

# ASSALOMU ALAYKUM!

## Jared and Emily's Fulbright Experience in Uzbekistan

### A Week of Futbol

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Futbol is the most popular sport in Uzbekistan. This week, Jared and I both played a pick up game with professors and friends from Jared's engineering institute, NIET. We also both played pickup games with students from our respective institutes. The week finished with a tournament for faculty at NIET, where Jared's team won! Then we attended a professional game at the



stadium in Namangan where Navbahor (the Namangan team) played against Nasaf (the Qarshi team), ending in a 0-0 tie. We loved watching the game with the dedicated fans of Namangan and practicing new Uzbek words.

Playing sports is a generally male-dominated activity, and I felt lucky to be included with the teams. An institute student remarked, "To be honest, when you said you wanted to play futbol with us, I did not know how it would go, but then I saw you play and I understand." Thanks, Mom and Dad, for introducing me to sports at age 4. It makes a tremendous difference when young girls and boys are both given these opportunities.



Pickup soccer with professors and friends from Namangan Institute of Engineering and Technology.



# Weekends with Wendy (and Hannah and Xenia)

We enjoy spending time with Namangan’s English Speaking Nation’s Coach, Wendy, for weekend breakfasts and informal teaching lessons. Two Saturdays ago, we received a surprise visit from two Fulbright ETAs in Ferghana City, Hannah and Xenia. We were happy to show them Namangan!



Another reason we like to share meals together like this is to use the plethora of food goodies that we are gifted throughout the week. Here, Wendy prepared a fabulous French toast with leftover bread, gifted homemade fruit preserves, homemade compote, and more.

Each Friday, U.S. Embassy, Tashkent hosts a “Chai Chat” where people can listen in for cultural lessons and English practice. Jared and Wendy were wonderful presenters last week where they shared about Latin American culture in the United States.



## Virtual Chai Chat



**Topic: Latin American Culture in the United States and Mexico**

**Wendy Coulson**  
ESN Coach

**Jared Rodriguez**  
Fulbright ETA

**Carolyn Mesa**  
Fulbright ETA

**Marco Belmar**  
English teacher



Facebook & YouTube Live | March 12 | 6 PM Tashkent time

*Jared and Wendy were presenters for U.S. Embassy, Tashkent’s Virtual Chai Chat about Latin American culture in the United States.*



# Navruz

On March 21, Uzbeks celebrate Navruz. Navruz, or “new day,” is a holiday which marks the Spring equinox and the start of the new year. They celebrate with friends and family by making Sumalak, attending decorated carnivals in the parks, and planning elaborate get togethers with food, dance, games, and conversation. We attended a tremendously fun Sumalak party at Emily’s school, and walked around the decorated park.



Emily and Jared with the attendees of School #57’s Sumalak party

## Uzbek Tili Tidbits

**To’p** - ball (used for playing futbol. However, they use many English words, too, like **out**, **penalty**, and **goal**)

**Navruz Muborak bo’lsin!** - Happy Navruz!

**Sachiramoq**—to splash (what happened with the hot Sumalak that Emily stirred at the Sumalak party. Perhaps this occasional surprise just helped our dance moves!)



“Assalom, Navruz” written in Cyrillic at Bobur Park in Namangan, Uzbekistan.