

Peace begins with a smile.

(Original)

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I was born in a small town in my country. My town is truly beautiful, the neighbors of my yard live in unanimity and I have never felt the need for food, clothes, and money. It seemed that the global problems of the world had never directly affected me, so I did not think about them. But then, at the age of 11, I got my first smartphone and had access to the global network and the world, with all its vices and problems. As long as I can remember, I have always had a close connection with nature and with animals. For me, at that time it was a huge blow right in the heart to see photos of dying, skinny polar bears and marine life suffering from the plastic pollution of the oceans. It was painful for me to realize that the future of a sixth of all children on the planet is collapsing, simply because they do not have access to education. I wanted to help, to talk, to shout about the world's global problems, but I thought no one would listen to me.

And so, one evening I went out for a walk with a friend. I did not find her in the yard, but I saw a boy in a wheelchair about my age. He watched with great interest the game of other guys playing football. I sat down on a bench nearby and waited for my friend. After completing one game, this same cripple approached a group of guys and expressed his desire to become a goalkeeper, because one group just lacked him. "How wonderful that he will be able to play, because to be a goalkeeper, you only need dexterous hands", I thought. But unfortunately, these guys turned out to be incredibly rude. They only began to laugh loudly and insult him.

I watched him and saw how his eyes filled with pain, and eventually, tears gushed out, spinning the wheels of his wheelchair, he ran away. This greatly touched me, but realizing that I could not fight back or swear with these adult guys, I decided to talk to the boy in the wheelchair. As it turned out later, his name is Zhandos. It means "sincere friend" in Kazakh,

and for me, he became one.

On that day, Zhandos and I played football together, with a special ball for cripples. Surprisingly, he possessed the ball perfectly and even taught me, who had never played football before. His mood improved significantly, and he expressed the great gratitude to me. I was incredibly pleased to hear that. 2 years ago, he moved to another city, but I still keep in touch via the Internet with this boy, with whom I found friendship absolutely by accident. After that incident, I realized that even though one individual is not able to solve all the problems of the world at once, a little help and support from each person, regardless of age, will make the situation better. We just need to act. Now I am a UNICEF volunteer under the children's rights protection program, for almost a year I have been teaching online a girl named Dariga with autism syndrome under the "Inclusive program", I distribute information on social media about nature protection under the "Frivillige project", and I am a member of other volunteer garbage collection programs in the region. It has never been difficult for me to help others, to protect environment and I believe that help and understanding would make the peace all over the world a reality.

Neither Dariga nor Zhandos chose to be born with health problems, so in no case, anybody can blame them for this, every human being just needs to understand it, accept it, and try to help. I believe peace will come and reign by itself if every person, including representatives of the new generation, fills his heart with love and kindness. That's why Mother Teresa said, "Peace begins with a smile".