



# Youth

GLOBAL MONTHLY NEWSLETTER

## Learning beyond boundaries

ADORE is a global voluntary group of college students and professionals, who have come together to motivate the budding youth into taking positive action. We conduct interactive sessions for children in schools, communities, children's homes, shelter homes so that they feel a sense of belongingness and fare as successful and countable professional in the arena of their career, emerge as aware and responsible citizens and better human beings.



### Activities in ADORE

- YL's activities
- Synergy
- Soaring wings
- Prograce
- Fun & Learn
- Filmmaking

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## Introducing You

*Desire C. Mussa, Malawi*

**This is not a strange topic. It has been a great course since the dawn of time. You can agree with me that "Introduction" was one of the famous lessons back in the days of pre-school and primary school levels. For example, I was once a standard one pupil at Chirunga Full Primary School in my early 2000s. I remember very well that "Introduction" was the best lesson that every learner in our class found to be awesome. "Introduction! My name is Desire. I am a standard one pupil. I like bananas and apples. I live in Africa", I presented myself to my standard 1A class during the introductory lesson. I knew how to introduce myself, but I never understood the importance of introduction during my childhood days.**

**My primary school teachers taught me but they did not explain to me the essentials of preambles because I was very little to understand the reality. Now, I have realized that there was a purpose in every lesson that we learnt during our childhood days.**

**Nowadays, it seems like youths are unlearning the lessons that matters most at the moment. Today's youths must realize that childhood lessons are the foundation for developments at youth. We should also understand that we are living in the future of our grandparents, and we have a sustainable future to make ahead of us. It is a fact that opportunities and the success of our businesses depend on the rhetorical introductions. Therefore, we should start with introduction before we go further.**

# Introducing Yourself Contd.

Introduction is the way this world was meant to be. It is like a simple key that allows people to make a lot out of a little word. For example, it requires an introduction to get a job, a business partner, or a friend. You can agree with me that even at the job interview, introduction is one of the relevant key questions asked during the recruitment process. Furthermore, everyone knows that every relationship is a product of introduction.



However, most youths limit the power of introduction by just utilizing it in plays. We need to realize that we can accomplish much in our youth days, and it begins with already known preambles. It is a fact that we have been missing great opportunities due to negligence in introduction but not anymore.

This is not a new introduction; it has been here for ages. For instance, our parents, guardians and teachers had already introduced us to this topic during our childhood days. We knew introduction before we discovered how to read and write. Therefore, today's youth must understand that introduction is the fundamental principle for everybody's success. This is a great time to remember the importance of the old school preambles. Introduce yourself now! It can be your business or your career, but you have to introduce yourself!

# Love

*Vianney, Nigeria*



*We found ourself smiling,  
Smiling for no reason,  
Our hearts drum in sothing echos the silent wispers of the name  
of your beloved,  
That which makes the word stand still  
Love!  
Ours though infantile,  
Is born out of innocence,  
The ignorance of not knowing,  
Therefore not corrupt.  
Infantile and futile to many,  
But if only,  
If only they know the flames burning within us,  
Maybe,  
Just maybe we could teach them adults,  
That Our love though nieve,  
Can tell the difference between greed and ills,  
Tribes, race and religion  
And make a preference for Creed,  
The Creed to breed,  
breed desires,  
Desires Free of greed.  
Burning with the zeal of the need to be,  
But that's only if only they pay heed,  
And let it be,  
for ours is a love, a love that seeks to heal and lead.*



# The Do's and Don'ts after getting the COVID-19 vaccine.

*Parwana Yousufy, Afghanistan*



Whenever, you gain the COVID-19 booster shot, are you be allowed not to use masks and follow hygiene guidelines? Or what should you do to boost the effectiveness of the vaccine shot? As precaution, you or any of your family members has got the vaccine or is ready to get one. However, I would like to state that, here are some established ways after taking the shot of the COVID-19 vaccine. First, there could be observed some mild side effects from COVID-19 booster shot. Be cautious to notice the symptoms (mild fever, chills, nausea, vomiting and achins) in the first 72 hours after vaccination. Do contact a doctor if adverse effects like severe reactions last for more than 72 hours due to vaccination vaccines and do not start working against the virus right a way as for powering up the immune system to fight off infection. However, you need to eat well to boost your immunity. In addition, to generate good protection against the virus do get the second shot of the COVID-19 vaccine too ever after the first shot. The second shot of this vaccine within the recommended time frame is much needed, a single dose may not respond properly to fight to off the infection in some cases but a second dose can increase enough efficacy and immunogenicity. I would like to cite that, always stay informed about the new updates regarding the doses of COVID-19 vaccine and further recommended ways to be safe.

# The Do's and Don'ts after getting the COVID-19 vaccine Contd.

Second, sometimes side effects show up promptly just after vaccination. Do not leave the hospital immediately after being vaccinated. This is why its recommended to wait at least for 15 minutes in the hospital after being injected with the vaccine, even if any major symptom does not show up temporary weakness is common when someone gets vaccinated. Hence, its adviced to wait a bit and do not leave the hospital alone or do not drive yourself.



To supplement to this view, though vaccination provides a certain degree of protection against the COVID-19 as it does not guarantee a complete defence. Therefore, do not ditch your mask. To substantiate my view, following six-feet distance in public places is proven as one of effective ways to controlthe spreading of COVID-19. Hence, do not forget to follow social distancing and basic hygiene guidelines. Thus, let us arrive at an inference that, I would like to establish, by observing the do's and don'ts after receiving COVID-19 immunization you can help yourself and your family.

# Feedbacks from workshop participants

*My name is July king. I am from Edo state, Nigeria, West Africa. I am an actor and a filmmaker. I want to use this medium to thank the organizers of the platform, ADORE. It came at the time we needed it. Special thanks to the mentor for such an innovation. And to the host speaker(Mr. Tunde Akinlolu) for his wonderful teaching. It has being educative, insisive, wonderful, A lot was learnt from all the classes I have attended. So much to compare than if it was to be paid for. I am looking forward to we being able to come together, putting it into practice, by doing a project. Such way I think we will be able to explore and push to getting a desired goal.*

OSAMUYIMEN AGBONGHAE. A K A- JULY KING, Nigeria

*The filmmaking session was a nice one. The mentor did very well. I must commend for taking his time to teach again. I Learnt a lot of basics of being a documentary filmmaker. I also advice the facilitator is given a virtual certificate or award.*

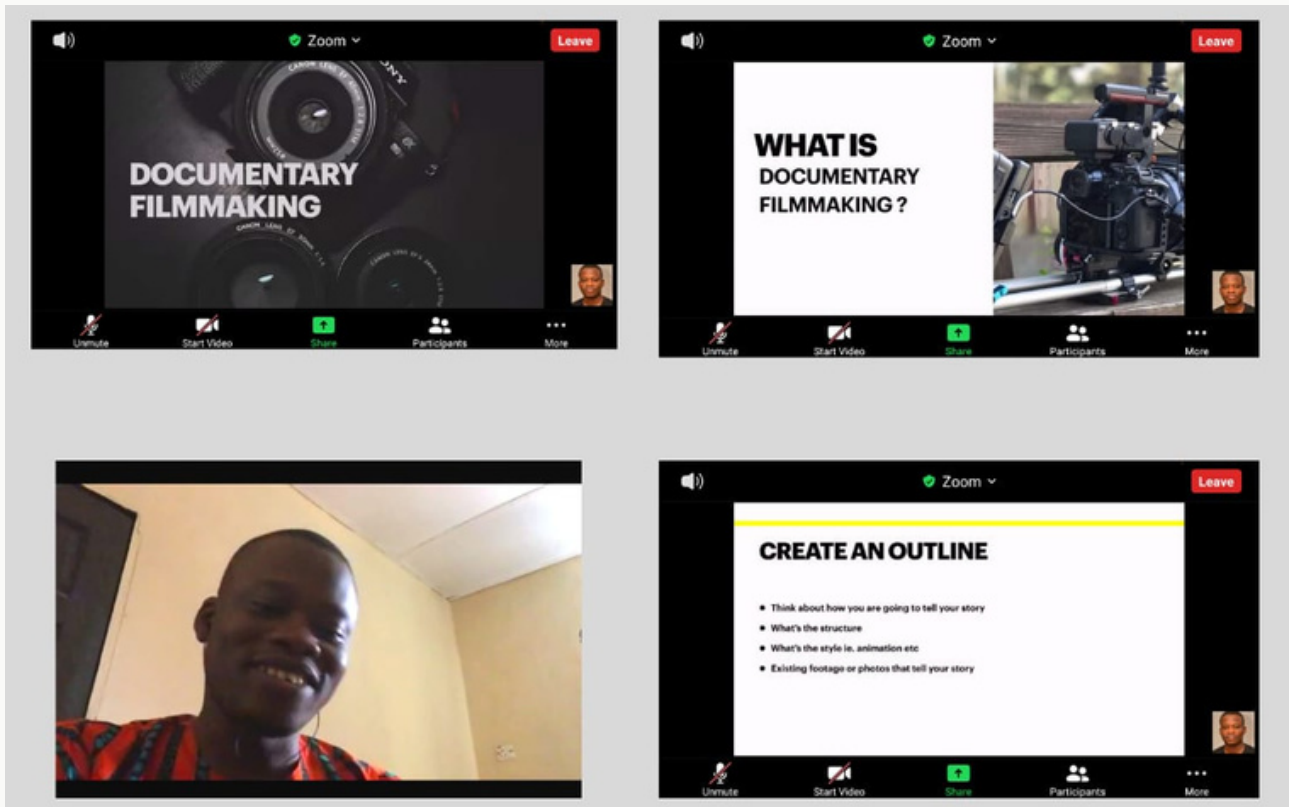
Femi, Nigeria

*I greatly appreciate the effort put into this workshop by the mentor and organisers. I strongly believe that this will just be the beginning of more informative workshop to come in the future.*

*However, I want the organisers to look into ways of helping beginners in the film industry to develop in terms of content development, product marketing and distribution, sources of funding, quality productions technics as well as intellectual property protection.*

Julius Samuel, Nigeria

# Filmmaking Workshop



## From the Editors:

*We would like to express our profound gratitude to all the young leaders and volunteers in ADORE for sending in these write-ups. The views expressed are those of the volunteers themselves, and we do not necessarily endorse them.*

*Your suggestions and criticism are welcome.*

*Please write to us at [contact@adoreearth.org](mailto:contact@adoreearth.org)*

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