

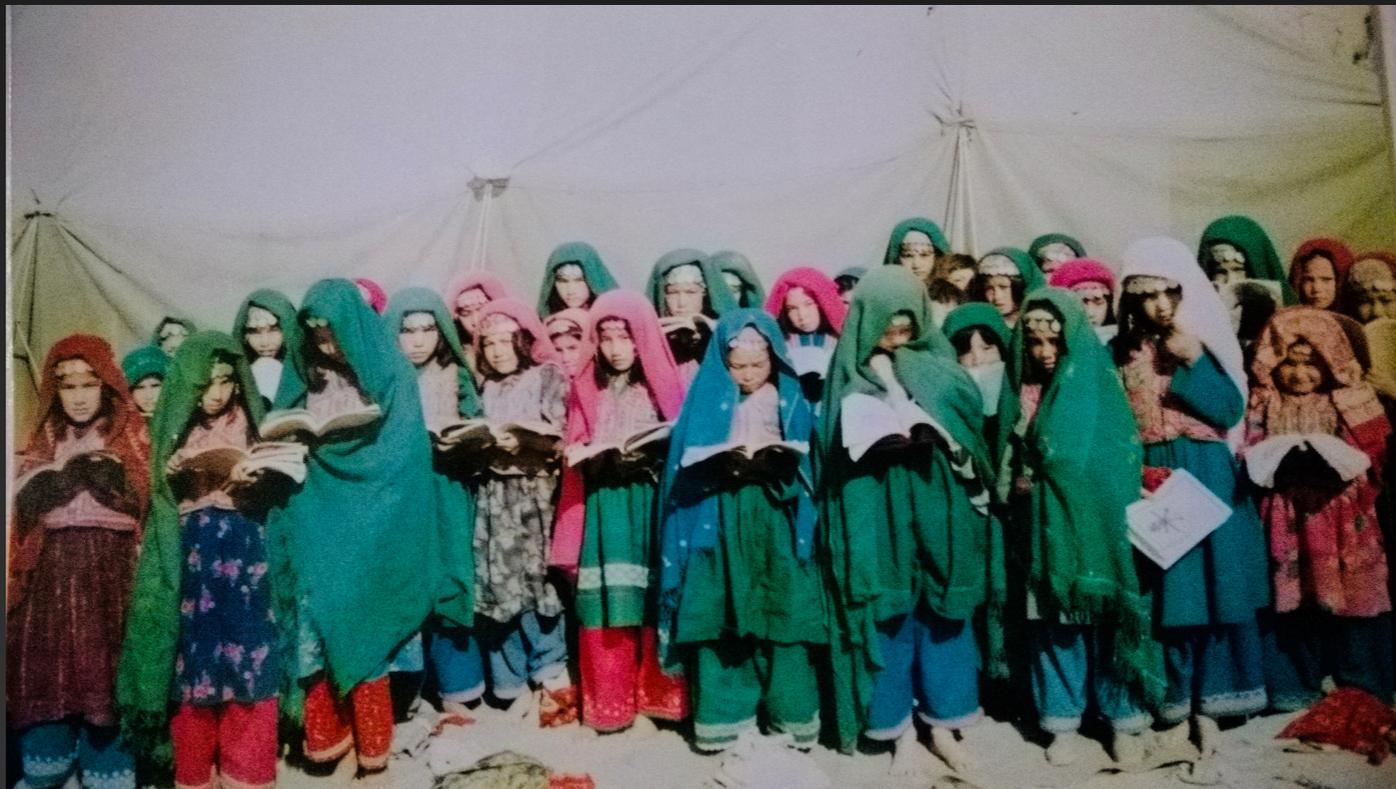
The Abdus Salam  
International Centre  
for Theoretical Physics



# FOR GIRLS in AFGHANISTAN

Practical Advices  
International Day of Women and Girls in Science

Zainab Nazari-2026.02.11



Girls in Dahmardeh Village in 2004

# First: **change** the strategy, not the dream

University may be blocked, but education is not limited to universities anymore.

Your real goal is

- Knowledge
- Skills
- International connection
- Proof of learning

# Build a 'secret university' at home

Create your own structured curriculum like a real school.

A. Choose one main path Knowledge, Pick ONE direction first:

- medicine / biology
- physics / engineering
- computer science
- mathematics
- English + social sciences

**Trying everything = burnout!**

# Build a '**secret university**' at home

Create your own structured curriculum like a real school.

B. Study like a university student (not randomly), Daily structure:

- 2 hrs subject study
- 1 hr English
- 1 hr skills (coding / writing / problem solving)

# English is the biggest life changer

With strong English you can:

- study from global universities
- apply for scholarships
- work online
- teach others
- publish content

# Find a **micro-community**

Never study alone mentally. Even 2–3 girls:

- study together
- share notes
- discuss lessons
- support emotionally

# Remember

- Your environment may try to limit you. Your mindset must not be limited
- Do not compare yourself with girls in easier countries.

Hope.



# Useful Links

- **About me:** <https://zainabnazari.github.io/>
- **Science Without Frontiers YouTube:** <https://www.youtube.com/@ScienceWithoutFrontiers>
- **My FaceBook:** <https://www.facebook.com/zainab.nazari.12>
- **Improve English Post:** <https://www.facebook.com/100007329853292/posts/pfbid02bvUD6HVP2yr5fTaB3gkSXT24YiFTN1izk8fNbypWvURC8pzBy9s1mBVRpgzsLLvvl/?app=fbl>
- **Online Platform Post:** <https://www.facebook.com/100007329853292/posts/pfbid0CV2KQhSz7z8NJBWigjhRKd9SDh24tYZZyfrcdK4AJaVYPdSxCSZzmrJjSaKSeK4LI/?app=fbl>