

VOICES

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MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD





МАТИС ГИЛСБАХ - УРЕДНИК НА ОВА ИЗДАНИЕ

MATHIS GILSBACH - EDITOR OF THIS EDITION

СЕЛИНА НИЕМИ - УРЕДНИК НА ОВА ИЗДАНИЕ

SELINA NIEMI - EDITOR OF THIS EDITION



This is the last edition of VOICES. At least the last, the two of us are working on during our EVS. No worries, VOICES itself will continue.

A lot has changed during our time at Voices, we managed to let go of the old and completely renew the layout and tried to push for more variety with the content. One could say that we tried to put a bit more professionalism into the magazine. But at it's core VOICES will always stay a magazine, created by volunteers, from young people for young people. And that is how it should be. It is a platform for young people to learn and try out new things. To publish their first articles, to get started with layouting and editing. In the end, it is not only a magazine for the enjoyment of its readers but just as much a way for its creators to raise their VOICES and to improve themselves.

It has been a long journey, that went by in a short moment and we would like to thank all our fellow volunteers who worked tirelessly with us on every single issue, our editor in chief, Vafire, who supported us on the way. And of course VCS for giving us the opportunity to spend a wonderful time in Macedonia.

Now go on a journey with our new summer issue, full with stories about travelling and the world. Read about Thomas Maixner, a guy who cycled around the world. Have you fallen in love with a stranger? Then read our article about love and friendship across continents. The artist Banksy has captivated the world, but have you heard of Bulgarian Banksy? There is a lot to discover, grab a VOICES, a cool drink, find a nice spot in the shade and read!



Voices magazine is coordinated, designed and written by EVS and local volunteers with support of Erasmus+ program.

Ова е последното издание на ВОИЕСЕС. На крајот на краиштата за нас двајцата кои го работиме за време на нашиот ЕВС. Но немајте гајле, ВОИЕСЕС како таков ќе продолжи и понатаму.

Многу работи се сменија за време на нашата работа на ВОИЕСЕС, успеавме да го оставиме зад себе старото и целосно да го обновиме изгледот, се обидовме да внесеме поголема разноликост во содржините. Некој ќе каже дека се обидовме да внесеме повеќе професионалност во списанието. Но по својата суштина ВОИЕСЕС секогаш ќе остане списание креирано од волонтерите, од младите луѓе за младите. И така и треба да биде. Тоа е платформа за младите луѓе да научат и искушат нови работи. Да ги објават своите први статии, да започнат со дизајнирање и објава. На крајот тоа не е само списание за уживање на неговите читатели туку исто толку и начин за на неговите креатори да се слушне нивниот ГЛАС и да се подобрат себе си.

Тоа беше едно долго патување што помина многу брзо и би сакале да се благодариме на сите наши колеги волонтери што неуморно работеа со нас на секое издание, нашиот уредник Вафире која не поддржуваше целосно. И се разбира, ВЦС кој ни ја пружи можноста да поминеме прекрасно во Македонија.

Сега тргнете на патување со нашете летно издание, полно со приказни за патувања и за Светот. Прочитајте за Томас Мајкснер, момчето што го помина светот на велосипед. Дали некогаш сте се заљубиле во странец? Прочитајте ја нашата статија за љубовта и пријателството низ континентот. Уметникот Банкси го плени светот но дали сте слушнале за бугарскиот Банкси? Има многу да се прочита, земете го ВОИЕСЕС и ладен пијалок, најдете си удобно место во сенка и читајте!

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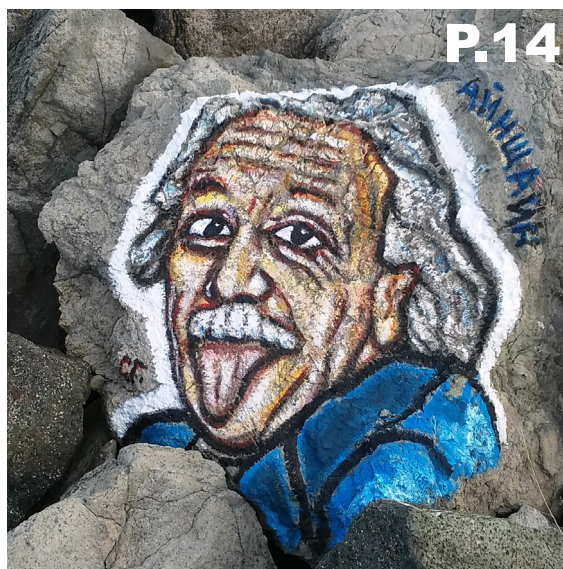
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ACROSS BORDERS AND CONTINENTS:

INTERNATIONAL LOVE AND FRIENDSHIP

People are often curious about how international or transcultural or transcontinental relationships work out, and what they are like, on a day to day basis. It is true that it can be difficult to conceive, if you've never been in one, if you live in a place where there is not much room or opportunity for ties with people from abroad. It is also true, on the other hand, that actually, it is not such a big deal as it might seem from the outside. How so?

Well, a friendship or partnership involves individuals, who have their fears, manias, passions, needs and limits. Who are compatible in some aspects of life and personality and incompatible in others. Individuals who are not always representative for the culture and background they grew up in. In a nutshell, differences in language, behaviour, habits, attitudes and mindsets are definitely a part of the relationship, but they don't define it, they are not everything. And, actually aren't they also present in a bond between two people from the same country but different regions? Or from different social classes or age groups?

Having said that, in our view and personal experience, intercultural friendships do have their peculiarities. Communication - a key factor for any successful relationship - for instance, can potentially be better here. Because we are more strongly aware of the fact that not everything that is obvious to me is obvious to the other. The signs, body gestures, or words we use might not have the same meaning for both of us.

They might be received or interpreted differently than what was intended, because we are used to them in a different light, and therefore it is crucial that we make it clear to each other, that we spell out our meaning or intentions or humour. Besides, it is key that we stay open and willing to attentively listen to the other and not judge or take offence or feel hurt too easily, too hastily by their actions or sayings - for they might not mean exactly what we first think. Communication and honesty is essential to make transcultural relationships work, especially in the first few years.

Another point that deserves mentioning is how enriching it is! Everything becomes a topic for conversation and a bit of a learning, from the most mundane to the most important things of life (which actually often coincide)... Eating, drinking, loving, the sun and the moon, school and work... Since we don't share the same experiences in them, we find out something new practically in every moment we are in touch. We are made aware of pieces of literature, cinema,

architecture, folklore, gastronomy, ways of life that we never heard about and sometimes otherwise never would - because we are in touch with someone with different cultural references than ours. That broadens our views, experiences, repertoire in a beautiful and very pleasant way.

As for the challenges and perks of living it and making it work in a practical sense... There are some special questions that arise, some issues that need to be addressed, and naturally are. What does it take to diminish the distance that lies between two continents? After all, each person is living their individual life in a sometimes very different surrounding, busy with family, school or uni, work and local friends. How not to lose each other in this distance?

The most important aspect seems to be to stay invested in each others lives, to check in with the other person, what is going on in their lives, how they are doing, what bothers them, what makes them happy, what their dreams and projects currently look like. This can take vastly different forms depending on the individuals and the nature of the relationship. And these things do not specifically pertain to intercultural friendships but to any long-distance relationship. You can text every day, talk regularly via Skype, write long letters, record video messages for each other, send a messenger owl or invent a time machine to travel back to when you met in person. The only constraints are creativity, technology and kilometres. But over time, even this stream of communication can become dull, drowning in the routine of sending each other pictures of your last meal or the result of your cat vomiting on the carpet. It is important to give each other space to live your life independently, to leave time to explore and make new experiences. Things that you can then relay to each other on you preferred channel of communication.

On the other hand if you feel that you grow too distant, engulfed in routine, you can spice things up a bit by finding things to do together. At first glance this vital aspect of friendship seems to be the most constrained by the sheer distance between your doorsteps but with a bit of thought and imagination, many possibilities come to mind. Go on Skype and start writing an article together, play a game of 'Categories', watch a

movie with the other person on speakerphone. You don't even have to do things in immediate connection. Draw for each other and then wait for the excitement in the others eyes when they see the result. Read the same book and talk about it. Play video games together, imagine a fictional story together. The options are, while limited, still manifold.

But as much enjoyment comes from talking and writing and engaging with each other over distance, the lack of a good hug, a walk in the nature together or watching a movie not on speakerphone but cuddled together on the sofa can be hard to endure. Sometimes it is just frustrating, to need a hug or wish you could ring them for a coffee or to go to the theater and not be able to do so... When we are caught up in these moments of feeling the absence of our friend or partner especially deeply, it can be comforting to know that the separation is not forever, better yet to know that you will see each other in a few weeks or months, to have a clearly defined time frame when you will see and hug each other again. And when you meet again, it is all the more special and wonderful.

Every reunion is surrounded with an aura of greatness. It becomes a bit of an event in your lives, you look forward to it, you plan it with care, you make a conscious effort to be 100% present and make the most of every minute - which sometimes we just don't do when we live in the same place or city and meet often, wasting time and energy instead on our phones, or otherwise absent.

All in all, an international bond can be tricky to manage yet also wonderful to experience in its own ways, as well as in ways quite similar to those of any other relationship. The key is to be flexible and persistent, to face challenges together and rejoice in its warmth and lovingness to the fullest. So, if ever life surprises you with someone coming from another culture or a faraway country, don't fear the distance or differences, turn them into a force for a strong and solid partnership.

*Vitória Acerbi
Mathis Gilsbach*

НА ФИНСКИ НАЧИН

Откако многу пати ни беа одбиени апликациите за волонтирање, стаса потврден одговор. Нашата апликација беше одобрена од далечната, непозната Финска. Во секавања од деновите во Финска најзапаметени ќе ни останат сауните и комарците.

После долги саатови поминати по аеродромските клупи и седишта стигнавме во малечкото место Лоима. Врнежливо нè пречека Финска. Училиштето кадешто бевме сместани беше празно. Бевме првите престижнати волонтери. По неколку часа трепезариската маса се пополнуваше со едно место плус, за на крај да бидеме 14 млади спремни за волонтерски предизвици во Финска. Наредниот ден добивме листа на активности кои ќе ги извршуваме за време на нашиот проект. Иако се беше табеларно означено и напишано сè уште не ни беше јасно што точно ќе ни бидат задолженијата. Искрено, не сакавме да имаме многу замисли што да очекуваме. Деновите почнаа брзо да минуваат, многу побрзо од што очекувавме. Деновите ни почнуваа со доручек, подготвен од нас, волонтерите, а продолжуваше секогаш различно. Одевме во музеи, одевме по паркови и шуми, но и работевме. Бевме дел од пазар за стари работи и помагавме

околу организацијата во склоп на музејот за агрикултура. Научивме како со помош на музика и шеги шест часовното бојдисување на греди за новиот летен театар може да биде вистинска колоритна игра. После секој ден поминат во некоја активност, следуваше фински начин на одмор. Вистинско уживање на топлите греди во финските сауни и брзи, ладни скокови во езерските води. Вистинско адреналинско уживање. Всушност финците се чуден народ. Една од нашите активности беше да помогнеме во чистење на едно мало езерце. Интересно беше што немаше што да се чисти, се беше беспрекорно чисто и освен неколку пикавци немаше ништо...толку спротивно од кај нас. Деновите трајаа многу повеќе од што може да очекувате. Всушност некогаш не видовме ноќна темница. Не постои ноќ во месец мај во Финска. Поради навидум долгите денови имавме уште повеќе време за одлични меѓусебни дружби. Бевме различни, но тоа беше поинтересно. Сите сакавме да видиме, да пробаме нешто ново, поразлично.



Зборубаме Фински!
Puhutaan Suomea!

Здраво - Moi

Фала - Kiitos

Како си? - Mitä kuuluu?

Добро - Hyvää

Чао! - Moikka!

Се гледаме! - Nähään!

На здравје! - Kippis!

Така што воопшто не ни сметаше да ги пробаме лутите лепчиња на момчето од Авганистан, ниту пак се мислевме каков вкус ќе има традиционалната пита од Латвија. Различни вкусови, различни зачини, мириси беа секојдневни во овие шеснаесет дена. Секој ден, јадењето почнуваше со Финска салата. Беше толку поразлична, овошно-зеленчуков микс без грам сол, оцет или пак зејтин. Но научивме и многу повеќе фински зборови од што очеувавме. Баш како Финска и финскиот јазик е нешто најразлично што го имавме слушнато. Kuka sinä olet? Беше главно прашање, кое мора да се знае. Се разбира преводот беше, кој си ти? Имавме само два часа по фински јазик а всушност научивме многу. Вториот час бевме гости во училиштето каде што има мигранти од различни делови на светот. Луѓето одлично се потрудија да нè научат брз, ефективен фински. Да не заборавиме да кажеме дека бевме и во основно училиште каде што игравме фудбал во гумени топки. Беше неверојатно непредвидливо да трчаш

по тревата и само со еден брз допир од соиграчите да се превртеш и да почувствуваш некое непознато кружно превртување испомешано со многу смеа. Последните денови ги заокруживме со волонтирање на Loimaa City Festival. Единствено нешто што разбравме од изведувачите беше yksi, kaksi, kolme (еден, два, три) и претпоставуваме дека треба да кренаме раце, скокаме. Беше одлично да играш во ритмот на музика што не ја разбираш и во околина каде што никој не те знае.

За крај сакаме да кажеме едно големо благодариме на Финска, на сите членови кои беа дел од проектот, на организаторите и на среќата што бевме одобрени за овој проект. Ви благодариме на фински начин, Kiitos!

Анита Василева

Ташули Талески

Фотограф: Анаита Василева



"Life is a journey. Don't take too much luggage!"

My dad used to be a bicycle enthusiast until an accident kind of threw him out of cycling for a long time. He once told me that one of his role-models is Thomas Meixner: a middle aged man from Saxony-Anhalt in Germany, who travelled almost the whole world on his numerous bike-journeys.

Ever since I've heard about "the guy who went to Sydney by bicycle" I was fascinated. Since 1998 he covered more than 250.000 km* with his two-wheeler cycling from Germany for example to Cape Town in South Africa, to Vladivostok in Russia, along the historical Silk-Road to China or from Alaska to the Tierra del Fuego in Chile/Argentina on the Panamericana. I had the pleasure to talk with him about his experiences, his special lifestyle and his journeys.

The "world cyclist" Thomas Meixner was born on September 19th 1965 in Wolfen/District of Halle in the German Democratic Republic (G.D.R.). Already as a small child he and his parents spent most of their holiday-time camping in the nature and as he says, his connection to nature was defined even before he was born: *"I had my first camping-trip to Mecklemburg in northern Germany when my mother was in the 7th month pregnant with me. Thus I've always loved to be in the nature and got used to a somewhat simple life."*

As citizens of the G.D.R., the people's travel corridor was by definition very tight. But nevertheless as Meixner became older, he started his own journeys by hitchhiking during the late 1980s. Destination: Bulgaria. After several years of hitchhiking, the bicycle started to become the most favored vehicle for him. The very first longer bike-journey in 1989 thus lead him around 2.300 km from his hometown in East-Germany to the Black Sea in Bulgaria.

"You can never have absolute freedom – it is just an illusion; but travelling by bike, you'll have maximum freedom!"

In 1990 things changed radically: the reunification of Germany was completed, in '91 Meixner (like many other East-Germans) became unemployed but also gained new freedom to travel. *"I still remember the time, when we could hardly go anywhere, and now the German Passport is worth gold. Most Germans aren't even aware of this! Even US-Americans or for example French people have more trouble to get a visa for many countries in the world. As Germans we are kind of blessed with that and we should appreciate and use it!"* Travelling educates and lets you see the world from different perspectives. That's why, in Meixner's opinion,

people should go out and see the world and its people. Not necessarily by bike, because for him it is just the most practical way of travelling.

"Most people in Germany are somewhat rich compared to millions of other people on this earth that have less than we have. But many miss the fact that material richness is not everything – for example when I was travelling on the Balkans, I also was in Macedonia in 2006 and I can tell you that the people there are much richer than most people in Central-Europe if it comes to the small, human things, even though you cannot measure it by the GDP or something like that... They may not notice because they are so used to it, but as a German, I can tell you, that their families and social communities work much better down there. The people still get together, talk with each other and help each other! It is simply a pleasure!"

About money he says *"I'm rich compared to what most people in the world have. But the thing is that I don't need much. When I'm at home I earn some money by selling books and DVDs and making slide-show-presentations in different places about my journeys. But I managed to set my regular expenses to zero, so it's enough for a good life. I don't understand the people that work all their lives to have a fancy car or stuff like that."*

Travelling most of the time and living a very simple life lets you see what's really important: *"When I see all the people who worry about having a sufficient pension when they're old or 'problems' like that I always say: Don't you waste your thoughts about what will be in 20 years! Whatever plans you have, always consider that things can change overnight! It's better to live here and now, 'cause maybe you'll be dead by the next week!"*

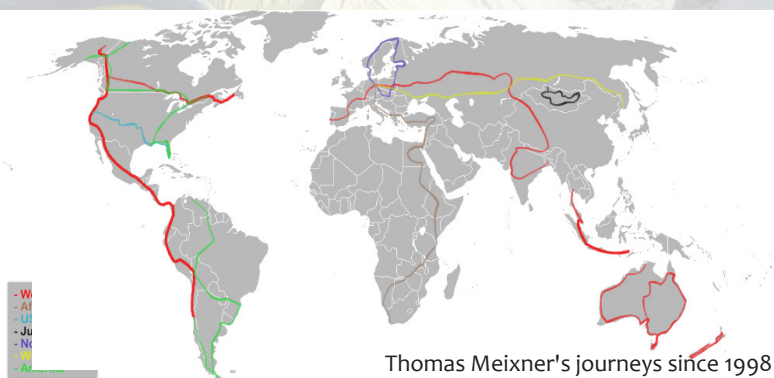
There has been a lot of times during the trips that Meixner spent travelling alone. This experience made him reflect and get to know himself better. It might not be everyone's thing to live like that but for him it is a privilege to have this opportunities. *"And in the end you are actually never really alone because you meet so many kind and welcoming people along the road..."*

"I didn't really count all the adventure kilometers. It's just a number to me"



www.thomasmeixner.de

www.facebook.com/WeltenradlerThomasMeixner



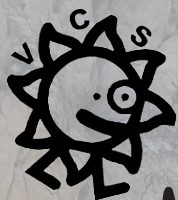
The main highlight is always the people and cultures that you meet!" Regardless of troubles getting a visa for certain countries, some accidents, being robbed in South America or imprisoned due to some misunderstanding in the USA, it still is a great and adventurous life. "Most of the people who come to my slide-show presentations would never go on such a trip! And indeed you cannot just go like that. It takes a lot of preparations. If you live in one place you always know what to do, but when you're always moving you have to manage your safety, orientation and food and all these things every day anew."

Asked what advice he can give to the youngsters, he replies that we are living in troubled times: the climate change will produce many problems and it might become the biggest conflict since World War II. The capitalist system like it is now, the social inequality on the world and the materialistic views of a lot of people must come to an end at some point: *"The young people nowadays should appreciate the small things in life, put their smart phones away once in a while and rather communicate verbally – well I mean for real...over sound waves! (laughs) The old people's time is almost over and the future belongs to the young generation – therefore the youth must be prepared for a lot of drastic changes!"*

Sascha Schlüter

Photos Thomas Meixner





EVS IN VCS

A LOOK BACK

This August and September a whole bunch of volunteers will end their EVS in VCS and go back home. Or will they stay in Macedonia? Here is how they experienced their time here.



Selina Niemi



When I started to think about doing my volunteering service abroad, I knew that I want to go somewhere where I am forced to jump out from my comfort zone. Moving from Finland to Macedonia certainly was like that; in the first weeks I was wandering the streets, suffering a bit from the 30 degrees sun in early September, trying to get to know my new neighborhood and just fighting with myself to get used to everything new. I missed home like crazy for a few weeks, but after that my eyes opened and my heart melted from the kindness of Macedonian people, from the interesting and warm culture, from the beautiful nature and the people I met; people that I can now call my friends and family. I gained many skills from the whole EVS in VCS, I learnt a lot about myself and other people, other cultures, languages, countries, food... I didn't miss home anymore, because I found myself a second home; I'm still filled with happiness and comfort in Macedonia. Huge thank you of the most exiting year in my life to all the people who I met on this road and who made it so much more meaningful.

Dorota Łyczak

Do you see this greedy child on the picture? The smile is not only because of the food. During my time in North Macedonia I met true friends, people so good that they managed to change my whole world view. Marta, the hero of my EVS, I met by accident in the students dorm, where she is living. The very same day she already invited me to her family house in Prilep for Easter, which to, be honest could put a lot of hotels to shame in terms of hospitality. After that she was my mother, sister and teacher, all in once. What did I love the most about my EVS? It's simple: the people.



Triine Viisma

10 months in Macedonia have certainly been challenging. The culture is somehow so similar yet so different from Estonia. The biggest differences for me are the mentality and lifestyle, which took me a lot of time to get used to. The best part is the possibility to go to the mountains without actually travelling to another country, since in Estonia our highest point is 318 meters. I have learned to care less but in a good way. I see myself as somebody who always cared too much about everything even as a child but here I have learned to put myself first and care less about everything else. There have been very difficult times where I came to really realize that only I can say and change something or suffer and I am deeply grateful for this lesson to stand up for myself or at least being able to. The most I love the nature here in Macedonia. While travelling around the country, it can be breathtaking, the mountains, rivers, lakes, trees, fields... everything. I wish one day people will also take more serious care of it.



Mathis Gilsbach

Where is the end of the world? Geographically, from my perspective it might be somewhere around Australia. But also the places we don't know anything about can feel like the end of the world, even if they are closer to home like Macedonia. I arrived in Skopje, last December not knowing anything or anyone. Picked up by two strange old men by car at the airport, greeted by two strange young people in the flat I was going to live in for the next months. Who could have expected that almost nine months later, these are some of my closest friends along with many others that came along the way? During my EVS in VCS I was often faced with challenging situations, professionally and even more so personally. I had to deal with sometimes difficult personalities and learn to value and respect them despite my own biases. I had to rely on my strengths and was confronted with my weaknesses in at times harsh ways. But I also experienced incredible hospitality, openness and curiosity. I experienced beautiful nature, and learned about another culture, learned about what people care about, what moves them, what makes them happy, sad, angry, hopeful etc. I am surely no Balkan expert all of a sudden but I came to appreciate this region and its people. In the short while of almost a year the perceived end of the world transformed into a place I'm happy to call home.





Мојата прва креирана видео игра јам

Четиринаесет часа возење од Гостивар до Костинести, Романија не беше ништо во споредба со прекрасната глетка на Црното Море и убавото опкружување кога конечно пристигнавме.

Не можев да поверувам на очите, бидејќи се беше прекрасно, малите куќи со влезни врати и прозорци обоени во сина или црвена боја и вили со градини полни со црвени рози. Вилата каде што бевме сместени беше прекрасна, градина полна со рози кои мирисаа убаво, собите убаво уредени. Целиот замор од долгото патувањето исчезна откако го отпакував багажот и кога ги запознав моите две цимерики, една од Романија и една од Бугарија, кои беа прилично зборлести и друштвени.

Бевме 20 од исто училиште од Гостивар и поминавме 12 прекрасни денови во Костинести, од 7 до 18 јуни 2019 година заедно со уште други 20 ученици од Романија и 20 од Бугарија и 6 тим лидери. Проектот на кој учествуваме беше прекрасен и многу значаен за нас. Волонтерски центар Скопје го организираше овој проект и им се заблагодарувам што ми овозможи да учествувам. Името на проектот беше Еразмус + Gamification Exchange, беше младинска размена организирана со цел да се соочи со проблемот на ниската вработливост кај младите преку охрабрување на младите луѓе да бидат поактивни во претприемничките активности, преку поттикнување на развојот на компетенции во програмирањето и креирање на видео игри како решение за вработување и самовработување. Отсекогаш сакав да учествувам на младински проект во странство и бидејќи ми беше прв пат,

не бев сигурна што ќе се случува на проектот, но очекувањата беа големи и се чувствував многу возбудена. И не згрешив, моите очекувања беа исполнети целосно. Научив многу од овој проект, како да креирам видео игра, да ги подобрим моите вештини за зборување на англискиот јазик, да станам свесна за културните разлики и да станам посигурна во врска со моите способности. Сега можам повеќе да соработувам со луѓе од други националности и култури, да бидам толерантна кон вредностите и однесувањето на другите и повеќе отворена и љубопитна за новите предизвици. Учев со задоволство и добив појасна идеја за мојот иден образовен пат.

Најсреќен момент беше кога видов дека мојата прва видео игра добро функционираше и кога можев да ја играм. Можете да си замислите колку бев среќна и горда на себе во исто време. Учесниците што ги запознав на овој проект беа многу добри и заедно многу се забавувавме. Многу ми се допаѓаа игрите – енерџајзери, кои ја зголемуваа енергијата на групата, беа многу интересни, за време на кои имаше многу смеење, туркање, скокање, танцување и трчање. Но и на некој начин бевме вклучени и во решавање на проблеми. Ми се допаѓаше плажата кога уживавме во пливање и сончање во слободното време. Еднаш останавме на плажа до изгрејсонце, бидејќи сакавме да го видиме тој фасцинантен момент на изгревот на сонцето,

беше спектакуларно кога сонцето почна да се појавува од морскиот хоризонт.

Олеснувачите Алис и Алекс беа одлични. Беа многу забавни и јасно објаснуваа сè. Сите бевме како едно големо среќно семејство. Нашиот тим лидер Илина беше многу добар, исто така. Една смешна работа беше кога таа проверуваше дали сите се во собите после полноќ и откако ќе се осигураше дека сè е во ред, ќе седнеше опуштено на балконот од нејзината соба, но после некое време, сите ние излегувавме од собите во градината, а таа нè гледаше зачудено.

Завремена проектот, еден ден однаутро отидовме во Констанца на екскурзија. Беше половина час возење до таму и имавме пакет-ручек со нас. Фасцилитаторите ни поделија маички на сите нас со отпечатено Еразмус + Gamification Exchange на нив, кои ги носевме за време на прошетката околу градот. Разгледувавме знаменитости, фотографираме и пиевме кафе во едно од многуте кафулиња на плоштадот. Најинтересно беше кога требаше да тргуваме со кибритчиња во замена на нешто што луѓето сакаат да ни дадат. Влегувавме во кафулиња, ресторани, продавници, хотели, разговараме со луѓе на улица и за изненадување добивме многу интересни работи. Добивме очила за сонце, маици, пакетчиња мед и шеќер, пари, балони, чепкалки за заби, тетратки и слични работи. Луѓето беа многу пријателски расположени и им беше многу интересно ова наше тргување.

Секоја вечер имавме забава во дворот на вилата, читајќи тајни пораки, што ми беше интересно, а тајните пријатели разменуваа подароци. Една интересна порака испратена до една од девојките беше “Вие сте многу симпатична девојка, би сакале ли да сте моја девојка?” И до самиот крај на проектот таа не разбра кој е нејзиниот таен обожавател. Мора да бил некој срамежлив. Покрај тоа, имавме културна вечер каде што ја претставивме традиционалната македонска



храна и македонскиот традиционален танц. Интересно беше да се проба храна од други земји и да се видат други традиции.

Фасилитаторите ја презентираа програмата Еразмус +, нејзиното работење и можностите што им ги дава на младите. Потоа ни ги доделија младинските пропусници, кои претходно ги пополнивме со исходите од научното. На последниот ден од Проектот, имаше многу гушкање и солзи затоа што станавме многу блиски и разделбата беше многу тажна, но сиветивме дека ќе продолжиме да бидеме во контакт на социјалните мрежи.. Романците беа толку емотивни на денот на заминување, што не сакаа автобусот да замине, па пред него направија жив сид. Линијата на млади Романци пред автобусот изгледаше толку симпатично.

И за крај би кажала дека ова беше неверојатен проект и големо искуство, кое го проширува умот и видикот. Би сакала да учествувам на сличен проект во иднина и препорачувам на сите млади луѓе да учествуваат на проекти, бидејќи тие се незаборавно искуство.

Илина Миноска



Banksy on the Stone

Bulgaria, as much as it has become a popular travel destination in the last years, is still undiscovered land, especially for Balkan maniacs. Searching for new mysterious sides of this country, I accidentally found out about Bulgarian Banksy.



You have probably heard about Banksy, the anonymous British artist who, for many years, has been leaving traces of his artistic activity on the streets and many other places, mostly in England. He inspires a lot of artists in the whole world, makes people go and discover his pieces of art and doing research, pointing out one still unanswered question: „Who is he?”.

Well, as interesting as Banksy was – still is and will be – this article is not gonna be about him. Instead, let me tell you a story about a Bulgarian artist, calling himself „Banksy on the Stone” (bul. „Банкси на камък”).

More than two years ago I went to Plovdiv. In the heart of the city I was climbing the hill rocks covered with multiple paintings. It was visible that the paintings were made by the hand of one person as the style of all of them was the same – colorful and vibrant portraits of famous and less famous people of the world. What comes to your head after seeing this wall of rocks with loads of faces on it, ascending to a higher point of the city, is that the person who made it surely is a hardworking and patient man and considering he is painting in hard-to-reach places probably also a bit insane (in a positive way though). Then, you may ask who is the author and you may probably even want to meet him in person and interview him a bit. And who are those people on the portraits? First,

what any Bulgarian would notice are probably the images of national heroes and poets, as Vasil Levski or Hristo Botev. Next to them are saints, politicians of the world and even famous singers or actors.

A year later I came back to Bulgaria, just for the summer at the Black Sea and I stayed in a small touristic town, Primorsko. Being an explorer by nature will push you to go and look around instead of just laying on the beach. That, I did, wandering along and across the place. When I got to the promenade, which is around one and a half kilometer long, I saw the familiar portraits on the rocks again! They lie there like a nice company on the walk from the beginning to the end of the promenade. The difference was, that comparing to the portraits in Plovdiv, I found those in Primorsko more „worldwide”. There you can find Van Gogh, Roger Federer, Marie Curie-Sklodowska and many others.

If you ask Google about these paintings on the rocks, you will probably get very few results, mostly in Bulgarian. After seeing for the second time art left by this enigmatic Bulgarian Banksy, I was trying to get more information about him/her. What is the story behind? How is this person like? Where else can I find these paintings?

For the answers to all these questions I had to wait for another long year. I came back to Primorsko this summer, went for





my regular walk on the promenade and... I met Bulgarian Banksy in the flesh! In that moment he was painting Charlie Chaplin and as much as you feel you shouldn't bother an artist in the creation process, how can you stop your curiosity and not start a conversation when you have a chance?

So, let me introduce Stoyko Gagamov, the mysterious Bulgarian Banksy. In fact, he graduated in fine mechanics and his first art teacher was his grandfather, who was also an artist, a self-taught one. While his grandfather was gifted in painting birds and flowers on wagons and carriages, Stoyko decided to go on with conceptual art, painting on syenite and granit. „I wanted to paint great people on the stones, because it seems very natural and it becomes part of a landscape” – as he said. – „My conceptual art makes you think and remember about those great people who lived on this earth before us. It's something like education and a reminder for young people to think and remember about them, and even if they don't know some of them, it can prompt one to check on the internet who this person was...”.

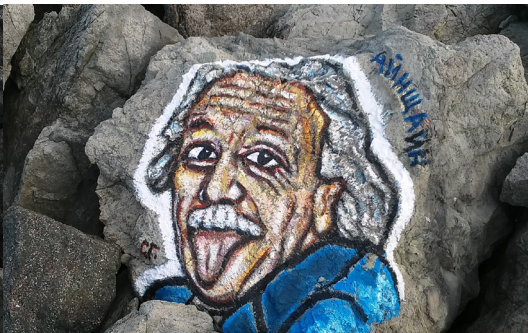
Why painting on the stones and not on walls, for example, someone may ask. „Stones come alive with this, otherwise they are sad, like a cemetery, grey...” – said Stoyko. – “My technique is very colorful and immediately noticable from the distance,

it grabs people's attention, especially childrens”.

If you happen to be on Tenerife, in the charming little town of Santa Cruz, you will find more portraits on the rocks, starting from The Auditorio de Tenerife „Adan Martin” and going 8 kilometers long straight to the fishing village of San Andres. Stoyko was creating them for 3 years. Maybe one day it will be in The Guinness Book of Records? Fair enough to put it in there, surely. Local people, fishermen from San Andres, used to call him „fast hand” or „fast paintbrush”. They knew him well there, the mystery is why not so many Bulgarians know about his artistic presence.

He lives within art. Doesn't drink or smoke, riding a bicycle a lot instead. A simple and humble human being, who barely earns any money from painting portraits. Sometimes, in the evenings, you can meet him near his own creation zones, where he comes with simple self-advertisement, to ask money for materials and for food. There are different concepts of being rich. And I think that the world should know that there is someone like Bulgarian Banksy on the Stone, who has a conceptual exhibition on the ocean, sea, river and land. As rich as one can be.

Ewelina Chańska



The art and craft

We make decisions from the moment we wake up until the moment we let ourselves turn off for the night. What we eat for breakfast, if we cycle or take the bus to work, which yogurt to buy in the supermarket. If we move cities this year or not, which university to study in, whether we leave this job or not. Some have minor effects in our lives, others have major ones. One way or another, decision-making is a skill like most, it requires time and practice to master.

Decision-making can be easy and natural sometimes and energy-consuming, painful and hard at other times. That's normal. It is, after all, an art and a craft. There is much intuition to it, as well as a fair bit of technique. It is not entirely a rational process, it doesn't always obey the laws of (any) logic, and yet it can be learnt, improved on over time. Someone who is usually good at it can be stuck at some point; someone who tends to have a hard time doing it can be suddenly pretty much at ease with a decision.

Some decisions can be easily understood as the source of much attention and thought - they are life shaping. If you are asking yourself if you should marry your partner or not, or which professional path you wish to take, what you are ultimately asking yourself is who you want to become, how you wish your life to be. That is serious business. An existential issue par excellence.

However crucial these things are, they should not mean anguish. That's the essence of life: choosing, consequently abdicating, and thus bit by bit shaping yourself, your priorities and standards. Anyway, even when they have important consequences, very few of the decisions we make are final. Most of the time, we can go back, or change our way forward, if we didn't get it right. All we need is to admit it and make the necessary move. Also, there is rarely right or wrong, like in school exams. All the options are valid, they will just, through

different journeys, take you to a different place in life, with distinct positive and negative sides each - not unlike different chocolate boxes.

If you are having a hard time deciding, or if you'd like to be better, here are some tips:

Identify the decision clearly.

Sometimes, we struggle with doubts around a dilemma, but the main problem is that we can't name it and what it entails - if there really is one. What is the question you're asking yourself? Which aspects of your life will be affected by the decision, what will any of the available options mean for you, in very concrete terms? Identifying that, can help looking the matter in the face and move forward.

Limit your options.

And the decisions themselves. Have you ever heard that presidents or CEOs have several shirts of the exact same style, so that they don't have to choose their outfit for the day? That is a way of concentrating efforts and energy. It is much easier to decide if you do that, and don't juggle several decisions a day - be it micro-decisions of everyday life or meaningful ones. And, of course, if you have one, or just two or three options from which to choose, you have less things to consider than if you have six.

of decision making

Find your way of organizing your mind.

Some people need to talk to bring clarity in the fuzziness of a difficult decision. In a couple of minutes of conversation, even if the other person says very little, they've understood themselves already. Some, on the contrary, search for silence. Others again are more visual and need to write things on paper, make mind maps or notes, with different colours for pros and cons, with arrows for directions. Notice what works for you and take time doing that.

Give yourself time. And also a deadline.

Thinking is an activity on itself. It may seem stupid to say such an obvious thing, but many don't realise that. Rather than waiting for sudden clarity and confidence it often is wiser to reserve some time specifically to think about it, to build your answer within yourself, be it sitting in silence, or taking notes, or talking to people, as abovementioned. It may be just one day, or a couple of hours a week, depending on the decision to take, and your schedule. That doesn't exclude, on the other hand, being alert to signs and realisations that occur to you in your daily life, sometimes when you least expect them. Finally, it helps to give yourself a timeframe by which you have to decide, after that, don't think anymore. Again, like with any other task that needs to be finished.

Legitimize your feelings and listen to your intuition.

We are creatures of many dimensions, and it is important to try to harmonise them. When we have trouble, it can be that they are in conflict. Consider things rationally and emotionally. Close your eyes, imagine yourself living each of the possibilities. How comfortable do you feel? Is there one in which you can't see yourself?

Maybe that tells you something. If one of them gives you shivers... Maybe that's not for nothing either. Which option is more aligned with your values? What do you expect will happen? What does your body indicate you about one situation or the other? We can sometimes feel if something is good or bad for us. Take that into account.

All in all, it is also a question of disposition to do your best and make the most of whatever you choose. And if a key to the art and craft decision-making can be forged and named - that, for sure, would be self-knowledge. As the classics said milleniums ago: know thyself. That can save you much pain and bring you much joy.

Vitória Acerbi



LOUD and PROUD

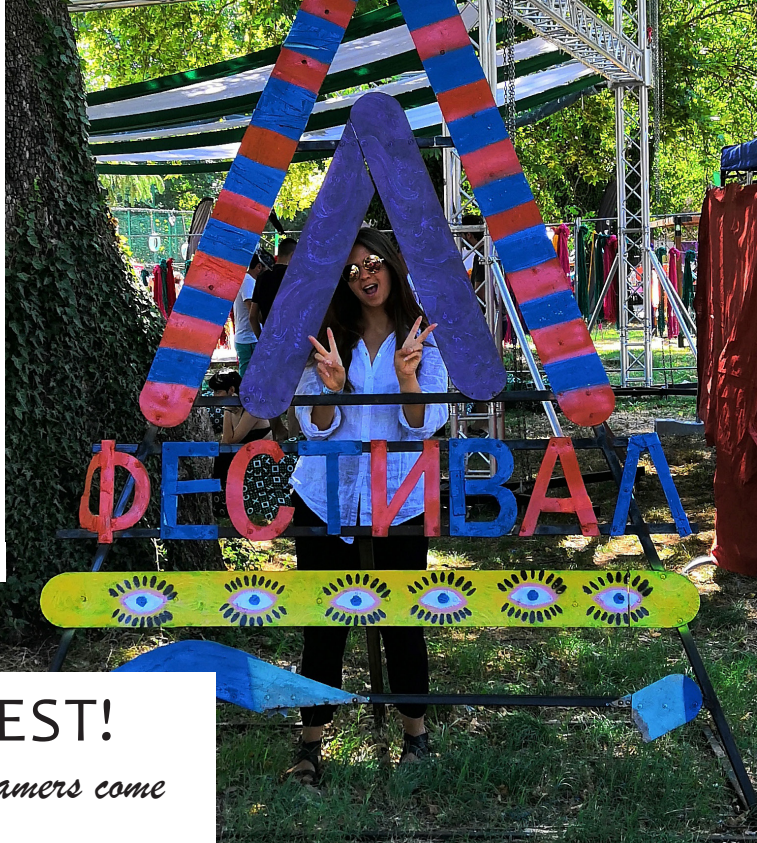
The first Skopje Pride

For a sunny afternoon in June, the somewhat dull and grey streets of Skopje turned into a colorful show of happiness. Loud and proud the first Skopje Pride Parade walked through the streets adorned with flags, partly with costumes and accompanied by cheerful music. This was the first such event in Skopje and there had been fears of protests or even violence. But luckily nothing happened and during the parade no signs of opposition or hostility were visible.

The parade culminated into a festival in Gradski Park with speeches from the organizers and supporters from Serbia, Greece and Bulgaria. Almost Eurovision winner Tamara, sang her song "Pride". Compared to other, established Prides, the number of participants may have been relatively small but it was a clear signal to the rest of society to get to know them, to realize they are regular people (what a surprise) and to accept them and treat them as the fellow citizens, neighbors, co-workers, human beings they are. There is still an awful lot of work to do for acceptance, not only legally but also in society but the first Skopje Pride was an important step!

Mathis Gilsbach





VCS at D-FEST!

A place where the dreamers come

On the weekend from 12th to 14th of July, D-Festival 2019 took place on the shores of beautiful lake Dojran in town of the same name. A very diverse mix of music, bands and people was waiting a few thousand folks and among all the volunteers who worked on the event, there was also a team from VCS.

In the early morning of the 12th of July we gathered at the bus station in Skopje to catch our bus to Dojran. The arrival was quite uncomplicated and quickly we set up our tents on the camping site. Afterwards we immediately started to look around on the very nicely and colorful decorated festival-site and pretty soon found a spot for our VCS-Info stand - or better Info-blanket! We spent a nice time hanging out with a lot of different people, playing ball- and board-games, drawing and painting for our little VCS-art-gallery, sharing VOICES and of course just had nice talks with the people and enjoying the good vibes.

The festival itself was a really nice and colorful event with a big offer to its visitors: such as a Barber-shop, a small Tattoo studio, different workshops, presentations and discussion-sessions. Different chill-out areas and bars were inviting to just hang out and relax and the food consisted basically of very tasty vegan food (which was kind of surprising in meaty-Macedonia!). Also the toilets and provided showers were clean and in general the organization-team did a good job.

The atmosphere and the people were just amazing and energetic, thus the party went on until the first sunbeams touched the smooth waves of lake Dojran in the early morning! Not even a pretty heavy rain shower on Saturday night could keep the crowd from having fun! In personal conclusion it was a really good festival for me (since I prefer the smaller festivals). I met so many kind and cool people, talked about “everything under the sun”, listened to good music, partying plus I discovered the town of Dojran which is a very picturesque area.

Sascha Schlüter





I love the colours of Spain

Whenever I visit my friend in Madrid she takes me to magical places in the country side. Little villages, forests, streams and historical places. Two years ago we went to see large lavender fields. What impressed me most where the colours, the strong, dry ochre (like brown but more yellow) of the earth, the endless rows of violet lavender fields and the deep blue sky.

Nobody was there, just us and a few tourists, seemingly from China. We climbed on the sole tree in the middle of the field for lunch and siesta and enjoyed the serenity and peace of the landscape. Whenever I see this picture I am reminded of some of my happiest moments. Together with a friend in the embrace of nature.

Mathis Gilsbach



A trip to France

On ERASMUS+ projects you always meet interesting people who sometimes stay as friends. One of my French friends is from Lorraine, a region that I wanted to visit anyway. I only knew it from the map, still my expectations were pretty high. But what I saw when going there just blew my mind: the stunning landscape, the Vosges mountains, the picturesque villages and

towns are just a pleasure to see! The place where my friend lives, which literally is in the middle of the forest, is a paradise of quietness and seclusion. The only sound that broke the silence was a barking dog in the distance and the bees buzzing on the meadows. Now it is one of my favorite places to rest in the nature and recharge the old batteries. My conclusion: simplement magnifique!

Sascha Schlüter



Blue see in the sunset

I realized that pictures are never even half of the truth when I saw the Greek beach for the first time. Day dreaming my whole life of the blue sea and soft sandy beaches, without realizing the real beauty of sitting at the shoreline with good friends, cold apple cider in your hand, watching the sun go down. No other people, just you and the moment you've been creating in your

mind so many times coming true. The silence, looking at the endless sea and the most beautiful shades of blue, being childishly exited about the colorful rocks in the sand and smiling just because everything feels so right, right now. "Happy with the little things, the big things, and everything in between"

Selina Niemi



Plov(e)div

There must be a small mention about Plovdiv, which was chosen as European Capital of Culture 2019. It was built among seven hills, so be prepared for a lot of climbing. Some probably don't know, but Plovdiv is one of the oldest European cities. The city, where modern meets antique, where walking through vibrant streets you can find ruins of the Roman Empire. Walking on the promenade, you will notice the meeting of the

cultures, where next to the ruins of a Roman stadium majestically rises the Dzhumaya Mosque. You will go from there to the Old Town for a walk through cosy narrow streets, full of small art galleries. Of course, every traveller is destined to get to the Ancient Theatre of Philippopolis. Stay there for a while, get stunned by a view and feel the atmosphere of old/new Plovdiv!

Ewelina Chańska

SCIENCE CORNER

Selina Niemi



USE OF CANNABIS AS A TEENAGER IS ASSOCIATED WITH POORER MEMORY AND REASONING

Patricia Conrad from Montreal University was leading a study about the effects of cannabis on teenagers. In puberty, the areas in the brain that are most exposed to the effects of cannabis are still developing, and it is affecting the memory and ability to reason. The study lasted 4 years with 3826 youngsters who were in 7th grade at the beginning of the study. Their cognitive skills were assessed by computer tests four times. At the same time, students responded to a questionnaire about alcohol and cannabis use; from there it was shown that the alcohol didn't effect the memory of the youngsters or to their ability to reason as much as cannabis. These abilities were weakened when one started to use more cannabis. Also the use of cannabis was associated with more lasting neurotoxic changes in working memory and in regulating one's own behavior

and reactions.

"Alcohol use was not associated with a reduction in these cognitive skills. It suggests that cannabis may have longer lasting effects than alcohol", the Canadian Neuroscience Association Bulletin summarizes in the results of the study. Cannabis was legalized last year in Canada, being the second country in the world to do so, and about a fifth of young people aged 15-19 use it. Previous studies show, that alcohol also has a role in effecting the learning, decision-making and cognitive performance such as academic success but now there is more information also how cannabis is harmful especially at a young age, when your brain is still growing.

<https://www.hs.fi/tiede/art-2000006123764.html>

COMBATING CLIMATE CHANGE WITH BILLIONS OF TREES

Scientists have calculated for the first time how many trees could be planted outside existing forests, while still avoiding food production areas or cities. Planting billions of trees around the world would be the most important and easiest way to combat climate change. That is the result of a study published in the academic journal "Science". The new analysis discovered 1.7 billion hectares of land (about 11% of the whole area of Earth; about the size of US and China together) from which 1.2 billion hectares the trees would grow naturally. In this way we would get 25% more forest areas which mean over 500 billion trees. After growing into adulthood, the trees would absorb about 200 gigatons of carbon dioxide released into the atmosphere. This change in the number of forests would cut about 25% of the carbon dioxide in the atmosphere.

"The fact that blows my mind is the scale. I thought that forestation would be the top 10 in the fight against climate change, but it is by far more effective than any other means of combating climate change" says Tom Crowther, professor at the Swiss ETH Zürich University, who led the research. However, if trees were to be planted on the proposed scale, it would take 50 to 100 years to reach their full emission potential. That is why Crowther emphasizes that it is still very important to turn the current emission trend towards zero emissions. But we can still start planting trees, like many countries and individuals have joined the movement, which doesn't cost you a lot.

<https://yle.fi/uutiset/3-10863916>

OCTOPUSES HAVE EXCEPTIONAL INTELLIGENCE

According to scientists, the octopus intelligence works in such an exceptional way that it may be worth learning if humankind can ever make acquaintance with the extraterrestrial intelligence; new study shows that octopus tentacles can make independent decisions and cooperate with each other without connection its brain knowing about it. This makes the intelligence of an octopus quite different from other species. They do not have the same central nervous system as the vertebrates; their nerve cells are spread across the animal. The research was presented at the Astrobiology Congress in Seattle, and it was studying giant cods and red cods



(octopuses with 8 tentacles) living in the Pacific Ocean. These cods have about 500 million nerve cells, of which about 350 million are in their tentacles, what makes them able to react independently.

<https://yle.fi/uutiset/3-10850424>



Publisher - European Southern Observatory
<http://www.eso.org>

OUMUAMUA OBJECT IN SPACE LEFT WITHOUT EXPLANATION

Lots of theories circulated in the international media and in the research community in October 2017, when astronomers discovered something very strange in our solar system: an object described as a cigar, with features of both asteroid and comet, but which didn't seem to come from our near space. Unfortunately the object floated away in few weeks; therefore scientist didn't have enough time to study it.

"We've never seen anything like Oumuamua in our solar system. It still is a mystery" says Matthew

Knight, the second head of the research team at the University of Maryland that started to study Oumuamua. It might be interesting to think that this object was a foreign spaceship of some other intelligent species, since it remained a mystery; it didn't spread gases like comets do, and its trajectory cannot be explained only by gravity. Also its unfamiliar shape and rounding movement was arousing wonder in the whole world. But according to the study, Oumuamua is most likely a natural object wandering in space, even if we haven't seen anything like it before; it doesn't mean, that

it can't have a natural explanation. In the near future scientists will have more powerful telescopes to study more objects: "We may start seeing new items every year. Then we can know if Oumuamua is weird or ordinary. If you find 10-20 and Oumuamu still seems unusual, we have to reconsider our explanations" Knight explains. For now this object remains a mystery, but we can still let our minds wonder and imagine that someone from the outer space passed by us.

<https://yle.fi/uutiset/3-10857993>



THE RED DOOR

“When you have a story to tell it means that you are alive”

Once upon a time there was a girl living in the country of the Sun with her family. Growing up at on her 6th year she realized that on Earth there is one spot, one place named Scotland. Something caught her attention about this place and she started researching about this country. Men are wearing skirts in this place! Wow, oh my God! This was quite surprising for a six years old girl, that lived in quite conservative society, where men are wearing pants and women skirts. Nothing stops here, the research goes on and the desire for stepping in this country and experiencing the life here is becoming alive. Over time her desire was on its way to be realized. One of the opportunities she found out was to become a student in Scotland, sounds great, right? She applied to 3 universities in Scotland, got accepted and the next step was the scholarship. Huh... There was a small crash as she did not get a scholarship. Okay, at first it was a big obstacle but over the time it became a stone in the castle that she was building. Life has to go on, it was not easy to face this obstacle, but the hope kept on living. Let it be like it should be. After 5 years, here it is. Here is the opportunity to visit this country of dreams, Scotland! Yes! There is the chance to step into this land for real and feel the Scottish wind, rain, culture and the green space.

That day was the 18th of June 2019 in the early morning hours the girl stepped on Scottish land... Warm sun was rising up and smooth wind was playing with her hair, kissing her cheek. Finally, after such a long time she is dancing with the Scottish air and beauties. The mornings are quiet, shining and smiling

to you saying: Hello and welcome. You are starting walking and enjoying the sights... Edinburgh has plenty of green spaces, parks, a Botanical Garden, the Castle ... Oh my God; I am missing words to describe this environment. And the people are so kind, warm and open. I can say that I have been really lucky to meet Edinburgh in such great light. There are plenty of sources where you can read about this magical city. But in this case in this afforded place to me I would like to speak about one of the most specific things, which I noticed. The RED DOOR. It is quite common in this city for the entrance doors of the buildings, houses and apartments to be red. It is lovely and quite warm. When you see these red doors you feel like they are inviting you to enter inside in the home. And this is the line where a completely different universe starts.

Behind the door, exactly on the street all tiredness, sadness, problems, life challenges, ego and everything else is falling from your shoulders. The red port is closing and in this home a universe full of warm huge hugs is welcoming you. Life starts with a small cute kiss saying 'hi' and giving you unconditional love. You are taking a seat, falling in the endless moment of rest and leaving yourself to be cuddled by the warmth of this universe. This is the magic of Scottish houses. Sitting beside the huge windows and watching the life outside this universe you are drinking your tea and just say to yourself: Finally I am free, in the hug of the purest, calmest universe, full of love.

This is the most specific thing about this city, the HUG that protects you, is giving you peace and unconditional love. And you are begging for the time to stop here for the rest of your life.

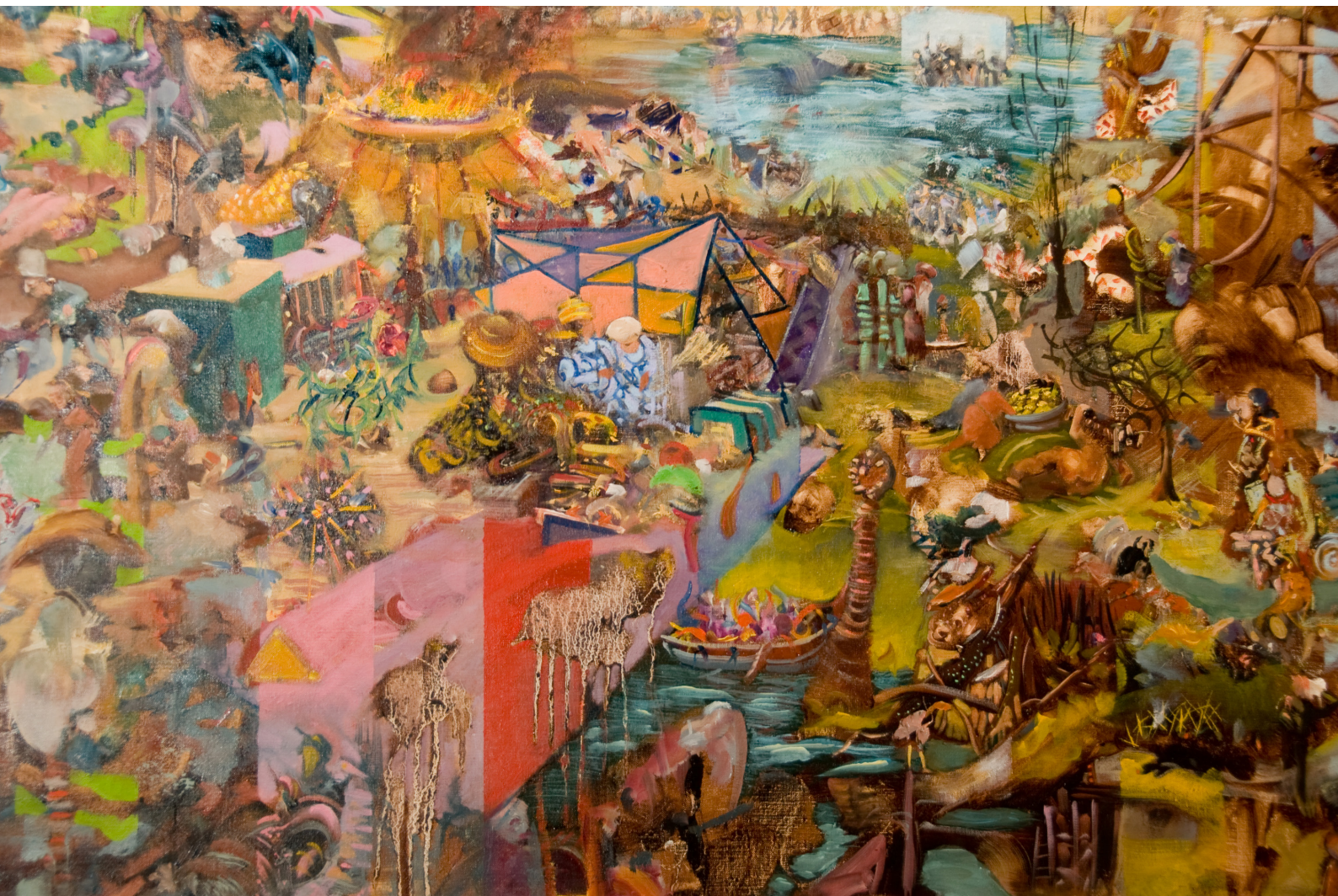
Yeah, the faith is still here and I strongly believe that one day time will stop behind the RED DOOR and this universe will become my home.

Vafire Muharemi



Foreign Lands

Ali Banisadr's world of wonder



Photograph by: Jon Himoff - <https://www.flickr.com/photos/jhimoff/3400068178>
under creative commons - <https://creativecommons.org/licenses/by-nc-sa/2.0/>

While summer is celebrating its season again, I often feel the urge to spend most of my time outside. Sitting in a park or relaxing in the sun seems simply too tempting. Sometimes, however, when the heat just won't fade, I break away from the fresh daylight and seek out the cooled air between closed doors. With the temperature rising in The Netherlands over the past weeks, I went to Het Noordbrabants Museum (a museum in Den Bosch, The Netherlands) and stumbled upon an amazing exhibition that blew my dull summer senses wide open.

Foreign Lands by Ali Banisadr is a collection of paintings, all of them showing a world of wonder. In a museum that hosts a great number of very talented artists, this series makes you stop and turn. His paintings immediately draw you closer, at the same time wondering if they made more sense to you when you looked at them from a short distance. They are made up of colorful life. It is not possible to exactly describe what sort of life such a painting shows, for Banisadr's art is the kind one needs to see for him- or herself. According to Banisadr, when he paints, he experiences and sees a sound. This phenomenon is called synesthesia, meaning the process in which a sense triggers another sense. In this case were the unique and miraculous figures in Banisadr's paintings triggered by a sound of an inner rustle. He says he creates his art based on the sounds he hears during the process of painting.

The style in which he paints partly represents his Iranian heritage, partly the influence of great European artists such as Hieronimus Bosch and Paolo Veronese. Together they give way to a

moving world made up of deep colors and beautiful figures. Moreover, the works of Banisadr seem to tap into deeper layers and emotions, connected to the feelings within ourselves as well as our reflection upon society. His painting Chaos and Awe, for example, "demonstrates the aptness and relevance of painting as a medium for expressing the uncertainty of our era" (Scala, 2018). The danger represented by the chaos of an unstable global order looms threatening over society and ignites fear in many of us, which is portrayed in this very Chaos and Awe. Whether that threat becomes true or whether it lives on mostly in our minds, remains to be seen. In the meantime, we were able to find understanding, comfort and unique beauty in the artworks of Ali Banisadr. If you ever get the chance, I recommend his exhibition heartily. Even if you're just not that into art, your mind will be blown!

Rachelle Wildeboer Schut

LAZY BIRTHDAY TO ALL BUSY PEOPLE

In our time and age we are constantly running. The media is telling us not to waste our time. "Time is money", did you ever hear that phrase? I did, and I still do. Be careful, it is not far from being engaged at work to being addicted to it. That's why on 21st of July we are celebrating the International Day of workaholics!

What is workaholism?

Employees involved in their work are very highly valued on the labor market. In our first weeks with a new company, we try to present ourselves in the best way, to give as much as possible. Of course, that is not a bad thing. Everything is fine until we start taking our work home.

At that exact moment when you let professional duties affect your private life, an alarm bell should ring in your head. Stop, a tired employee will never be a good employee. There is a huge difference between a good worker and a workaholic.

The psychologist says*:

Workaholism is a pathological involvement in professional activity. Very often, workaholism is related to the fact that the person neglects other life activities. Regardless of family, friends or other duties.

**Marlena Stradomska an employee of the Institute of Psychology, UMCS, vice-president of the Polish Suicidal Society, Lublin Branch, manager of the sociotherapeutic facility Society "Nowa Kuźnia"*

Why do people become workaholics?

I guess the first thing that came to your mind is money, but that is not really true. Addiction to workaholism is a complex process that can have its causes in many areas of our lives. There is no unequivocal answer to this question, because every person is an individual being. Sometimes it is willingness to appreciate, an escape or too much pressure from superiors.

Psychologists say:

Often work gives a lot of satisfaction, which in other areas of life was inadequate. At work, a person can be appreciated, can have a sense of agency that affects many important things. Unfortunately, at some point, the person becomes a slave to her/his work and the necessities of doing something beyond their strength and energy. The initial motivation may be the financial benefits of working more. However, workaholics, do not get much pleasure from spending money or do not have time for it. A workaholic cannot live without a job. It becomes an integral part of her/his life.

Signs that you are a workaholic:

This term is quite overused and worn off, so the disease is often not taken seriously. A healthy work commitment is healthy. A sick work commitment is sick. But how do we know that we are crossing the limits, that we should calm down? Usually, we get the first signals from people close to us, as delicate hints that we do not have as much time for them as we used to. We are constantly setting higher bars, the only topic of our conversations is work, during free time we are going back to the office with our thoughts. Our world is narrowing down to one place.

The psychologist says:

Symptoms of workaholism can be similar to this:

- no time for life activities (other than work)
- tiredness
- changes in appearance
- difficulties concentrating

- stress, the emergence of psychosomatic diseases
- decline in mental wellbeing
- forgetting about basic activities outside of work, for example when a workaholic has a family
- the emergence of mental difficulties,
- the feeling that you can not function without a job
- the main topic is mainly work and many others

Addiction is addiction. Results of illness

Although workaholism is not an addiction to a substance, it nonetheless destroys the human being in the mental, physical and social spheres. We can distinguish three phases of workaholism:

- 1. Preliminary:** constant thinking about work, lack of time for personal life, deterioration of relationships with loved ones, lack of understanding, perception of people, physical and mental symptoms: fears, headaches, stomach problems.
- 2. Critical:** severity of mental and physical symptoms: insomnia, concentration, malaise, despite the finish of the body, continuous work, problem with group work and aggression.
- 3. Chronic addiction:** mental and physical exhaustion, family problems, divorce, disturbed day-night-rhythm, psychosomatic diseases, heart attacks, depression, anxiety disorders.

The psychologist says:

Workaholism is one of the addictions of the 21st century. It is associated with behavioral addiction, which is dependent on human behavior. Work can give a lot of satisfaction, a person can feel important, valuable and needed. Thanks to the work, many people increase their self-esteem and sense of agency.

She/He is able to react in difficult situations, she/he feels that she/he has an influence on the surrounding reality. It is often the case that they may not feel appreciated in other areas of life. If there is no family and the only escape from loneliness may be just dedication to work and other professional activities. At the same time, workaholics lose their common-sense thinking they implement the plan, doing new projects and tasks, regardless of their own needs. But at some point the body simply refuses to obey and there are difficulties of mental or physical nature.

How to help?

Depending on the addiction phase, different treatment methods are used, which should be consulted with a psychologist or psychiatrist. It's best to start working on yourself as soon as you notice the first signs of the disease. In the process of recovering from addiction, it gives a lot of support to relatives, but also to superiors, it is worth talking openly with the boss. A workaholic is a less-efficient employee. John Boyd has developed OODA loops, a guide for employers, helping to gather information about people who are workaholics in the company and to help them. It consists of four stages:

- O** - Observation - getting information and getting acquainted with the situation
- O** - Orientation - analysis of the information obtained
- D** - Decision - development of a response plan for the situation
- A** - Action - undertaking planned activities, implementing the prepared plan into force

The psychologist says:

Prevention of workaholism is very difficult and long-lasting. Changing attitudes and behaviors is complicated. In particular when people do not have any alternatives to their work.

Ways of preventing workaholism:

- developing a passion besides work
- making dreams come true
- planning
- engaging in social activities
- doing sports
- balancing work and other activities
- having a family
- meeting a friend
- participating in psychological workshops
- participation in scientific conferences
- the use of alternatives that will allow you to relax, for example, yoga, leisure trips etc.
- not taking work home.

Dorota Łyczak

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Membership in NATO will Create Much More Conducive Environment

*Interview with Colonel Zoran Janković,
Chief of the NATO Liaison Office Skopje*



We are so happy we had the opportunity to conduct an interview with the Nato representative to Northern Macedonia. We would like to express our great thankfulness to Mr. Zoran Jankovic for his exquisite collaboration.

Research shows that among young people in Macedonia the interest in joining NATO is very high; much higher than in the neighboring countries. What is the reason for this?

Indeed, since much early on, the support for the membership of the country in NATO has been quite significant, ranging from never below 50% to over 80% of the overall population. The support has been especially high among young people. One of the reasons for this is the almost consensual political support. All relevant parties since independence have supported and, moreover, pursued this priority foreign policy objective of the country, along with the EU membership. Their political leaders, themselves mainly relatively young, in their public addresses have used a narrative by which they have raised the awareness of NATO and

of the benefits of membership in it. A number of NGOs active in the country have also contributed to better familiarization with NATO. The NATO Public Diplomacy Division has supported projects of NGOs for promoting NATO. The NATO Liaison Office Skopje, with its presence in the country, not only in Skopje, but through organizing public diplomacy and public relations activities in the towns across the country has also contributed to bringing NATO closer to the people, especially to the youth. But, the young people, themselves, in their quest for knowledge and in seeking windows of opportunity for their future have been active in learning about the Alliance through the media nowadays through using the new technology such as internet.

What are the advantages that young people will have regarding NATO membership of their countries?

North Macedonia has participated in the NATO PfP Program for many years. Even as a partner the country and its people have felt some of the advantages of membership. Currently, the country has the status of invitee and already some of the benefits, such as increased foreign investments, have materialised. With full-fledged membership, the people, especially the young ones, will enjoy all the advantages as the other members. One political advantage will be that they will live in a country which will be constantly improving good governance through further developing its democratic institutions. They will live in a country of much improved both domestic and regional security environment, including also in regards to managing crisis. The improved overall security picture will result in better economic prospects for the country as the number and volume of foreign investments will increase exponentially, as was the case with all previous new members, which means better employment opportunities for the young. Moreover, the young ones will be able to seek employment across NATO. Membership in NATO will create much more conducive environment also for interaction and exchange with with youngsters in the other member states. The advantages for all people, and especially for the young ones, are numerous. I have mentioned only some of them.

What was your first impression of the young people here when you arrived in Northern Macedonia for the first time?

The young people in North Macedonia are not much different from the young people in Slovenia or any other NATO or EU member state. They share more or less the same interests, which is to live in a secure, peaceful, and democratic environment that will be conducive to their personal wellbeing and development. Most of those I have met so far have impressed me as intelligent, well-educated, well-behaved young individuals eager to learn more about the world they live in, and enthusiastic about changing it for the better. As I said, they will fit perfectly with their NATO and EU counterparts.

Currently our country is waiting for the ratification of our membership. Some young people already appear to be skeptical. What advice would you give the young people- should they have more patience?

The process of ratification of the NATO Accession Protocol is coming along very well. From the experience with the other former new members this process usually lasts between one and one and a half year. In the case of North Macedonia we have experienced a record high number of ratifications (18 thus far) within only four months. This has probably led some of the political leaders to believe that the whole process can and will be completed by the December 2019 meeting of the NATO leaders in London. This way they have unnecessarily raised the expectations. Yet, the process is transpiring as expected although it is beyond the control of NATO as it is dependent on the work dynamics and the proscribed procedures in each individual member state. Moreover, ratification in the national parliament is not enough. Needed usually also is endorsement by the head of state and then filing of the instrument of ratification with the US State Department which is the depository for the North Atlantic Treaty. But there is no reason for being skeptical. Each of the NATO member state signed in February the Accession Protocol and it is not to be expected that any would withdraw itself from that position.

People often seem to confuse aspects of NATO and EU membership respectively. What are the biggest misconceptions people have?

People confuse aspects of NATO and EU membership because however different these two international institutions are, they share the same values. The biggest misconception about NATO is that it is merely a military alliance. NATO is primarily a political organization, a unique community of values, committed to the principles of democracy, individual liberty, and the rule of law. The political leaders of its member states have always agreed on the core mission of the member states, which is to defend each other, to preserve the peace and protect the freedom and values. This is being done primarily through political and diplomatic activities. Military measures are taken as a last resort to defend and never to attack.

Interview by Igor Pop Trajkov

The last question is by the VOICES magazine

Photo - courtesy of the NATO Liaison Office in Skopje

Geocaching

Enjoy the thrill of a treasure hunt whilst getting a breath of fresh air!

Have you heard of the free international treasure hunting game called geocaching? Geocaching is a worldwide hobby in which participants search the real world for hidden containers called geocaches. Containers include a logbook where the finder will sign their nickname and after that they are eligible to log the find online on their account. Geocaches are located all over the world, and Skopje also has 63 caches waiting to be searched!

Starting geocaching is easy and free – all you need is a smartphone that is GPS-enabled (most phones nowadays are)! The first step is signing up for a free account on the official www.geocaching.com website. After that you can download an app on your phone and sign in with your geocaching account. For android users c:geo is the best app whilst Cachly is recommended for iOS. With the mobile app you can now browse through the selection of geocaches in your desired area and see where they are located on the map. Besides the cache showing on a map, they also have a description and some attributes that will give you an idea of what to search for.

There are different types of geocaches. The main three types are the traditional cache (green icon), multi-cache (yellow icon) and mystery cache (purple questionmark). Traditional caches are most common, and they are located on the coordinates they show on the map. Multi-caches on the other hand consist of two or more steps before you get to sign your name on the logbook! You visit several places during a multi-cache and collect information on the places according to the caches instructions before finding your way to the end-location. The final type is a mystery geocache. Like the name suggests, the cache requires you to solve a mystery before finding the logbook. The description of the mystery will give you an idea where to get started on solving them, as they vary from answering easy trivia questions to solving complex equations. Mystery caches are never in the location shown on the map, so don't waste your time searching for them there!

The combination of the coordinates, the geocache's attributes and the difficulty level together will give you an idea of what to search and where. There may also be some hints in the description that will help if you're struggling. Containers are usually small waterproof cases, but their size and shape can be anything from a bucket to a tiny magnetic screw.

- Geocaching is a worldwide outdoor-hobby, where GPS-enabled devices are used.
- A geocache is a container which has a logbook inside. It may also include possibly some exchangeable items.
- Geocachers find secret containers that are in given coordinates and write their nickname in a logbook.
 - You can register to www.geocaching.com or use apps for android and iOS-devices.
- Geocaches are located in various terrains and levels of difficulty. You can find them both in cities and recreational areas.

types of caches



traditional cache multi-cache mystery cache earth cache event cache



A typical geocache-container

Be on the look-out because sometimes geocaches are disguised as realistic-looking mushrooms or fake rocks that have storage space inside them! Not all geocaches are meant for everyone. Where as difficulty 1 and terrain 1 rated cache should be an easy and accesible find for anyone, a difficulty 5 and terrain 5 cache may require special skills, like climbing a 10 meter tall tree or even going diving! Be mindful of your limits and only search for geocaches you feel comfortable with.

The nature of geocaching is being stealthy – search only when no bypassers (who are called "muggles") are watching. Curious people have been known to take or damage geocaches. Geocaching is a great activity to do with friends or family. Searching is swifter when there are more pairs of eyes looking. A great place to try geocaching is Vodno mountain as there are several traditional geocaches awaiting you in the beautiful and relaxing atmosphere of the forestside!

Johanna Wahlberg



Што навистина значи да бидеш

CUTE

Постојат неколку моменти кога животот ни дава шанса да станеме подобри личности. Оваа младинска размена, која се случуваше во Струга во периодот 6-15 јули, беше една таква шанса. Тоа што започна само како проект со вообичаени работилници и одредена цел, стана многу повеќе со различно значење за секој од учесниците и направи уште поголем импакт. Многумина од нас се вратија дома полни знаење како да се биде „cute“.

Младинските размени се потполно ново искуство и преку кое се здобиваме со многу нови познавања. „Cute“ е младинска размена каде учесниците учествуваат во неформална едукација, што значи дека преку проектот се здобивме со нови вештини кои не можеме да ги научиме на училиште. За нас, овој период, со разни луѓе од разни земји, беше нешто што ќе го паметиме цел живот. Оваа размена научивме како да соработуваме едни со други преку многу работилници и активности. Преку тимска работа, научивме да се разбираме и да ги прифатиме нашите различности. Истотака со помош на толеранција успеавме да ја постигнеме нашата цел. Сè вклопено заедно со цел да научиме како да направиме нешто за некого во нашата заедница. Додека работевме во Струга, имаше неколку моменти каде што требаше да толерираме

однесувањето на другите учесници. Во тој момент знаевме дека треба да најдеме начин да ги разбереме, бидејќи луѓето всушност прават грешки поради незнаење. Такво однесување беше сè што знаеле во тој момент. Нашата група, пак, тогаш научи како да ги прифати туѓите несовершености. И тие моменти беа дел од проектот. Требаше да разбереме и кога некој не сакапе да учествува. Исто како и во реалноста, сите имаат свои граници.

“Оспобување, зајакнување за мене беше една од најинтересните теми на „CUTE“. Не секој има верба во себе и своите способности во секој момент. Многупати недостатокот на верба во себе е поради стравот од непознатото. Луѓето не разбираат дека во тие моменти нивниот страв е нерационален и дека целта на којашто ѝ се плашат ќе ги одведе до најубавите места. Треба да ги мотивираме луѓето со

зборови или пак, на пример, - Биди промената којашто сакаш да ја видиш во светот - како што кажал Ганди“ – вели Сандра Филипова.

Помагање и оспособување неког значи да се зајакнеме и самите себе истовремено за да станеме подобра верзија на себе од ден на ден. „Сè на сè, проектот ми ја зголеми самодовербата, знам сега дека сум подобра одошто мислев дека сум, научив да соработувам со различни луѓе и како да толерирам луѓе кои не сакаат воопшто да делуваат“ – вели Сандра.

„Пешачењето низ селото Вевчани, допринесе да сфатам како сите сме поврзани. Не само со природата туку и како тоа што го чувствуваме кон самите себе, го проектираме и кон останатите. Ја разбрав важноста да се толерираш сам себе кога не го даваш својот максимум, да ги разбираш своите потези и грешки, да соработуваш да станеш подобра личност и секако да се зајакнеш сам себе, да се мотивираш за да продолжиш напред“ – вели Елена Стојковска.

За време на овој проект, од првин, мотивациските игри и игрите за зацврстување на тимот изгледаа само како обични игри, многумина од нас ги потценуваа, но со минувањето на деновите сите сфативме колку се значајни. Имавме интересни работилници за да ги зацврстат нашите лидерски и организациски способности. Скоро секоја вечер имавме мали национални активности преку кои ги претставувавме нашите земји и нивните обичаи. Истотака отидовме до Охрид како една мала екскурзија, што беше многу важно за интеракција со другите земји. Два дена имавме мали проекти преку кои придонесовме за доброто на општеството или во овој случај Струга. Една од најтешките елкции кои ги научивме

беше да се справиме со одбивање. Завремена една анкета за уметност која ја правевме на струшките улици, најтешкиот предизвик беше да не се откажуваме иако бевме одбиени на многу негативен начин многупати. Истото се случуваше и кај другите групи со нивните мали проекти за околината и за младината. Тогаш се соочувавме со суровата вистина за луѓето, општеството и нивната мала верба и интерес меѓусебе, но и кон околината. Точно е дека се соочивме со вистината, меѓутоа тоа не беше со цел за да се обесхрабриме туку сосема спротивното. Тогаш и таму разбравме што недостасува и што треба да направиме справувајќи се со идни такви предизвици или пак со уште поголеми од овие. Ги зедовме овие предизвици за да го подобриме нашето општество дури ако тоа значи само една насмевка - само уште една усреќена личност - сме успеале да ја достигнеме целта. Начинот на кој ги остварувавме нашите цели, за време на размената, беше доста интересен, започнувајќи со првиот ден со мали вежби за да се запознаеме меѓусебно и да се зближиме.

„Оваа размена ми помогна да се развијам како личност, да мислам „надвор од кутијата“, да бидам креативна и најважно од сè да разбираам и толерирам различности меѓу луѓето. Беше задоволство да бидам дел од CUTE бидејќи имавме многу слатки, смешни, интересни и продуктивни моменти“ – вели Ева Миленкова, а ние потполно се сложуваме со неа.

Елена Стојковска
Сандра Филипова
Тамара Малова
Ева Миленкова
Кристина Каламукошка
Николина Бошкова

Преку граници и континенти:

Љубов и пријателство на далечина:

Љубето се честопати љубопитни за тоа како функционираат меѓународните или меѓукултурните или трансконтиненталните врски, но се прашуваат какво е нивното секојдневие. Навистина може да се каже дека е тешко да се замислите себеси во врска на далечина, ако никогаш не сте биле во слична врска, али ако живеете во место каде што нема многу простор или можности за стекнување познанства со луѓе од странство. Од друга страна, исто така е точно, дека тоа не е толкав голем проблем, каков што првично може да ви се чини. Како е тоа можно?

Па вака, едно пријателство или врска вклучува поединци кои имаат свои стравови, испади, страсти, потреби и ограничувања. Љубето често се компатибилни во некои погледи на животот и карактерот, но и некомпатибилни во други погледи. Поединците, исто така не секогаш се репрезентативни за културата и позадината од која доаѓаат. Накратко, разликите во јазикот, однесувањето, навиките, ставовите и мислите дефинитивно се дел од врската, но тие не ја дефинираат истата. Тие не се сè што врската ни нуди. Всушност не се истите тие разлики исто така присутни во врска меѓу двајца од истата земја, но различни од региони или од различни општествени класи или старосни групи?

Според моето гледиште и лично искуство, врските на далечина имаат свои особености. Комуникацијата, која е клучен фактор за секоја успешна врска, бара свое подобрување. Силно сме свесни за фактот дека сè што е очигледно и разбирливо за мене, не е подеднакво очигледно и разбирливо за другиот. Знаците, гестовите на телото или зборовите што ги користиме можеби го немаат истото значење за другата личност. Тие може да бидат примени или протолкувани поинаку од она што било наменето, бидејќи ние не сме навикнати да ги гледаме во поинаку

светло. Затоа е клучно да правиме напори да бидеме едни со други што е можно повеќе јасни и разбирливи во комуникацијата. Кога е потребно да го опишеме значењето или намерата или хумористичната содржина. Освен тоа, клучот е да останеме отворени, спремни внимателно да го слушаме другиот, да не судиме, да не се навредуваме или да се чувствуваме повредено премногу лесно од нивните постапки или искази - зашто што можеби и не го означуваат токму она што прво ќе го помислиме. Комуникацијата и искреноста е од суштинско значење за да се зацврстат транскултурните односи, особено во првите неколку години.

Друга точка што заслужува да се спомене е и фактот дека ваквите врски нè збогатуваат како личности. Сè станува тема за разговор и предмет на интерес: од најосновните до најважните работи во животот (кои всушност често се совпаѓаат) ... Јадењето, пиењето, љубовта, сонцето и месечината, училиштето и работата ... Бидејќи ние не ги споделуваме истите искуства, откриваме нешто ново практично во секој момент кога сме заедно. Ние станаваме свесни за различните литературни дела, кинематографија, архитектура, фолклор, гастрономија, начини на живот. Ствари и појави за кои никогаш не сме слушнале и никогаш

не би слушнале. Преку нашата врска стенуваме различни културни референци. Тоа ги проширува нашите погледи, искуства и престапи на еден убав и пријатен начин.

Што се однесува до предизвиците и решавањето на практичните проблеми... Постојат неколку посебни прашања што се појавуваат, некои прашања што треба да се разрешат. Што е потребно за да се намали растојанието помеѓу двата континента? На крајот на краиштата, секоја личност го живее својот индивидуален живот во понекогаш доста различни опкружувања. Ние сме зафатени со семејството, училиштето или факултетот, работата и тамошните пријатели. Како да не се изгубиме едни со други на ова растојание? Се чини дека најважниот фактор е страните да останат присутни во животот на другиот. Секојдневно да се „проверуваат“ со другата личност, што се случува во нивните животи, со што се занимаат, што работат, што ги мачи, прави среќни, кои се нивните соништа и предизвици во моментот. Ова може да има многу различни облици во зависност од индивидуите и природата на врската. Може да си пишувате секој ден, редовно да разговарате преку Skype, да си пишувате долги писма, да снимате видео-пораки едни за други, да испратите гулаб-гласник или да измислите временска машина за да патувате назад кога ќе се сретнете лично. Единствените ограничувања се креативноста, технологијата и километрите. Но, со текот на времето, дури и овој начин на комуникација може да стане досаден, да вејќи се во рутината на испраќање слики од вашиот последен оброк или последиците од повраќањето на вашата мачка врз тепихот. Важно е да си дадете едни на други простор да го живеете вашиот живот самостојно, да оставите време да се истражуваат и здобијат нови искуства. Работи на кои потоа можете да ги препратите едни на други на претпочитаниот канал за комуникација.

Од друга страна, ако чувствувате дека оддалечувате, зафатени со секојдневното, можете да ги раздвижите работите со тоа што ќе најдете работи што можете да ги направите заедно. На прв поглед, овој витален аспект на пријателството се чини дека е најограничен од самото растојание меѓу вашите прагови, но со малку смисла и имагинација, многу можности доаѓаат на ум. Одете на Skype и започнете да си пишувате заедно, играјте игра „Категории“, гледајте филм со

другата личност. Не мора да ги правите работите од непосредна близина. Нацртајте се едни други и потоа почекајте да ја видите возбудата во другите очи кога ќе го видат исходот. Прочитајте ја истата книга и разговарајте за неа. Играјте видео игри заедно, смислете приказна заедно. Можностите се, иако ограничени, сепак повеќекратни.

Но без разлика од задоволството и исполнетоста со зборување и пишување и ангажирање едни со други на далечина, тешко може да се издржи и недостатокот на добра преградка, прошетката во природата или гледањето гушнати заедно на софата. Понекогаш е фрустрирачки да ви треба преградка или да посакате да ги повикате на кафе или да одите на театар и тие да не можат да го сторат тоа... Кога сме фатени во овие моменти на чувство на отсуство на нашиот пријател или партнер и особено длабоко натажени, може да биде утешно да се знае дека разделбата не е засекогаш, уште подобро да знаете дека ќе се видите едни со други за неколку недели или месеци. Затоа, треба да имате јасно дефинирана временска рамка кога повторно ќе се видите и прегрнете. Најпосле, кога повторно ќе се сретнете сè е ќе биде прикладно и прекрасно.

Секоја повторна средба е опкружена со аура на возвишеност. Небаре станува настан во вашите животи, со нетрпение го очекувате, го планирате со внимание, вложувате свесен напор да бидете 100% присутни и да извлечете максимум од секоја минута. Понекогаш едноставно не сме такви кога живееме на истото место или град и се среќаваме често.

Сè на сè, врската на далечина може да биде незгодна за справување но исто така прекрасно да се доживее на свои начини како и на начини доста слични на оние од која било друга врска. Клучот е да бидеме флексибилни и упорни, заедно да се соочиме со предизвици и да се радуваме на нејзината топлина и љубов до крај. Значи, ако некогаш животот ве изненади со некој што доаѓа од друга култура или оддалечена земја, не плашете се од растојание или разлики, претворете ги во сила за силно и цврсто партнерство.

Витория Асеби

Матис Гилсбах

Превод: Радован Спиридонов

Ëndërr

Në kutinë e ëndrrave cdo natë strehoj
 Nga një kujtim të ri
 Shkujdesur që ka ardhur ne mendjen time
 Derisa zgjohem në orët e hershme të
 mëngjesit
 Së fundi strehova një fushë me lule
 shumëngjyrëshe
 Dhe kullosë të kositur para pak kohesh
 Era e së cilës të shponte shqisën e
 nuhatjes.
 Atë erë e ndjej dhe tash,
 Erë pranvere, plot me lule,
 Barrë dhe erë freskie,
 Erë që sjell me vete gjithëçka që gjen
 Kujtime, ngjyra, drithërima, lot, gëzim.
 Këto kujtime i strehova sot
 Thellë në mendje
 E natën që vjen,
 Kushedi se ç'farë ëndrre do të shoh..

Autor: Afroditë Xhaferi



Muze pa vizitor

Po akuzoj nën perlat e vetes...
 E ka vlarë haresa!
 Po cka u bë,
 Me skenarin e thyer të identitetit timë?
 Po ikën!
 Mundohem ta kap në kujtime...
 Po ai kishte veshur një botë të re,
 Me veten zvarë
 Shkova në fillim të startit...
 Aty ku mora falas ëndrat
 E mi shitën të tjerët
 E mua...
 Koha nuk mi shiti minutat e saj
 Ajo cka më mbeti
 Ishte vetem një hipotezë
 PËRSHENDETENI MIKUN TIM TË VJETËR!

Autor: Kaltrina Sulejmani

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TRANSLATORS

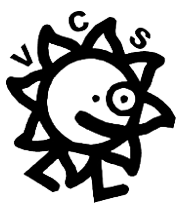
FOR MACEDONIAN / ALBANIAN

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THE STORY OF VCS FAMILY

“In the heart of Kisela Voda, Skopje, Macedonia lives the VCS family. This family is neither small, nor too big, and always open for new members. Volunteers from all over the world find their home here and together with local volunteers learn, teach, make change, inspire, grow. It's all thanks to the opportunity given to them by Volunteers Centre Skopje. We are a non-governmental youth organization, created in 2006 by former EVS volunteers. Our main goal is to connect young people on various grounds regardless of their national, racial, religious, political or economic status. What are we doing in our little big VCS world? We organize projects in the framework of the Erasmus+ programme such as sending, hosting and coordinating organization. We give non-formal educational possibilities to young people in Macedonia and abroad. Our volunteers can always use their skills, talents and ideas through many tasks given. We organize various local events from karaoke to movie nights, workshops in high schools depending on needs and interests. What more... Let us tell you a story about our “baby” VOICES, a magazine from young people for young people, done by the the children of VCS family; volunteers from all over the world”.



Волонтерски Центар Скопје
Voices Skopje



vcs.skopje



vcs.org.mk
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