and training events. YLF will give you the best platform to find lifelong friends and make lasting networks, so use this opportunity to the fullest extent possible.

We have received countless contributions from members of YLF, members of YJN (Young Journalist Network) and active youth outside YLF. I thank each and everyone of you and hope that you will continue to support and foster this publication.

If you have any opinion or would like to suggest anything for the improvement of future newsletters, do write to me and my team and I promise that we will seriously look into your feedback.

As stated we have different topics covering diverse issues in this edition of the newsletter, so I am not taking any more of your time and welcome you to read the contents of this edition of YLF newsletter.

Thanks and Enjoy Reading!

Khushal Dost Wakily
Chief Editor

from Project Coordinator

The beginning of 2010 opened the window toward my dream city. This year in one hand brought changes to my career and on the other hand provided the opportunity to work for my country. In year 2010 I took responsibility of the coordination of YLF activities in which I was a member before. Accepting this responsibility gave the feelings and spirit of at least to do something for the youth of Afghanistan (a country which lost its most important infrastructures) whom we call them agent's for change. Now when I am the coordinator of YLF it has become part of my daily life.

The overall aim of Young leader's forum is to support and strengthen youth that will work and struggle for peace, democracy, social development and social justice and elimination of discrimination in Afghanistan. From past years FES Afghanistan tries its best to organize capacity building programs for members of this forum to raise their knowledge and build their capacity so that later on they could be able to play their roles as conscious active citizens in their own country.

FES is still encourages active and motivated youths to be members of this forum. Through YLF assessment centre 2010 generation was selected in March of 2010. It will be interesting to mention that YLF activities are not just limited to the youth in Kabul or its members, but it is getting broader and covers other youths in provinces, for instance YLF members had trainings in Balkh, Bamyan, Parwan and are planning to have in other provinces. Grabbing this opportunity I want to promise youths in provinces that wait for us we are coming to you!

At the end, I want to thank YLF newsletter team for all their efforts.

Atifa Safi
On 18 March 2010 a change of guard took place at Young Leaders Forum. The YLF family of 2009 officially handed over to the newly selected YLF 2010 generation. With this handover meeting the core programme for YLF 2009 was completed and the same started for YLF family 2010.

The event was attended by many previous and present members of young leaders forum and it was wonderful to see how effortlessly they interacted with each other.

Ms. Tina M. Blohm the country representative of Friedrich Ebert Stiftung (FES) welcomed the young leaders belonging to different generations of YLF and thanked the 2009 generation for their active participation and wished good luck and success for the 2010 family of YLF.

Mrwais Rahmani and Zainab Sakha members of the outgoing 2009 generation of YLF delivered a speech and praised FES and the young leaders for their outstanding commitment to achieve the goals set out in the beginning of YLF 2009 programme in a difficult year where activities were disrupted due to security issues and Afghan Presidential Elections.

Malaiz Daoud a member of YLF since its inception also gave a speech and stressed on the importance of nurturing leadership. He encouraged the YLFees to be leaders in their respective fields, whether in politics, education, business or any other area for that matter.

He also requested YLF as an organisation to go back to basics and focus on building the leadership capacity of its members, which was greatly applauded by everyone present.

The YLFees were introduced to the YLF newsletter where they can contribute in form of writing articles and analysis, another way to foster the young leaders talent and encourage YLFees to write and have an opinion.

The young leaders present in the ceremony agreed to fully support the editorial team of YLF newsletter and assist in making YLF newsletter a premium publication on youth issues in the country.

Mr. Waheed Omar a co-founder of YLF programme and the current spokesperson for President of Afghanistan joined the festivities and mingled with the young leaders and added more color and fun to the event.

The festivities were concluded with open and warm discussion between the current and past members of Young Leaders Forum, with refreshments provided courtesy of FES.

Good bye YLF 2009 and Welcome YLF 2010!
The Interreligious and intercultural dialogue was in the loop of our meeting’s agenda in Pfalz Academy in Lambrecht, Germany. It was a good exercise for me to participate in such a useful gathering. We worked together on paper cards and over different photos belong to several religious backgrounds where we could figure out the existed challenges the world encountered with.

Our working-group has deeply focused on how to answer the negative cultural behaviors through illustration and drawing sculpture of each other and the way to change ones behavior. It was interesting game, all the participants divided in few groups and then each group came with their own images. They start to act as a pluralistic society where everyone claims, he/she is on a right way that may cause problems and conflict in communities, because everybody is king of their ideology, the game was going very well, the rest of the participants who were observing the acting group express their views the way how each action representing ones attitude.

Among the observing participants, one could go and reform the wrong to the right or could change the image of one who were insisting on his/her notion.

At the end each group represented its ideas regards to the current challenges; those are active as obstacles and prevent intercultural and interreligious integrations.

As we define that, Intercultural and interreligious dialogue is a process that comprises an open and respectful exchange or interaction between individuals, groups and organizations with different cultural and religious backgrounds or world views. Among its aims are:

to develop a deeper understanding of diverse perspectives and practices; to increase participation and the freedom and ability to make choices; to foster equality; and to enhance creative processes. Therefore, if we could have some other religion’s obedient it would be very good to express and discuss widely and this is going to a point of my recommendation for the upcoming gatherings.

The exercise ran very smoothly and finally we went to see an example of such coordination and cooperation. We visited a Mosque in the Munhem city where only a road could separate a church and a mosque from each others. Despite the very negative gossips in the world, we saw how people can come together and cooperate each others from diverse cultures and religions.

The mosque was inaugurated in 1995 after the followers of other religions raised their voices up to giving rights to all equally, which is a kind of very good example of the intercultural and interreligious systematic integration.

Dialogue, therefore, is about learning. It is an opportunity for both parties to learn something new about the other. It is an opportunity to clear up misconceptions and correct untruth and misinformation. It is also an opportunity to discover that others have an equally valid system, coherent vision and efficient organizational structures. Besides, as one learns about the other, one also begins to re-view one’s own previous learning about oneself. Therefore, is a process where both parties mutually learn about the other as well as about themselves.

Consequently we can say that, the most fundamental aspect of dialogue with other religions or cultures is that, whatever is learned has to be brought back and shared with persons of one’s own tradition. In other words inter-religious dialogue has to lead to intra-religious dialogue. Thus, as one discovers something new and beautiful about another vehicle, one returns to one’s vehicle to share that new insight with one’s own co-passengers. (Continued on Page 5)
Human rights are the rights all people have because they are human beings. To advocate human rights is to demand that the dignity of all people be respected. Both governments and private individuals can violate human rights. Human rights apply in people’s homes, schools, and workplaces. In fact they apply everywhere. We have our human rights from the moment we are born until the moment we die.

The Universal Declaration of Human Rights (UDHR) is a statement of basic human rights and standards for government that has been agreed to by almost every country in the world. First written and adopted by the United Nations (UN) in 1948 under the leadership of Eleanor Roosevelt. Afghanistan has also joined into it and it proclaims that all people have the right to liberty, education, political and religious freedom, and economic well-being. The Declaration also bans torture and says that all people have the right to participate in their government process. Today these rights are promoted, recognized, and observed by every country that belongs to the UN.

The Universal Declaration of Human Rights is not a binding treaty. But the United Nations has established a system of international treaties and other legal mechanisms to enforce human rights. These include two major treaties:

• The international Covenant on Civil and Political Rights protects rights such as freedom of speech, religion, and press and the right to participate in government.
• The international Covenant on Economic, Social and Cultural Rights provides for rights such as the right to education, food, housing, and health care.

The Covenant on Economic, Social and Cultural Rights provides for the rights a job, safe working conditions, an adequate salary, and the right to own property. Some believe the right to a clean environment should be added to the Covenants, while others are calling for a right to economic development for poor countries.

There are other important human rights treaties covering specific areas of human rights, including genocide, discrimination against women, and the rights of children. Even when the United States signs these human rights treaties, it often restricts their enforcement within the country. This is done by announcing that the United States is taking reservation, which is a legal means for making a provision less enforceable than it might otherwise be.

The government gives a number of reasons for these reservations, including that under our system of federalism, the treaty would be taking away power of individual states to make law and that other countries should not be imposing their views on the states. For example, the United States has taken a reservation to treaties that prohibit the death penalty against juveniles. The basis for this idea is that such a decision should be made by individual states.

Human rights are standards that countries can use when writing laws. Sometimes human rights become law if they are included in a constitution or if the legislature of a country passes laws protecting or guaranteeing these rights. Even though they may not refer to them as human rights, there are many provisions that protect human rights in our Constitution (2004). Some of which are listed as below:

• Article 22 [Equality]
(1) Any kind of discrimination and privilege between the citizens of Afghanistan are prohibited.
• Article 24 [Liberty, Human Dignity]
(1) Liberty is the natural right of human beings. This right has no limits unless affecting the rights of others or public interests, which are regulated by law.
(2) Liberty and dignity of human beings are inviolable.
• Article 27 [Punishment]
(2) No person can be pursued, arrested or detained but in accordance with provisions of law.
(3) No person can be punished but in accordance with the decision of an authorized court and in conformity with the law adopted before the date of offense.
• Article 29 [Torture]
(1) Torture of human beings is prohibited.
A well-disciplined and reasonable freedom of the individuals of a society is the basis for democracy where people enjoy full rights and breathe freely. The fundamentals of democracy are actually the pillars over which the whole democratic construction is based.

The most significant characteristic of democracy is the provision of human rights. Democracy can't prevail, until the individuals of a society are given all their basic necessities. There will be the lack of stability on the part of a government, where human needs are not fulfilled.

Democratic systems could never be successful in those countries, where rights of people are taken and which the real cause of flourishing anarchy is.

The cause of successful democracy in Europe is the extensive provision of basic needs to their nationals. They have managed it by following a complete network of social security system which provides to the citizen's unemployment benefit, lodging allowance and educational stipends to their children to meet their expenses.

Another essential characteristic of democracy is the freedom of press and information media.

In a democratic society, there are no boundaries and restrictions on the individuals to criticize on the government of any institution. In dealing with the state, we ought to remember that its institutions are not superior to the citizens. All man made laws are alterable and can be amended in a refined form for the enhancement of social values. In democracy, any sort of force should not be used by the government; it must be replaced by love and righteousness. Such an officiating government is possible but no efforts have yet been made in this regard. That is why a government based on love does not exist in the world.

There are very few people who dare to oppose the government based on force. It is essential in a democratic country to give importance to the opinions of the public. Obligation falls on the shoulders of the representatives of the mass to express it in the parliament. Their opinions must be given much value and the future decisions must be based on such conclusions. The democracy which prevails in the West seems very stable because the individuals of these nations are given fundamental extensive provisions by the state.

In a true democracy, the rights of individuals are never snatched and they are provided real justice. They have a right to select the leaders of their own choice for a specified period. In a democratic society, there must be the freedom of expression of views and criticism. There must be no compulsion from any side. In a free democracy, rights and duties must be given much importance and everyone must be fair in following them.

AN OVERVIEW OF THE INTER... (Continued from Page 3)

Thus, interreligious or intercultural dialogue is a corporate activity and ought to lead to growth of whole communities and not just the individual interlocutors. It is the task of those who engage in interreligious dialogue to share with their own co-religionists whatever good they have learnt about the other.

So people of the diverse societies, religions and cultures need to come together for the purpose of their prosperous future and this is a dire responsibility of the national and international organizations to organize trainings, seminars, conferences and workshops for the aforesaid issues.

World views or lifestyles could become a subject for dialogue rather than a reason for discrimination.
Cross Culture intern at the office of Angelika Graf MP, German Bundestag

The tragic events of 9/11 in 2001 dramatically changed the world in many ways. For some, it was the start of materialization of Samuel Huntington’s popular theory of “Clash of Civilizations” but at the same time for some others like the cross culture interns of ifa (it) it was an excuse to open the windows of opportunity for future dialogue of cultures and civilizations.

**Main objectives and duties of my internship**

- political education on the general functionality of the German Parliament
- close study of the political system in Germany (overview of structures in a parliamentary system in Germany)
- intercultural experience in Germany

**Work at the Bundestag**

Working in a busy place like the Bundestag was interesting and full of learning moments. The Parliament Building (Reichstag) and Bundestag's series of buildings are located in the center of the city surrounded by spectacular historical and cultural landscapes, recapping the memories of various historic moments of Germany and Berlin.

My internship was divided into two parts. During the first month I worked at the office Angelika Graf, Member of Parliament from Bavaria and in the second half with Uta Zapf, another Member of Parliament from Frankfurt.

This provided me with a unique opportunity to have the experience of working in two offices and with two Members of Parliament from two different regions of Germany. I started work at Angelika Graf's office on 26th of October.

Angelika is one of the heads of the Afghanistan Task Force Committee in the current Parliament (17th Bundestag). I was impressed by her interest and care to on-going developments in Afghanistan.

At Angelika Graf's office I worked on a briefing note concerning Afghanistan-Pakistan conflict and its impact on the stability and security of Afghanistan and the region. Besides that I was getting day to day knowledge of how the Bundestag functions and what the norms and code of conducts were. This study was quite in agreement with my own earlier feelings about having a parliamentary system of government back home in Afghanistan.

My second half of internship was to work at Uta Zapf's office. She is a Member of Parliament from Frankfurt and member of the Arms Control and Foreign Affairs committees at the Bundestag. During this half, my main activities were focused on three topics: daily review of Afghan press both national and international, the Afghan refugee crisis and last not the least the condition of media and press in Afghanistan. I wrote my briefing notes on three of the above mentioned topics and submitted to my supervisor at the end of my internship.

In addition to that I had the possibility of attending in some of the weekly gatherings at the Bundestag such as working group committees and Afghanistan task force committee and SPD Parliamentary Group meeting at the Reichstag.

These were all Afghanistan-related meetings on the subjects of ISAF mission extension and support of more troops in response to the recent call of President Obama.

Studying the general perception in Germany I found that the public and civil societies were not well convinced and informed about the necessity and importance of their civilian and military missions in Afghanistan at this very moment. I was frequently asked in many events and discussions if there was a need for the presence of German troops in Afghanistan or if it was well justified for West in defending their home security by fighting terrorism in Afghanistan. According to them, It was mainly the 9/11 terrorist attack on the United States of America which made them to sympathize with U.S. and support the war in Afghanistan in 2001, however, there were no concrete reasons for them to support the so called Enduring Freedom Mission anymore. I also realized that the recent fraudulent elections and deterioration of the security situation along with the steady rise in civilian and military casualties in Afghanistan, there are few people in Germany who would support the idea of extending their military mission in Afghanistan unless the government and the civil society do not inform and convince the people of the realities on the ground. I think the people should be given the right to know the real extent of challenges that an unstable Afghanistan may pose to the rest of the world in future.

*(Continued on Page 18)*
It’s a natural phenomena that Allah, the Almighty has gifted us with talent and intelligent. Marvelous achievements of the modern age are due to the perpetual efforts and hard endeavor of individuals since past centuries. Modernization in all the aspects of life could be possible due to the untiring efforts which were done with hard endeavour.

Undoubtedly, the role of new generation and youth has been very astounding in this regard. New generation has touched the zenith of success in all the faculties of practical life. It must be admitted that modernization, comfort, and easiness of life are due to the collective efforts of all the individuals of the world.

It is a fascinating fact that new generation is spiritually enthusiastic and courageous. They are filled with gallantry and chivalry. It is the profound desire of young generation to be self-reliant. This class of young generation is enthusiastically optimistic. They seek opportunity to express their efficiency. They are hard working and possess strong will power. Will power, objectively and true determination are the essential factors which move a person towards the glittering success.

New generation is keenly willing to explore the puzzlement and the mystery of this universe. They are profoundly interested to achieve knowledge about the cosmic constellation. They are efficient enough to remove all the obstacles in their way. Self-confidence and firm will power are the fundamentals which awaken their efficiency and hidden qualities. Visionary approaches of this generation are strong which persuade them to discover new ways and means. Nearly in all the faculties of life, their capabilities are well expressed. There are a large number of students, who burn the mid-night oil for the accomplishment of their goals. Advancement in medical science and engineering is the excellent efficiency of this new generation. They have been working day in and day out for the development of civilization, modernization, mechanization and industrialization.

Their contribution in the faculty of education. In education, they have improved their graph of knowledge and awareness. They understand the significance of education. It is true that there is no royal road in the faculty of education. One has to work hard for the achievement of his/her objective.

New generation is filled with enthusiastic will power, spiritual courage, sense of hope and responsibility and bringing positive alternatives in every aspect of life. Their profound concentration on disputed political affairs is free from flattering, partializm, favourism and corruption.

A large number of our new generation is spiritually pure and feels it very disappointing, the devilish act of vulgarity, terrorism, corruption and barbarism. It is their will to erase these devilish deeds from the horizon of the globe. Depression and pessimistic feeling generates negative thinking. Correction of vision is always essential whether it is for an individual or the whole nation. Negative mental approach persuades a person towards devilish deeds. It moves them toward barbarism, corruption and suppression. It’s all due to the wrong distribution of power and wealth to the youths.

Having a glowing glance on the performance of youths and new generation, it may be concluded that their overall performance is excellent and astonishing. Their brilliance and confidence will bring them fruitful and keep them on the route of success.
نظامة پارلماني

This article explains the fundamentals of Parliamentary Oversight and its relation to fostering democracy and bringing good governance.

1. "بینینا میا نود نووم قانون اساسی حاکیت و اقتدار سیاسی برخاسته از هر یک از کمیسیونهای هر مجلس شورای ملی می تواند از هر یک یا وسیع در موضوعات معین سوال نماید. سپس باید در جلسه مجلس مطالبه اعمال حکومت کمیسیون خاص تعیین نماید." (قانون)

2. "تکنیک کمیسیون های بررسی

3. "بیشتر سوالات نباید در جلسات مجلس مطرح شود تا نظراتشان مورد استفاده قرار گیرد. در مواردی که نظرات مجلس شورای ملی می تواند از هر یک یا وسیع در موضوعات معین سوال نماید، سپس باید در جلسه مجلس مطالبه اعمال حکومت کمیسیون خاص تعیین نماید." (قانون)

4. "برای امر به رسم شوراها و شرکتها و ویژگی‌های اعمال حکومت، کمیسیون خاص تعیین می‌شود." (قانون)

5. "برای امر به رسم شوراها و شرکتها و ویژگی‌های اعمال حکومت، کمیسیون خاص تعیین می‌شود." (قانون)
The article discusses Afghanistan unruly neighbours and their frequent meddling in Afghan affairs. The writer predicts that those who wish ill for any country, especially a neighbouring country, will burn in their own malice.

افغانستان. بازیچه کشور های همسایه

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Woman is a Mother and Mothers should be respected, this article encourages respect towards women and explains their distinguished position in Islam as well as in Afghan culture. The author encourages the reader to respect each and every woman and to appreciate them in every walk of life.
افغان خوانان او مشری (رهبری)

Afghan Youth and Leadership is the title of this article and is mostly discussing this important subject. The author discusses the relevance of the Afghan establishment in enfanchisement of Afghan youth and urges Afghan Government to put an end of youth disenfranchisement in Afghanistan.

نگاه به پر مختلی، سلیوئری، له دو یی، فیهویلاوی خوانان تر مشری لائیدی أفغانستان یه هیله.

Afghanistan Youth and Leadership (Adab-e Zakhmi)

نگاه به پر مختلی، سلیوئری، له دو یی، فیهویلاوی خوانان تر مشری لائیدی أفغانستان یه هیله.

Afghans Youth and Leadership (Adab-e Zakhmi)

نگاه به پر مختلی، سلیوئری، له دو یی، فیهویلاوی خوانان تر مشری لائیدی أفغانستان یه هیله.

Afghan Youth and Leadership (Adab-e Zakhmi)

نگاه به پر مختلی، سلیوئری، له دو یی، فیهویلاوی خوانان تر مشری لائیدی أفغانستان یه هیله.

Afghan Youth and Leadership (Adab-e Zakhmi)

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Afghan Youth and Leadership (Adab-e Zakhmi)
تعديل قانون انتخابات

This article explains the Election Law and the proposed changes to the same. The author further analyzes the Election law in view of Afghan Constitution and its relation to women rights and other issues related to Election Law.

قانون جديد لقانون انتخابات، حيث ينص القانون الجديد على تغييرات في النظام الانتخابي، بما في ذلك زيادة عدد الأعضاء في البرلمان، وتعزيز حقوق المرأة في العملية الانتخابية، وتعزيز الشفافية والمساءلة في الانتخابات. يشير الكاتب إلى أن هذه التغييرات تهدف إلى تعزيز الديمقراطية في أفغانستان وتحقيق وفقاً للنظام الدائم في البلاد.
یک هر که ورود یکی و تبیین می‌کند، این کتاب برای یکی، طرح‌ها و کتاب‌ها در یکی و تبیین می‌کند. این کتاب برای یکی، طرح‌ها و کتاب‌ها در یکی و تبیین می‌کند. این کتاب برای یکی، طرح‌ها و کتاب‌ها در یکی و تبیین می‌کند. این کتاب برای یکی، طرح‌ها و کتاب‌ها در یکی و تبیین می‌کند. این کتاب برای یکی، طرح‌ها و کتاب‌ها در یکی و تبیین می‌کند.
پیشانی راین در شهر کابل

شخص نادر است و این را تا اینجا مامور نشده بود. اما هنوز کمی درکی از زندگی او نمی‌تواند. او به کامیابی یکی از سهکاره‌های کابل روند بود. او را با موتر شکسته بود در این مرگ ناامن. که در سیر راه دیدم و سواری استفاده می‌نمودند و یکی آنها که جوان نظر می‌می‌فرماید که صدها روز به‌حال آن موفق است. نسبتاً می‌تواند از سواد مینوشته در زمینه مشابهی که در زاده دوست داری که نظر می‌می‌فرماید که بالای عمویه راه شده است. در آن زمان که نظر مرگ بودیم فامیلی در نظر می‌اندازیم که نه به آن خانواده ما تا اینجا می‌آمد و صادا را شنیده که می‌گویند "داکتر صحاب این رضی را بین" ولی داکترها کشور ما را قرار خویست. همچنین که نادر می‌باشد. همچنین با توجه به اوقات و ساعت‌های می‌گفته "شما نمی‌باید با ما آورید." نادر می‌باشد و می‌خواهد با این دست از طرف شرکت می‌خواهد. این چه کم؟ نوت: این یکی از داستان‌های مشابه که می‌گفت. یا با توجه به اوقات و ساعت‌های می‌گفت، شما نمی‌باید با ما آورید. نادر می‌باشد و می‌خواهد با این دست از طرف شرکت می‌خواهد. این چه کم؟ نوت: این یکی از داستان‌های مشابه که می‌گفت. یا با توجه به اوقات و ساعت‌های می‌گفت، شما نمی‌باید با ما آورید.
الهدف درصد جنگ‌های افغانستان نابود شده است

۷۰% از آفرینش جنگ‌های افغانستان نابود شده است.

70% of Afghan forest has disappeared; the article discusses issues concerning the destruction of Afghan forests and the planned actions by the Afghan environment support agency.

ساختمان سه پایه: با بیان این موضوع، مسولان اداره محیط زیست افغانستان اعلام کردند که در رابطه با تحقیق موجود در این موضوع، شیوه‌های جنگ‌های نابودی را روان دست‌داده‌اند.

سیلیمان شاه سلیمی، یکی از مستقیمین این ادارات در ماسک‌برداری از روی جهان محیط زیست گفت که هم‌وقت درصد جنگ‌های این کشور از نظر رفتار و ۲۶ نوع حیوان در حلال ناپدید است.

به‌طور کلی، او گفت، از قبل یافته‌ها در جنگ‌های بین‌المللی، بروز عضویت در حیات و جهان محیط زیست و ایجاد آمادگی مناسب در این زمینه که در این موارد مورد نظر قرار داده شده است.

آیمان سلیمانی، در مورد موضوع، گفت که در این زمینه، حفظ منابع طبیعی و حفظ محیط زیست باید به‌طور کلی توجه شود. همچنین، گفت که تحقیقات اخیر نشان داده که در این زمینه، حفظ منابع طبیعی باید به‌طور کلی توجه شود. همچنین، گفت که تحقیقات اخیر نشان داده که در این زمینه، حفظ منابع طبیعی باید به‌طور کلی توجه شود. همچنین، گفت که تحقیقات اخیر نشان داده که در این زمینه، حفظ منابع طبیعی باید به‌طور کلی توجه شود. همچنین، گفت که تحقیقات اخیر نشان داده که در این زمینه، حفظ منابع طبیعی باید به‌طور کلی توجه شود. همچنین، گفت که تحقیقات اخیر نشان داده که در این زمینه، حفظ منابع طبیعی باید به‌طور کلی توجه شود.
تغییرات قانون انتخابات

(از آنگام 12)

این مقاله درباره اصلاحات قانون انتخابات به صورت عمومی یکباره ست: این ماده های قانون انتخابات اصلاح شده را در اختیار قرار می‌دهد.

حکم صبوری: موجب یکی از مسئولان است. این ماده به صورت عمومی یکباره ست: این ماده قانون انتخابات را در اختیار قرار می‌دهد.

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پیش‌بینی انتخابات

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تعویق اندازه‌ای." این ماه در مخاطبین نظریه صریح با آگاهانه به این علم انگذار که این مدل رایگان سرد روز ججمور در اول جوزای سال تنها اشتباه انتخابات جدید در دل مدت سی روز روز روز جم از ختم دوره ای کاری رئیس جم‌بودن یا برگزار می‌گردد." و ماهیان و ماهیان ای کاری و صریح به تاریخ اول سیزندگان سیزندگان تنها از انتخابات کمپیوتری انتخابات کار رده آمده و این اقدام یک چکفا ظهور انتخابات جدید به کار آغاز می‌کند انتخابات جنجالی که آنها جامعه‌ای این قانون در مظالم با قانون اساسی است با خبر؟ میخواهم با ارائه مثل یکدیگر که این کدیکان در زن و جهاد نداشت باشد...کمپیوتر مسئول انتخابات...نماوری لازم را اخراج نماید تا کمیسیون که این اختصاص دارای خاصیت کافی نماند" به این علیه مطرح، تدوین انتخابات را علیه این ممکن رواج انتخابات همزمان با یک منطقه ای انتخابات این قانون رسیده، کمپیوتر موقعیت انتخابات مقدماتی که مهمی مشروطه مرحله حکایتی که این قانون فهرست مندرج این قانون انسپتیک باکیفیت و همین‌طور کاری رئیس جم‌بودن در زمینه انتخابات "می‌رود میکریتیک." سوال از انتخابات آیا کاملاً تعیین با این است که این مهارت آموزشی نه انتخابات را که روزنه انتخابات را از تاریخ تعیین کردن شده، تطبیق

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**Destination Germany**

(Continued from page 6)

**Working day:**
The core working hours were eight hours a day. The starting hour was flexible for all staff, however, a desired starting time was at nine am and lunch break usually started at 12 and lasted about 30 to 45 minutes. Keeping the given tasks at the back of my mind I did not face any rushing situation to meet the deadlines. It is important to mention that there was an excellent canteen at the Bundestag with a variety of foods and dishes. I usually joined office colleagues in lunches and that was the best time to discuss about many topics concerning people, politics and culture in Afghanistan and in Germany. By the way I want to mention that I found Germans eating their food faster than me. In every lunch I was the last one to struggle clearing and finishing my plate. Sometimes I had to give up devouring some of my food. Any ways, I never punished my stomach by remaining half-hungry.

**Accommodation and daily life:**
Just like my work, I had also the chance of living in two different places of Berlin for that period of almost 2 months. Richard Wagener Platz was my first stop for a month and then Heidelberg Platz in the south of the city became my second neighborhood. Both places were with excellent and fully equipped apartments. I did enjoy the bathroom tubs and the kitchen’s microwave and electric stoves. I should mention here that the whole accommodation was provided by ifa. From both locations it took me almost 30 minutes to get to my work. Thanks to Berlin’s S-Bahn and U-Bahn (Main metropolitan transportation trains) which makes life so easy and sound.

**...the city:**
Berlin is really big with its almost 5 million inhabitants and full of opportunities as far as entertainment, educations and arts. Life in Berlin is full of enthusiasm and excitement particularly in the evenings. Whenever you take a tour to some popular sites like Zoologischer Garten, Potsdam or Alexander Platz or around Brandenburg Tour, you will find out something new is happening. In one evening I could witness three different events in three different locations. The premiere of 2012 movie in Sony Center at Potsdam Platz, Shooting of a Hollywood movie at Alexander Platz – a scene of a Cold War era in the GDR section of Berlin near the TV Tower at Alexander Platz and in few hundred meters distance the celebrations of the fall of the Berlin Wall in the form of concert and exhibitions and at Brandenburg Gate. I sometimes had to miss some of the events in order to attend some other. A good thing to know about Berlin is that it is easy to get from one place to other via train, metro and public buses. I was personally impressed by the sound public transportation system of Berlin. Frankly saying, one has no reason to get bored in Berlin!

**Remembering the fall of the Cold War Wall:**
One of the most exciting moments of my internship in Berlin was the first ten days of November – the celebrations of the 20th anniversary of the fall of the Berlin Wall, the biggest symbol of the Cold War. This was a unique experience for me to see the legacies and leftovers of the Cold War from a different angle and in a different scene – thousands of miles away right in the city of Berlin. And at the same time to see the gathering of the main Cold War rivals – the architects of this historic event – ex Chancellor Helmut Kohl, Michael Gorbacheve and George Bush Senior.

While walking along the monument of the Brandenburg Tour decorated by standing drawings of students to remember the ugly dividing wall my feeling as an Afghan was not so different from the Germans since I had also a good reason to remember 1989 in the history of my own country. In Afghanistan we had to pay much higher and costly penalty of the Cold War in the form of a decade-long fighting the Soviet Red Army resulting in millions killed, injured, displaced and lost. People at my age had to live a different life by spending their entire childhood amid war and armed conflict and suffering from its consequences since after.

**Summery:**
For me the experience in Berlin was so impressive and I found it very useful and interesting. I gained a lot of new experience, learned useful things about the politics in Germany and the Parliament and finally met many new and interesting people in the course of my internship. Places I have visited in and out of Berlin have left great memories in my mind. This was a unique opportunity for me to have both a political and intercultural experience. Therefore, I can highly recommend an internship with ifa for interested applicants from Afghanistan.