

in is **ISSUE**

YEAR OF SUB-SAHARAN AFRICA

REFLECTIONS FROM ABROAD

MEET e TEAM



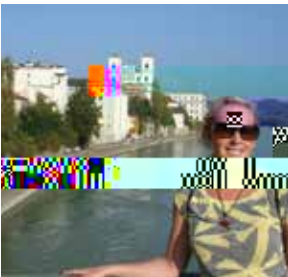
Ben Levy



Rajesh Adhikari



Kate Godfrey



Donna Lane-Baur



Izumi Osawa-Minevich





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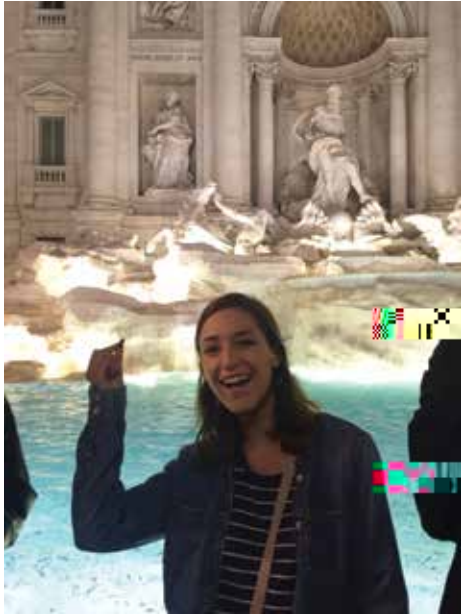
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- Shuli Jiang *China* •
- Sushant K C *Nepal* •
- Ruby Karki *Nepal* •
- Anamika Khanal *Nepal* •
- Anurag Khanal *Nepal* •
- Jivan Kharel *Nepal* •
- Nischal Khatri *Nepal* •
- Siyong Kim *South Korea* •
- Zin Me Ko *Burma* ••
- Sashka Valerieva Kotzeva *Bulgaria* •
- Sujil Maharjan *Nepal* •
- Patricio Jose Mejia Nelson *Honduras* •
- Stanislav Minev *Bulgaria* •
- Bibhash Mulmi *Nepal* •
- Maria Georgieva Nenkova *Bulgaria* •
- Ivaylo Ivaylov Nenovski *Bulgaria* •
- Vivek Pandey *Nepal* •
- Manasbi Parajuli *Nepal* •
- Dipalben Bhaktdas Patel *India* •
- Santosh Paudel *Nepal* •
- Georgi Plamenov Petkov *Bulgaria* •
- Ingyin Moe Phyu *Burma* •
- Sarwajaya Bahadur Prasai *Nepal* •
- Karina Rampal *India / Saudi Arabia* •
- Amish Regmi *Nepal* •
- Bishal Regmi *Nepal* •
- Rajat Sainju *Nepal* ••
- Vidupa J. Samarasinghe *Sri Lanka* •
- Raghav Prem Sehgal *India* •
- Omer Vehbi Seven *Turkey* •
- Princep Shah *Nepal* •
- Prasiddha Shakya *Nepal* •
- Rojina Shrestha *Nepal* •
- Safal Shrestha *Nepal* •
- Rojan Shrestha *Nepal* •
- Abdulai Gad Swaray *Sierra Leone* •
- Sagar Thapa *Nepal* •
- Binayak Thapa *Nepal* •
- Abhinav Thapaliya *Nepal* •
- Talita Tito DaSilva *Brazil* •
- Pragun Ratna Tuladhar *Nepal* •
- Thanuka Dananjaya Deegau Udumulla Arachchilage *Sri Lanka* •
- Thanuri Diviyaupthi Dananjana Udumulla Arachilage *Sri Lanka* •
- Anupama Upadhyay *Nepal* ••
- Utkarsh Uprety *Nepal* •
- Bahar Uydu Akalin *Turkey* •
- Marie-Fleur Van den Heuvel *Netherlands* •
- Nikita Zabolin *Russia* •



reflections from **ABROAD**

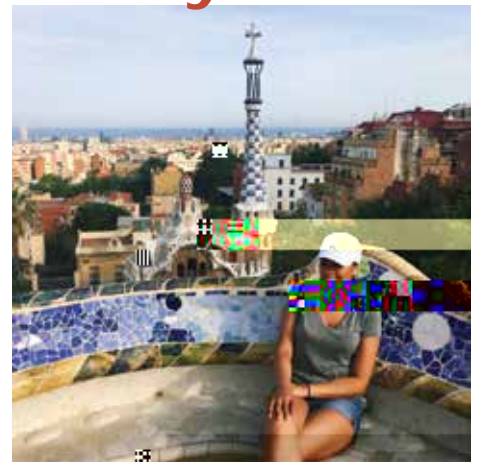


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Journey





Abroad

It's been a while since I've been abroad, and I'm looking back on the experiences I had. I remember the excitement of traveling to a new country, the culture shock, and the friendships I made. It was a truly transformative experience that shaped who I am today.

One of the most memorable moments was when I was in a foreign city, and I got lost. I was alone, and I didn't know where I was. But then, a local person helped me find my way, and we ended up having a great conversation. It was a small moment, but it reminded me of the kindness of strangers.

Another experience was when I was in a foreign country, and I was invited to a traditional dinner. I was nervous, but I went. The food was amazing, and the atmosphere was so warm. I felt like I had been welcomed into a new family.

Traveling abroad has taught me so much about myself and the world. It's made me more open-minded and more appreciative of the things I have. I'm grateful for the experiences I've had, and I know they will stay with me for the rest of my life.

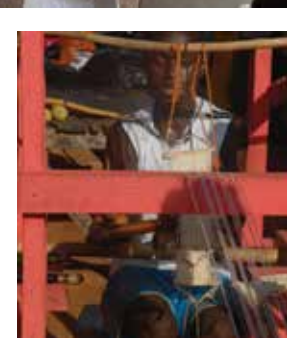
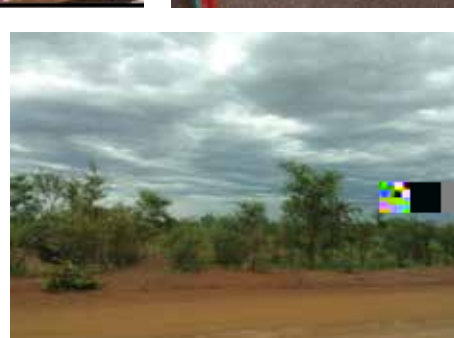
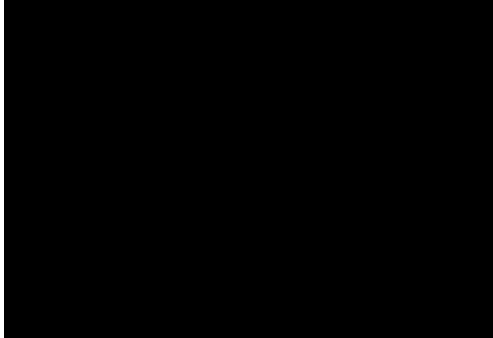
Looking back, I realize that traveling abroad was one of the best decisions I ever made. It gave me a chance to see the world from a different perspective, and it helped me grow as a person. I'm proud of the memories I've made, and I'm excited to see what the future holds.

So, if you're thinking about traveling abroad, don't wait. Go now. You'll never look back the same way. The world is out there, and it's waiting for you to explore it.

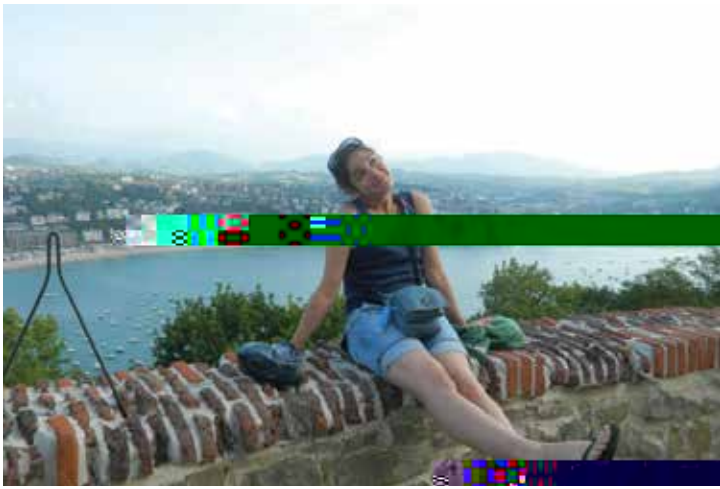
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Country



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