

International Mountain Day observed by students at UVU

A wonderful opportunity presented itself at Utah Valley University (UVU) once again on December 2, 2019. I had the chance to attend the tenth anniversary of International Mountain Day. The event aimed to bring awareness to the world and give examples of what life is like in mountain areas. This has been the aim of the program since it's conception. It was created to bring awareness to the United Nations of just how difficult life can be in mountain communities. Mountain people make up 15% of the world's population and surprisingly live relatively similar lives. For example, there is a similar climate, similar agriculture, and even similar cultures in many cases.



Hosting Permanent representative of Tajikistan to the UN Ambassador Mahmdaminov at UVU

One of the most interesting things that I have learned is just how important and involved Utah is in all of this. I have noticed that many people have been coming to Utah to raise awareness for International Mountain Day. It is a hot spot because of how successful it has been being part of the mountain culture. People look to it as an example of what all mountain communities could look like. I remember having the opportunity to meet a Permanent Representative of Tajikistan to the UN, Ambassador Mahmaminov last year at UVU that was very closely related to Mountain people. In fact, he talked a lot about Mountain energy and brought up many solutions to problems. He wanted to come to Utah to present his solutions because of the similar climates between Tajikistan and Utah. Despite the very different cultures, he believed that his solutions were universal, and I believe that this meeting was a very big step towards uniting mountain communities.



During the International Mountain Day celebration at UVU

I've learned that it is not only important to be a part of these events but I've also learned how easy it is to spread the word and make contributions. Small and simple acts go a long way

especially when trying to spread the importance of Sustainable Mountain Energy plans. I have become very interested in the topic and I hope I can, in some way, make a difference when it comes to be a part of such a great team.

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