

**Kennedy-Lugar Youth Exchange and Study Program
2017-2018**



YES STUDENT PROGRAM 2017-2018

Peshawar Model Girls High School Warsak Road Campus is among best educational institute in Peshawar, and always encourage their students to enhance their inner abilities and helping them out in recognizing their hidden talent. Our student Jeena Tariq was selected by "YES Program" to nourish her qualities and that turns out to be the most beautiful studying experience of her life. She shared her experience in a report which is mention below.

YES Program Winner Of 2017 Jeena Tariq Shares Her Story Of Staying In U.S For Year

Participation in YES Program is one of the most amazing experience of my life. It all began from the announcement for participation in the program that I had saw on the notice board in my school, so I decided to challenge myself and applied for the program in which I am very grateful to the honorable principal and respectable teachers who had helped me along to make me prepare for the examination. I had



given the series of tests, interviews and medical examinations in a year long process, finally all my hard work had paid off and I turned my goal into reality that I got accepted for the YES Program, after the inclusion the management of YES in Pakistan had decided that all the students from all

four provinces should take English proficiency workshops and predeparture orientations. These workshops proved to be a vital step in polishing our skills that we become more aware in tackling all the challenges of a new world we are entering. Other positive perspective of these workshops was the cultural activities between student of different provinces, because of that we get to know each other

culture better as we socialize and interact with each other and shared ideas and thoughts about people and life. I still get positive and learning vibes when I reminisce that cultural night where students have provided the chance to show their culture and art in a beautiful manner.



This (YES Program) was a fully funded program as I got information about my host family so I contact them before leaving my hometown for USA. On 31st July 2017 I left my home to start my journey. The arrangements arranged by the management were so safe and the tour team was so co-operative throughout the journey which helped me to reach my destination safely.

My flight has landed in Washington DC where I where I attended workshops to get well aware of the American culture and visited famous sites during three days stay there. I was now moved to Portland, Oregon where my host family welcomed me with open heart, my host family comprises of parents and two-year-old host sister. They took me to their home as their daughter, they also took me to the different famous sites of their state and introduced me to its stunning culture, food art, monuments, and all the catchy spots and landscapes of Oregon, that was an unforgettable experience for me. It was with them when I enjoyed my visit to "Disney Land" in California. Throughout the year I enjoyed almost all the festivals and events of American culture.



Later I enrolled in an American high school where I showed my abilities in studies and scored good grades with the efforts of brilliant teachers. I also took part in extra-curricular activities and joined school tennis team and remain an active athlete for the year and won various games also.



The major ambition of my exchange year was to represent my country in a better way that can change the perspective of those people who unfortunately carrying stereotypes about Pakistan, so I got out of my comfort zone and began to deliver lectures and presentations about my country and its vast culture, that not only gave me a chance to show the beautiful and positive side of my country but also improved my

delivering power in such a good way that I gave more than 50 presentations over there and received positive remarks from the audiences.

Another highlight of my exchange program was to participate in volunteer programs that helped me to socialize with the community and to give a helping hand to society welfare activities. The U.S Department gave me scholarship to visit Hawaii with student ambassadors from around the world when my 100+ volunteer hours got completed.



The other opportunity that helped me to strengthen my physical abilities was that I took part in taekwondo classes that helped me formulate my self-defense and to improve my fitness as well. I used to go there on a bicycle as it was not very distant from my host home. After successfully completing my program I became part of YES alumni group, where I always helped and encouraged to carry out community service projects. My efforts and achievements also got highlighted in my host school's newspaper and my experience in "Voice of America".



In a nutshell I would say it was the most beautiful experience of my life. That year was no doubt the most productive year of my life, where every single day I challenged myself and got to believe in my inner capabilities. I was amazed by the diversity of American culture which helped me meet people from around the world, who were of different color and languages but sharing love and

respect. It was the hospitality, respect, and love of Americans towards me and my culture that never deprived me of love and care, though millions of miles apart from my home, I was still made to feel at home.