

VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

ENGLISH
МАКЕДОНСКИ
SHQIP

February
2019



LANGUAGE LEARNING

TOO GOOD FOR THE DUMBSTERS

HIDDEN STREET ARTIST IN ESTONIA

REALTIONSIPS THAT NEVER HAPPENED

EDITORIAL



ВАФИРЕ МУХАРЕМИ- УРЕДНИК НА „ВОИСЕС“

VAFIRE MUHAREMI - EDITOR OF “VOICES” MAGAZINE

Love, Љубов, Dashuri, Rakkaus, Armastus, Liebe, Amor, Amour

Со доаѓањето на новата 2019 година да го поздравиме и февруари како месецот на љубовта. Факт е дека Валентајн, денот на заљубените сепак припаѓа во февруари. Историски гледано, овој ден не враќа назад во времето на Римјаните кога постоело одбележување на римската божица на жените и бракот, наречена Јуно и за Богот на природата-Пан. Прославувањето било на 15-ти но кога Христијаните се обиделе да ја спречат прославата традицијата била поместена на претходниот ден, на 14-ти. Тоа бил денот на Свети Валентин. Начините и верувањата поврзани со Св. Валентин, романтичниот ден на љубовта имаат долга историја посебно во Англија каде официјално, за првпат бил прославен во 1537 година. Било потребно време се до раните 1800 години за Св. Валентин да помине преку Атлантикот во Америка каде денес е и најповеќе прославуван. И покрај се, тоа е денот на саканите и на пријателите, љубовта секогаш не се однесува како што можете да прочитате во „Врски кои и никогаш и не се случиле“ но за да се подигне расположението „Глава во облаци“ и „Приказната за љубов на прв поглед“ ве водат целосно низ љубовта и пријателството во Еразмус плус светот. Како и да е, да не заборавиме да бидеме активни бидејќи секогаш можеме да научиме нешто ново. А љубовта може да биде огромна мотивација за тоа. На пример нов јазик како да се инспирираме и да научиме со нашата тема на месецот: „Оставете ги книгите по граматика и почнете да учите“ и со „Учење на јазик со љубов, поврзување, проширување“. Ако ја сакате уметноста ќе ви се допадне „Скриените улични уметници од Естонија“ и „Приказната на „Најсиромавнот богаташ“. Овој месец е полн со разновидности и емоции па затоа подарете им на своите најблиски топла прегратка и отворете го најновото издание на ВОИСЕС!

After settling down to the new year of 2019, let's welcome February as the month of love. After all, Valentines day takes place in February. The History of this day goes way back to Roman times when there was a celebration for the Roman goddess of women and marriage, Juno and for the god of nature, Pan. It was celebrated on the 15th but when the Christians tried to stop this fest from happening, the traditions started to move to the previous day, the 14th. That was the day of Saint Valentinus. The ways and beliefs related to Valentine's Day's romantic love have a long history, especially in England where it first was officially celebrated in 1537. It took until the early 1800's for St. Valentine to cross the Atlantic to the United States, where nowadays it is most celebrated. Even though it's the day of loved ones and friends, love does not always prevail as you can read in “The relationships that never happened in the end”, but then to lift the mood, “Head in the clouds” and “The story of love at first sight” lead you all the way through love and friendships in the Erasmus+ world. However, let's not forget keep ourselves active, because you can always learn something new. And love can be a great motivator to learn. A new language for example, get inspired and learn how to learn with our topic of the month: “Throw out your grammar books and start learning!” and with “Language learning – loving, connecting, expanding”. If you like art you will love “The hidden street artist in Estonia”, and „Приказната на „Најсиромавнот богаташ“. This month is full of diversity and feelings so give your loved ones a warm hug and open the fresh edition of Voices!

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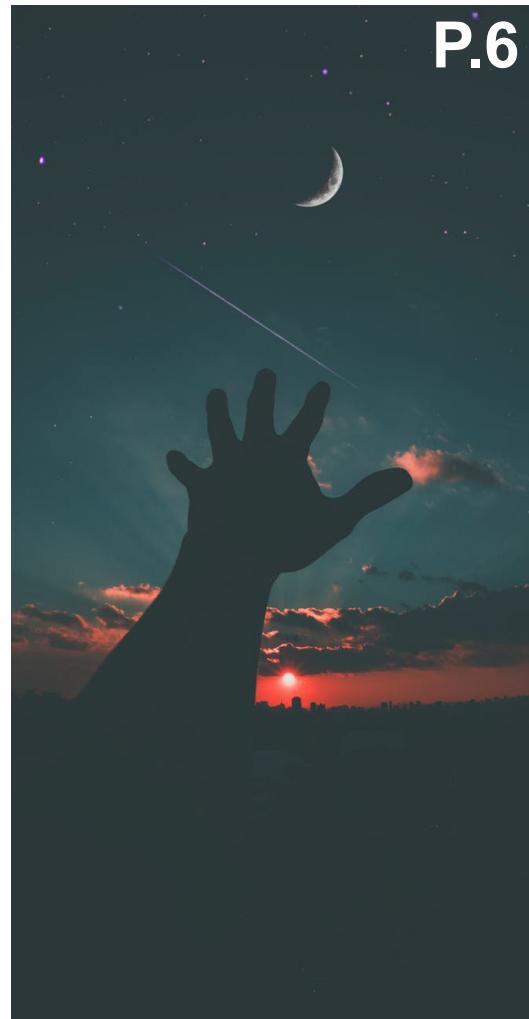
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THROW OUT YOUR GRAMMAR BOOKS AND START LEARNING!

Ever wanted to learn a language and don't want to pay for expensive classes? No worries, just learn on your own! "On my own", you ask, "isn't that incredibly complicated? Don't I need to be super talented for that?" It's not complicated, just a lot of work. And no, you don't need talent, just the right approach. Let's have a look at the core elements of learning a language on your own.

Every learning endeavour starts with motivation. If you are motivated and determined to achieve a goal, then you can. So, why do you want to learn this language? To get a better job, to impress your friends, to explore another culture, to challenge yourself? Whatever it is, take a moment, take a sip of tea and write it down. Later, whenever you feel disheartened by the challenges on your way, be it German cases or Chinese Characters, go back to the beginning and remember why you are on this journey. Now that you are motivated and ready to go, don't just jump into the unknown, be prepared.

Make a learning strategy! Learning a language is always a challenge. There are so many things to learn and it can be overwhelming at first.

Sit down before you start and choose two or three simple goals and write them down. For example: In a week I want to be able to read and write in Cyrillic. In three weeks I want to be able to introduce myself. In six months, I want to be able to read a news article. Set up some mile-stones that you can aim for. Then, look at the first mile-stone and think about how to achieve it. What do you need to learn for that. Which learning materials do you need. What kind of vocabulary, what kind of exercises are necessary. Also, how much time do you need to invest each day. Take some time to think about these things and prepare your strategy. And, as you go, adjust it on the way. Add new goals, re-think old ones.

These milestones will help you to structure your learning but they also tie back to motivation.

They challenge you to keep going until you reach the next stop on the learners road. But they are also incredibly rewarding when you pass them. It is a wonderful feeling to hold a full conversation in another language for the first time.

Probably the most important aspect of language learning is consistency. **Learn every day, each and every day.** Now that does not mean to study five hours every day. But make sure to stay in contact with the language every day!

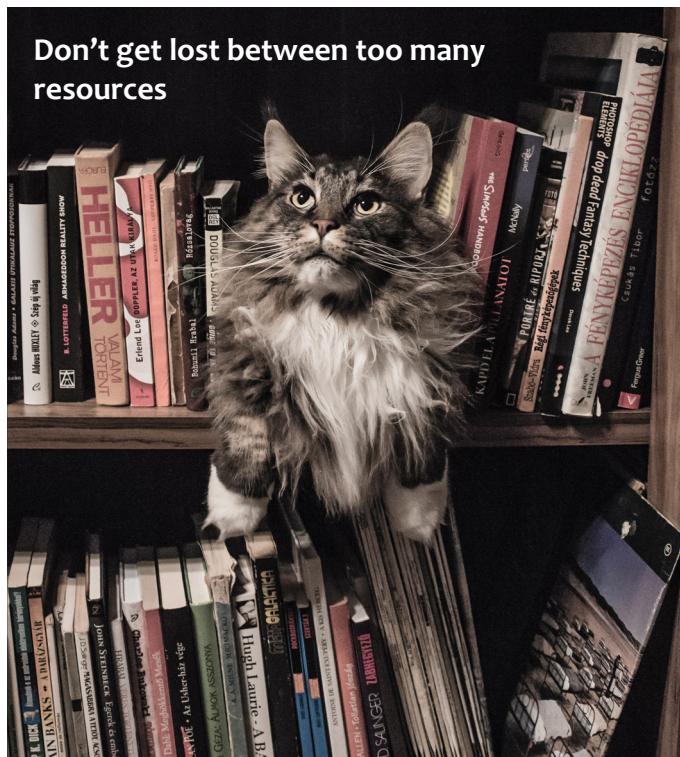
It may seem challenging to carve out enough time for proper studying each day. The trick is to do things you would do regardless, just do them in your new language. Read in your target language, chat with native speakers, listen to songs, watch movies or play video games with subtitles.

Sure, in the beginning you will have to learn basic vocabulary and structures. But relatively quickly you will find yourself able to use the language. Start with using simple phrases and then move to very simple texts. Listen to podcasts with transcripts. Turn them to half-speed if necessary. Be creative and find ways to use the language in your daily life.

It will be initially more challenging and exhausting than doing the same things in your native tongue in the process your knowledge will increase tremendously. Make it a habit to use that language (and read my last article if you want to know all about habits: Voices January 2019)!

What is your motivation?
Travel, work,
love?





Don't get lost between too many resources

I won't pretend that you can only learn a language by watching series and listening to songs. You do need to study. For that find good resources and decide for one or two at a time! Nowadays there is a vast amount of language learning apps and courses and books and websites. It can be tempting to just catch them all and keep buying while not using them at all. For sure, you will need different resources. A beginner needs different resources than somebody at an intermediate or advanced stage. But settle on one or two for each stage of learning and change when you feel they can't teach you much more.

When I studied Portuguese, initially I spent a lot of time on a site called Duolingo. This gave me a good start. But as soon as I felt that I had a grasp of basic sentences and vocabulary I started reading a bilingual book with very simple stories and made that my main source.

Later I had many Skype sessions with a native Speaker and moved on to more complex stories.

Not every method works for everyone! I am very interested in reading in other languages so I focus on books and try to get reading as quickly as possible. But for you that might be less enticing. You may want to jump right in and speak from the beginning. A friend of mine improved his Japanese by going to a pub every night while he was in the country. With his, at the time, broken Japanese he just talked to the people and picked up words and practised while having a nice time. Or try to find pen pals in your language (a cool app for that is "slowly"). There are many ways and many methods. It is good to get inspiration from what others use, but find out what works for you, what is efficient for you and what is fun for you.

Don't get lost on grammar, focus on sentences and learning by doing. Grammar can be a useful tool to understand a language but it won't get you very far in speaking and writing.

Especially in the beginning, forget about grammar and learn words and sentences. Sentences are important because you see words in their 'natural environment' and you encounter grammatical structures in real life use instead of some declination table. Only use grammar as a reference if you find a structure in a text that you really don't understand. For some people focusing mainly on grammar does work but from what I can tell, most people benefit from leaving it aside a little and focusing on learning by doing.

Lastly, **embrace your mistakes!** Making mistakes and learning from them is crucial to successfully learning any skill. Children learn by imitating the adults around them and they try and try again until they succeed. In language learning they initially just babble away and slowly learn the correct use of the language by repeating and by making mistakes. And they don't know a thing about grammar. It is a myth that adults cannot do the same. They might be slower in learning than children but the method of mistakes and repetition works just as well. And adults can consciously correct their mistakes and structure their learning. Go out and try to speak and write in your target language, if you make mistakes ask for correction or have a short look into the grammar.

Now, many are afraid of embarrassment and ridicule for their mistakes. But just think about how you feel if somebody else makes an effort to speak your native language, even with many flaws. Most native speakers are happy to help and won't make fun of you. So I dare you go out and use your target language with all the beautiful mistakes you will make on the way! It can be daunting but it is well worth it.

Mathis Gilsbach

Some free resources to get you started:

duolingo.com - good to get started

memrise.com - many vocabulary focused courses

forvo.com - pronunciation guide

lang8.com - write and get corrected by natives

[hellotalk \(appstore\)](https://hellotalk.com) - chat and talk with native speakers

[slowly \(appstore\)](https://slowlyapp.com) - find a pen pal

italki.com - find language exchange partners and teachers

there are many more at your fingertips.

Look for them online or simply in a bookstore.

Just don't get lost.

GO TO SLEEP

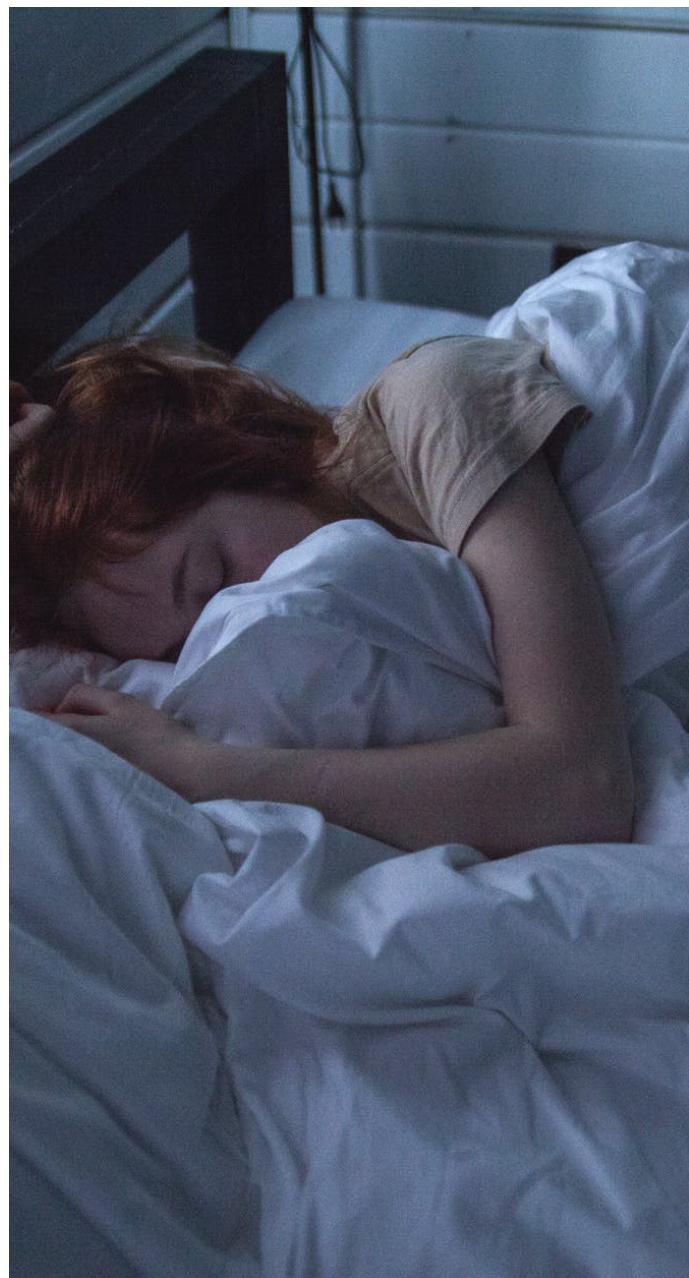
Your brains will not. While you are sleeping, your brain is washing, refueling and repairing itself. People sleep about third of their lives, so till the age of 75 you have slept 25 years. It sounds absurd, but at least you will not beat Sleeping Beauty's record of 100 years of sleep.

Recently, before I went to bed, I listened to a podcast by Joe Rogan. He interviewed neuroscientist and sleep expert Matthew Walker. The podcast gave me a lot of “wow” moments, and ironically I couldn’t fall asleep after that because my mind was full of interesting information about sleep.

Most of us probably know that sleeping is important and a lot of research shows that we need at least 7-9 hours each night to be able to function at our best. At this point you might feel a little guilty inside, since there is large amount of people that don’t sleep enough. Ask people around you how much they sleep per night, and you will be surprised. I find that hard to understand, are there really people that DON’T enjoy sleeping?

But, what does your brain actually do during your sleep? For your brain, sleeping means time for maintenance and rest. While you are awake, you are collecting all kinds of waste products that are stored in the liquid between and around your brain. When you fall asleep and all your senses shut down, the brain finally has time to clean itself without interruptions. Research shows that this cleaning activity even prevents Alzheimer’s disease by removing amyloid proteins which are the cause of this disease. Your brain is also organizing all the new information that you have been learning and experiencing with your senses during the day. During your sleep you are not learning anything new, but it is important to have the rest and time for your brain to put everything in order without distractions.

About 80% of your sleep is the time for non-REM-sleep (REM = rapid eye movement phase is the time when you dream), and this is the time when your brain activity clearly slows down. If these important hours without pressure and full working mode in your brain will not happen or the deep sleep time remains short, you are



“There is a time for many words, and there is also a time for sleep.”

— Homer, *The Odyssey*



more vulnerable to get hypertension and the health in your veins starts to suffer. Deep sleeps most important tasks are actually to lower the blood pressure in your brain and all over your body. Therefore a lack of sleep will speed up the possibility to suffer symptoms like high blood pressure which is the biggest risk factoring developing a cerebrovascular disorder. The circle closes when it comes to lack of sleep because when you are tired, regulation of appetite doesn't work how it should and you crave more fat and carbohydrates which causes you to become overweight. That in turn is not good for your blood pressure.

I bet we all have experienced that we were studying hard, trying to learn something new and put a lot of effort into remembering all that new information. You read about some subject or try to learn new skills, you repeat and repeat but at the same time you feel like nothing stays in your head. Finally you give up and go to sleep. But then on the next morning you surprise yourself by remembering the nightly studies. Here you experienced first hand the importance of sleep for memorizing things. The importance of sleep after studying and learning new things is huge, because without a good, long period of sleep there is no learning progress.

I highly recommend you to listen to the whole podcast about sleep. It won't put you to sleep but will keep you hooked with good jokes and casual approach to the topic at the same time it's sharing interesting information and studies. There you can learn huge amount of different information beyond what was discussed here, for example how sleep affects exercising. Listen to the whole podcast from YouTube: Joe Rogan Experience #1109 – Matthew Walker.

<https://www.aivoliitto.fi/aivoterveys/uni/uni-on-aivojen-aikaa>

https://www.tiede.fi/artikkeli/jutut/artikkeliit/oppia_uni_kaikki

https://www.youtube.com/watch?v=pwaWiO_Pig&fbclid=IwAR3-LqlgoxzY55xf1ikC1igWfCul0J7CsyI4QBc1QDyfCjz3J1e7i2LOVIA



From my personal experience I can say that sleepless nights affect my everyday life a lot. Waking up is hard, sometimes even impossible despite the ever louder sirens of my alarm, so there is a high chance of oversleeping. At work my brain feels like it's stuck and not functioning at its fullest, which also makes me forget things. I also noticed that when I am tired, I could eat all the time, especially greasy foods with lots of salt and cheese, which is not healthy at all to overeat on. I love to sleep and all the chances I get, I use. One of the best feelings I know, is when you wake up, take a look on the clock and realize there are still hours to sleep. And when you wake up in a good mood, with the feeling that your body and mind is well rested, you are ready for the new adventures for the day. My advice to you all, go to sleep!

Selina Niemi

NEET: not in employment, education or training

“NEET – not in employment, education or training” означува кратенка односно ознака за младите кои не се во системот на образование, не работат или не посетуваат курсеви за нивно унапредување во општеството. Кратенката “NEET” означува проект кој што е имплементиран во неколку држави во Европа финансиран од страна на Erasmus+ - програмата за мобилност со цел подобра интеграција на “NEET” групата на млади поради зголемената соработка на младинскиот сектор со различни институции на национално и локално ниво.

Дефиницијата за “NEET” ги вклучува невработените млади лица кои не се во некаква обука и образование т.е. младите лица кои не се активни. “NEET” групата на млади се одликува со четри карактеристики: пол, образование, средина на живеење и активност. Истражувањата покажаа дека поголема е стапката на “NEET” млади со средно образование и ниски стапки на “NEET” со високо образование. Средината на живеење влијае со условите кои ги поседува така што младите во Македонија кои живеат во градови е помалку веројатно да станат “NEET” наспроти младите од руралните средина и предградијата. Кога се работи за полот доаѓаме до информации каде што младите жени е повеојатно да се ниту вработени, ниту во образование, а ни во обука што комплетно припаѓаат на групата “NEET”. Околу 25,7% од машката млада популација во Македонија наспроти 35,7% од женската популација припаѓаат на “NEET” групата.

Според активноста младите “NEET” од женскиот пол е повеојатно да се неактивни, додека младите “NEET” од машки пол е повеојатно да се невработни. Генерален заклучок е дека младите од женскиот пол е повеојатно да станат “NEET”. Во Македонија 4 од 10 девојки се “NEET”. Ризик факторите кои исто така имаат влијание за стапување во групата “NEET” се: социо-економската позадина, образование на родителите, интересите на родителите за образоването на детето, местото на живеење и степен на образование на детето. Степенот на образоването на детето е една од клучните причини за станување дел од “NEET” групата. Процентот е најголем кај младите кои прерано го напуштиле образоването и кај тие што имаат завршено само средно образование.



Education

Young people with a low level of education are 3 times more likely to become NEET compared to others.*



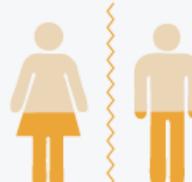
Immigration

Young people with immigration background are 70% more likely to become NEET compared to nationals.



Disability

Those declaring of suffering some kind of disability are 40% more likely of becoming NEET compared to others.



Divorce

Young people who suffered the divorce of their parents are 30% more likely to become NEET.



Unemployment

Having parents who experienced unemployment increases the probability of being NEET by 17%.



Household Income

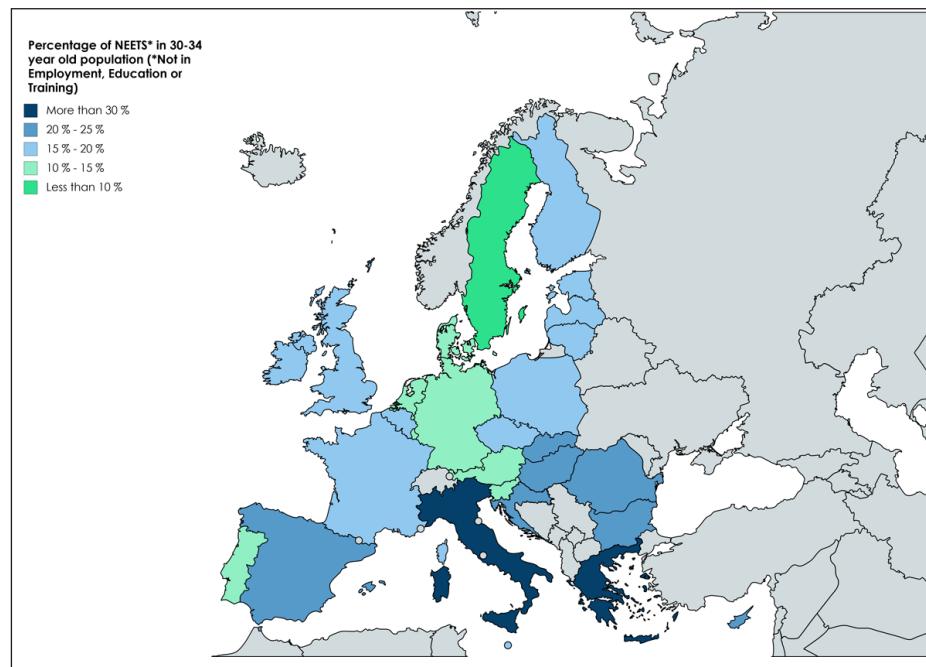
Young people with a low household income are more likely to become NEET than others.



Location

Living in remote areas increases probability of becoming a NEET up to 1.5 times

Најчестите одговори се дека не се вклучени во моментов во образовен процес поради тоа што го завршиле своето образование, но не се задоволни. Исто така многумина испитаници одговориле дека немаат доволно финансиски средства за запишување во процесот на образование. Неколку од клучните заклучоци се дека младите во ситуација на "NEET" имаат релативно добра образовна програма, никогаш не биле вклучени во обука, никогаш не биле вработени да ја препознаат потребата за понатамошно запишување во образование и обука, би сакале да најдат работа, знаат како да добијат информации за образование но не и обука, најчесто преферираат лични состаноци и онлајн пребарување за да ги добијат информациите, знаат да користат интернет – имаат интернет дома и ИТ уреди, имаат можности за патување но не можат да си дозволат самостојно да ги плаќаат патните трошоци и имаат ограничено знаење за користа од различни инфо-атлакти. Според ова можеме да заклучиме дека младите имаат квалификации



да почнат со работа, да се унапредат или да се вратат во образовниот процес но не се доволни информирани.

Младите можат да се информираат лице во лице што според истражувањата се има покажано дека е најефективен метод, СМС пораки, јавни настани, "PEER TO PEER" – или кога младите повеќе сакаат да слушаат за искуства од нивните врсници отколку да им се каже што да прават. Исто така постојат и онлајн и офлајн методи. Онлајн методите се преку различни форуми, сајтови или контактирање преку e-mail, додека пак офлајн методите се преку неформални предавања, младински размени, тренинг курсеви и волонтирање преку разлини акции.

Давид Стоилковски



TOO GOOD FOR THE DUMPSTERS

Do you like food?

If there would be a full room of people and I would present them with this question asking those who do to raise their hands, what would happen? I think only few hands would stay down and only because people didn't get the questions: "Why would someone even ask that?"

Around a year and a half ago me and two of my friends decided to write a project on efforts to minimize waste. Our main subject was paper and then plastic, but the more research I made, the more I understood how big of a problem is food waste. Since then I am trying to learn more and here I want to drop some "fun" facts about food waste:

- Globally there is enough food produced to feed everyone on this planet, but we lose and waste 33-50% of food yearly, which is around 1.3 billion tons.

Can you imagine how much is that? That is the food that don't reach our tables and is never eaten. And let's talk about the fact that me and you, a person who is reading this article now on a smartphone or computer, are probably the ones that can actually afford 3 meals a day, meanwhile 800 million people go to bed hungry every night.

- 45% of produced fruit and vegetables, roots and tubers are wasted globally. 35% of fish and sea food. 20% of meat as well as the same amount of produced dairy products. 30% of cereals are lost every year;

- In Europe alone 88 million tons of food is wasted and we can also talk about the economic side of this, which makes up to 143 billion euros;

- Evidence shows that in low-income countries biggest loss of food occurs in production, though in developed countries main issue is consumption - around 100 kilograms per person per year are wasted; And consumption comes to us, people so we cannot blame it all on farmers, supermarkets or any companies in the food supply chain.

- At retail level, large quantities of food are wasted due to quality standards that over-emphasize appearance. We don't buy the food that looks bad, that is why companies now don't even try selling them to people;

- It takes a land mass larger than China to grow the food each year that is ultimately never eaten;



- Food waste = water waste. Estimated 25% of fresh water is used for the production of food that won't be eaten;
- If food waste would be a country on our globe, it would be 3rd largest emitter of greenhouse gases (like methane, which is even worse than carbon dioxide) just behind China and USA.

Okay, that is probably enough. My point is that food waste is not only economic issue, it is wrong on many other levels. It is ethical and environmental problem too. With wasting food we also waste the land that was used to produce that food (with all the flora and fauna that has been affected by the food industry, indigenous populations that have been moved). We waste water, labor and energy that has been oriented to create the food (all those people using their time and effort in the making, when they could use their time for different causes, machines that sooner than later will stop working because of the mass production, all the packaging, plastic that comes with the food and also goes to waste and pollutes the planet). So by not caring about food waste we also support global warming, world hunger and poverty.

Even though there is a lot to be done, it is visible that things are changing in a good way, individuals and companies are working on minimizing waste by donating food, creating apps, connecting food companies to NGOs, reusing, composting, informing other people, etc. Sometimes it is just the lack of knowledge and fear that stops us from joining the zero waste movement. It is your choice how you handle things and how you consume the food you get. Be helpful, don't waste.



Check out from youtube these videos that might give you ideas (they are long, but worth attention):
[How To End The Food Waste Fiasco, TedTalk](#)
[Food Waste: Last Week Tonight with John Oliver](#)

Laura Babaityte



HEAD IN THE CLOUDS

I read some old texts of mine, and discovered a text from over two years ago, when I was in my first Erasmus+ training course in Struga, Macedonia. I wrote how I will someday go and do my EVS somewhere; I wanted to be a volunteer. That time, I had no idea that two years later I would be reading that text from my home, in Macedonia, where I came 5 months ago from Finland.

I was introduced to the world of Erasmus+ in that first training. I got so inspired after learning so much about EVS and all the opportunities that young people have to go abroad. I always thought that since I am not studying in University, I will never have the chance to go to another country to study or do an internship. Here I am now, in the middle of my volunteering program. I remember the day when I got here like it was yesterday. I flew here via Kosovo, where the director of the organization and my mentor were waiting for me. I was so confused, remembering the previous night when I was home with my family still trying to figure out what can you possibly pack up for a whole year in another country. The day, 28.8.18 in Skopje was hot and sunny, and my head was about to explode from all the new people and information. I have to admit that, the minute I got to my new room in Skopje after a long day of travelling, I burst into tears. I texted my mother that am I crazy, why did I come here, I want to come back home immediately. However the feelings of confusion and the fear of starting a new life in a totally different country and culture passed away in a few days. I met so many great people that I now consider my close friends and a second family.

I am volunteering for Volunteers Centre Skopje where we are doing many Erasmus+ projects, a youth magazine called VOICES, local events and workshops with young people from Macedonia. I could write you a bunch of stuff from my work experience here, but I want to concentrate on explaining the leap into the unknown. For me, my life was good in Finland and I was surrounded by amazing friends and family. Still I felt a bit like there is something missing, and when the opportunity to move to Macedonia came up, I collected all my courage and started the process. I settled down in a few weeks and started to call Macedonia my home. Everything started to roll down pretty easily when I started to have my first friends. I think one the biggest help of my settling down here was my flat mate back then, whom we came close friends and shared many adventures together.



I have to say that after meeting all these amazing people in Macedonia, after becoming close friends with so many, I have never felt this happy. Still, even as everything is more normal and life has become casual, I sometimes just stop and smile, walk like my head is in the clouds. The jump that you have to take to move to a totally different society is life changing. I have gained so much more courage, confidence and good vibes for the future. I would say that everyone should take this chance and go. Just leave everything behind for awhile and start an adventure that can show you so much more in life.

For many young people, the EVS is the first time they live away from home and from their parents. And you start to grow immediately; everyday means learning something new, without even realizing it. All the everyday things such as making your own food, cleaning the apartment, going for grocery shopping, all these small obvious things are part of your leaning journey.



I remember, at the beginning, I missed a dish washing brush so much. I missed the coffee from home and proper pressure in the shower. Now I don't even realize how they are different from home. You get used to it so fast. Also the journey of learning comes up when you have to be brave enough to go to talk to new people, learn how to behave in a new culture and settle yourself to this new life, learning the language, accepting all the new challenges. My first "shock" was how people in Macedonia share their food in the restaurant. Where is my own plate, my own food? Second came the fact how warm and kind people can be, even when it comes to small things. Someone always offers you from their own, whether it's chocolate or a cigarette, it always gives me a good feeling. The stereotype that people in Finland are cold and need their personal space is partly true. That's why the first times someone was touching me, just as a friendly gesture, or giving me a hug after meeting for the first time, were a bit weird. I think in my culture it takes more time. You have to build up trust and friendship before being able to be close. I learned the joy of being close to people really fast. I mean, I have always been a hugger but here it's easier to live this habit. I just love how people here are mostly unselfish and sincere. At least that's what I have experienced in my close circle. The best example is my mentor. Your mentor is someone who is assigned to you in EVS as a "first friend", to help you settle down and get through the first months. With mine I can say, that even without the title "mentor" we are friends and I can always trust him to be there for me. And it goes both ways. Also all the other people surrounding me, other volunteers and local friends have became so important in such a short time. Also I consider myself so lucky to find an organization like this for my volunteering, because even though we work together, we also share friendships.



People often ask me with honest confusion in their face, why a Finnish person would want to come to Macedonia? I can understand the question. Finland is a good country; we are one of the leading countries when it comes to equal rights and education. You hardly drop out of society. I consider myself lucky to be born in Finland, and it will always be my home. But I wanted to take the rose colored glasses from my face, to see what else is there on this precious Earth of ours. We have our flaws in Finland, like in every country, but after seeing how people are living in other societies, our problems seem so small. I started to appreciate more where I am coming from. That is the reason I don't want to go back home after my EVS, get a steady job and live there happily ever after. There is so much to see in this world, and I want to see it all: all the good, all the bad and in between. I would like to keep my life as an everyday learning journey. I still have 7 months to go, but I am already thinking about the possibilities to stay here. I am joking how someone has to marry me, so I can continue my life here. Because as the cliché goes "Home is where your heart is".

THE STORY OF LOVE ON THE FIRST SIGHT

Once upon a time there was a small family with six children and one mother. The family was from Volunteers Center Skopje. This family originated from a country of kind and warm people. The country was entrusted to the Balkans, and was one of the most attractive places for people who love mountains and nature. It was Macedonia. This small family was challenged by a small and at the beginning a bit scary project titled as: Empower vulnerable youth: Theater, creative writing and emotions in focus. The challenge was accepted. They decided to upgrade their talents and skills in creative writing and theater through non-formal methods. Heroes journey started on January 21, 2019. Their plane took them to the land of the castles, perfect nature and amazing chocolates. Yes, this land was Belgium. In a small town called Lokeren they started mastering our theater and creative writing skills. They were not like a drop in a spoon, they were exploring all this challenge and this is our adventure that, unfortunately, ended on 30 January 2019.



The small Macedonian family shared this experience with 5 others, all with one parent and 6 children. This means that each one of us heard 41 life stories, ones short and formal, ones deep and emotional. At some point we all felt fear, excitement, happiness, nostalgia, empathy, and that's the beauty of it. For me, personally, the best part was working with Frank van Mossevelde, director of the Theater "Rhetorika" and retired Director of the secondary school in SintNiklaas. We were divided by national groups in which we had to perform a story, either a story from our country or a made up one. The goal was to present and perform these stories in a youth centre in Zele called JuvenEs in front of all the participants and also local citizens. Every country did their performance on an improvised stage, in their own way. The adrenaline was real. Even though it wasn't a Broadway show, we felt like it, we perform as if in it, we applauded as hard as the end of it. The storytelling activity was followed by degustation of every national dish and drink. We got to taste and experience a big part of every country's culture. When the lights went off, and the music started playing, the calories slowly started burning. The night ended with

a tight sleep after a night full of singing, dancing, acting and sharing every feeling from inside us.

9 days in a completely new country, surrounded by new people and experiencing new things. This youth exchange was a really tough challenge filled with so many amazing memories and friendships. All of the activities we had, every single song we sang together, all the late night talks and stories will always have a special place in my heart and I will cherish them forever. Storytelling, writing poetry & forum theatre are some of the many activities that taught me so many new things. I got to know so much more about the international groups, their countries and their way of life which made me think how we have so much similarities, but also so much differences. Visiting the youth center Okapi where we danced and sang along to songs from all of the countries filled up my heart with so much joy and happiness. Now when I look back to those 9 days spent with some of the greatest people, I can't help but think how thankful I am for that amazing opportunity and experience.



This was such an amazing experience and opportunity where I've learned to help and understand the others. Not to judge people without getting to know them and their stories. Through this exchange, we learned what patience is. Hearing the lives of some of the participants was hard, even too hard sometimes. Although, we realized that we have to listen carefully and support each others. I also met new people with many differences, new cultures and traditions but the most important is that I acquired the power of self-confidence thanks to our facilitators. I'm really grateful for this adventure and I know that I will miss everybody.

Being a part of this amazing team of 6 amazing siblings and a mother, real warrior for every our request. Great experience, amazing atmosphere, new friendships, traveling in new country, learning new things and a lot of things are behind us. Meeting Frank and his experience was absolutely one of the best things in Belgium. He is "guilty" for teaching us about storytelling and performing it on a stage in a bar full of people. At first I was scared and excited for the performing but after two or three times practicing I was just excited. Period of nine days is not a short time but for me it was. I hope I will have a



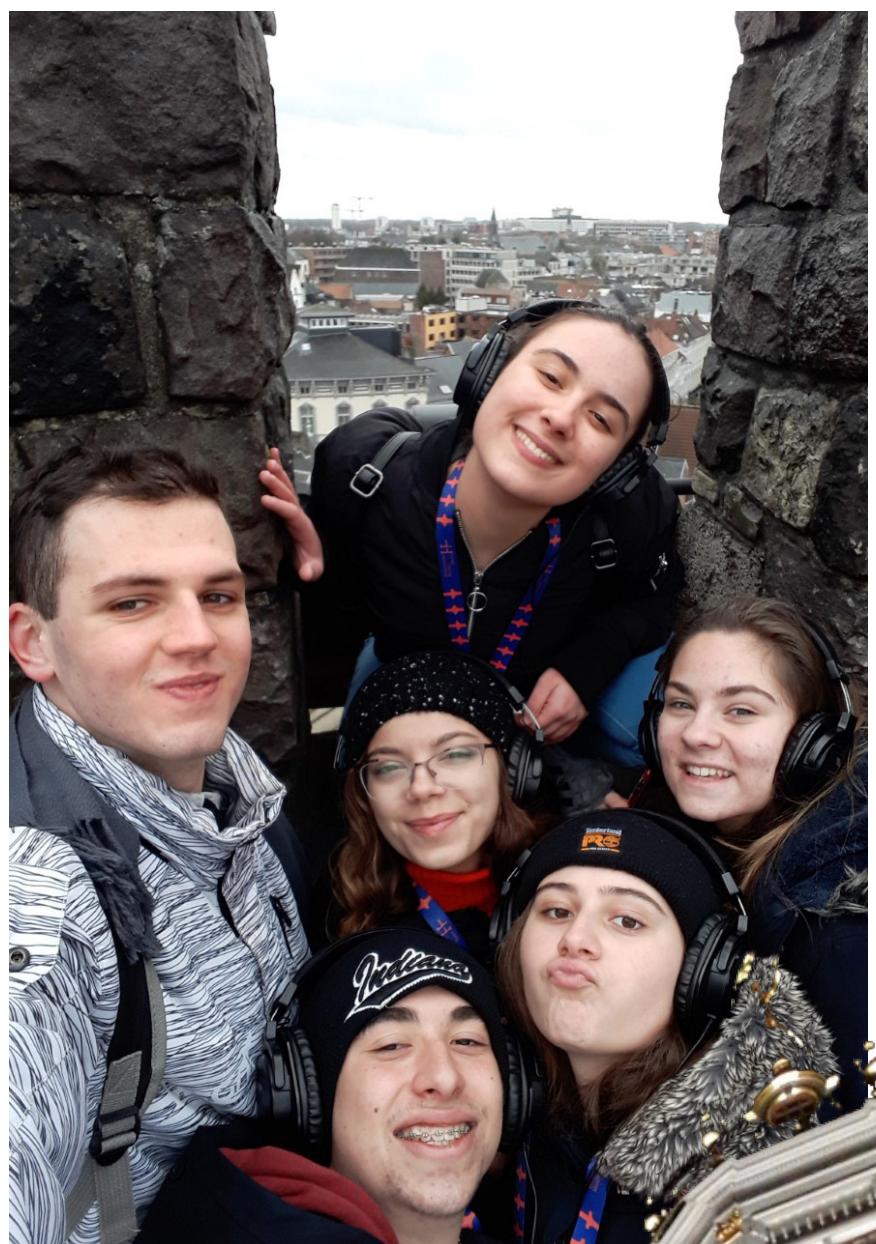
chance to be a part of projects like this again. And now in the end of this great adventure I want to thank everyone for the time spent with me and having fun together. I hope the promise that we made will be respected by everyone. To stay in touch and to have many many adventures again in the future.

It's the memories and experiences that make us who we are today. I will never forget the incredible 9 days I spent with my big family from Spain, Croatia, Latvia, Greece and Belgium. It's hard to explain how I really felt surrounded by the nicest people ever. I went there having no expectations what so ever. I just knew we were going there for sharing our emotions, learning about Forum Theater and acting. As the time went on I started being a better version of myself by doing things I've never done in my life. I started believing in myself in some aspects I never thought I would and started to trust myself more. That's thanks to the most amazing person there, Frank. He showed us a way of expressing

ourselves and our emotions which made me think of things in a different way. I learned that every emotion is valid. He made us see a new path of life, which I never would have seen if it wasn't for him. On the other hand we visited new places such as Zele and Gent. In Zele we had an opportunity to tell a story in front of an audience. It was the mutual feelings and love we had for one another. We felt like we were one, no matter the fact we knew each other for only couple of days. And then I understood - it's the feelings and empathy that keep us together, that make us stronger. However, the time was ticking and sooner or later we had to say goodbye to everyone, to everything. Not one person wanted to go back home. But, we like to believe that we'll see each other again. We made a promise that we'll never stop communicating and never ever forget about the extraordinary experience we had.

Art of the Box and its president with sad face, but fulfilled heart and memories of thousands smiles and deep hugs among the heroes of this journey said us goodbye. The challenge was successfully accomplished as the evaluation were screaming "Excellent" and heroes of the journey were looking back to the castle and walking so hard on the snow finding their ways back to home, last we said Goodbye, Sino!

Tamara Todeva
 Marina Hiohi
 Damjan Kukoski
 Ivona Taneska
 Eva Naumovska
 Damjan Georgievski
 Vafire Muharemi



ТРИЕСЕТИНА МЛАДИ „МИГРИРАА“ ВО ШВЕДСКА

Помеѓу 11-ти и 19-ти декември, триесетина млади ентузијасти „мигрираа“ во Лимаред, Шведска. Младите „мигранти“ побара „привремен азил“ на Еразмус плус тренинг курсот „Младинска работа за интеграција на мигранти“. Дел од „мигрантите“ кои ги проширија своите знаења и научија многу позитивни практики за миграцијата и заштита и поддршка на мигрантите беа и претставничките од Волонтерски Центар Скопје, Ана Михајловска, Александра Крстевска и Ангела Рајчевска.

На овој тренинг учесниците осознаа дека мигрантите и бегалците не се само луѓе кои што бараат помош, туку дека токму тие се способни да придонесат кон едно хармонично и одржливо општество. Тие научија како да бидат толерантни, отворени и да иницираат социјална инклузија, интеграција и почит кон човековите права.

Тренингот беше исполнет со многу интересни



активности помеѓу кои беа и работилниците на кои самите учесници имаа улогата на предавачи. Тогаш, младите поделени во неколку групи подготвија интерактивни и едукативни сесии поврзани со интеграцијата на мигрантите во кои ги опфатија своите сознанија и можни решенија на проблемите со кои се соочуваат овие луѓе.

Дел од тренингот беа и Интеркултурните вечери кога учесниците имаа можност да научат нови работи за присутните интернационални култури, како и да вкусат дел од специјалитетите на неколку Европски држави.

Со огромна доза на мотивација, по „привремениот азил“, 30-те „мигранти“ од Бугарија, Грција, Германија, Велика Британија, Унгарија, Турција и Македонија се вратија во своите држави подготвени да станат активни и продуктивни членови на нивното општество.

Ангела Рајчевска

PËRMBLEDHJA E PËRGJITHSHME E TRE MUAJVE TË MI NË EVS

Kam ardhur për të bërë EVS në Portugali në fund të shtatorit, dhe deri më tanë përvoja ime këtu ka qenë një nga gjërat më të mira në jetën time. Ka shumë arsyet për këtë. Së pari projekt që unë kam punuar, Agueda Volunteering Land, ka arritur të shkojë më tej se pritet e mia. Puna në të cilën marr pjesë është shumë fryshtëzuese dhe përmbushëse.



Puna me fëmijët është e mahnitshme, ata janë shumë argëtues dhe gjithmonë ndajnë shumë pozitivitet me ne. Ne po punojmë që t'u mësojmë atyre diçka dhe njekohësish duke u argëtuar dhe kjo është një lloj pune fisnikë përmua. Ajo që unë personalisht e pëlqej është që përveç punës në projekt me planifikimin dhe zhvillimin e aktivitetave me fëmijët, ne gjithashtu bëjmë gjëra arëtuese në organizatë. Duke qenë pjesë e pothuajse çdo gjë që organizata jonë vendos të bëjë, më bën të ndihem se padyshim jam pjesë e organizatës. Gjithashtu të kesh një ndjenjë se përket diku, përderisa unë jam në EVS në një vend tjeter është diçka e rëndësishme. Puna është gjithashtu si eksplorimi dhe përjetimi i gjérave të ndryshme sepse ne gjithmonë përfshijmë gjëra të reja në punë. Më kujtohet një ditë kur shkonim në shkollën e mesme Marques Castilho për tu treguar studentëve për EVS-in, dhe të gjitha mundësitet që ka arsimi joformal. Për shembull, një student pyeti se a i duhet të ketë shumë para për të shkuar në EVS. Ne ishim atje për të pastruar dilemat e tyre, për t'i edukuar ata për të gjitha mundësitet që kanë dhe për t'i inkurajuar ata. Gjithashtu, për tu treguar se nuk duhet të kenë shumë para për të udhëtuar nëpër botë, për të takuar njerëz të rinj dhe për t'u zhvilluar. Për mua ato ditë kur ishim duke punuar me nxënësit ishin një nga ditet më të mira, sepse ne po merrnim një ndryshim pozitiv në jetën e dikujt. Gjithashtu kujtoj ditën kur shkuam në një shtëpi pleqsh për të bërë një ditë më të mirë për njerëzit e moshuar atje. Për të pastruar qen, si pjesë e projektit tim personal që kisha liri për ta shkuar dhe zhvilluar atë. Ne po bëjmë aktivitete dhe ne jemi të sfiduar, por

mësojmë shumë nga puna jonë. Kam menduar shumë herë se deri më sot, përveç punës që bëjmë, EVS-i im është i plotë për shkak të njerëzve rreth meje. Unë dhe vullnetarët e tjerë, gjithashtu të gjithë ne si një grup, kalojmë shumë mirë. Është një rreth i vogël dhe i sigurtë i miqve të ngushtë që ndajnë gjithçka, lumburi dhe trishtim, çokollata dhe përqafime. Ne të gjithë mësojmë shumë nga njëri-tjetri, rreth kulturave tona të ndryshme dhe vetes.

Jeta ime midis punës dhe relaksimit është e balancuar, ekipi në organizatë është i hapur për ide dhe ndryshime që do të përmirësojnë mënyrën tonë të jetesës. Gjithashtu më pëlqejnë shumë të hënati, sepse janë planifikuar për të provuar gjëra të reja dhe për të patur aktivitete shëndetësore dhe argëtuese. Mentorimi që kemi është shumë i dobishëm dhe kam mësuar shumë gjëra dhe kam kërkuar zgjidhje për shumë probleme në mentorim.

Një nga gjërat që më pëlqen më së shumti është takimi i vazhdueshëm i njerëzve të rinj; çdo gjë që bëjmë, kudo që të shkojmë takojmë njerëz të rinj dhe kjo sjell shumë gëzim në jetën tim. Sidomos kur shkuam për të bërë prezantime në universitet dhe që nga ajo kohë ne ndonjëherë bashkohemi me njerëzit e atij fakulteti dhe është me të vërtetë kënaqësi. Unë gjithashtu kam marrëdhëniet të mira me personat që bashketoj në apartman, ndoshta apartamani jonë nuk është gjithmonë i pastër, por ne jemi gjithmonë aty për njëri-tjetrin.

Language learning – Loving, connecting, expanding

Have you ever wished you could be someone other than your own old self? Had a more charming voice, a bit less boring face, a more daring personality... if only for one moment? Have you ever wished you could see the world around you, people, birds and garbage from a different perspective? Through someone else's eyes, with concepts entirely different to the ones embedded in your mind?

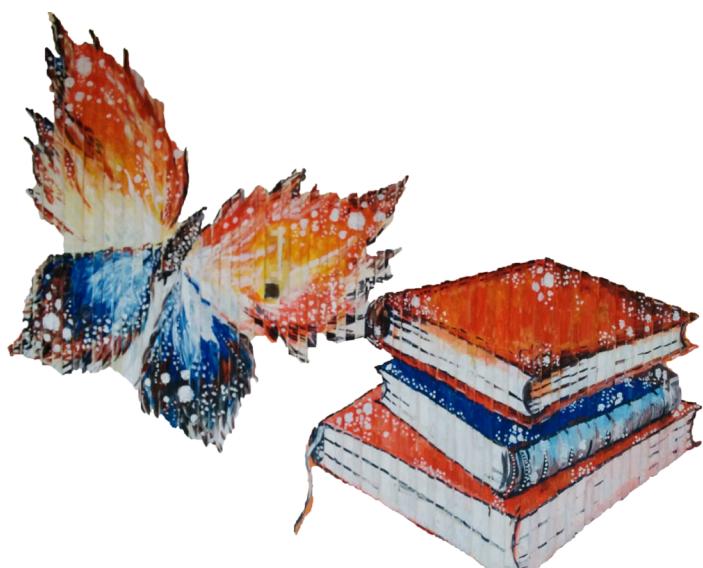
You can do just that when you speak another language. And this is one of the greatest appeals of this adventurous process, the bewitching power that makes it addictive. But how does it work?

When you learn another language, it is invariably a foreign one. And foreign means strange. The other. The one that is not you. A foreign language carries with it the values and notions, the structures and categories, the habits and heritage of the people that speaks it. A people you have not grown up around, with whom you frequently have little in common. Thus, when you can speak such a foreign language, you make it – and all of its culture – part of you. You expand yourself, discover feelings and ways to describe situations or persons, that you didn't even know existed.

A concrete example are the words to which you do not easily find a satisfactory equivalent in other languages. How to translate in one precise word "endearing", from English, or "plaisanter", from French, or "Wanderlust", from German to your language? The vocabulary of mine, Portuguese, does not offer an ideal equivalent. At least I haven't found it yet. And what to say of the whole host of words in some languages for types of rain or snow, or the ways to address people according to levels of formality? The Japanese have a quantity of the latter that I find astonishing, as a Brazilian, simply because this way of interacting in fixed roles that imply complex respect and distance gradations is unknown to me and, on the other hand, woven into the reality of being Japanese.

That all means, to put it shortly and poetically, that the menu of different ways available to you of tasting, touching, seeing, hearing, smelling – feeling – living, is more varied when you learn other languages.

Also, not only do you expand your experience because you welcome those of others into you, but you also explore new versions of yourself. Speaking another language, you use different muscles of your speaking apparatus, or you use the old ones in a new manner. The mechanics of the pronunciation is different, the rhythm and melody is particular, sometimes your tone and pitch of voice changes too along with the sounds and music of the language. And due to the fact that the human organism is, well, an organism, a unity, intrinsically interconnected, you can soon find yourself with facial expressions or gestures that were not typically yours before. You can feel suddenly more polite and subtle, or more blunt and direct, in how you express yourself. Your body is stimulated not to fall into its routinely known, repeated movements. You soon realise that you have in yourself several versions of you that are there, just waiting to be exercised. You are multiple.





Not to mention the fact that usually the process of learning involves meeting new people – in conversation class or in the endless platforms of online language exchange. And when you meet someone new, you have the opportunity to be another you. This person, who is not acquainted with the way you lick the lid of the yogurt when you open it, your preference to Celtic music over country, your terror of conversations about sports, the regrets you carry and how shy and silent you normally are. For them, you are a blank page. Therefore, he or she can free you from your routine and help you to be a stranger in your own territory. Allowing you to explore the numerous and fascinating aspects of your own being, many of which you normally don't see anymore, blinded by habit and routine.

Meeting new people is also about meeting new sides and possibilities of you. Your own old self.

Finally, language learning is about loving. When love happens, learning is actually effective. It becomes as soothing and exciting, and as natural, as love. Why? Because when you truly learn a language, and are fully and thoroughly competent it, you make it your own. It belongs to you. You find, within this foreign territory, your home. A place that is only yours, and will not work for any other inhabitant – or learner. Be it through any aspect of the language's universe – literature, society, mentality – or of your multiple self universes that your fall in love with. When you allow yourself to be fascinated, to be enchanted, to connect with and lose yourself in any manifestation of a culture – or the whole of it –, it becomes a love affair, and your learning of its main code of communication, a success.

To sum up, please do yourself a favour and learn a new language. Reduce the otherness of the others to you and explore the other yous that you know not, or do not allow to flourish. Let life be more interesting and live the myriad of possibilities of it to the very fullest. I swear, it is a world of fun.

Vitória Acerbi





THE HIDDEN STREET ARTIST IN ESTONIA

Edward von Lõngus (EVL) is Estonian most successful street art phenomenon even though the Estonian public does not know anything personal about the artist, as EVL is his alter ego. His work, however has been critically acclaimed within the Estonian art community, received many awards and sent on tour across Europe.

What is the meaning of street art to you?
A mind which has been expanded by a new idea will never regain its former dimensions. Street art is a way of mind hacking. Public space is a way of communication. Change the environment and you will change the people in it.

Where do you get inspiration for creating your works?
Modern music creators mix new music from samples of already existing music, I sample cultural code in a similar manner. I cut out some pieces and put them together in a new way, creating new meaning in the process. This is how all of our minds work as far as I understand it. Everything inside our heads is a mix of different bits and pieces of random information that we have picked up along the way. Most of our ideas are not ours. We copy and paste this stuff from other people's ideas. Sometimes new stuff gets invented in the process, most often by misinterpreting previous information.

Where did it all start? Who were you role models in street art?

The works that have touched me the deepest are the oldest ones. I feel a deep connection with the early cave paintings. For me it feels like going home. Graffiti is often considered a new art form while it's actually the oldest. Images and writings on walls are as old as human history. Drawings of dicks on walls have been an integral component of human civilization from the very beginning.

How does your creation process look like? How was your artist Alter Ego: "Edward von Lõngus" born?

There is a reoccurring motive in history which can be found in pretty much all cultures from around the world. It is the concept of the artist becoming a medium for a higher being. Nowadays we recognize this creature by the name of Muse, but it has had many names over the years. The concept remains the same: There is a certain state of creation where the creator seems to submit itself to some otherworldly force which leads the creation process. Most of my work consists of following that inner voice and just trying to keep myself out of the way.



What advice would you give young people interested in street art?

Do your own thing. Find your own way. Follow it with passion.

Where in the world can your work be seen?

The European tour map can be seen at restartreality.ee

What are your future plans for your street art?

The Moon is the limit, literally. I will make an artwork on the Moon one day.



How did you become aware of your success in the Estonian art scene and how did it make you feel?

I believe that individual actions are driven by the underlying conditions in society. The law of emergence states that with a given set of conditions the respective outcome is inevitable. In other words if you set the correct circumstances for something to happen it is bound to happen sooner or later. Since Edward von Lõngus emerged from this set of correct conditions, the success I've encountered is a self-congratulatory reward mechanism of the society being pleased with its own creation.



Are you ever planning to reveal your true identity?

I do not desire personal fame. Our society is way too obsessive with fame and celebrities. I want no part in that. All I want is my art to be seen and my message to be heard.

Mathis Siim Kull

Photos from Edward von Lõngus

YOUNG ARCHITECTURE FROM SKOPJE



Sara Simoska is an architect born in Skopje in 1992. She studied architecture in Skopje and in Milano, Italy. In 2013 she founded the architecture organisation MELEEM as a student. MELEEM organises workshops, lectures and projects about design and architecture. Their events can be found on their facebook page: <https://www.facebook.com/meleem.skopje>

Sara Simoska is also the founder of her own architecture bureau, Sara Simoska Arhitektura with which she won the Temporary Living Space competition in Italy, won 2nd category prize at the Dom Russia competition in Russia, the BIG SEE Wood Design Award 2018 in Ljubljana and is currently a nominee for the European prize for contemporary architecture Mies van der Rohe 2019.

Her projects were published in national and international architecture magazines such as Archdaily, Designbest, repubblica.it, Forbes.ru, etc. She is also active in discussions about social architecture and inclusive cities.

Once Skopje was known as a city of modernism. How can we bring back this reputation to our capital?

I don't believe we should try to bring back some previous reputation, but we should try to work on our contemporary reputation. I believe that we should embrace our city the way it is, with all its negative aspects and start dealing with it and approach the problems, one by one and not be ashamed to speak out about them on a local and international level. No matter if they are problems of function or aesthetics. I believe the international scene is interested in cities with problems and this is why Skopje is becoming a very provocative city for many professionals from different disciplines worldwide. It is boring to be born in a city where nothing really happens, nor changes. So I believe the current reputation of Skopje is as a city of problems and change.

What are the main influences from the modernism in Skopje- the functionality of Le Corbusier, the floating architecture of Oscar Niemeyer etc.?

I can speak about my perception of the residential areas in Skopje, in which I grew up and where I have witnessed the qualities and flaws of those urban spaces, which I believe is a more contemporary approach to urban space perception.

I have definitely seen similarities in the urban planning of residential neighborhoods in the mentioned areas, but I have also seen the same in the EUR neighborhood in Rome, in periphery neighborhoods in Barcelona and Milan, around Moscow, where I felt very much at home.

Finally, I could not state with certainty who was the one that was first in this, but I can perceive that it is a way of occupying a lot of huge space when new neighborhoods were built in a fast manner. It was the result of a need for many new residential apartments and a result of the industrialization of housing because big parts of those buildings were made from big, prefabricated elements like walls and entire stairs.

Some major architectural achievements in Skopje and Macedonia were ruined in the last decade and a half. Do you think that the intellectuals in this country are active enough on this issue?

We should not put blame on people about being responsible for what has happened. I believe that the people I know that are intellectuals have their own opinion about the entire situation and many of them are opposed, which I find positive. I believe what happened to Skopje was a huge lesson and gave birth to a discussion and educated many people. Unfortunately, very important buildings were as you say 'destroyed', but this, at the same time, was a huge marketing for brutalism. It was the first moment when architects started becoming more vocal about the importance of buildings from the 20th century. Architecture was a popular topic for many years, as it still is. This was connected as well with international interest in brutalism. So at the end of the day I believe it is a way of growing up and obtaining self-knowledge for the city and its citizens. I know you expected me to be a hater in this interview, but I am not that person. Although I do have very critical opinions.

You and some of your close colleagues are some of the few people that were always active in urban culture. Do you find our societal environment ungrateful and why?

We are not unique in the field of urbanity, but we are unique in the methods that we use. Our goal with MELEEM is to open topics to the wider public in a much more people-friendly approach. We want to start discussions and take action on the streets so that everybody, from the young to the old can actively participate. We succeed in this goal and in the last years we organized more than 10 workshops, lectures, and events, in cultural institutions and on the street. I don't find our surrounding ungrateful. I believe students in architecture are recognizing our work, which is why with each workshop we organize- there are more and more students interested in participating, without getting any credit points for the university. Students are participating in our workshops about improving the city and public spaces and they are active more than 8 hours in 4 days per workshop. This is our main feedback and reward. We believe that we will nurture a new generation of architects and urban planners that will develop projects with a bigger connection with street life and people's needs.

Our city was - in the period of this tragic destruction of our architecture – was visited by two architectural photographers- Jacopo Landi (who was in VCS) and Jeremie Buchholtz. Do you recommend that we should have this department at our universities?

If you think about photography department, as I understood the question, while I was studying at the Faculty of Architecture in Skopje, we used to have that subject, and I learned some basic information about photography. But I don't think students should have 1000 subjects in faculty just to have them. Students could educate themselves by additional programs which the city of Skopje could offer. Like workshops, lectures, cinema, theater, festival, etc. In this way students would be much more interested to participate than during regular university programs. So I don't believe additional subjects are necessary but the city of Skopje should invest more and stronger in an external university education, which is very important for the city, its youth and the local economy.



What is your dream project? What do you think about the link between ecology and architectural design? How can your dreams be fulfilled in this cultural landscape: for e.g. this mayor like the previous ones rejected the grant from EU for Skopje underground?

Right now I don't have a dream project, because I make all my dream projects reality very fast. Or maybe I am a lucky girl, or perhaps my dreams are very realistic. I don't dream about the linkage of ecology and architecture, even more, ecology or better said sustainable living is an inseparable part of architecture since Roman times and you can see this in Macedonian traditional houses etc. I am not well informed about political decisions, although they could affect us. But I believe my dreams can be definitely fulfilled in this cultural landscape. This city and country need proactive people like me that give ideas and involve other people in the projects. I am not a person who gives up easily at all. I just get challenged more when they say no to my project or idea.

Igor Pop Trajkov

Приказната на “Најсиromавиот богаташ“

Живко Поповски – Цветин, еден од најголемите македонски уметници и воедно хуманист, ја започнал својата мисија на мирот каде што уметноста ја издигнува на пиедестал со неговиот заштитен симбол – цвеќето. Дарувајќи ги своите слики на различни настани и личности, тој ја шири својата магија и своите безвременски цвеќиња на мирот.

Од каде потекнува идејата да сликate цвеќиња?

Па видете, цвеќиња сум цртал уште како дете за на мајка ми да ѝ ги подарам за 8-ми март како и сите деца. Дали е тоа дете во градинка или прваче-сите почнуваат да цртаат цвеќиња, а јас со оглед на тоа што потекнувам од с.Брезово, Демирхисарско, исполнето со ливади и шуми, сето тоа ме восхитило уште од најмала возраст. Имав и една мазга со која сум се шетал, па ѝ собирав цвеќиња кои ѝ давав во уста и така сум ги забележал тие мали ама убави работи кои ми останале во сеќавање уште како мал.

Колку години веќе ги подарувате вашите слики и колку ги имате насликано?

Јас од 70-та година почнав поинтензивно да се занимавам со оваа работа, најпрво со колажи и мозаици, а цвеќето ми беше и тогаш мотив, но од 1984 година кога го добив писмото од Мајка Тереза ме вовлече во овој хуманистички дел. Вкупно негде имам над 55 000 слики насликано во најразлични големини.

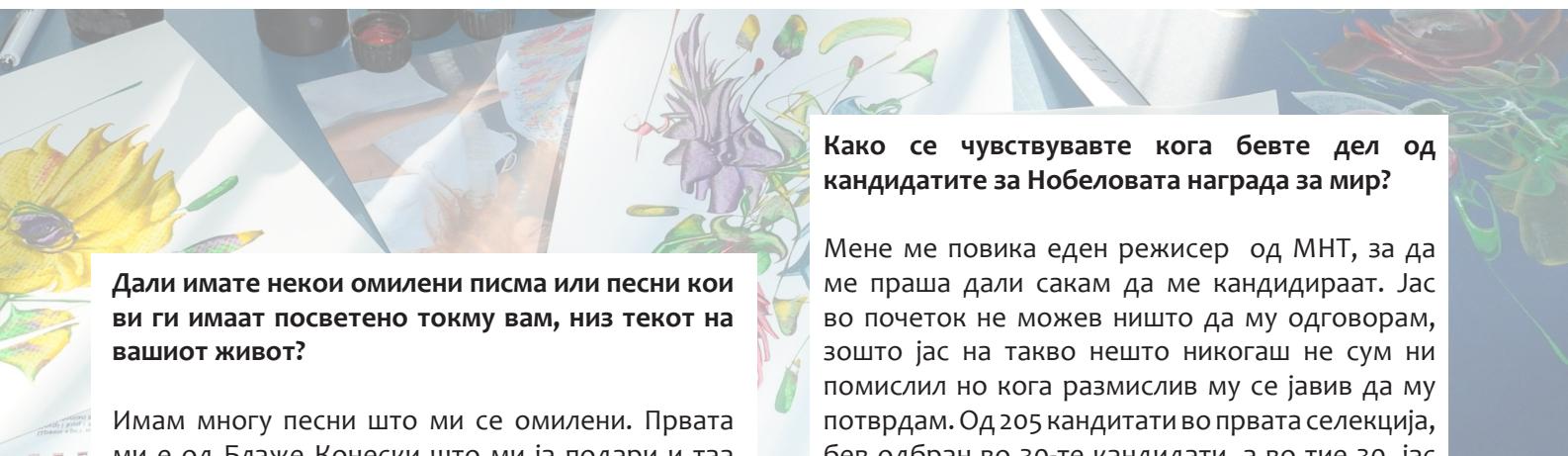
Што ве мотивираше да ја започнете оваа хуманитарна мисија?

Кога го добив писмото од Мајка Тереза, тоа ме мотивираше да јас тргнам во една таква хуманитарна мисија. Во писмото пишува: „Драги Живко, Ти благодарам за твоето љубезно писмо и прекрасната слика. Имаме наши сестри во Скопје и ако дојдеш до нив сигурна сум дека тие ќе ти покажат како да учествуваш во нашата мисија на љубовта... Бедните се секаде околу нас: осамените, несаканите. Биди љубезен и прави им добрина на оние близку до тебе“. На почетокот, покрај на Мајка Тереза слики подариш и на Вили Брант, Долорес Ибарури, потоа на Индира Ганди и секогаш добивав повратни пораки така да овие охрабувачки писма што јас апсолутно не ги очекував, ме поттикнаа да го правам тоа што го сакам.

На кои настани и личности ги имате дарувано вашите извонредни цветни творби?

Имам подарувано на Џорџ Буш, Џон Мејџор, Хелмут Кол, Жак Ширак, Фатос Арапи, Блаже Конески, Тед Хјуз, Ежен Гилвик, Паоло Куељо, Рей Чарлс, Би Би Кинг, Ричард Гир, Клаудија Кардинале и многу други. Во 1985 година на Обединетите Нации им испратив 160 слики по повод денот на Обединетите Нации на 24 октомври и тогаш ја искористив приликата за да направам една изложба во градската библиотека „Браќа Миладиновци“ и да ги испратам преку југословенската Лига за мир. Оттогаш започнаа моите цвеќиња да ги нарекуваат цвеќиња на мирот. Тие слики тогаш ги подариш со убава порака: „Цвеќето во човекот не го сака ветерот на војната, затоа јас не измислувам нови цветови, само ги пресликувам цветовите во луѓето што ги сакаат мирот и слободата“ и оттогаш започна и оваа мисија на мирот.





Дали имате некои омилени писма или песни кои ви ги имаат посветено токму вам, низ текот на вашиот живот?

Имам многу песни што ми се омилени. Првата ми е од Блаже Конески што ми ја подари и таа ме поттикна да одам секоја година на Струшките Вечери на поезијата и да подарувам по стотина слики, значи песната „Ружа“ ми е најомилена и таа секогаш ја рецитирам. Потоа имам една од Петре М. Андреевски која ми е исто омилена и тој вели: „Кај ја научи таа магија пријателу, да ги из’ртуваш сите сончогледи коишто ги знаеш ем не знаеш и да им го запираш растењето таму каде што ти сакаш“.

Дали има дело со кое најмногу се гордеете?

Може да се за моето најголемо дело што сум го направил во 2015 година. Таа слика ја започнав на Цветници, работев полни 4 месеци, речиси секој ден по 8 метра од прилика, за на крај да биде со должина 1001 метар и ширина 22 см. Ја започнав на 5-ти април се до 5-ти август, роденденот на мојата мајка, со што ја сврзав оваа цветна патека. Тоа ми е една убава симболика и порака затоа што истата година се навршуваа 1001 година од ослепувањето на Самоиловите војници.

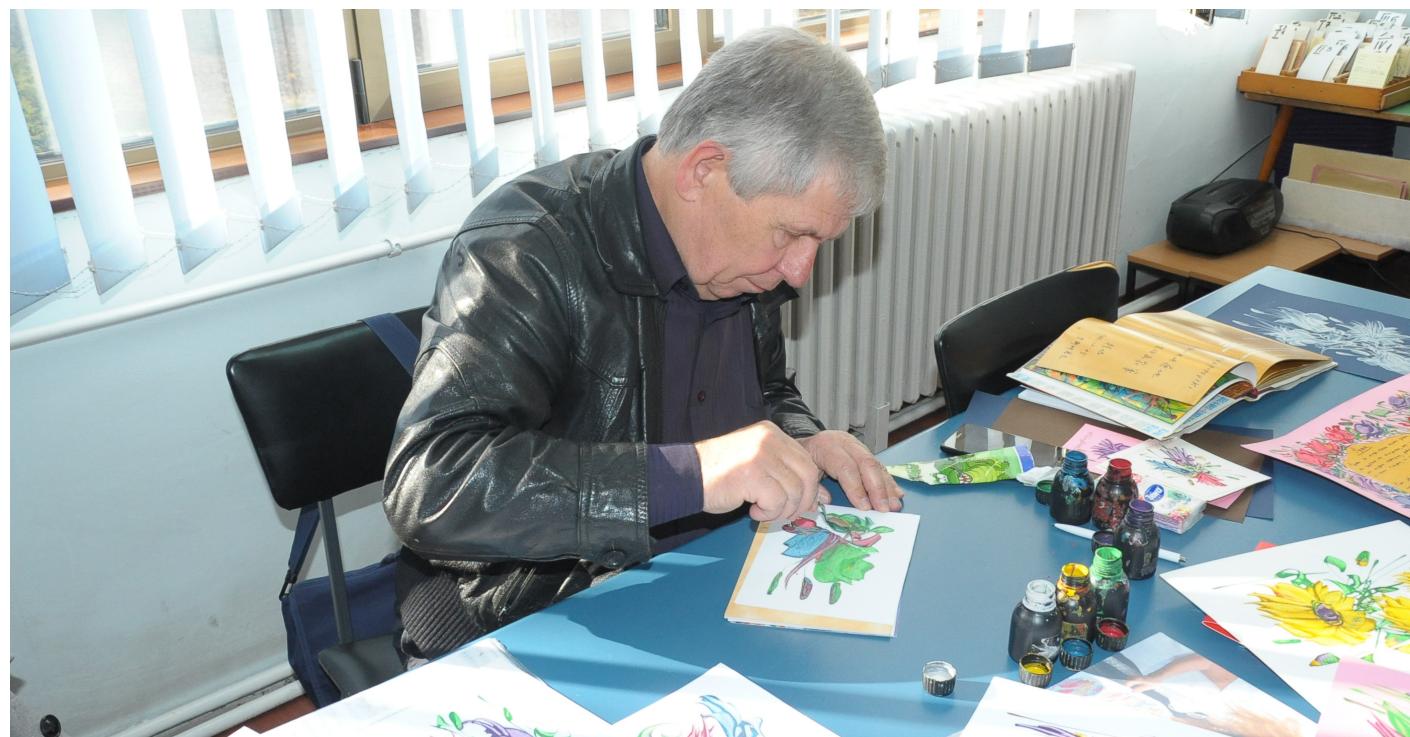
Како се чувствуваате кога бевте дел од кандидатите за Нобеловата награда за мир?

Мене ме повика еден режисер од МНТ, за да ме праша дали сакам да ме кандидираат. Јас во почеток не можев ништо да му одговорам, зошто јас на такво нешто никогаш не сум ни помислил но кога размислив му се јавив да му потврдам. Од 205 кандидати во првата селекција, бев одбран во 30-те кандидати, а во тие 30, јас бев трет. На прво место беше Барак Обама, а на второ Никола Саркози, на 6-то место беше Бил Клинтон, на 30-то Џорџ Буш Џуниор, на 29-то Владимир Путин, на 28-мо Тони Блер. Така да јас сум горд затоа што во една таква номинација од толку луѓе, јас морално се чувствуваат победник бидејќи имаше многу критики за Обама и Саркози.

Што би им препорачале на младите за да ја продолжат борбата за мир?

Мирот треба да почне од секој од нас, уште од најмладите години. Моите први слики кои ги дарувам на почетокот на секоја година, ги дарувам во гинеколошките болници. Децата треба од најрани години да го прифатат тој збор „мир“, бидејќи ако им влезе во меморија тие постојано ќе се потсетуваат на тоа, а токму цвекето е еден многу убав симбол кој сум го избрал јас.

Ева Наумовски



THE RELATIONSHIPS THAT NEVER WORKED OUT IN THE END

The museum of Broken Relationships is an art project started by Olinka Vištica and Dražen Grubišić in 2006. It is a good way to say goodbye to our love stories that never worked out. It has been growing since 2006 and has now a travelling exhibition in addition to its original permanent location in Zagreb. The United States also has its own museum of broken relationships. In 2016, John B. Quinn founded the Hollywood version of the exhibition in Los Angeles.



It is a museum that collects stories and things from people all over the world. Anybody can share their experiences. Then it is made into an exhibition where visitors can see the items and read shorter or longer stories connected to the items. It may sound like there are only sad stories but some of them are also funny and sweet, not all the relationships have to end in a destructive way. People usually think it is about love stories but it also has stories about families, parents, friends. The ones who break our hearts, do not always have to be our love partners. Sometimes we end relationships with people who we have been together since forever. Luckily, life always gives us new people and relationships. To take the museum and experience closer to the readers, we also share some stories from people.

The data makes very clear the interest generated by this exhibition. Two permanent museums, a working exhibition and 50 past exhibitions make it very clear that the phenomenon does not leave the spectators indifferent. We visited the museum in Zagreb and now in Skopje. Of course, the museum in Zagreb is bigger and has more stories, I would also say more heart-breaking stories but it is always interesting to read about local loves. I had never heard about this museum before but I really liked the idea, it is a perfect way to let go of whatever needs letting go. It even changed my views on certain topics, gave me more personal feelings about what is happening in the

world right now. For example, there was a story about a woman and her husband who were supposed to get married but the soon-to-be-husband died in a terrorist attack and it made all of this more personal to me. It is not easy to see the news but I never thought that somebody might lose his or her happiest day in their lives because of that.

If the reader does not have enough time to attend any of these exhibitions, the museum has created its own book to be able to enjoy all these stories from home. The book contains 203 objects of everyday life that donors have donated to the museum with their corresponding stories. When we started writing this article, we appealed to the people around us to share some of their stories with us. Thanks to them today we can present our small version of the museum.



Tinder Love

"We met four years ago in Tinder; I never believed that you can find someone from this app. The first time I met him face to face, was so scary and exiting. He was an exchange student from Canada. We shared the next four months together, with an amazing nights and talks. I loved his humour. One night I told him that I don't know how to shake my ass in the clubs; he got up from the bed and started to shake his ass in the middle of the room naked, wearing only socks. We laughed together, and I always felt so comfortable with him. The closer his departure back home get, stronger feelings from my side started to show up. Last night before his flight I was at his place helping him to pack up. He was cleaning the room and collecting all the Euro coins from the floor to my hand, since he didn't need them anymore. One coin was Canadian dollar with beaver on it, and I kept it. I have nothing else from him except the memories we built up together, and still, after so many years, I feel such warmth in me when I think of him. After he was gone, I cried like a baby for days but then I got my first honest smile of this feeling, that I had a chance to experience something like him."



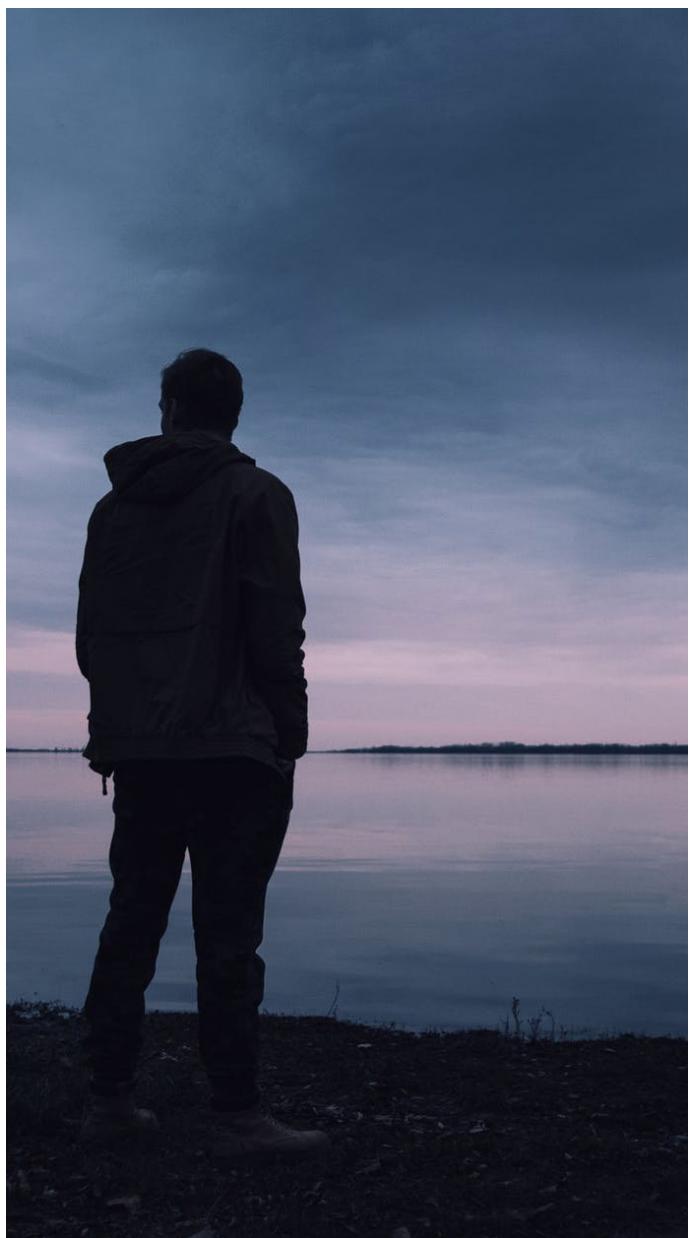
The Little Boy

"I met him in a party and I never wanted anything to do with him. I felt so young at the age of 17 watching him being four years older. He was talking to me few weeks, didn't give up until I agreed to meet him again. From there started our short journey together, we never spent a day apart from each other. I had this feeling that this might become my first serious relationship. Once he handmade me this childish bracelet with letters "I love you". We were happy, and suddenly, out of nowhere he stopped answering to my texts and calls. I waited for a week, trying to reach him. I gave up, drove to his house where his father answered the door. I explained the situation and asked if I can pick up my stuff. I don't have the bracelet anymore, because I was so devastated and broken so I left it to his house as a sign that our love no longer exist. Few days after that he drove to my house to bring me some other stuff I left behind, we sat in the car. I cried to him and tried to get some explanation, he just sat with me 5 minutes without looking me to my eyes even once. He said that apologizes are pointless. In our relationship he always called me little girl since I was younger, but after this situation I realized that actually he was the little boy. I didn't cry for him longer than few days after that."



Wrong Door

“It happened back in the day, when I was still learning joinery in vocational school. I was popular in the school for some reason, I even won schools popularity contest called the dance king. Even my costume was a pirate with the wooden leg. The following situation took place on my second course. I was 18 or 19 she was bit younger than me. She was the vice president of our student council. Her name was Maria and she was the best friend of our student council president Krista. Of course I was inverted about Maria, she looked stunning and she was a lovely kind person. She was far better than the older girls that surrounded me and asked me to give them baby and things like that. Previous year I had a group of three girls who were completely absent with me, bothering me all the time. To this day I know that Maria was the only one how got her life in order of those three, so she was breath of fresh air to me. We get along very well. I could even say that the girl was star struck for me. All of a sudden I started to notice that she was getting closer with her best girl friend, but I ignored that. Around her birthday, I wanted to take the friendship to next level, and then it happened. She admitted to me that she is into girls. I thought she just wanted to let me down easy by making excuse like that, even she was sorry. Actually I didn’t even believe her until I heard that the same story happened with my classmate Thomas. He was a young successful business man, who also was rejected by Maria. From here I realized it was not me, Maria really was in to girls, and we had just a precious friendship. Thomas was as shocked as me at the beginning, but finally we had a good laugh together even we both lost the girl. To this day I still wonder, would I have succeeded with Maria if only I knew a how to pickup her. Maybe not. No point of speculating here.”



Ghost Father

“First meeting that I can remember with my father was when I was 18 years old. They made an agreement with my mother that he don’t have to be part of my life, if he doesn’t want to. When I met him, he was happy to see me and made many plans for the future, to meet my unknown sister from his side and it seemed like we are going to built up father daughter relationship. After that few years passed without contact, until we met again in bar where was all the friends my mother used to know when she was young. He gave me twenty euro’s laughing and saying “Father will pay”. After that, we never kept contact or meet again. And I never actually wanted, I was never sad about it. My mother was always like both parents to me and she did amazing job. People are usually careful with this topic with me, but I am happy like this. Why would you miss something that you never had?”

First butterflies

"I was fifteen and he was fourteen, we were kids with no experience with other person in your life. The path to us being together was full of butterflies in my stomach. Our first kiss happened in the middle of the street full of snow. Since it was freezing, we walked around one building, every time stopping to same point to stare each other, without the courage to kiss. After third or fourth round, he finally kissed me. After that we were together few months, which felt like so much more. Scared but ready, we wanted to lose our virginities to each others. I loved to spend nights with him, only lying on a bed, with the excitement of a "first love". We started to have such a teenage drama and complications later, we broke up but kept contact sometimes. Years passed. One night I was lying on my bed, discovering from his Facebook page that he committed a suicide. I believe that in older age he started to have some mental problems. I cried few tears, sad about that he ended his life. I also smiled to our memory and thanked him of being my first experience of feelings like that. Even I don't believe in heaven, I still, sometimes, look to the sky and smile to him. I hope he is happy now"

My Polish love forever

"I'll never forget my first visit to Poland. In that cold winter, traveling together with a lovely girl, still just a colleague from work. Early morning in Warsaw, sleepy and a bit tired of the trip, but still looking good and happy where we are. We took the metro as the rest of the crowd, two foreigners looking strange but still fancy, speaking foreign language but still Slavic one. Just to be sure, not to miss the stop I wanted to ask for an advice. And there she was, standing bravely just across, a step or two away from me. Our eyes met in a moment with a flash of a smile and a burst of energy exchange, causing a new Big Bang. I felt the flow so strong, up and down my body and all over again. I put myself together and asked. She explained to me with that voice of an angel without taking off the eyes of mine. Mesmerized, as we stared at each other's eyes like there nothing else to see a side, smiling, slowly coming to our minds what was really happening. My colleague noticed that in a moment, smiling so nice and telling me sweet things how that is Love but I still could not take off my eyes. My lovely colleague, she could have been my girlfriend, wife or something but the girl didn't mind, just her eyes full of love saying: I'm yours and you are mine, till the end of time.

The reality got me again soon enough. It was our stop, time to get off. She just pointed at the door with her hand, still smiling so nice. The moment when you want to stop the time but the time was gone. I knew deep in my mind that awesome moment didn't last long but that was a moment when we really stopped and got out of the time, that ugly linear flow showing no mercy, no respect. A closer touch on the way out, still staring into each



other's eyes, sharing plenty of love and that was all: I left her there or she did cut me loose with the soft bang of the sliding doors. No names, no phones, no social profiles, just hearts beating in rhythm no matter how far they are. Yes, a relationship that actually never happened but still it will last more than forever written in the records of stars."



If after reading this article you believe that you can contribute with your stories to the continuation of the exhibition, being part of it is very simple. First you have to choose where to donate your story. At this moment, the "Digital Separations Collection", the Global collection in Zagreb and the York collection in the UK receive donations. Both the exhibition in Zagreb and the "Digital Separations Collection" are always open to donations but if you want to be part of the British collection you must make your donation before February 21st.

Triine Viisma
Ana Fernández Hernández

И ТОА СЕ СЛУЧИ!

По неколку неуспешни обиди македонската машка одбојкарска репрезентација се пласираше на Европско првенство. И тоа се случи. Покрај голем скептицизам и секако во месец доминиран од светското првенство во ракомент во Германија и Данска сепак македонските одбојкари успеа да се пласираат на првото за нив големо натпреварување. Ракометарите на друга страна и не поминаа толку добро на светското првенство.

Да се вратиме на она што е историско за македонската одбојка. Квалификациите и не се одвиваат баш како што одбојкарите или било кој друг во Македонија би посакал меѓутоа сепак беа со среќен крај. Загубија натпревари што однапред беа запишани како победи, се бореа на оние каде што се очекуваше да загубат, оваа група на одбојкари не се откажа. Се натпреваруваат заедно во квалификациите и Европската лига на која на два пати завршија како втори во последните неколку години и се познаваат добро. Беше симптоматично како сите заедно се бодреа и навиваа, во некој момент и повеќе од публиката. На денот Д, на денот кога успеа да се квалификуваат за Европското првенство многу работи требаше да се поклопат. Најпрво требаше Шведска да победи во меч во кој беше фаворит, што и се случи и потоа Латвија да го победи Израел. Латвија немаше некој посебен мотив за игра бидејќи немаа никакви шанси за квалификација и до тој момент имаа освоено само еден сет во текот на квалификациите. Меѓутоа и тоа се случи, Латвија го победи Израел со 3 спрема 1 и во салата најднаш се слушна големо одушевување и наплив на емоции и

поддршка кон одбојкарите. Сега беше потребно „само“ да победат со 3-0 против Унгарија. Дојде и тоа време и со многу срце и умешност успеа да победат и да се обезбедат настап на првенството. Потоа следуваше она што сите го чекавме, славјето! Со семејствата, роднините и пријателите на трибините почна да се споделува радоста која подоцна ја споделија со цела Македонија.

Овој дел сега е завршен. Пласманот е обезбеден на Европското првенство, она што сега следува е достојно, борбено, со срце претставување на Македонија. Во група која селекторот и дел од одбојкарите ја оценија како онаа во која со исклучок на една репрезентација, со сите други може да се игра и надигрува, не треба се спуштат очекувањата на само учество. Со играње, како што покажаа дека можат, македонската одбојкарска репрезентација може и мора да се задоволи со нешто повеќе од само учество.

Андреј Наумовски





THAT HAPPENED AS WELL!

After a couple of unsuccessful tries of the Macedonian volleyball team qualified for the European Championship. That happened as well! Despite the big skepticism and of course in a month dominated by the handball world championship in Germany and Denmark still the Macedonian volleyball players managed to qualify for the first for them big competition. The handball players on the other hand did not fared so well on the world championship.



Let's get back to what is historical for the Macedonian volleyball. The qualifications did not went well as the volleyball players wanted or anyone in Macedonia would have wished for even though they had a happy end. They lost games that had written down beforehand as victories, they fought in those where they were expected to lose, this group of the Macedonian team did not give up. They were playing, competing together in the qualifications and the European League in which they ended up second in the last few years and they know each other well. It was interesting to see how they were cheering and supporting each other, at one point even more than the crowd. On the D day, the day when they managed to qualify for the European Championship a lot of things had to come into place. At first Sweden had to win in a match that they were favorites in, that happened and then Latvia to beat Israel. Latvians did not had a special motive to play and win because they did not had any chances to qualify and until that moment they won only one set in the qualifications.

But that happen as well, Latvia beat Israel with 3 to 1 and in the sport hall you could hear a great relief and a surge of emotions and support towards the players. The "only" thing that was left was to win 3-0 against Hungary. It came that time and with a lot of heart and knowledge, they managed to win and qualify for the championship. Afterwards it came what we have all been waiting for, the celebration! With their families, relatives and friends on the stands it started to spread the joy that was later spread with all Macedonia. This part is now over. The qualification is done, what is coming now is a representation with dignity, combative spirit and heart of Macedonia. In a group for which the coach and some of the players said that except for one clear favorite there are teams that can be played with, the expectations should not drop only to just participation. With playing, as they show like they can, the Macedonian volleyball team can and must satisfy itself with something more than just taking part in the European Championship.

Andrey Naumovski

ОСТАВТЕ ГИ НА СТРАНА КНИГИТЕ ПО ГРАМАТИКА И ПОЧНЕТЕ ДА УЧИТЕ!

Дали сте посакале некогаш да научите некој јазик, а сепак да не платите за скапите часови? Без гајле, можете да го сторите тоа самите. „Самите“-ќе прашате, „Нели е тоа премногу сложено? Зар не треба да сум супер талентиран за тоа?“ Не е сложено, само бара повеќе труд. И не, не ви е потребен талент, само вистински пристап. Ајде да ги погледнеме клучните елементи за учењето јазик со сопствен труд.

Секое настојување нешто да се научи започнува со мотивацијата. Ако сте мотивирани и решени да постигнете некоја цел тогаш навистина можете. Значи, зошто сакате да го научите овој јазик? За да најдете подобра работа, да ги воодушевите пријателите, да запознаете нова култура или да се предизвикате себе си? Што и да е, запрете се малку, напијте се голтка од чајот и запишете. Подоцна секогаш кога ќе се почувствуваате обесхрабрени пред предизвиците, дали од германските падежи или кинеските симболи, вратете се на почеток и потсетете се зошто сте тука на ова патување. Сега кога сте подгответи не се нафрајте само така на непознатото туку бидете подгответи.

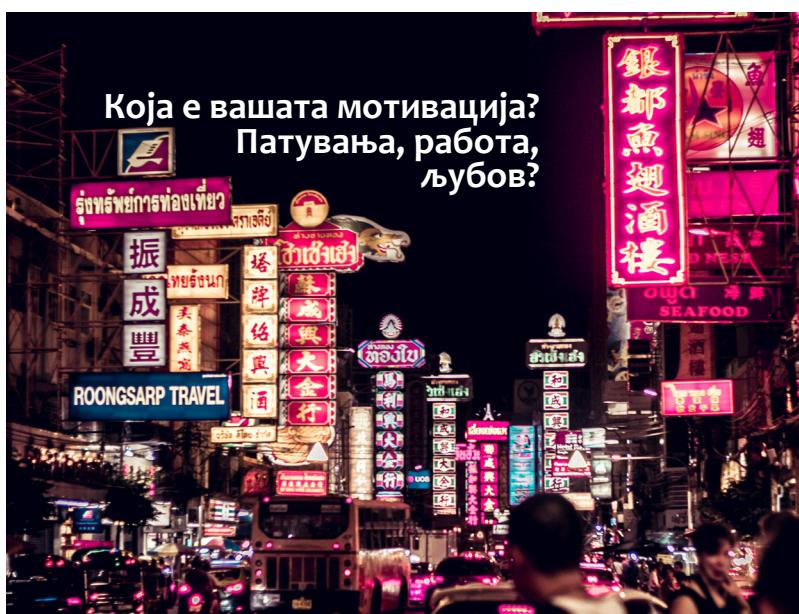
Направете стратегија за учење! Учењето јазик е секогаш голем предизвик. Има толку многу работи да се научат и на почеток може да биде премногу. Седнете пред да почнете и изберете 2 или 3 цели и запишете ги. На пр. За една недела сакам да знам да пишувам и читам Кирилица. За 3 недели сакам да бидам способен да се претставам себе си. За 6 месеци сакам да читам весници. Поставете некои цели кон кои ќе се насочите. Потоа погледнете ја првата цел и размислете како ќе ја постигнете. Што ви е потребно да научите за тоа. Кои материјали за учење ви се потребни. Каков речник и какви вежби ви се потребни. Исто така колку време дневно ви е потребно да посветите. Размислете извесно време за овие работи и спремете ја вашата стратегија. И како што напредувате прилагодете ја попатно. Додадете нови цели, преиспитајте ги старите. Овие цели ќе ви овозможат да направите стратегија во учењето но исто така ќе ве поврзат со првичната мотивација. Ќе ве натераат да продолжите се додека не стигнете до следната точка на тој ваш пат од учење. Но тие исто така ќе ве исполнат со задоволство кога ќе ги поминете. Неверојатно е чувството да можете да направите разговор целосно на друг јазик за првпат.

Веројатно најважната работа во учењето јазик е постојаноста. Учете постојано, секојдневно. Но тоа не значи да учите по 5 часа дневно. Но бидете постојано во контакт со јазикот секој ден. Може да изгледа неверојатно да треба да одвоите доволно време за учење секој ден. Работата е да ги правите истите работи што и онака ги правите но на новиот јазик. Читајте на новиот јазик, зборувајте со оние на кои тоа им е мајчин јазик, слушајте песни, гледајте филмови или играјте видео игри со превод.

Се разбира, на почетокот ќе треба да имате основен речник и структура. Но набрзо ќе видете дека можете да го користите јазикот. Започнете со користење обични фрази, а потоа поминете на попрости текстови. Слушајте го изговорот и гледајте го начинот на пишување. Ставете ги на половина од нормална брзина ако е потребно. Бидете креативни и најдете употреба на јазикот во секојдневието.

На почетокот ќе биде поголем предизвикот и напорот отколку на вашиот мајчин јазик но со тек на време вашето познавање значително ќе се подобри. Створете навика да го користите јазикот (прочитајте го мојот последен натпис за навики, ВОИСЕС издание од Јануари 2019 година)!

Која е вашата мотивација?
Патувања, работа,
љубов?



Немојте да се загубите помеѓу сите тие податоци



Нема да ве убедувам дека можете да научите јазик само со гледање серии и слушање на песни. Мора да учите вистински. Затоа изберете добри материјали и одлучете се за еден или два истовремено. Денес има толку многу апликации за учење јазици, курсеви, книги и веб страници. Предизвикувачки е да ги набавите или купите сите, а да не ги употребувате. Сигурно е дека ќе ви бидат потребни различни материјали. Почетникот секогаш му се потребни различни материјали од тие на оној што веќе започнал или е напредно ниво. Но насочете се на еден или два за секое ниво на учење и сменете ги во секоја наредна фаза кога ќе почувсвувате дека веќе нема што да научите од нив.

Кога го изучував португалскиот јазик најпрво поминав доста време на еден сајт што се вика Duolingo. Тоа ми беше одлично за почеток. Но штом видов дека веќе ги познавам основните реченици и имам речник почнав да читам двојазична книга со прости приказни и тоа беше мојт основен извор. Потоа имав повеќе Скајп разговори со некој кој му е мајчин јазик и се префрлил на посложени приказни.

Секој метод не е подеднакво добар за секого. Јас сум заинтересиран за читање на други јазици затоа се фокусирам на книги и се обидувам да го научам читањето што побрзо. За вас тоа може да е помалку интересно. Можеби сакате да започнете веднаш со зборување. Еден мој пријател го усврши јапонскиот јазик само со одење во пабот секоја вечер. Со неговиот сиромашен јапонски едноставно зборувал со луѓето и научил зборови додека се забавувал. Или обидете се да најдете пријатели со кои ќе се допишувате на тој јазик (добра апликација за тоа е Slowly). Постојат многу начини и методи. Добро е да се инспирираме од тоа што другите го прават но видете што е најдобро за вас, што е најефикасно и најзабавно.

Немојте да се изгубите во граматиката, сконцентрирајте се на реченици и учете преку активности. Граматиката може да е корисна алатка за учењето јазик но нема да ве доведе далеку во зборувањето и пишувањето. Посебно во почетокот заборавете на граматиката и насочете се на учење зборови и реченици. Речениците се важни бидејќи ги гледате зборовите во нивната „природна средина“ и среќавате граматички структури од секојдневните наспроти оние по табелите. Користете ја граматиката само ако наидете на нешто што не можете граматички да го разберете. За некои луѓе граматиката сепак многу користи но од она што јас можам да кажам е дека повеќето имаат корист кога ќе ја остават малку понастрана и ќе се насочат на учење во пракса.

И на крај согледајте ги вашите грешки. Да се прават грешки и да се уки од нив е од големо значење да се стекне некоја вештина. Децата учат со имитирање на возрасните околу нив и тие се обидуваат и обидуваат додека не успеат. При учењето јазик тие се обидуваат и постепено ја учат точната употреба на јазикот со повторување и правење грешки. И тие не знаат ништо околу граматика. Тоа е само мит дека и возрасните не можат да го сторат истото. Тие можеби се поспори во учењето од децата но методот со грешките и повторувањето исто е толку ефективно. А возрасните можат свесно да ги поправат своите грешки и да го структуираат учењето. Обидете се да почнете да зборувате со саканиот јазик. Ако правите грешки направете корекција или накратко погледнете во граматиката.

Многу од луѓето се плашат од исмејување поради нивните грешки. Но размислете како се чувствуваат кога некој се обидува да го зборува вашиот мајчин јазик дури и со недостатоци. Многу од луѓето се среќни ако можат да помогнат и нема да се потсмеваат со вас. Затоа ве предизвикувам да почнете да го учите саканиот јазик со сите прекрасни грешки што попатно ќе ги направите. Сигурно може да биде и застрашувачки но и вредно за трудот.

Mathis Gilsbach

Translator: Goran Galabov

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duolingo.com-добро за почеток

memrise.com-повеќе курсеви за богат речник (вокабилар)

forvo.com – водич за правилен изговор

lang8.com – за пишување со корекции од мајчин јазик

hellotalk (appstore) – допишувајте се и зборувайте со оние на кои им е мајчин јазик

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