

MIHNATI (LEVEL 2)

Description	In this project, learners will explore how career choices are made, and will learn about traditional occupations in Qatar. They will also create a career journal to help them think about possible careers in the future!
Leading Question	What do you want to be when you grow up?
Total Time Required	4.6 hours over 4 days
Supplies Required	Notebook, paper, cardboard, color paper (optional), scissors, pencil, pen/marker, glue/tape/stapler, container, water, toothpicks/sticks
Learning Outcomes	<ol style="list-style-type: none"> 1. Role of environment in career choice <ol style="list-style-type: none"> a. Natural resources and their impact on popular occupations 2. Role of interests, skills and traits in determining career choice 3. Traditional occupations of Qatar and connection between environment and occupation in context
Previous Learning	None

DAY 1

The word *Mihnati* (مهنتي) means “my career” or “my occupation” in Arabic. In this project, you will be introduced to the traditional occupations of Qatar and start imagining your own future careers!

Suggested Duration	Activity and Description
10 minutes	<ul style="list-style-type: none"> ● Begin by thinking of jobs that interest you. <ul style="list-style-type: none"> ○ What do you want to be when you grow up? ○ List 3 different career options. ● Reflect: what made you choose these jobs? Do you see many people doing these jobs around you? ● Write your responses in your career journal. Use any notebook or pieces of paper to create your journal.

	<ul style="list-style-type: none"> • Choosing the right career means choosing a job that you like to do and can do well, and that you can get paid for. • There is a difference between a career and occupation: an occupation is an activity that one undertakes mainly to earn a living, while a career is an occupation that one undertakes for a long period of time and in which one can learn, grow and develop. People are usually more passionate about their careers than jobs or occupations. • The image below illustrates traits of a good job:  <ul style="list-style-type: none"> • Source: https://www.pinterest.com/pin/353603008214779642/
<p>10 minutes</p>	<ul style="list-style-type: none"> • What we can get paid to do depends on where we live - our environment - the resources it has and what is happening in it. • There are different deciding factors for a career. Explore the role of our environment by guessing and writing down the popular occupations of the following places: <ol style="list-style-type: none"> 1. A small coastal town by an ocean 2. A busy city 3. A farm with many animals and crops grown 4. A village next to a forest 5. A modern city where everyone has internet and a smartphone
<p>5 minutes</p>	<ul style="list-style-type: none"> • Reflect on your answers and justify why you chose the occupations or careers you did. • A few possible answers are below:

Environment	Occupation/career	Reason
Small coastal town	Fishing	Availability of water bodies with marine life. One can make money selling fish and sea animals and plants for others to eat or keep as pets
Busy city	Construction	Cities are always developing and new things are always being built! One can make money by working in construction projects
Village with forest	Farmer, shopkeeper	Villages next to forests may have plenty of wildlife and plants. One can make money by taking care of them and selling their products to people. Another option is working as a shopkeeper to supply villagers with essential items
Modern city	Any computer or internet- based work	For many jobs today, all you need is a laptop or computer and a stable internet connection, which most modern cities have. Examples of occupations: software engineer, accountant, customer service representative, writer/journalist, designer

<p>10 minutes</p>	<ul style="list-style-type: none"> ● The environment plays a big role in our job choices because many jobs depend on what is available around us. ● These days, however, the internet is changing everything! It has created new types of jobs that didn't exist before and it makes it easy for many people to even work from their homes! This is why nowadays, one's own interests are among the most important factors to think about when deciding on a job. ● What are some examples of jobs we can do online? <ul style="list-style-type: none"> ○ Ask an adult to do some research online if possible to find out and write down a list of jobs that can be done online or with the help of a computer. <p>Note: Be aware that pursuing one's interests is important and possible even if you do not have access to the internet. If you have limited internet access, brainstorm interest-based jobs that do not require internet/computer access. Examples: sports, entrepreneurship, art and design etc.</p>
<p>10 minutes</p>	<ul style="list-style-type: none"> ● Next, understand the role of interest in choosing a job. Think of possible occupations/careers for the following scenarios: <ol style="list-style-type: none"> 1. Someone who likes helping people 2. Someone who likes to read books 3. Someone who loves animals 4. Someone who likes computers 5. Someone who likes sports ● Reflect on your answers and justify why you chose the occupations you did. Possible answers: 1. doctor, nurse; 2. librarian, author/writer, journalist; 3. veterinarian, farmer; 4. programmer, computer scientist; 5. athlete, sports manager. ● Reflect on your own interests and write them down.
<p>30 minutes</p>	<ul style="list-style-type: none"> ● Interview family members to find out popular occupations/careers in your family. ● Write a report or short paragraph in your career journal on the occupations of your family members and the reason you think they were/are popular (what factors such as environment, resources, interests etc. made it popular).

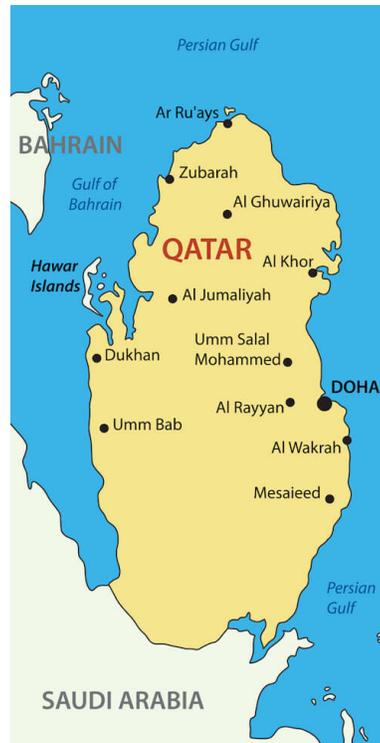
DAY 2

Today, you will be introduced to traditional occupations in Qatar.

Suggested Duration	Activity and Description
5 minutes	<ul style="list-style-type: none"> ● Think about traditional occupations in your own countries and write them down. ● Traditional occupations in the past depended mostly on the natural resources of a country. These are things that a country is naturally rich in. Examples: <ul style="list-style-type: none"> ○ Water bodies ○ Minerals like diamond, gold, silver ○ Fertile soil and different types of plants and animals ○ Natural gas and petrol ○ Good geographical location (close to many important countries)
10 minutes	<ul style="list-style-type: none"> ● With the help of an adult, write a list of natural resources in your own country. ● Next, try to think of one or two examples of a job based on these resources. <p>Next, we will learn about the traditional occupations of Qatar and compare them to our own country (or other country we are interested in):</p>
5 minutes	<p>Popular occupations in Qatar:</p> <p>Here are some facts about Qatar:</p> <ul style="list-style-type: none"> ● Qatar is one of the richest countries in the world and its capital, Doha, is a busy metropolitan city and Qatar's most populous city. ● Qatar is a peninsula (not quite an island, but is surrounded by plenty of water on three sides and connected by land on one side). It is shaped like an oval. Can you draw a map of Qatar?

- Qatar is made up of mostly desert; the soil is not suitable for growing a lot of plants
- Its climate is hot and humid
- Qatar has a lot of natural gas, which is very useful in generating power for industries and homes, and is used to run car engines. It is also better for the environment compared to petrol.
- Oil in Qatar was first discovered in 1940 in a region called Dukhan.
- Qatar and Iran share ownership of the world's largest natural gas field. It is located northeast of Qatar and was discovered in 1971.
- Qatar also has a great location - it is a Middle Eastern country that is close to many African and Asian countries

Below is the map of Qatar:

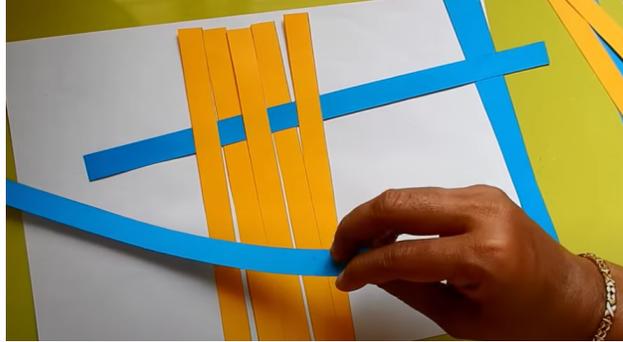


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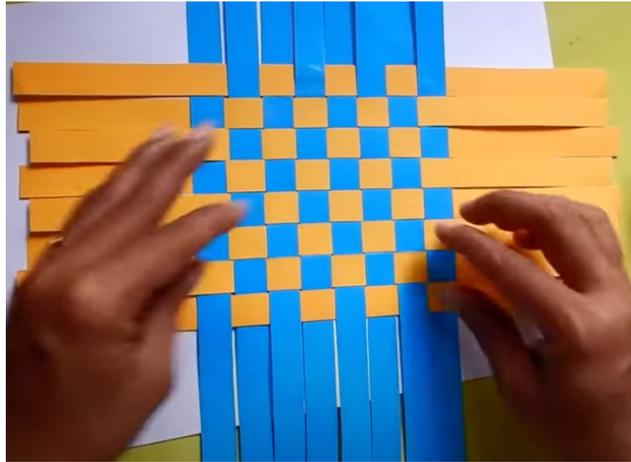
<https://thereadersroom.org/2020/12/27/read-around-the-world-december-2020-qatar/>

<p>5 minutes</p>	<ul style="list-style-type: none"> ● Guess and write down some of the most common occupations in Qatar, given its resources and the facts above. ● Justify why you selected those occupations.
<p>10 minutes</p>	<p>In the past, the most popular economic activities included: Pearl diving</p> <ul style="list-style-type: none"> ● Fishing ● Ship building ● Weaving ● Qatar served as a port for ships passing through from Arabia to East and Southeast Asia <ul style="list-style-type: none"> ● Draw a map of Qatar and show at least 3 occupations on different parts of the map. ● Justify the reason for the location and its relevance for the occupation based on the facts shared above. ● For example, circle the area northeast of Qatar or the Dukhan area for oil and gas engineering careers. Circle any coastal area for fishing. Circle Doha for business related careers since it is the most populated city.
<p>30 minutes</p>	<p>Try your luck with these traditional occupations:</p> <ol style="list-style-type: none"> 1. Weaving: create a paper woven basket: <ol style="list-style-type: none"> a. Create 18 rectangular cutouts of the same length (30 cm). You can mix different colors or use two different colors if colored paper is available.  <ol style="list-style-type: none"> b. Place 8 pieces of the same color vertically. Then pass one piece across them horizontally as shown below. Make sure the pieces are alternating (the horizontal piece should be below

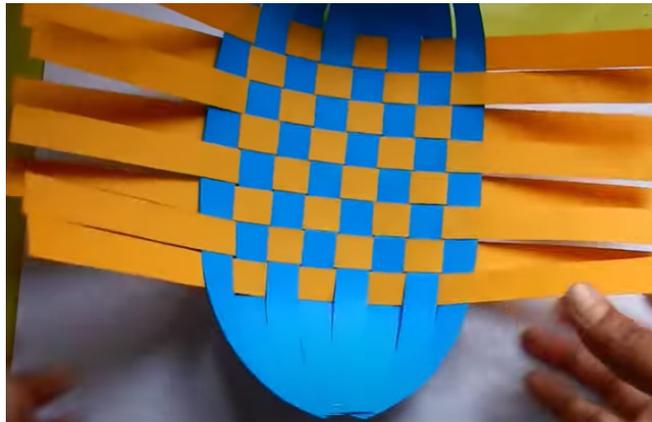
the first vertical piece, then above the next, below the one after, above the next one and so on as shown below)



- c. Repeat this for all the horizontal pieces as shown below until you have created a grid of 8 vertical and 8 horizontal pieces. Glue the corner pieces to hold everything in place



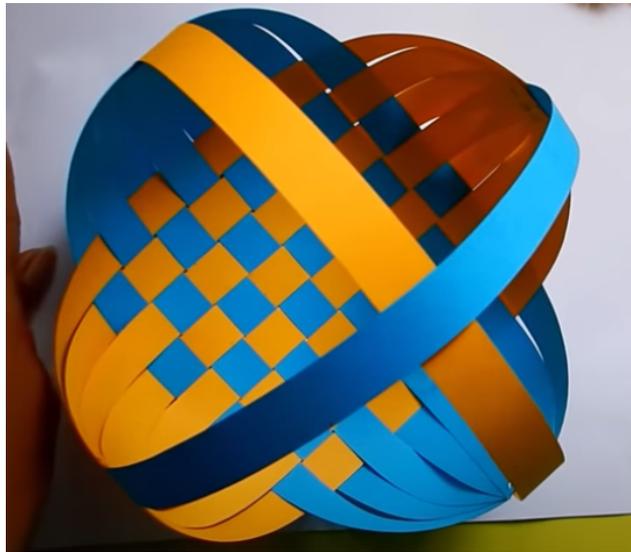
- d. Combine the ends of the rectangular pieces and staple or glue them in place as shown below



- e. Repeat this for all ends until you have a basket



- f. Glue or staple one rectangular piece to the opposite ends of the basket as shown below



source: <https://www.youtube.com/watch?v=qn7Slg144kA>

Reflection: You have just created your own woven paper basket! The women of Qatar were involved mostly in domestic work and were famous for creating beautiful designs such as the one below. The technique used was called **Al Sadu**. Al Sadu portrays the rich cultural heritage and creative self expression of **Bedouins** (who are nomadic desert-dwelling Arab tribes). Al Sadu techniques are used in fabrics to prevent sand and wind from entering tents and are used to decorate cushions, and pillows to provide a lively surrounding. The basic colors used in Al Sadu weaving are red, white and black and often include vibrant geometric patterns. However, weavers may also use bright colors such

as orange to help brighten up the space. Usually the geometric patterns reflect the desert and the traditional tribal lifestyle, as well as the creativity and style of the weaver. The placement of Al Sadu in houses is meant to express joy at the arrival of religious and national occasions, as well as reflect the tradition and deep culture.

Can you imagine a career as a weaver? See the image below (example of Al Sadu pattern) and try to sketch your own designs.



source:

<https://www.qm.org.qa/en/al-sadu-digital-traditional-bedouin-weaving-contemporary-textiles-arabian-gulf>

DAY 3

Today, you will continue exploring the traditional occupations of Qatar and begin exploring your own interests and possible career options.

Suggested Duration	Activity and Description
20 minutes	<p>The second and most important industry was the pearl diving industry:</p> <ol style="list-style-type: none"> 1. Pearl diving: Qatar has a lot of water surrounding it. Fishing pearls was the main source of income before oil and natural gas were discovered in Qatar. Play this game with your friends or family to see how good of a pearl diver you are! <ol style="list-style-type: none"> a. Bring a tall and deep container (at least 50 cm deep if possible)

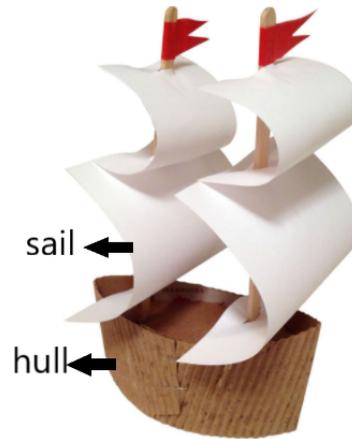
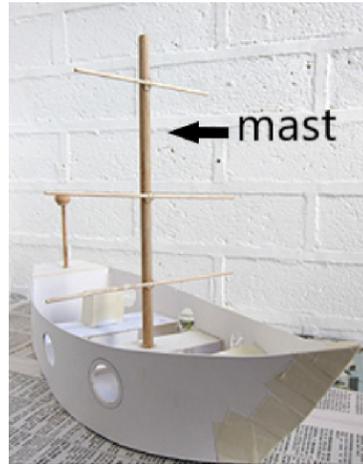


- b. Using a ruler, mark 10 feet lines on its side using a pencil or washable pen (or sticker). Make 5 markings starting from 10 meters at the top to 50 meters leaving equal space between each mark.
- c. Using different colored paper create 10 small 1 cm square cutouts. One color, say blue, will represent **pearl oysters** while the rest of the colors will represent regular oysters (that do not produce pearls). If you do not have color paper, use a pencil to shade only two or three of the 10 cutouts to represent pearl oysters. Similarly, if you have only two colors, make sure that only two or three of the cutouts are in the pearl oyster color.
- d. Sprinkle the cutouts in the container and blindfold yourself
- e. Fill the container with water all the way to the top and push the pieces of paper down to the bottom of the container
- f. “Dive” into the water by dipping your hand (and arm if possible) into the container and hold your breath at the same time. Ask someone to blindfold you.
- g. While you are “under water” and blindfolded, try to find the pearls! Collect as many of the cutouts as possible.
- h. When you are unable to hold your breath any longer, remove your hand from the container
- i. If you have not managed to collect many cutouts, you may keep the blindfold and try diving again, making sure to hold your breath.

5 minutes

- Reflect on the activity by writing the answers to the following questions:
 - How long can you hold your breath under water? How many oysters did you collect? How many of them were pearl producing?
 - Do you think you would have been a good pearl diver? Why/why not?
 - Do you think this occupation is easy or safe? Why/why not? What are some risks a pearl diver may face?

<p>5 minutes</p>	<ul style="list-style-type: none"> ● Reflection: pearl diving was a dangerous seasonal activity on which the livelihoods of the Arabian Gulf inhabitants depended before the discovery of oil. “Pearls from the Gulf were traded to India, Persia and the Ottoman Empire, and further afield to Europe and North America, where the aristocratic and emerging middle classes regarded pearls as luxury items for use in jewelry and clothing. Before the beginning of the 20th century, the only means of obtaining pearls was by manually gathering very large numbers of pearl oysters or mussels from the ocean floor or lake or river bottom. [These] were then brought to the surface, opened, and the tissues searched. More than a ton was searched in order to find at least 3-4 quality pearls. ● In order to find enough pearl oysters, free-divers were often forced to descend to depths of over 100 feet on a single breath, exposing them to the dangers of hostile creatures, waves, eye damage, and drowning, often as a result of shallow water blackout on resurfacing. ● While pearl fishing is no longer central to Qatar’s economy, it is celebrated as a part of Qatari history and culture. Annual pearl diving competitions and cultural celebrations are held in Qatar to honor this once vital occupation. <p>Source: https://qittour.com/pearl-diving-in-qatar/</p>
<p>30 minutes</p>	<p>Finally, let us explore one more traditional Qatari occupation - shipbuilding!</p> <p>3. Shipbuilding: since fishing and pearl diving were the main economic activities before oil and gas were discovered, shipbuilding was extremely important. Try building your own ship with the instructions below</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="456 1430 837 1749"> </div> <div data-bbox="915 1455 1369 1749"> </div> </div> <p>a. Create the cutouts above on paper or cardboard</p> <p>b. Glue or tape the pieces together as shown above</p>



c. To create the mast (long center pole), glue 2-3 toothpicks of shorter length horizontally across one stick that is a few centimeters longer. You can also use sticks. Stick the long flagpole into small paper planks (make these using rectangular paper/cardboard cutouts)

d. You can also insert larger square cutouts to create "sails" as shown above. The body of the ship is called the hull.

Source: <http://mollymooecrafts.com/make-it-more-piratey-mom/>

10 minutes

- **Reflection:** ships were an important economic tool that made it possible for Qataris to fish and pearl dive. Ship captains were called **nuakhdha (singular nokhadha - نواخذة، مفرد: نوخذة - جمع: نواخذة)**.

Reflect on the activities you have done so far and write your responses to the following in your career journal:

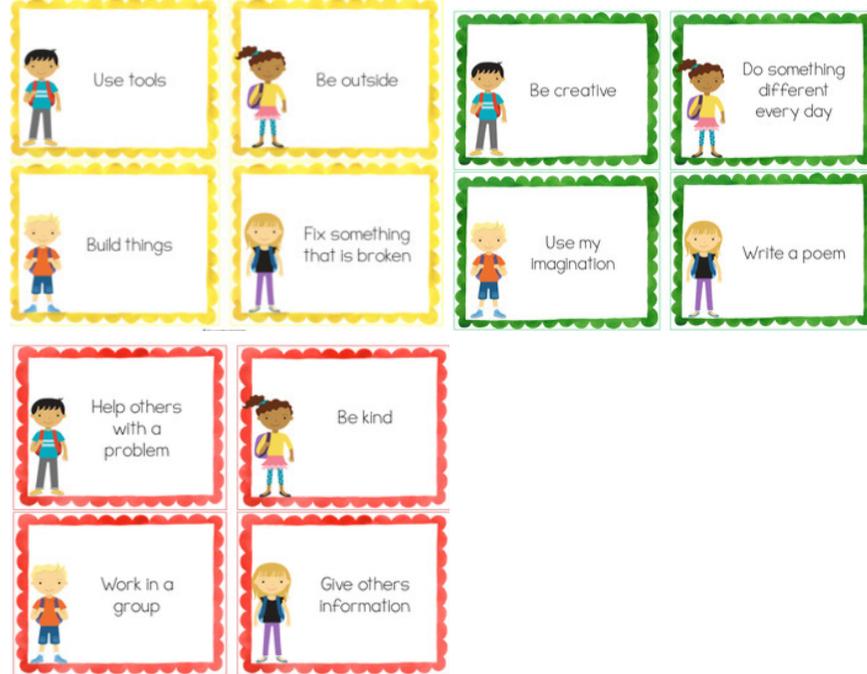
- Which occupation did you enjoy the most? Why?
- Which occupations did you feel were more challenging? Why?
- Are there similar occupations to the one you enjoyed the most that exist today? (for example, if you enjoyed diving, you can consider careers in which water plays a big role like professional diving or marine biology. If you enjoyed shipbuilding, you might enjoy being an engineer or even a ship captain)

DAY 4

Today, you will explore career options in your own (or another) country and complete and share your career journal.

Suggested Duration	Activity and Description									
10 minutes	<ul style="list-style-type: none"> ● Make a list of career options available in your own country based on resources. If you are doing this activity based on your current country of residence, you can add to this list the occupations/careers of your family members that you interviewed. ● List the different resources available in your environment, different occupations/careers based on the environment and resources and the reason you selected them: <table border="1" data-bbox="451 840 1386 1037"> <thead> <tr> <th data-bbox="451 840 764 905">Environment</th> <th data-bbox="764 840 1073 905">Occupation/career</th> <th data-bbox="1073 840 1386 905">Reason</th> </tr> </thead> <tbody> <tr> <td data-bbox="451 905 764 970"></td> <td data-bbox="764 905 1073 970"></td> <td data-bbox="1073 905 1386 970"></td> </tr> <tr> <td data-bbox="451 970 764 1035"></td> <td data-bbox="764 970 1073 1035"></td> <td data-bbox="1073 970 1386 1035"></td> </tr> </tbody> </table>	Environment	Occupation/career	Reason						
Environment	Occupation/career	Reason								
5 minutes	<ul style="list-style-type: none"> ● Reflect: <ul style="list-style-type: none"> ○ Why did you choose these occupations/careers? How do they relate to the environment? ○ How is your context different from the one we looked at previously in Qatar? Compare the resources and occupations/careers 									
10 minutes	<ul style="list-style-type: none"> ● Next, explore your interests. Respond to the following prompts in your journal: <ul style="list-style-type: none"> ○ What do you enjoy doing? What are some of your hobbies? ○ What do you feel confident doing? What are some of your skills? (for example, you may like writing, drawing, talking to new people, doing sports etc.) ○ What are some things you can get paid to do? 									
10 minutes	<ul style="list-style-type: none"> ● To help with career ideas based on interest, play “would you rather” with your family or friends by taking turns to respond to the following prompts: 									

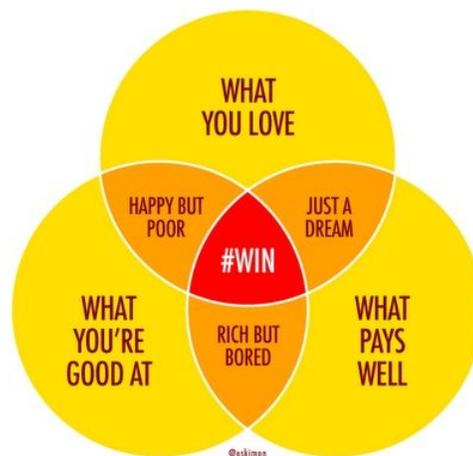
Career Personality Type A WOULD YOU RATHER GAME



source:

<https://www.teacherspayteachers.com/Product/Career-Exploration-Would-You-Rather-Game-4651395>

Optional: create the Venn diagram from day 1 with your responses. Brainstorm with adults possible entries in the orange areas and the red area of the diagram above.



<p>10 minutes</p>	<ul style="list-style-type: none"> ● In the next page, write down some things you will need in order to get the job(s) you want. You can ask an adult or look these up online if you have internet access. This list can include: <ul style="list-style-type: none"> ○ Certain qualities like being a good team player, being patient etc. ○ Degrees or qualifications like high school diplomas, university degrees etc. ○ Experience: knowing how to deal with animals or children ○ Skills: like being good at math or writing <p>Note and optional activity: it is important to be aware of the fact that many future careers and occupations do not exist yet because our world is rapidly changing thanks to technology. It may be interesting to engage in an exercise where you create and write down a few “imagined” careers you would enjoy.</p>
<p>20 minutes</p>	<ul style="list-style-type: none"> ● Finally, put together your journal and present it to your class or family, making sure to present: <ul style="list-style-type: none"> ○ Your interests and hobbies ○ One to three jobs you think you would be good at (note: jobs must be paid) ○ Two to three reasons you think you can do this job (these may be related to your interests, abilities, skills, family, tradition, country/culture)
<p>10 minutes</p>	<ul style="list-style-type: none"> ● Receive feedback on your journal. <p>Remember that your career aspirations can change as you become more aware of the changes happening in the world around you and the opportunities that are available.</p>

ASSESSMENT CRITERIA

- Complete career journal with hobbies/interests and potential career choices (with reasons based on internal and external factors)
- At least one completed activity and/or model of a Qatari traditional occupation (pearl diving activity, woven basket, or paper ship model)
- Clear understanding of the role of the environment, resources and interest in choosing a career
- Critical thinking skills in reasons presented for selecting career
- Communication skills in presenting their work

MODIFICATIONS FOR SIMPLIFICATION

- To simplify the project, learners can complete one of the traditional occupation related activities and complete the journal with a desired career and reasons for choosing it.