

Faris Munavvarov

UNESCO Clubs 2023 Worldwide Youth Multimedia Competition

31 March 2023

### Toward ending poverty in Tajikistan

My name is Faris Munavvarov. I am 13 years old and I am from Dushanbe, Tajikistan. I hope that my project will help to reach Sustainable Development Goal 1, which could be explained as a goal that aims to end poverty in all its forms by 2030. This means that everyone should have enough food, water, shelter, and clothing to live a healthy life. It also means that people should have access to education and healthcare so that they can improve their lives.

The project is focused on helping one abandoned family in Tajikistan improve their financial situation so that they can earn a sustainable income and meet their needs for food and clothing. It was implemented in Dushanbe, Tajikistan with support from my family members and our neighborhood community. It started on 15 January, 2023 and ended on 30 March, 2023.

I always enjoy talking with my grandmother who works as a pollster at Z-Analytics, a sociological and research company in Dushanbe, Tajikistan. It's fascinating to hear stories about different people living in various parts of our country and learn about their joys and challenges, as well as how they try to handle them.

I was touched by a story my grandmother told him about a woman, Guldasta, and her daughter who lived alone in Pakhtakor, a rural area in Kulob region, Tajikistan. The woman's husband had gone to Russia as a labor migrant a couple of years ago and had not sent any

money to support his wife and teenage daughter. Their life was really hard since Guldasta could not afford to buy sufficient food and necessary clothes.

I decided to help this family by collecting plastic and cardboard waste and taking it to the recycling collection point in exchange for small cash. So, I put a box next to our apartment's door and asked all my family members to sort and put all plastic and cardboard waste into this box (Fig. 1.).



Fig.1. I decided to put a box for collecting plastic and cardboard waste, January 2023.

I talked to our neighbors about the importance of waste recycling and how it could help other people in need. Soon I noticed that neighbors started to sort their waste and put plastic and cardboard into my box (Fig. 2.).



Fig. 2. My neighbor joined the project, February 2023.

Every Sunday, I took the collected waste to the recycling collection point and got some money in return (Fig. 3). I did not spend that money on myself, but tried to save it for Guldasta and her daughter. By the end of February, my neighbors and I managed to raise 800 somonis (approximately 80 USD).



Fig. 3. I came to recycling collection point.

After that, I started to think about the most effective way to help Guldasta. I thought of buying some rice, flour, potatoes, and cooking oil. That could provide immediate but short-lasting relief to the abandoned family. I asked Guldasta how I could help her, and she said that it would be great to have a manual sewing machine that could work without electricity since the rural area where she lived suffered from regular power outages. Guldasta believed it could help her make dresses and repair clothes for the local community and earn some regular income.

I asked my grandmother to help me find a suitable sewing machine, which cost around 1000 somoni. We bought it with some financial help from my parents. Additionally, we bought some needles and fabrics so that Guldasta could start sewing. Soon Guldasta started repairing clothes for her neighbors and earned small cash. It was not a big income, but it supported the family a lot. Moreover, the woman taught her teenage daughter how to sew so she could learn some skills which could help her in her life as well.



Fig.4. Guldasta's daughter learns how to sew, March 2023.

This project shows that even small actions can have a big impact. By collecting plastic and cardboard waste, my neighbors and I were able to help a family in need while also helping the environment by reducing waste. The project also inspired our neighbors to continue sorting their waste and recycle more.