

Afghanistan

American





## Forward

This collection of work was produced by students in ARYSE's Afghan Youth Program during the 2022-2023 school year. Over the course of several monthly meetings, students worked together to create pieces based on their personal experiences and interests. The project originally aimed to provide an opportunity to talk about four broad aspects of culture: language, music, food, and fashion. However, as you will see, students chose to represent many different themes and topics. The goal was to center students' individual perspectives, experiences, and interests, not to represent the entirety of Afghanistan. Students were encouraged to share anything they wanted because we can learn about cultures through learning about people. This project was also an opportunity for students to learn more deeply from each other and to share these experiences with other Pittsburgh communities.



غه کارې ټولګه د ۲۰۲۲-۲۰۲۳ تعلیمي کال په جریان کې په ARYSE کې د افغان ځوانانو د پروګرام له لوري تولید شوی و. د بېلا بېلو میاشتنیو لیدنو په جریان کې زده کوونکو په ګډه کار وکړ تر د خپلو شخصي تجربو او لېوالتیاوو پر بنسټ دغه ټوټې جوړې کړې. په اصل کې د دې پروژې موخه دا وه تر څو یو فرصت را منځته کړي چې د څلورو پراخو کلتوري ابعادو په اړه خبرې وکړو: ژبه، موسیقي، خواړه او فېشن. مګر لکه څرنګه چې تاسو به ووينئ، زده کوونکي به بېلا بېل موضوعات او محتويات وړاندې کړي. موخه دا وه چې د زده کوونکو فردي نظرياتو، تجربو او لېوالتیاوو ته پام وشي، نه دا چې د ټول افغانستان مسایل وړاندې شي. زده کوونکي هڅول شوي وو تر څو هر هغه څه شریک کړي کوم چې هغوی غواړي ځکه مور د کلتور په اړه زده کړه د خلکو له پېژندلو څخه کوي. دا پروژه همدارنګه د زده کوونکو لپاره یو فرصت و تر څو یو بل لا ډېر ژور وپېژني او دغه تجربې د پېټزبورګ له نورو ټولنو سره هم شریکې کړي.

این مجموعه کار توسط دانش آموزان برنامه جوانان افغان ARYSE در سال تعلیمی 2022-2023 تولید شده است. در جریان چندین جلسه ماهانه، متعلمین با هم کار کردند تا بر اساس تجربیات و علایق شخصی خود قطعاتی را ایجاد کنند. این پروژه در ابتدا با هدف ارائه فرصتی برای صحبت کردن در مورد چهار جنبه گسترده فرهنگ: زبان، موسیقی، غذا و فیش بود. مګر، همانطور که خواهید دید، متعلمین انتخاب برگزیدند که محتويات و موضوعات مختلف را نشان دهند. هدف این بود که نظريات، تجربیات، و علایق فردي متعلمین را در کانون توجه قرار دهد، نه نماینده کل افغانستان. متعلمین تشویق شدند تا هر چیزی را که می خواهند به اشتراک بگذارند، زیرا ما می توانیم از طریق یادگیری راجع به مردم درباره فرهنگها بیاموزیم. این پروژه همچنین یک فرصت برای متعلمین بود تا عمیق تر از یکدیگر بیاموزند و این تجربیات را با سایر جوامع پیتسبورګ به اشتراک بگذارند.

The views expressed in this book represent individual experiences and opinions, and do not necessarily reflect ARYSE's views.



# Mitra's Story



My name is Mitra. I am 19 years old and I was born in Afghanistan. I have a small family including my mother and my four siblings. I lost my father 7 years ago. In the following passage, I am going to write about my journey to the U.S.A.

## How it got started

In 2021 when I was 17 years old, we lived in Kabul. My mother Bi Bi Gullab was a police officer. She tried to serve her country and in the meantime protect her family. Her work was so difficult and risky. She worked very hard to make a good life for us. Besides my mother, my sister Sahar worked in national media as a news reporter. She loved her job. And she always used to support us. However my mom worked at a place where her life was at risk, we had each other and we were living happily. I was growing up every day and my only concern was my goals and my future. I went to school every day. I loved my school. I wanted to be a good doctor and help people to have a better life. I started to read books with a lot of hope. Even though things got ugly for all of us, I never lost hope and I was thinking positively.

## The challenging situation

On August 15, 2021 suddenly everything changed. My mom was at work and she called us. Her voice was unsteady and she said "The Taliban came to Kabul. I am trying to come home, if they catch me they will kill me." It was the most difficult time in my life. In one minute of that phone call everything stopped. I couldn't feel anything. I was crying and kept telling myself what we are going to do now. How would we live? What will happen to us? I cried a lot, and fortunately, my mom came home soon and the Taliban took over the country. On that day all people were afraid. Everyone escaped to their houses, it was like a storm coming to catch everyone with itself. The news announced that President Ashraf Ghani ran away from Afghanistan. The Taliban was firing everywhere to scare people. They closed all schools, universities and all stores. In a few hours, everything has gone 20 years



back. After all, my mother couldn't work anymore, and the same thing happened to my sister. They were at home all the time and they thought, "What should we do now? What if the Taliban arrest us how can we possibly pay for all of our expenses without having any income? My mom and my sister were afraid to go outside. Everything changed badly. I didn't have hope anymore. The craziest thing that I ever experienced was the day I heard that the Taliban want to force all the young single girls to marry them. The Taliban took everything from us, our freedom, our hope, our goals, our future, our achievements and our life. They wanted to just have control over everything. They ordered us about what we have to wear, where we can go, and how we must behave. They took freedom from girls and made them their obedient slaves. They were and they

are too restricted against the women. After everything, the Taliban stretched to check all the homes and find the people who worked for the previous government. Everything was getting worse day by day. My family decided to leave Afghanistan. We wanted to immigrate to a country where we would be able to live safely and begin a new life. We attempted to find a way to escape from Afghanistan, we tried every single way but it was impossible to escape. Taliban were everywhere and they were arresting those who worked for previous government and international organizations' employees. We spent every day like it was our last day, we were all disappointed and scared. When we were in absolute



frustration my sister Sahar found an email which belonged to Project Clarion that helped vulnerable Afghans to escape from Afghanistan and save their lives. Sahar could communicate with a man named Ryan Mauro from the project he accepted to help us and he helped a lot of Afghan people to live safe and free. We were so happy and we found hope. They were helpful at everything, even they paid for our food and accommodation. After a while, they said we have to move to another place. At first my sister and I came to Mazar Sharif which is a province of Afghanistan and we were there for two weeks. My mom and my brothers were in Kabul, they were not safe there. It was very hard for me and my sister to leave our family in Afghanistan. My mom had sold everything in our home to be ready for everything. And my sister and I had a flight in October to Abu Dhabi and we settled in a humanitarian camp. We had left Afghanistan without our family and we didn't know if they would be able to join us or not because the flight from Afghanistan was impossible and it was so painful for us. In the camp, there were a lot of my compatriots who escaped on the first days that the Taliban took over. After a few days My sister got sick because we have never been anywhere far without our family. Every day was more difficult for us, because we didn't know whether they would be alive or not, but unexpectedly something happened that was not less than a miracle for us. Mr. Mauro found a way to evacuate my mother and my two brothers. We were counting every second to join our family again and right after two weeks my mother and my brothers came. When I saw my family I felt alive and my sister was so happy she had hard times and she worked day and night to find a pathway for my family to get a flight to Abu Dhabi. Those were our happiest moments and we were all together without being afraid of being killed or caught. My sister and my mom were safe. All of us were safe. The camp provided food and everything and we had everything we needed except freedom. After some time of living under a complex quarantine it was so hard for us we couldn't go outside. We thought that we would be in the camp for a short time but it wasn't true. Sometimes the food was repetitive and unsavory. In the camp, there were a lot of young girls and boys without their families. Sometimes everything was harder for me when I was in depression and my mom always told me that we have to be thankful to God that we are alive and we have everything to eat here in camp. We started to learn English. I tried so hard to learn English but I wasn't alone. Soon enough I found good and kind friends that knew English and they helped me. After six months in the camp, they opened a school for children and I went there as a teacher and I taught English. But the significant thing was to leave the camp and go to another country to start a new life. There wasn't anyone to help us and being in a place like prison was challenging for everyone there and put everybody in depression. My sister called Project Clarion but they couldn't help us leave the camp. My sister did a lot of hard work. Sometimes she couldn't sleep.



## The new beginning

Finally, after a year of living in the camp, we succeeded. We never lost hope. We had hard times but we fought for our future. We managed to come to America on August 17, 2022. We came to Washington D.C. and we were there for one month. We had to choose one of the three states that the government suggested and we could get settled in one of them. We liked neither of the proposed states because we didn't know anyone there and we needed



someone to help us to get familiar with a new culture and a new country. But they told us we don't have any choice. We had to go there but my sister didn't give up. She tried her best and she did it. Oh my God, it was so hard. We came to Pittsburgh. Now that we have a home, we are so happy. I can go to school safely, my mom can go to work and my sister as well. Everything is good but nothing is easy. We have to do our best to make a new good life. We have to try and always be hopeful and grateful for everything, because now we know the value of everything that we have but millions of people in countries like Afghanistan don't.

The end!



I have one wish, i  
just want to see the world  
with you.



Time is precious.  
Spend it with right people.



Whyewriter

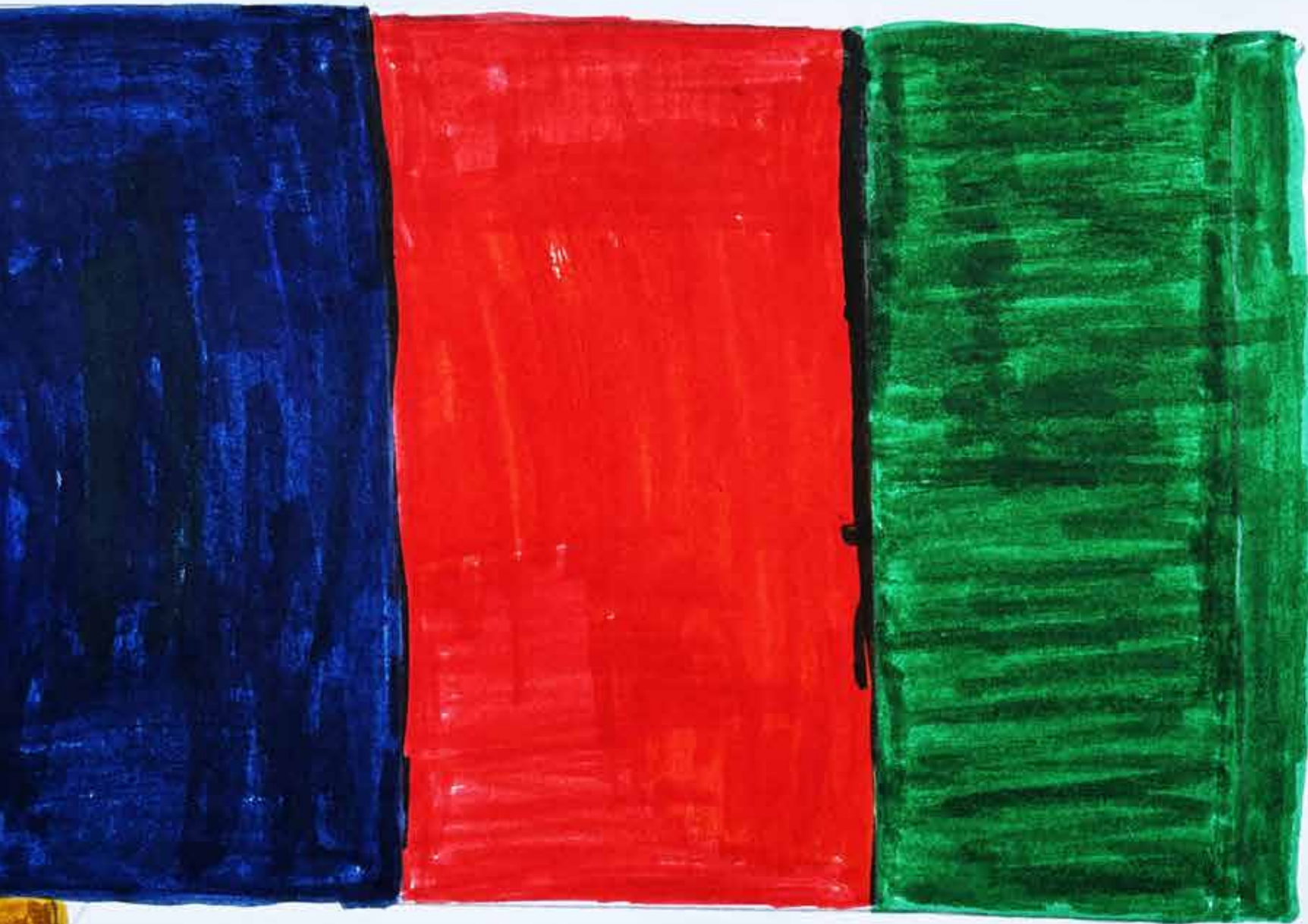
Storay

Don't stop until you  
are proud of yourself.

(Quotes 'nd Notes)







## Afghanistan

Afghanistan is located in Central Asia with Iran to the west and Pakistan to the east. Tall, forbidding mountains and dry deserts cover most of the landscape of Afghanistan. The jagged mountain peaks are treacherous, and are snow covered for most of the year. Many Afghans live in the fertile valleys between the mountains and grow their crops and tend to their animals. Only 2 percent of the land is used as fields. Summers are hot and dry, cold especially north of the Hindu Kush, which is located in the eastern part of the country near Pakistan and Tajikistan.



afghanistan



# Language

Language is a structured system of communication that consists of grammar and vocabulary

It is the primary means by which humans convey meaning.

THE DECAMERON  
PROJECT  
AS THE PLAGUE RAVAGED  
FLORENCE IN 1348, THE  
AUTHOR GIOVANNI  
BOCCACCIO KNEW THE

The official languages of the country are Dari and Pashto, as established by the 1964 Constitution of Afghanistan. Dari is the widely spoken language of Uzbeks, Turkmen, Balochi, Pashtani



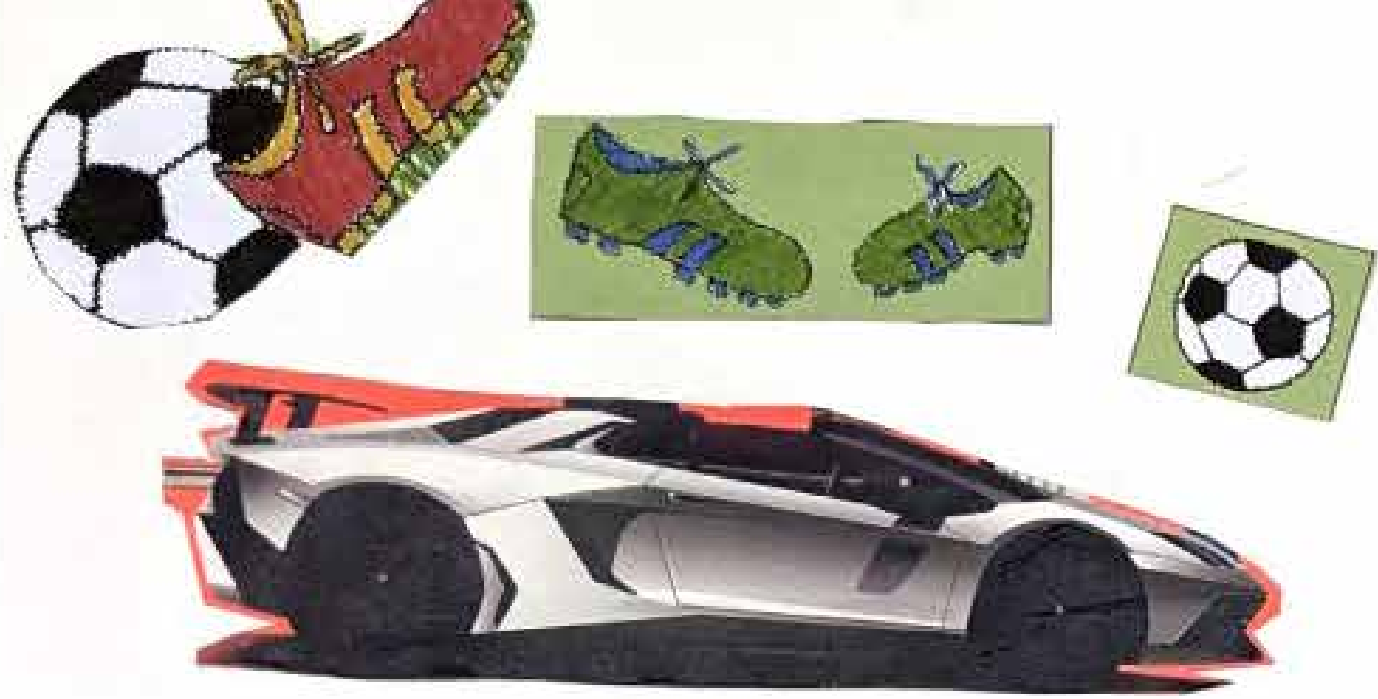




Handwritten text at the top of the page, possibly a title or date, which is mostly illegible.







I want to become a famous soccer Player. I wish to be one of the best Playes and my role model is Christiano Ronaldo.

It is my dream that one day will come true. I liked soccer since I was a child.

If I am very famous and make a lot of money like Ronaldo, I will help poor and needy people.

By. M.Q. From: Afghanistan

من پخواهر بیت فوتبال مشهور شوم. آرزو دارم  
یکی از بهترین بازیکنان کی دنیا باشم و الگوی من  
دونالدو کریستیانو رونالدو میباشد.  
این روزی که من دستم بگیرد به حقیقت خواهد  
رسید. من از کودکی فوتبال را دوست داشتم.  
اگر من از طریق فوتبال مشهور شوم و ثروت کثیر پیدا کنم  
دونالدو پول زیاد بدست آوردم. پخواهرم برای  
فقر و مردم نیازمند کمک کنم.





This dress is from Afghanistan. The people of Afghanistan, when they have a party (like Eid) or a wedding, they can wear it. The name of this dress is: Afghani.

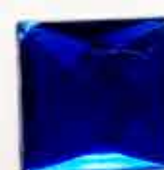
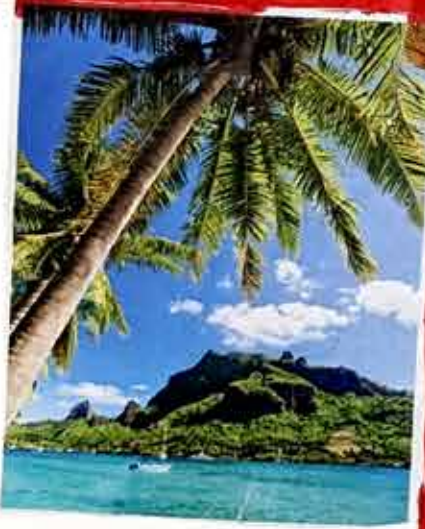
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XS-17-09

This dress is very famous in Afghanistan. And now we can find it in America.









# FOOD



When you travel to Afghanistan, you will be surprised by the variety of Afghan cuisine. The traditional foods of this country are rooted in their culture and are a symbol of geographical and, of course, ethnic diversity. So, there are different types of Afghan food. This variation makes it easy for people with different food tastes to come together and discuss this matter.





OBSESSED W







CHATHAM UNIVERSITY



COMPLEX MESHES

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NEW LAMPWORK CABOCHONS BY ROBERT JENNIK



MANDEL'S ALCANTARA

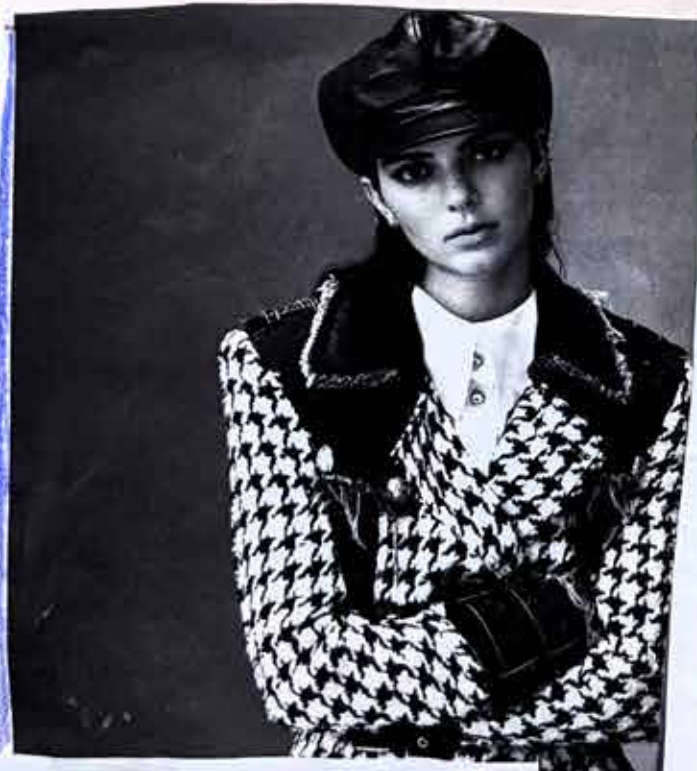
© 2018 JENNIFER







SNOW



**MATERIALS GIRL**  
Embedded in Balmain's inspired take on the double-breasted trench coat is a melding of the classic (read: the lengths of natty tweed) and the coolly casual (the threadbare, dark washed-denim details).  
**Balmain** houndstooth coat and leather cap; Balmain, NYC  
**Chanel** blouse, \$2,000; Chanel stores. In this story: hair: Ward Stegerhook; makeup: Petros Petrosilos. Details: see In This Issue.



There's no rivaling the James  
Biorin - esque French girl?  
When it comes to summer style  
inspiration, but this time of year, all-American deserve  
their due fashion credit too.













February 5,

DIOR  
EAU DE PARFUM



**NIKE**







### PAIR SASSY SHADES

Two vivid colors are better than one. Try this perfectly balanced dynamic duo—red conveys power and pink has a feminine flair.



Blazer, \$126, [oh.com](http://oh.com)  
Knit top, \$132, [autumncaulmay.com](http://autumncaulmay.com)



...nation makes us infinite."  
John Muir



96 SCORE A SNUGGLE with loving pet-care tip

MAYBELLINE



Special fabric has a smoothing effect on your tummy

Heel, \$99, [louisvuitton.com](http://louisvuitton.com)













# Jewellery

Jewellery (commonwealth english) or jewelry (American English) consists of decorative items worn for personal adornment, such as brooches rings necklaces earrings pendants bracelets and cufflinks. Jewellery may be attached to the body or the clothes. From a western perspective the term is restricted to durable ornaments, excluding flowers for example. For many centuries metal such as gold has been the normal material for Jewellery but other materials such as glass, shells and other plant materials may be used.





Noozia







- We all need something in our lives that make us happy and calm. For me music is something that makes me happy when I'm not. There are different kinds of music from different countries,

- and they are especial in their own ways. I'm writing about Afghan music. Afghan music is very different, for example every province has their own music and instrument. Kabul is one of those provinces that has different people that listen to different kinds of music. Most <sup>now</sup> nowadays listen to pop music that are new, but there are some people that still listen and love the old Afghan music. In the past people were using very simple instrument and as people start singing more the instrument got more advanced. Some of the instrument are Tabla, Armonia, Dambara, Gihichak, that people were using in the past. Now there are more instrument that are advanced and new. Before in Kabul there was classes for these instrument and people who loved music, but now we can't do that since the taliban took over Afghanistan. It's really hard for people who love music and want to learn how to play instrument, because they can't do it cause talibans are against music. If they play music the taliban will kill them. I hope one day there gonna be peace in Afghanistan.

by: Margis, Mitra Hussaini, Marzia Mohammadi  
Inahidi





A man will be the first to drop out. As soon as he loses about 10 percent of his body weight by sweating, he is done for. The rest of the pack will last only a few days longer. Like the man, it will lose too much and loses water too rapidly.

A donkey is a better water saver than a man or a cow. It can keep going until it has sweated away 25 percent of its body weight.

A camel can lose 4 times as much water as a man—up to 40 percent of its body weight—and still keep going.



The program offers exclusive opportunities for those who want to help protect. Each expedition is focused on a specific area of the park, and learning from experts and encouraging a greater appreciation for the wonders of Yellowstone, the park's islands, there's a trip that's sure to excite and inspire. To learn more, visit [www.nwf.org/expedition](http://www.nwf.org/expedition).



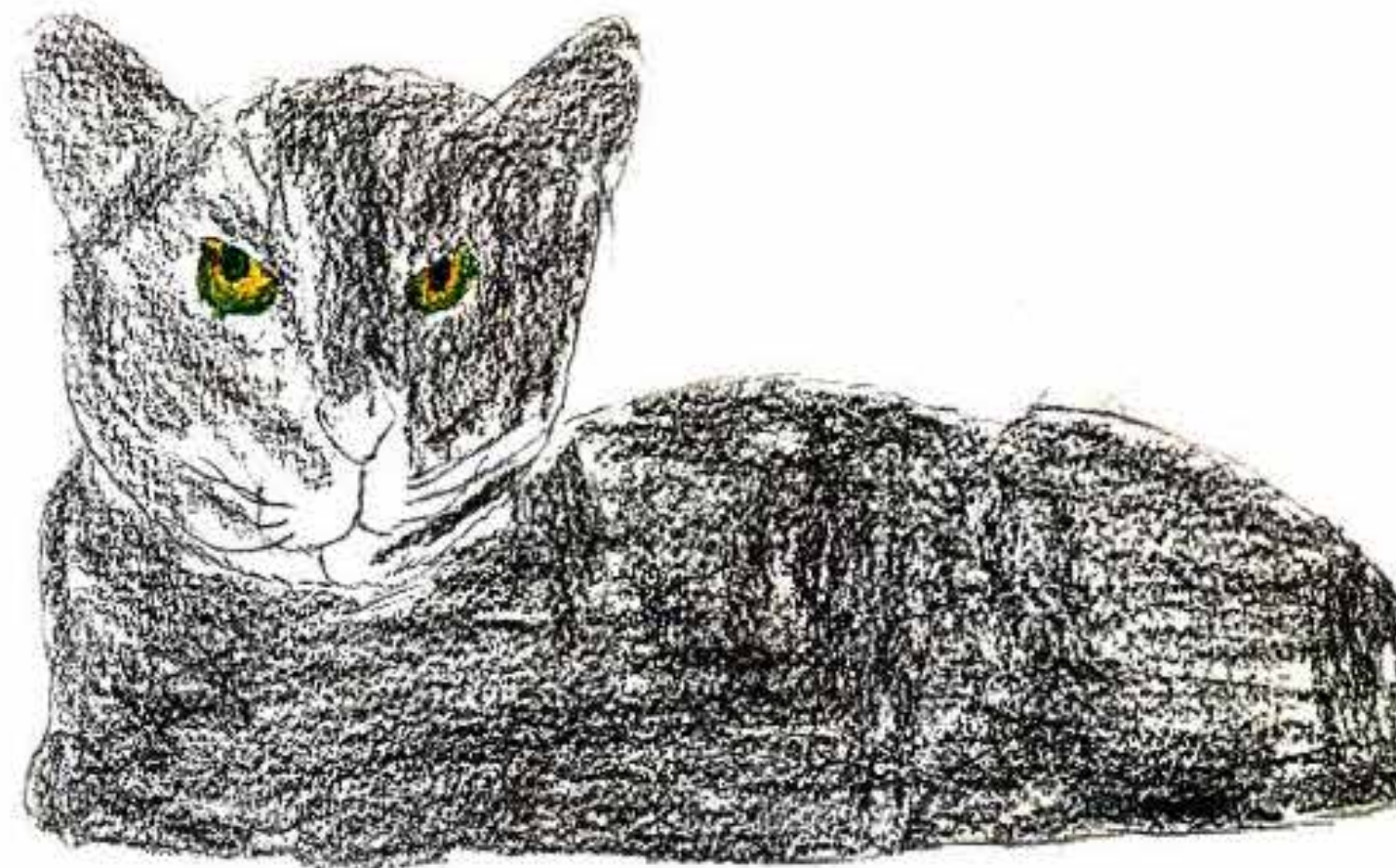
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After a time, feathers wear out and cannot be repaired anymore. For this reason, all birds molt.

DAY

TUI



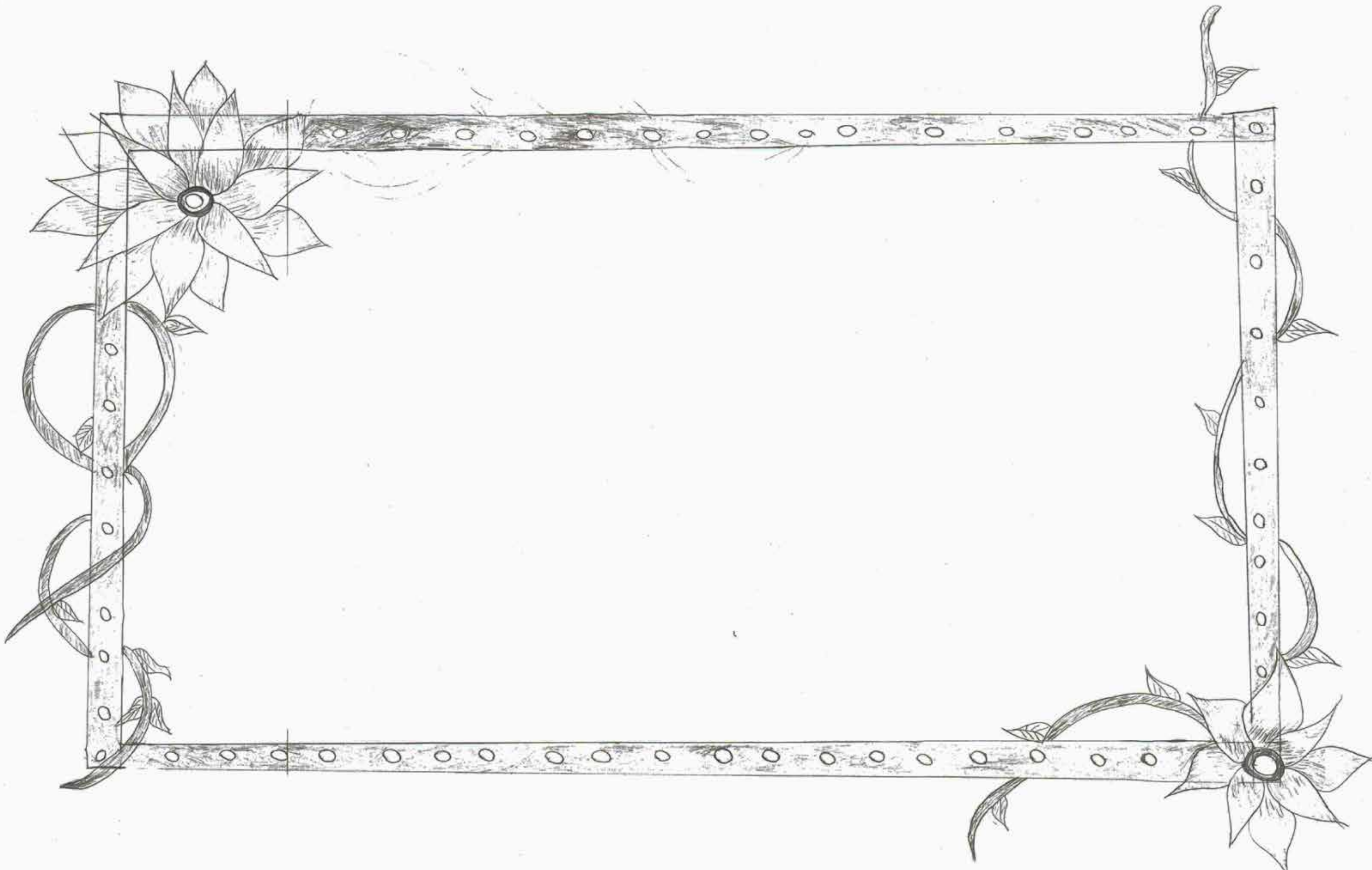


There once was a boy named Zahed. Zahed was born in Afghanistan, but one day while playing soccer he slipped and fell down a sink hole, Zahed kept falling and falling until he eventually landed in Santiago Bernabéu stadium. Zahed was very confused as there was a game going on. Ronaldo the star player on Real Madrid gave Zahed a jersey and asked if he could take the first penalty shot. Confused and nervous Zahed went onto the pitch and got set up for the kick. Zahed then took his shot and scored!!! Winning the game for Real Madrid defeating the evil Messi and his Barcelona team.

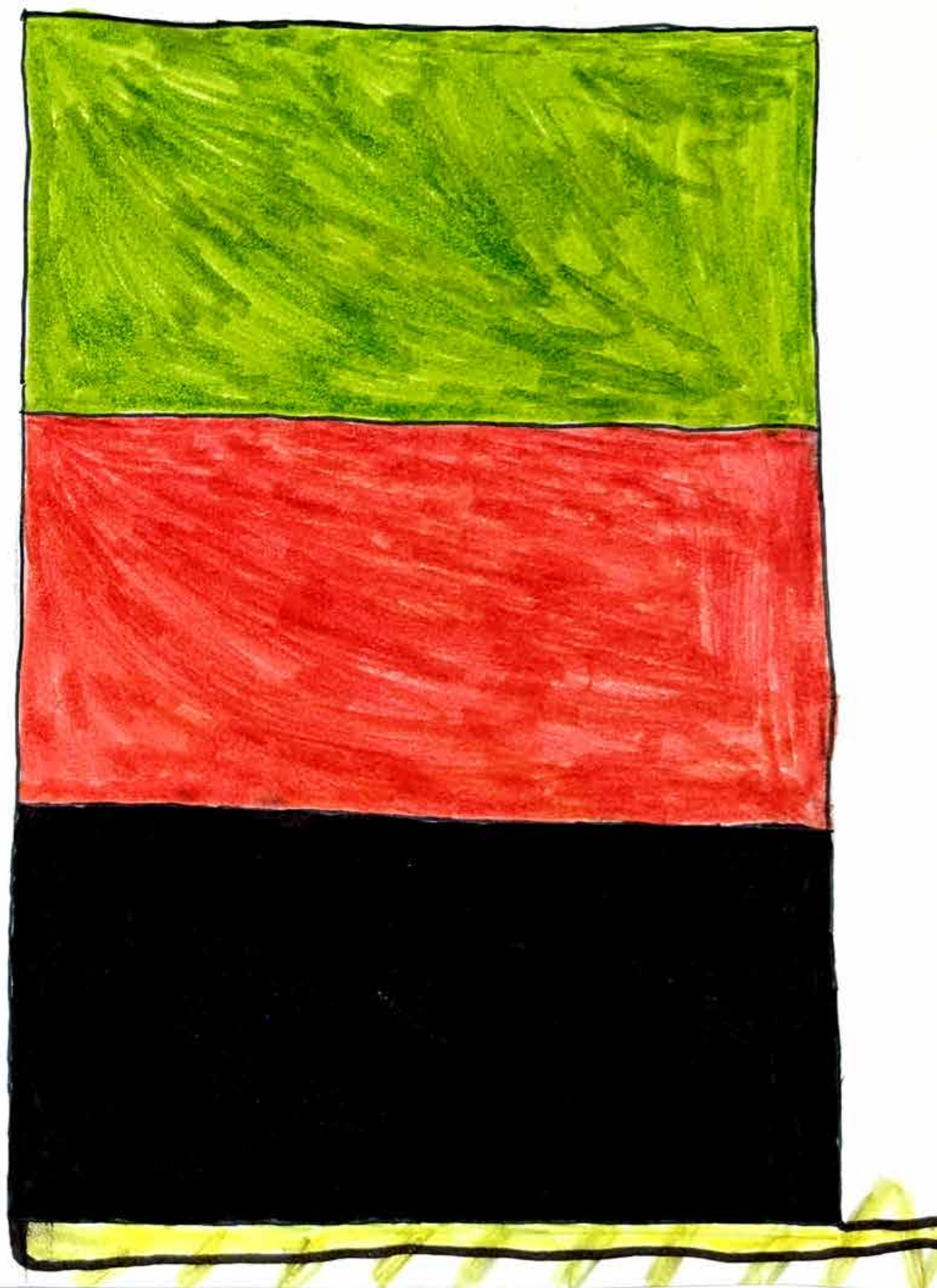
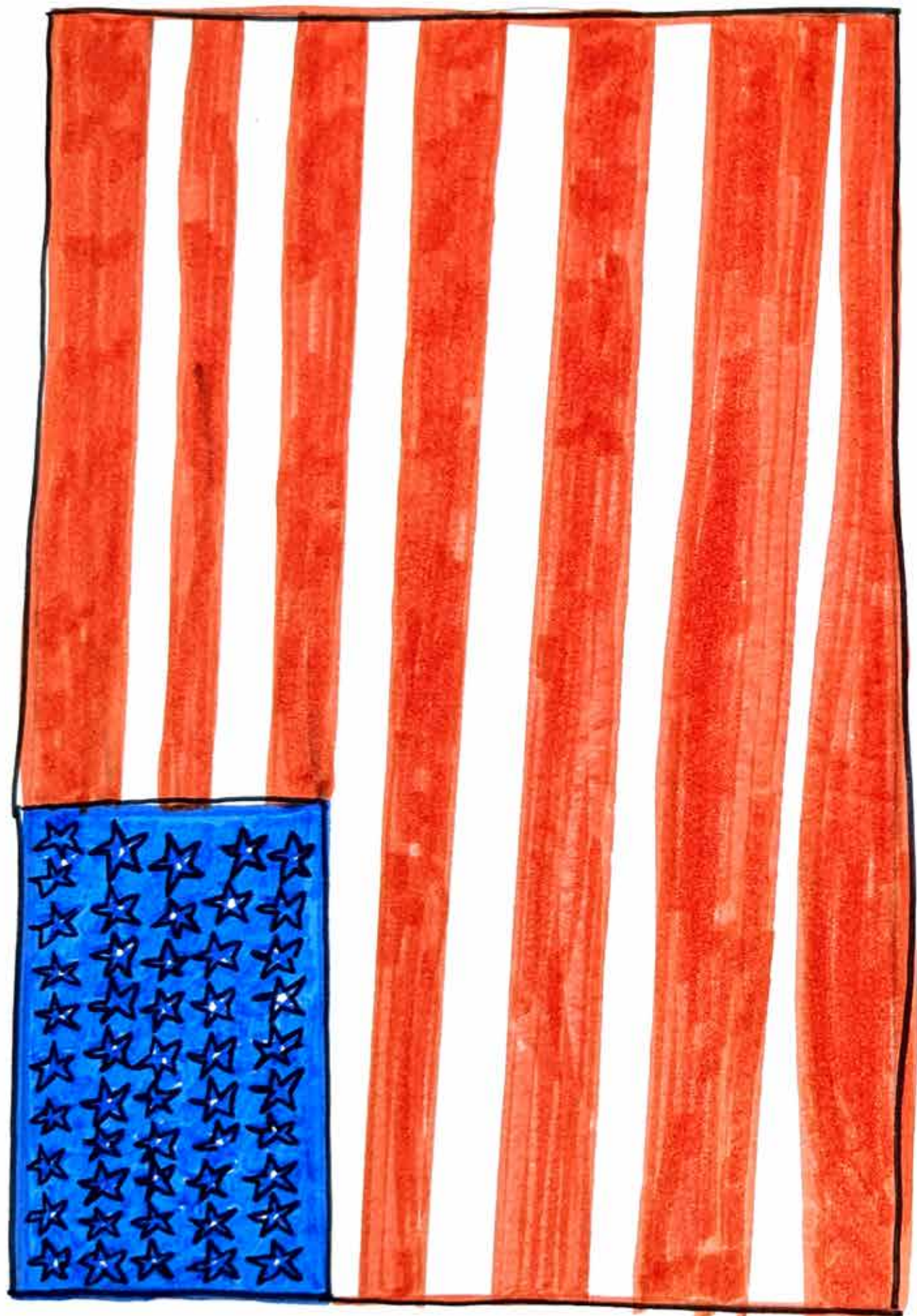














# Biographies

## **Maryam S.**

I am from Kunar, Afghanistan. I am 17 years old. I like Henna. I like to cook, do henna and make fabric crafts. I also like to work with hair, doing hairstyles, color, and waxing. I don't wax my own hair, but I like to do it for others.

## **Spogmay**

I am from Kunar, Afghanistan. I am 15 years old. I like to read. I want to be a nurse because I want to help people.

## **Parwen**

I am from Jalalabad, Afghanistan. I am 20 years old. I like to cook. My cooking is good. I like to cook rice, biryani, kebab, and bread.

## **Hawa**

I am from Kabul, Afghanistan. I am 17 years old. I like drawing. I'm a calm girl. I like drawing and talking to people and trying to improve.

## **Storay**

I am from Kunar, Afghanistan. I am 15 years old. I like drawing.

## **Noorzia**

I am from Jalalabad, Afghanistan. I am 18 years old. I like to study. I want people to know about my country and my feelings and my culture.

## **Tamean**

I am from Kabul, Afghanistan. I am 20 years old. I like to play soccer. One of the most important reasons for reading books is to gain knowledge. The book is a rich source of information. Reading various books provides us with a lot of information about various subjects and deepens our knowledge.

## **Fahima**

I am from Kabul, Afghanistan. I am 15 years old. I like to draw. I want people to know about my religion, my language, etc.

## **Liza**

I am from Kabul, Afghanistan. I am 16 years old. I like reading. I like to help the people in the world.

## **Nargis**

I am from Afghanistan. I am 17 years old. I like to listen to music and play sports (football). I was born in Afghanistan and lived there for 8 years. After that, I moved to Indonesia. I lived there for 6 years as a refugee. I played football for 4 years and did Tai Kwan Do and volleyball. I also like learning new languages. I can speak Dari, English, Hindi and I am learning Spanish.

## **Z.N.**

I am from Jalalabad, Afghanistan. I like soccer. I came to the United States in late 2021 through evacuation, alone. My family is still in Afghanistan, and I wish to be reunited one day with my family in the United States.

## **Qudratullah**

I am from Nangarhar, Afghanistan. I am 18 years old. I like to play football.

## **Ali**

I am from Kabul, Afghanistan. I am 18 years old. I like to play volleyball.

## **Roman**

I am from Kabul, Afghanistan. I am 19 years old. I like to play football. I am a school student. I am in 11th grade, and I want to become a nurse in the future.

## **Mitra**

I am from Kabul, Afghanistan. I am 19 years old. I like boxing. I am a good painter. I'd like to be a doctor and help people. I love books, and I'm doing boxing and I want to be a champion. I'd love to write a book in the future, and I am so kind, and I want to build a library.

## **Maryam W.**

I am from Kabul, Afghanistan. I am 15 years old. I like art, song and bike riding. I'm a big fan of Cristiano Ronaldo, and I love art, music, and Korean dramas and Turkish dramas.

## **Ramin**

I am from Kabul, Afghanistan. I am 16 years old. I like to play soccer. I would like people to call me by my nickname. I like talking with people, especially old people. I'd like to study about different countries and I'd like to travel in the different countries and I like to listen to music.

## **Fatima**

I am from Kabul, Afghanistan. I am 17 years old. I like to write. I want people to know about my country, my religion, my language, and what I like.

## **Ronaldo**

I am from Kabul, Afghanistan. I like soccer. I came to the United States in 2021 through evacuation process from Afghanistan. I came to the U.S. by myself and my family is still in the process of being evacuated and soon we will be reunited.

## **Esmatullah**

I am from Kabul, Afghanistan. I am 15 years old. I like to play soccer.

## **Malalai**

I am from Bagrami, Afghanistan. I am 20 years old. I like to sleep. I want people to know about my country and my feelings and my culture.

## **Marzia**

I am from Kabul, Afghanistan. I am 16 years old. I like to make videos. I came to the USA when I was almost 15. I like different color, it depends on my mood. I am a quiet girl. It's better to say I am an introvert-extrovert; it depends who I am with. I wish to travel around the world.



# Gratitude Statement

To all of the students who helped to make this book, it is an honor to work with you. I am incredibly grateful to you for sharing your thoughts and experiences. Your perspectives and voices are so important, and I hope that you will never stop sharing them with the world.

I would also like to thank volunteers and staff members who supported this project in so many different ways. To the volunteers (Mike, Nuzhat, Eliza, Hannah, Fartuna, Vito, Terri, Sudaba, Bahishta, Nelab, Roya and Pouya), thank you for your time, care and for being a constant presence at each meeting! Megan, thank you for dedicating your time and talents to consult the creation of this book from start to finish! To the rest of the staff at ARYSE (Jenna, Cody, Mike, Morgan, Abdi, Sophie and Erica), thanks for always lending your support. Finally, Gul and Rouzbeh, thank you for not only being incredible interpreters, but for also helping students feel more comfortable and heard in the space.

– Meg Booth, Program Coordinator

هغو ټولو زده کوونکو چې د دې کتاب په ترتیبولو کې مرسته وکړه، له تاسو سره کار کول زموږ لپاره د ویاړ خای دی. زه له تاسو څخه د زړه له تله مننه کوم چې خپل نظریات او تجربې مو له مور سره شریکې کړې. ستاسو نظریات او غږونه زموږ لپاره مهم دي او موږ هیله مند یو چې تاسو به خپل نظریات هېڅکله له نړۍ څخه و نه سپموی.

زه همدارنګه غواړم له هغو رضاکارانو او کارکوونکو څخه هم مننه وکړم چې په دې پروژه کې یې په بېلا بېلو لارو ونډه واخیستله. د رضاکارانو (مایک، نضهت، الیزا، حنا، فارتونا، ویتو، تېري، سودابه، بهشته، نیلاب، رویا او پویا) څخه مننه چې وخت مو را کړ، پاملرنه کوي او په هره لیدنه کې حضور لري! مېګان، مننه چې له پیل څخه تر پایه مو د دې کتاب د جوړولو په برخه کې مو د سلا مشورو لپاره خپلې د نورو کارکوونکو (جېنا، کودی، مایک، مورګان، عبدی، صوفی او اریکا) له همېشني ملاتړ ARYSE وخت او استعداد ځانګړی کړ. په څخه مننه کوم. په آخر کې له گل او روزبه څخه مننه کوم، دا چې نه یوازې عالي ژباړونکې یاست، بلکې له زده کوونکو سره مو مرسته کړې ده تر څو ډېر د هوساینې احساس وکړي او داسې وګڼي چې ګڼې په سپېس کې یې غږ اوریدل کېږي.

برای همه دانش آموزانی که در ساخت این کتاب کمک کردند، همکاری با شما مایه افتخار ما است. من از شما برای شریک ساختن نظریات و تجربیات تان بی نهایت سپاسگزارم. نظریات و صدای شما بسیار مهم است و امیدوارم که هرگز از به اشتراک گذاشتن آنها با جهان دست نکشید.

همچنان می خواهیم از داوطلبان و کارمندانی که به طریقه های مختلف از این پروژه حمایت کردند ابراز امتنان کنیم. از داوطلبان (مایک، نزهت، الیزا، هانا، فارتونا، ویتو، تری، سودابه، باهیتا، نیلاب، رویا و پویا)، برای وقت گذاری، مراقبت و حضور دایمی آنها در هر جلسه سپاسگزاریم! مېګان، از اینکه وقت و استعداد خود را صرف مشاوره برای ایجاد این کتاب از ابتدا تا انتها کردید، متشکرم! از سایر کارمندان ARYSE (جنا، کودی، مایک، مورګان، عبدی، صوفی و اریکا)، از اینکه همیشه حمایت میکنید، سپاسگزاریم. در نهایت، گل و روزبه، از شما متشکرم که نه تنها مترجمین عالی هستید، بلکه به متعلمین کمک میکنید احساس راحتی بیشتری در سپیس داشته باشند و حس کنند که حرف آنها شنیده می شود.



Unity

Sympathy