

Summary report

Dear ladies and gentlemen of Swedish Aral Sea Society.

It's a great honor to share my impressions of my stay in Sweden with you, after finally making this wonderful study visit to your country. At first, I'd like to take the opportunity and cordially thank you all again for selecting me as a scholar, supporting and helping me out during my stay in Sweden for 4 months. I hope my presentations about myself, my region and the Aral Sea was interesting to listen. I'm so happy to have taken the course on "Sustainable development, Project management and communication" at Uppsala University since this was a big step ahead for me to learn and develop.

My stay in Sweden for the past 4 months has been really productive and interesting in terms of learning more about sustainability and also a little bit of the environment of Swedish culture, which I liked very much. As I come from a developing country, which is quite young as an independent state, I could see significant difference between two societies. Studying the subject of sustainable development and learning about the sustainable lifestyle in Uppsala, which is, as I noticed, stressed very much to reach out to the world, I got to know how much work our country should do from sustainable perspective. In particular, the problem with water shortage and quality, mismanagement of waste is still an ongoing issue and it needs exchange of experience with sustainable countries like Sweden to improve the social well-being of the people who don't have access to clean water that meet the hygiene requirements. Water is the main means of life and cause of different diseases in people is directly to do with the quality of consumable water supply. Waste management is another issue, which is not handled as well as it should be here. In addition, environmental problem of the Aral Sea is also a big concern. So, there's a lot to do in our country from sustainable perspective.

My experience in Sweden was a key learning to understand this in a wider sense making myself feel responsible for contributing to the improvement of these issues starting from the region. I understood that shifting from linear economy to circular economy, considering waste as resource, rational usage of water consumption, demand for clean water must all be saturated in the mindset of people as the only option for further development strategy, not for certain single countries, but for as many countries as possible. I got to understand that each action of every person for sustainable development, no matter how small it could be, matters to the future. I got more concerned about ecological footprint every person has and I think it's best to raise awareness among society about this notion in my country as well.

I intend to continue my study at master's level to educate myself further on the ways of building a sustainable society and if there's any way to do it in Sweden, I'd go for it without hesitating a moment because I think there's still a lot to learn for me with a convenient learning environment that I experienced there. Outside the study at university, the study visits to waste management centers of Uppsala Vatten, Biogas Plant, Pecka's tomato in Harnasan were all helpful to see and learn to a certain extend. The short course study of CEMUS at Uppsala University sent me some sense of what direction my future path may take.

I enjoyed food and cycling on warm sunny days of autumn, and more importantly talking to people, who are very friendly and cheerful. In my opinion, apart from the lights at streets and houses and cute candles glittering from windows, it's Swedish people with lights in their hearts and on their faces that shine and warm the environment despite long lasting dark and cold weather in winter. Because in Uppsala with such people around in the society I didn't feel much of dark and cold, and it was quick to get used to it.

To say the least, I had a wonderful time in Sweden and it will stay as one of the most memorable moments of my life. I hope to realize my big dreams and share it with you in the future.

I wish you all the best, success in your efforts and family happiness.

**Respectfully,
Akhmet Amangeldiev,
Muynak, Karakalpakstan, Uzbekistan.**