

VOICES

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ЕВЕЛИНА ХАНСКА - УРЕДНИК НА ОВА ИЗДАНИЕ
EWELINA CHAŃSKA - EDITOR OF THIS EDITION



САША ШЛУТЕР - УРЕДНИК НА ОВА ИЗДАНИЕ
SASCHA SCHLÜTER - EDITOR OF THIS EDITION

Summer is coming to an end, the days start getting shorter and the heat that we could enjoy (or suffer from?) will step by step transform into the chilly wind of autumn. The holiday travellers return home - but not only the tourists. Many of our volunteers, colleagues and beloved friends, are leaving to their homes to proceed in their lives. Full of impressions and experiences! ...and now - for the moment - it's just the two of us left in here. Thus an almost spooky quietness is filling up the "abandoned" office of VCS these days, after being used to so many people hanging out here working, laughing and sometimes fooling around. To be honest, it feels a little bit strange - like some sort of "hangover".

But (like a German proverb says): One eye is laughing, one eye is crying. Because life goes on and every ending also includes the beginning of something new! New faces will appear soon, new ideas, new perspectives and most important: A new edition of VOICES! Like already in the previous editions, we're coming to you with a great variety of topics: from Finnish-Indians in North America to the old tradition of wood-carving in Macedonia; from a world journey by bike to just taking a walk; from acrobatic humans to (sometimes) lazy cats! Have fun!

На летото му се ближи крајот, деновите почнуваат да стануваат се пократки и топлината во којашто уживавме (или не мачеше) чекор по чекор се пресликува во ладна зима или есен. Луѓето се враќаат од одмори – но не само туристите. Многу од нашите волонтери, колеги и сакани пријатели заминуваат во своите домови да продолжат со нивните животи. Преполни со импресии и искуства! ... и сега – во моментот – само двајца од нас се останати тука. Па така, дури и језива тишина ги исполнува „напуштените“ простории на канцеларијата на ВЦС деновиве, откако се навикнавме на толку многу луѓе да се дружат, работат, се смеат или едноставно се присутни на дружбата. Да бидам искрен, малку е чудно чувството – на некој начин како „мамурлак“.

Но, како во една германска пословица: Едното око се смее, другото плаче. Затоа што животот продолжува и секој крај вклучува почеток на нешто ново. Нови лица наскоро ќе се појават, нови идеи, нови перспективи и најбитно од се: Ново издание на VOICES! Како и во претходните изданија, ние ви претставуваме голема разновидност на опфатени теми: од Фински-Индијци во Северна Америка до стари традиции на делкање дрво во Македонија; од пат околу светот на точак, до обична прошетка; од акробати до (понекогаш) многу мрзливи мачки! Уживајте!



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Cats, cats,

From ancient Egypt to nowadays Turkey... Time is passing by, but one thing has not changed for a few thousands years – cats are still favorites all around the globe. Of course, there is one common saying according to which the world is divided into two perfect halves – cat lovers and dog lovers. It doesn't matter to which half you belong, cats are interesting beings to study about, everyone has to admit that. And here's quite a few things in a nutshell, that I wanted to share and it's all about the cats. So, dog lovers, please pardon my very cat moment.

KEDI

You have probably heard that people in ancient Egypt were quite serious about cats. Cat was basically an object of a kind of worship, considered as an earth representative of goddess Bastet, which was a deity protecting people from diseases. So cats did protect people's houses from snakes and rodents and all the diseases those intruders could potentially spread. According to Herodotus, Egyptians during great fires were protecting cats instead of extinguishing flames, since the cats tend to jump straight into fire. After a death of house cat, people were mourning, shaving their eyebrows and taking a corpse of a cat to a temple to undergo the mummification process. In later centuries, cats started to symbolize rejection of hindering bonds as it was pictured as a company of the Roman goddess of liberty, Libertas.

Then the Dark Ages came, for cats also darker, since suddenly they began to be seen as a part of

evil and paganism, associated with black magic and witchcraft. Everyone knows that cats were faithful companion of witches. Usually it was a black cat, which until today is a symbol of all misfortunes and many people avoid it, at least in most of European countries and North America. In the UK and Australia people believe that black cats bring luck.

I took you on a journey to a time long ago, but it's time to come back to the present to see what else we can still learn about cats. Just a few facts and stories that maybe you have never heard about, even if you're living in this half of the planet among the rest of cat lovers.

Lets first focus on some cat behaviours. You probably noticed that cats like to rub their heads on you, what basically signifies: "This is my human, this is my territory!". Probably right after your cat will go and start long self-washing process, which means more or less: "You smell, human, I want to get rid of your smell now". When you call your cat and it doesn't respond, don't be surprised. Those smart creatures are able to recognize your voice, they are just too lazy to react or more likely they just prefer to ignore it, because – let's be honest – sometimes they just don't care. "What do you want, human, I'm sleeping here". Cat laziness? The fact is that cats spend 70% of their lives sleeping. They are also outstanding manipulators, using different types of meowing for different purposes. Did you know that when they are hungry they can imitate

КОШКА

КОТ

GATO

TOPIC OF THE MONTH

CAT

CATS

MACIE



MAO

KATZE



the voice of a newborn? In fact they can make more than a 100 different types of sound, while dogs can make only 10.

Then why do we still love cats? They manipulate us, they are moody and they tend to not care at all. Well, but... They can perfectly read human emotions, so if you're down, they will come to keep you company and make you feel better with their purring presence. If they like you, of course. It is also proven that the noise that cats make when they are purring is for the faster treatment of bone fractures. Something hurts you? Put a cat on you. Or let it come itself and heal you. We can't force a cat to do anything, everything depends on it's good will. After all, the cat is a proud and independent being. And believe it or not, every regular cat – unless it's as fat as Garfield – can run faster than Usain Bolt. Amazing, huh?

Today, there are more than 500 million domestic cats in the world and, for example, in Australia there are 9 cats per 10 people. Fair enough to call it "cat country". And what are the benefits of keeping a cat at home? Well, a cat at home reduces the risk of stroke or heart attack by one-third. But what about the cat's independence if we keep it at home? Some people believe that cats should live outside. Some of them seeing cats on the streets will consider them as homeless and miserable. There is a special place on this planet, where cats are kings of the streets – they not only live on the streets but they own them. Turkey. Especially in Istanbul. People are crazy about cats there. They take care of them every day, providing food and water and we can truly say that there is a special bond between Turkish people and cats – a kind of symbiosis. It comes from the Islamic belief, according to which cats bring wealth.

In Gabrovo, Bulgaria, a black cat without a tail is a symbol of energy efficiency and local people treat it as an emblem of the city. You can wonder, how in the world there can be a cat without a tail.

There is one story connected with it. Gabrovian people are famous from being thrifty (some also will call them stingy, but let's not go to far). In the past tailless cats were protecting the warmth of the home. How did the cat lose its tail? The owners cut the tails of their cats to close the door faster after them, not to let temperature inside to go down. Sounds crazy and I can assure you that there are a lot of jokes about it. And let's be clear – no one cuts a cat's tail there. But the fact is that there is this tailless cat breed. I have seen it – looks like a regular cat, just without a tail and it was born this way.

I could go more with the topic, discovering more cat-friendly places in the world, finding the weirdest human-cat relations, telling more funny stories etc. Cats, cats, cats... You can love them or not. And they can also either love you or not. That's the truth – they are picky and they know human nature. And to gain a cat's love seems truly like a gift.

Ewelina Chańska

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Adulthood Certificate

Have you signed yours yet?

When we are born, that moment is registered with our names on a piece of notarized paper that makes it socially official. When we marry, or die, the absolute same. This sheet is, I believe, more than just useful for institutional and bureaucratic reasons, but also meaningful, because we are beings of symbolism, too. Our bodies tell us, in their puberty changes, that our childhood is over and we enter this turbulent period our contemporary world has defined as and baptised "adolescence." But what tells us we have matured up to the point of being - as daunting or as freeing as it can be - adults?

That's a tricky question that bears no universal answer. Firstly, because we don't live (yet?) in an entirely homogeneous global society. Different societies across the world and over centuries mark and have marked this transition in their own manner, based on different criteria of what maturity is. Bravery tests, settings of clothes, rituals of isolation and reintegration of the individual within the group with the new standing, tasks and roles are not strange to the human species, despite being strange to our western modern world. Secondly, due to the simple and wonderful fact that - even when sharing a common cultural ground, traditions and values - individuals develop at their own rhythm and pace, and have diverse paradigms or parameters around the same concept. Therefore, if a certain turning point is considered generally valid - say, the age of 25 - it won't necessarily be true for everyone,

it can happen sooner or later for different individuals, who also consider different features as characteristics of maturity.

This undeniable relativism doesn't make, however, this reflection useless. Asking around, out of curiosity, "what do you think makes one a proper grown-up?", I have been inspired some interesting thoughts about the issue. But before going into that, let me share with you the tragically obvious answer I heard 100% of the time, from friends and acquaintances in different age groups and countries. Can you guess?

"Financial independence". Not leaving your parent's home to live away, not starting your own family, not making your own decisions. Being financially self sufficient. That's it. That's the threshold that allows us access to the recognition (from us and others) of our adulthood. And, how naive of me to expect otherwise! It makes perfect sense, doesn't it? Since we live in a capitalist society in our lovely western world, money is central, a source of power, material and symbolic.

Having your own money means you have a position in the world of production, services and consumption that we have built - the more money, the better your position. Well done, human adult!

I cannot disagree - for this is an aspect that defines our society, undoubtedly and indisputably, whether we like it or not (and I personally don't). But, on the other hand, I cannot bring myself to fully agree either. This is an important aspect, but not the only one. Adulthood is about more than just paying your own bills.

"Independence", more generally, I feel, would be more adequate to associate with adulthood. After all, what distinguishes a child from an adult is the dependence of one in relation to the other. Be it for expenses, preparing food or keeping the house in order. I have observed that people feel and are considered more mature when they develop (and not necessarily fully achieve) a more independent position in life, in several senses. Financially. Yes. Emotionally and psychologically, too - which means your general well being, peace of mind, choices come mostly from you and are not dependant on someone else, especially a parent. Practically and materially - which concerns the general progress of life, as in dressing and nurturing yourself, organising and keeping the space where you live, managing relationships, time, decisions at all levels.

Additionally, "responsibility" is a key factor for maturity. Isn't there such a thing as the age of legal majority, when you start to be legally responsible for the consequences of your actions? I believe that applies more broadly too. When you're a kid, you're not responsible for what you do. You are not aware of the repercussions of your acts, which sometimes you don't commit intentionally. You're excused, or someone else covers for the damage you cause, in case of bad behaviour. When you're an adult, on the other hand, you are and make yourself responsible. For the results of your words, your behaviour, your decisions, actions and omissions on your life and on those around

you. You start to see your parents not only as those who provide - money to expenses, answers to questions, safety and stability in a chaotic world - but also as full (adult) human beings, who fail, who feel insecure and need reassurances, and above all, who also need care. You start to be responsible for them, as they have always been for you, in a more equitable relationship, which is also, I dare say, a transition touchstone towards maturity.

All in all, becoming an adult is a continuous process of changing, adapting, maturing, much more than an event with a fixed date and time. And nobody but yourself can sign your own "adulthood certificate", which exists based on your criteria, your feelings and your experience, rather than on any silently socially established standard. No one is going to teach us "how to become an adult" , or give a statement attesting to it - or recognise our own. As anguishing and disorientating as this lack of official seal and clear requirements can be, it also has its positive sides: we can and surely will make tons of mistakes and feel plenty of insecurity, insufficiency, inadequacy along the way. We can be unique adults too - thank heavens! - as we have been unique youngsters. And we don't need to erase our naughty smile, enthusiasm for the new or the simple, naive daydreams or cool T-shirts, as some more serious and boring grown-ups would have us do, if they could!

Vitória Acerbi

CUTE Journey to Hortobagy

- The power of volunteering



Research has shown that people who volunteer often live longer. This is maybe the best description of the impact of volunteering for the people. Because volunteering is a way of living that brings happiness, promotes compassion, unselfish caring, patience and love.



With these values, 32 young volunteers from Hungary, North Macedonia, Poland and Romania went on a journey called CUTE - Cooperate, Understand, Tolerate, Empower in Hortobagy, Hungary from July 22 to July 31. And this journey was full with cooperation, learning, self-development, friendships, games, smiles and the most important - volunteering at the bird hospital in the national park Hortobagy. In mixed teams from all countries, the volunteers were engaged with all their hearts in helping the injured birds by making their places more suitable for recovery and living. There were many storks, buffs, eagles, and the star among all those beautiful birds, the talking raven Negro. These volunteer actions were an excellent opportunity for the young volunteers to focus on cooperation, understanding and tolerance. And they were pretty good at that. Together they managed to fulfill the volunteer mission leaving parts of their young but great hearts in the bird hospital.

The nine days in Hungary besides the activities in the bird hospital were filled with many team building activities, workshops, rally biking, treasure hunting activities, photo mission in Debrecin. All of these activities under facilitation from our host Andrea Kereztesi from the Hang-Kép Egyesület, Sound-Picture Association from Hungary were a remarkable opportunity for the participants to learn the power of inter-cultural communication and tolerance. Each team prepared for their national evenings with dinner. In these evenings all of the participants had opportunity to find out more about the other cultures. There were many word games, dances and laughter. In those moments, there was one big family of young people who, regardless of their different

cultures, were breathing the same air, were dancing to the same songs and were eating the same national dinner. The main lesson of these evenings was that we are all people who share same or similar values. The borders between the countries are just lines which must be connections between the people instead of obstacles.

Last but not least, the national park Hortobagy. This magical place which was home for the participants for those nine days allowed its glory to shine through. The participants had chance to see the national park in eastern Hungary, which is rich with folklore and cultural history. The Racka sheeps, Hungarian Grey cattle and Water buffalos were attraction for all. And the real pleasure was to see the great Hortobagy Sheppard riding five horses while standing on his two legs. It was breathtaking for everyone.

This journey may be over, but the lessons we learned from it will remain with us. The knowledge acquired and memories from Hortobagy are what will push us further and inspire us to be more active in our communities, to help and cooperate.

And from the Macedonian team, a big thank you and appreciation for the Volunteers Centre Skopje for making this journey come true.

Vladimir Kostovski
Anja Buhovski

Photographs:
Francesco Nespoli
Juha Mäntylä
www.hangkep.hu

“Jeta është një udhëtim - Mos merrni me vete shumë bagazhe”

Babai im dikur ishte një entuziast i biçikletës derisa një lloj aksidenti e largoi atë nga çiklizmi për një kohë të gjatë. Një herë më tha se një nga shembujt e tij është Thomas Meixner: një njeri i moshës mesatare nga Saksonia-Anhalt në Gjermani, i cili udhëtoi pothuajse në gjithë botën në udhëtimet e shumta të biçikletave.

Që kur kam dëgjuar për “djaloshi që shkoi në Sydney me biçikletë” isha i mahnitur. Që nga viti 1998 ai përshkoi më shumë se 250.000 km * me biçiklete me dy rrota nga Gjermania, për shembull në Cape Town në Afrikën e Jugut, në Vladivostok në Rusi, përgjatë rrugës historike në Kinë ose nga Alaska në Tierra del Fuego në Kili / Argjentinë në Panamericana. Kam pasur kënaqësinë të flas me të për përvojat e tij, stilin e jetës së tij të veçantë dhe udhëtimet e tij

“Çiklisti i botës” Thomas Meixner ka lindur më 19 shtator 1965 në Wolfen (rrethin Halle) në G.D.R. (sot Bitterfeld-Wolfen në Saksoni-Anhalt/Gjermani). Tashmë si një fëmijë i vogël, prindërit e tij kaluan shumicën e kohës së pushimeve në natyrë dhe siç thotë ai, se lidhja e tij me natyrën u përcaktua edhe para se të lindte: “Kam pasur udhëtimin tim të parë në kampe në Mecklenburg në Gjermaninë veriore kur nëna ime ishte në muajin e 7-të shtatzënë me mua. Kështu që unë gjithmonë kam dashur të jem në natyrë dhe të kem një jetë disi të thjeshtë.”

Si qytetarë i G.D.R., korridori i udhëtimit të njerëzve ishte shumë i ngushtë. Por megjithatë, ndërsa Meixner u rrit, ai filloi udhëtimet e tij me autostop gjatë fundit të viteve 1980. me destinacion: Bullgarinë. Pas njëfarë kohe, biçikleta filloi të bëhej mjete më i preferuar për të. Udhëtimi i parë më i gjatë në biçikletë në vitin 1989 e çoi atë rreth 2.300 km nga vendlindja e tij në Gjermaninë Lindore deri në Detin e Zi në Bullgari.

“Ju kurrë nuk mund të keni liri absolute - kjo është vetëm një iluzion, por duke udhëtuar me biçikletë, ju do të keni liri maksimale!”

Në vitin 1990 gjërat ndryshuan rrënjësisht: ribashkimi i Gjermanisë u përfundua, në ‘91 Meixner (si shumë gjermanë të tjerë në Lindje) mbeti i papunë, por gjithashtu fitoi një liri të re për të udhëtuar. “Unë ende e kujtoj kohën, kur vështirë se mund të shkonim kudo, tani pasaporta gjermane vlen si ari. Shumica e gjermanëve nuk janë as të vetëdijshëm për këtë! As amerikanët për shembull, as francezët nuk kanë qasje në kaq shumë vende të botes me pasaportën e tyre. Si gjermanë ne jemi të bekuar me këtë dhe ne duhet ta vlerësojmë dhe ta përdorim atë!

“Udhëtimi edukon dhe ju lejon të shihni botën nga perspektiva të ndryshme. Kjo është arsyeja pse, sipas mendimit të Meixner, njerëzit duhet të dalin dhe të shohin botën dhe njerëzit e saj. Jo domosdoshmërisht me biçikletë, sepse për të ajo është vetëm mënyra më praktike e udhëtimit. “Shumica e njerëzve në Gjermani janë disi të pasur në krahasim me miliona njerëz në këtë tokë që kanë më pak se ne. Por shumë veta nuk e kuptojnë faktin se pasuria materiale nuk është gjithçka - për shembull kur isha duke udhëtuar në Ballkan, Maqedoni në vitin 2006, mund t’ju them se njerëzit atje ishin shumë më të pasur se shumica e njerëzve në Evropën Qendrore në qoftë se bëhet fjalë për gjëra të vogla njerëzore edhe pse nuk mund ta matni atë me PBB apo diçka të tillë ... Ata nuk e vene re sepse ato janë mesuar me të, por si gjerman, mund t’ju them se familjet e tyre dhe komunitetet sociale punojnë shumë më mirë atje , njerëzit ende bashkohen, flasin me njëri-tjetrin dhe ndihmojnë njëri-tjetrin! thjesht një kënaqësi!”

Sa i përket parave ai thotë “Unë jam i pasur në krahasim me atë që shumica e njerëzve në botë e kanë, por nuk më duhet shumë. Kur unë jam në shtëpi, fitoj para duke shitur libra dhe DVD dhe duke bërë prezantime me diapozitivë vendeve të ndryshme në lidhje me udhëtimet e mia, por unë arrita të qoj shpenzimet e mia të rregullta në zero, kështu që është e mjaftueshme për një jetë të mirë, nuk i kuptoj njerëzit që punojnë gjithë jetën e tyre për të pasur një makinë të zbukuruar ose një ekran të sheshtë.”

Udhëtimi gjate shumicës së kohës dhe një jete shumë të thjeshtë ju lejon të shihni se çfarë është me të vërtetë e rëndësishme: “Kur i shoh të gjithë njerëzit që shqetësohen për të patur pension të mjaftueshëm kur janë të vjetër ose gjëra të tilla unë gjithmonë them: Mos i humbni ne mendime rreth asaj se çfarë do të jetë në 20 vjet! Çfarëdo planesh që keni, gjithmonë mendoni se gjërat mund të ndryshojnë brenda natës! Është më mirë të jetosh këtu dhe tani, sepse ndoshta do të vdesesh javën e ardhshme!”

Ka pasur shumë kohë që Meixner kaloi vetëm duke udhëtuar. Kjo përvojë e bëri atë të reflektojë dhe të njihet më mirë. Kjo nuk mund të jetë e njëjte për të gjithë njerëzit, por për të është privilegj të ketë këto mundësi. “Dhe në fund nuk jeni në të vërtetë vetëm sepse takoni kaq shumë njerëz që ju mirëpresin përgjatë rrugës. Kryesorja është

***“Nuk i numëroja të gjitha kilometrat e aventurave. Nuk është e rëndësishme për mua.”**



www.thomasmeixner.de

www.facebook.com/WeltenradlerThomasMeixner

gjithmonë njerëzit dhe kulturat që takoni!” Pavarësisht nga vështirësitë për marrjen e vizave për disa vende, disa aksidente, grabitja në Amerikën e Jugut ose burgosja për shkak të disa keqkuptimeve në SHBA, ajo ngelet ende një jetë e mrekullueshme dhe aventureske. “Shumica e njerëzve që vijnë në prezantimet e mia të diapozitivëve nuk do të bëjnë kurrë në një udhëtim të tillë, dhe me të vërtetë ju nuk mund të shkoni ashtu, por duhet shumë përgatitje. Nëse jetoni në një vend ju gjithmonë e dini se çfarë duhet të bëni, por kur ju jeni gjithmonë duke lëvizur ju duhet të menaxhoni sigurinë tuaj, orientimin dhe ushqimin dhe të gjitha këto gjëra çdo ditë përsëri.”



Thomas Meixner udhëton që nga viti 1998.

I pyetur se çfarë këshille mund t’u japë të rinjve, ai përgjigjet se po jetojmë në kohëra të trazuara: ndryshimi i klimës do të prodhojë shumë probleme dhe mund të bëhet konflikti më i madh që nga Lufta e Dytë Botërore. Sistemi kapitalist siç është tani, pabarazia shoqërore në botë dhe pikëpamjet materialiste të shumë njerëzve do të duhet të përfundojnë në një moment: “Të rinjtë në ditët e sotme duhet të vlerësojnë gjërat e vogla në jetë, telefononi një herë në një kohë dhe më tepër komunikoni verbalisht - dua të them ne të vërtetë ... nën zë (qesh) Koha e njerëzve të moshuar është pothuajse e gjatë dhe e ardhmja i takon brezit të ri - prandaj të rinjtë duhet të jenë të përgatitur për shumë ndryshime drastike.”

Sascha Schlüter

Fotografite: Thomas Meixner

Përkthim: Paulin Zefi



THE BILL, PLEASE

Work in gastronomy is a transitional phase in the lives of many young people. For sure, a lot of your friends have had contact with waitressing, but is this a job for everyone?

THE ABC OF WAITRESSING

A restaurant is not only about good food, it's the decor, the music, the smell, the atmosphere and people. The first thing that greets the customer after entering is the waitress. Depending on her approach the guests will spend the service-waiting time in a good or a bad mood. How much they will order and how they will assess the local. The waiter must greet people and feel their personality. Consumers often don't know what they want and there is a lot of room to maneuver for the perfect employee. In addition, to the obligatory good knowledge of savoir-vivre, menu and alcohol, he or she should introduce their products in such a way that the customers will wait for it, thinking that they just won the lottery. When everything is on the table, the job is not done. It is crucial to watch the tables and notice the guests' needs, even before they will tell. They have to feel special, it guarantees that they remain satisfied and will come again! Even in spite of slight dissatisfaction with the kitchen, or prolonged waiting time.



THE TIP, SHOULD I GAVE OR SHOULD JUST GO?

Tip, this is an usual show of gratitude for good service. For those who are not in the habit of giving them, because employees are already paid, I have some information that will motivate them to rethink this topic. I mentioned the features of a good waiter above, now I will try to bring closer the difficulties they face every day. Huge stress is a permanent part of everyday working in gastronomy.

Customers, let's face it, sometimes they are not very intelligent or just evil-minded. Even in extreme situations, a waitress should and can not lose control. They always have to find a solution that will satisfy the consumer. There are customers who change tables without information and mix up things in orders. But if something is wrong on the bill then guess who has to face the consequences? Yes, the same person who cleans everything, deals with toilets, flowers, windows and more. Who often doesn't have time to eat a meal or even use the toilet (because the client can't wait), but still keep smiling.

EVERY COIN HAS TWO SIDES

Being a waiter is not just constant stress and physical exertion. Because if that was the case, let's be honest - nobody would decide on this job. It also means working with people thanks to which you develop your interpersonal skills and self-confidence every day and you regularly practice memory and English language. It provides the opportunity to meet people from all over the world who are often very open and willing to talk about their culture, as well as about adventures during their holidays (sometimes they may know more about your city than you do). For me, being a waiter is a way of learning. Studying people. After only a few seconds I need to know how to start a conversation; use formal very polite phrases or the basic principles of culture. Or maybe start with a joke? Some guests love to have some fun while waiting for service. Others don't like being bothered. It's all just a small part of what a typical waiter's work looks like. Quite impressive, and not knowing this, we often forget to smile to them. And who knows, maybe one of them becomes the love of your life!

Dorota Łyczak



FOOTBALL

Football, the universal language whose grammar is unchanging from the North Pole to the Equator. The game that connects people, cherish life and makes memories for life. During the summer, this language is most spoken in three Scandinavian cities. In this period, three of the largest football tournaments for youth are taking place in the city of Oslo (Norway), Hjørring (Denmark) and Göteborg (Sweden).

Norway Cup is the world's largest football tournament for children and youth. Players are from 10 – 19 years and there are teams from all over the world. Norway Cup started in 1972 with 420 teams and has grown throughout the years. In 2016 Norway Cup reached an all-time high level of teams with 2199 teams participating. The athletic achievements and the joy of sports that the teams show make the tournament a great place to be.

"I've participated 5 times as a referee at the Norway Cup. It's one of the biggest tournaments in the world for the youth and I'm impressed by how the organization could handle this during a whole week. Actually the main argument for why I decide to come back every year it's the friendship that I've created throughout the previous years and that's more important than the level of the tournament (but I could say that the level increases every year). That's the place to go if you want to keep a great memory" – Itai Yerly, referee, Switzerland

Dana Cup is also one of the world's largest football tournaments. This tournament takes place every year in the town of Hjørring in Denmark at the end of July. First held in 1982, the tournament celebrated its 37th anniversary in 2019. The tournament caters to boys and girls teams, organized into age groups ranging from U12 to U19. In the first phase of play, games are played in a round-robin format with groups of 4 or 5 teams. Based on their results in this first phase, teams advance into either the 'A' or 'B' finals brackets where games are played in a knockout format.

"This is my second year attending Dana Cup in

Denmark. Pros for this tournament would be half of the referees returning and the friendships we build getting stronger. Cons would be the internet. It's really frustrating to not be able to connect to the wi-fi from where we sleep. Wi-fi only works in certain spots. Apart from the internet, I honestly see myself returning every year" – Jawahir Roble, referee, England

Gothia Cup is the world's largest and most international youth football tournament. Each year, around 1700 teams from 80 nations take part and they play 4500 games on 110 fields. It's the teams and participants from around the world that make the tournament unique. A meeting place for the world's youth, irrespective of religion, skin color or nationality, with football as the common denominator. Gothia Cup was first held in 1975. Through the years, almost a million players from a total of 146 countries have participated in the tournament.

"Gothia Cup is one great experience for the referees abroad to meet new people and interact with different cultures. The place and the organization are great and the matches are really fun. I would recommend it to anyone that loves football and want to spread some good vibes between people coming from different countries" – Snezhana Ilievska, referee, Macedonia

Through these cups, the universal language called football is giving opportunity for youth from all over the world to enjoy the game, build friendships without any borders and make memories for life.

Angela Rajchevska

THE UNIVERSAL LANGUAGE THAT MAKES MEMORIES FOR LIFE



Fast&Furious: *"Macedonians in Italy"*

As exciting as it gets with Erasmus+ projects, once again, there we were, the Macedonian team all nervously waiting at the airport to finally "touch" the sky, at the end landing in beautiful Italy. We arrived a whole day earlier than the other groups, so we sought to see some of the many beauties Italy has to offer, deciding to visit Milan and its most famous Cathedral. It was glorious, indeed. But with Macedonians you have to have something going downhill, like the train leaving in 2 minutes while they're focusing on taking pictures with the birds. We like to call our first day the "Fast&Furious: Macedonians in Italy" edition.

The image everyone has of Italy is Venezia, Milan, Verona, Rome. But we saw a part of it that was extraordinary and beyond peaceful at the same time. Our destination, where we had our project "We are EUrope" going on, was San Lugano, South Tyrol, Italy. Ever heard of it? Probably not, but believe us it is worth visiting it. Surrounded by high

mountains and clean air, we were accommodated in 4 old wagons: tiny spaced rooms with 5 bunk beds, 10 people sleeping together. It was a challenge, but it paid off. We learnt how to function in a hurry, in a mess, but still at peace with each other.

We brought home a little bit of culinary abilities from cooking national dinners in big amounts (38 people), but also bigger responsibility when talking about household work. The goal of the project, besides the learning and having fun, was to prepare youngsters such as we are that not always Mommy and Daddy will be there to cook or clean after them. Still no one seemed to complain and we all enjoyed our unique stay in such a mesmerizing place.

We started every morning with a language animation from every country involved, learning different words as energizers. The goal of the project was to realize the differences and similarities between European countries. With national workshops and



mutual presentations we learnt about protesting (Fridays For Future in particular), how it effects our rights and our needs, why it is important to raise your voice for a better future for Europe. Through verbal and non-verbal communication we understood each other in ways we never thought we would. We put our trust into hands of others, that way we realized not everything is bad and evil, that there is still good in people and there is no need for losing hope in humanity. Many, many more workshops reminded us that We are Europe, that we shall stick together like one in order for us to make this world more peaceful, for a better tomorrow.

Of course, besides all the work, we had fun with the national evenings, learning traditional dances, introducing different types of music and different ways of partying. We even fought for visiting a swimming pool that was supposed to be an impossible mission; at least that's what we learnt from the project, to fight for our needs and never lose hope. A lot of friendships were made, a lot of stories were heard and a ton of tears were poured out. With big hugs and promises for another meeting, we finished our project satisfied.

Eva Naumovski
 Filip Stojanovski
 Dimitrina Boskovska
 Maria Atanasova
 Irina Galevska
 Jovan Crvenkovski



DESERT MAN

"... a desert sometimes makes us bigger people"

One day I was going to the metro and saw a man standing on the pass way, selling snacks. When I walked the same pass way at 12 AM, he was still there, about to pack his stuff. I looked at his face and saw no tiredness (at least it wasn't visible). I saw a some kind of firmness. Of a man who has long forgotten what it is like to follow the whimsies of his heart and who is the symbol of duty itself. This face reminded me someone living in very very ancient times, maybe in a desert. I imagined a life of a Bedouin.

This Bedouin every single day needs to walk the desert. His feet always sink into the sand and it takes a lot of effort to take a step. The sun is coming down on him in 90 degrees angle and his heavy cloth barely helps him to save himself from the deadly heat. His eyes are dry and he almost feels the sand in his mouth. But he cannot drink lots of water because he has so little of it. He knows the direction but he is walking this area for the first time. He doesn't know when he finds the water or meets the first people. He can't think about anything because it's so hot and so hard to walk. He has a future to dream about, a rest during the night but the time goes so slowly that dreams would torment him. So he's literally present in the moment. He's present in the suffer. And he knows that it will take more days like this.

In our times anyone would have a breakdown. And when I imagine this man back in the old days (or I don't know, maybe someone is still living like this by now, completely disconnected from the modern world), I imagine a tremendous power. Not this modern type of power. It's a power to overcome oneself.

I imagine that no philosophy or religion is present to this Bedouin. Because he feels his body and the desert so strongly. I guess he is so drained from the inside that he does not have any space there for thoughts or feelings. But somehow he keeps walking.

The sun is about to set and the Bedouin makes a fire camp. The sand cools down and the desert now almost makes the Bedouin think that it loves him. The moment when he sits down he can feel the tiredness coming. He takes out of the bag his food and chews it slowly until he finishes. And he goes to sleep. The moment before he falls asleep is the only moment when his soul starts moving. When he dreams. I have no idea what a Bedouin could dream about. But it's not important for our story.

Probably you say what a poor man he is, this Bedouin. And who does deserve such suffer. No one would wish it even for his worst enemy.

I might sound crazy but I think such an experience can make us more spiritual. I haven't had similar experience but my guts are saying it.

Of course, the snack seller also wasn't that kind of person like in my story. Just his face made a flux in my imagination. I can say nothing about him. My guts are saying nothing about him.

I just know that in our days we are much more afraid of suffering. And that a desert sometimes makes us bigger people.

Dora Žibaitė

Stefan Donchev

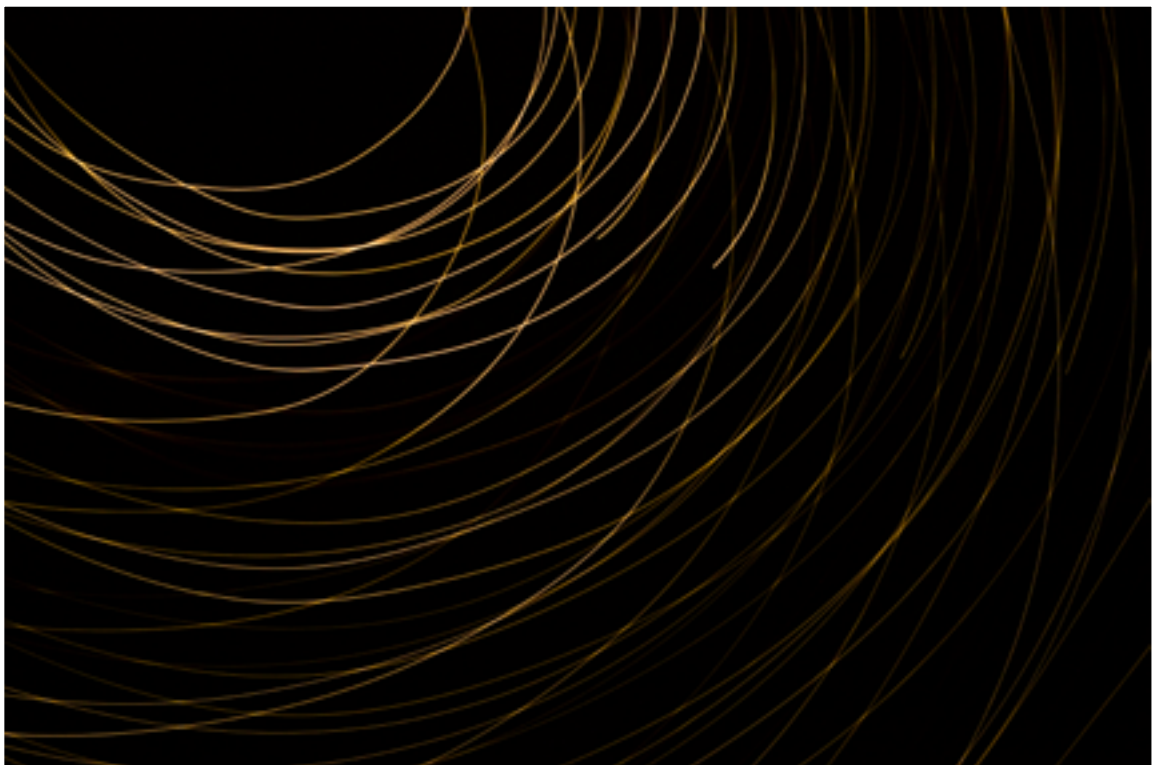
photography

*My name is Stefan Donchev.
I was born on July 20, 1994 in
Stara Zagora, Bulgaria, but I
grew up in Kazanlak.*



I have always been interested in photography. It all started when my grandfather showed me his cameras from old times. After first lessons from him, photography became a fiery hobby, along with traveling. Today I am glad that I was able to turn my favorite activity into a profession.

In my personal photography projects I am mostly inspired by nature and the simple forms in which I find dynamics and beauty. Through my photographs, I try to represent on the one hand what I see and on the other hand - to give an image of my thoughts and feelings.



ДАЛИ ПРАВОТО Е ПРАВЕДНО И НАВИСТИНА НИ ОВОЗМОЖУВА ДА БИДЕМЕ СЛОБОДНИ?

Живееме во едно „модерно“ општество, раководени од некои норми кои ни висат над нашите глави, постојано потсетувајќи не што треба и што не треба да правиме. Дали тие правни норми се воопшто праведни и ни дозволуваат да го задоволиме идеалот на правдата? Дали ни дозволуваат да ја имаме нашата слобода, онаква каква што е во изворна смисла?

Правото не постои само за себе и не е цел самото за себе. Она што правото секогаш треба да го поседува е изобилие на вредности кои ги остварува. Бидејќи тоа е алатка преку која луѓето можат да опстојат во една заедница. Бидејќи членовите на една заедница се клетката, а самата таа заедница го прави организмот како спој од сите тие клетки. Сето она што се пропишува во правните норми служи за остварување на доброто на граѓаните и подобрување на нивната благосостојба. Правото мора и треба да содржи минимум вредности и да остварува минимум човекови права. Едно од нив, а можеби и најважното е секако правото на слобода. Право кое сега сите го земаме здраво за готово – народски кажано, заборавајќи колкава борба се водела низ минатото за да го имаме истото сега и во оваа форма. Едно од основните и најбитните човекови права, според Џон Лок, покрај правото на живот и правото на сопственост е секако и правото на слобода, притоа истакнувајќи ја позитивната слобода. Позитивната слобода е ограничена преку правните норми, но токму преку тоа ограничување истата е можно да се оствари. Или како што би рекол Кант: „Правото е збир на услови под кои слободата на едни може да коегзистира заедно со слободата на други.“. И не ни чудно тоа што слободата ја гледаме како се провлекува низ секоја дефиниција за правото, низ секој искажан збор или запишана мисла. Позитивна слобода или „слобода на“ всушност преку позитивна

енумерација ни укажува на сите оние можности и права кои можеме и смееме да ги остваруваме во една држава – слобода на движење, говор, протест и ред други видови слобода кои не можат таксативно да се набројат. Негативната слобода или „слобода од“ е еден вид на примитивно и патријархално сфаќање на самиот термин слобода, дефинирана како ослободеност од канците на власта, сфаќање кое во денешно време во сите современи демократски држави не е прифатливо. Она за коешто секоја современа република зборува е секако за позитивната слобода.

„Само во слободната држава секој може да мисли што сака и да зборува што мисли“ – мисла во која Барух Спиноза го истакнува она што секоја држава треба да го реализира – слободата. Бидејќи, според него слободниот човек секогаш дејствува чесно и искрено, а никогаш лошо и подмолно, што донекаде е и точно. Со екстремното ограничување на слободата само го потврдуваме ефектот на забранетото јаблоко – колку тоа е повеќе забрането толку повеќе го посакуваме и би направиле се за да стигнеме до него. Она што е праведно е секому да му бидат разделени картите за влезот во театарската претстава, но нивното искористување понатаму е на ризик на секој субјект одделно. Значи преведено на правен јазик, секој е слободен додека не ја ограничи слободата на другиот или додека истата слобода не му биде ограничена или

одземена на начин утврден со закон и во ситуации пропишани со закон. Проблемот искрснува со поставувањето на границите. Границата меѓу дозволеното и забранетото е честопати тенка линија која лесно може да се прегази и избрише, како трага од креда. Границите на слободата посредно се изведуваат од основните уставни принципи и начела – правото на живот, правото на сопственост и нивната загарантираност со законските и уставните одредби. Што значи, дедуктивно изведување на самата таа слобода.

Реалистот стои залепен за земјата, а идеалистот се стреми и лета кон своите идеали и секогаш се стреми кон подобро. Свесен е за реалноста и за нејзиното постоење, но знае дека истата секогаш може да се подобри внесувајќи живост и новина во неа. Не се плаши да преземе нови чекори и секогаш го носи ризикот со себе. И се стреми да достигне колку што е можно поголема слобода. Идеалноста не значи совршенство туку чување на одреден идеал и желба во себе која се повеќе расте и расте и се отелотворува на крајот. Аналогно на тоа, бидејќи од самото човечко битие зависи креирањето на правните норми релевантно е дали станува збор за идеалист или реалист. Ниедна норма не е идеална, но од нејзината суштина зависи дали ќе напредува и ќе се подобрува. Не постои слобода без право ниту вистинско право без слобода. Колку повеќе истото ја остварува слободата, толку повеќе се приближува кон идеалот на совршеноста и праведноста. Не можеме да зборуваме за никаков концепт на владеење на правото ниту за демократска држава доколку недостига правото на слобода. Тоа е незамисливо во денешно време. Немојте да чекате некој да ви ја подари слободата, борете се за неа. Борете се за она што е гарантирано со Устав, закон, па и за она што не е, а сметате дека треба да биде. Зошто? Затоа што човек без слобода е како човекова сенка – не постои. Правните норми не се или не треба да бидат создадени за да се трупаат една над друга и да го пополнуваат правниот поредок со самото нивно постоење. Слободата отелотворена низ призмата на правната норма е она што на таа норма и го дава квалификативот – Правна.

Ивана Балтовска

The Traditional Woodcarving in Northern Macedonia

Centuries Old Tradition - West Meeting East

When I was a child, each time I saw some of these carvings I was stunned - how can a human hand create this? One of these carvers explained this on a TV transmitting - it can but you have to be very careful, with one wrong move you can destroy the work of one year.

According to many researches this tradition exists in Northern Macedonia more than 1000 years. It was established as a craftsmanship for ornamenting the houses of the rich Byzantine families. The social status and its show-off was a very important issue in the Byzantine Empire - which according to all historians was the richest and strongest ever. Even after the fall of the empire, as a best currency in Britain was used the silver coin Bezant. Brits believed that the brightness of the silver shine was a proof of the purity of this currency. Etymologically the word business originates from this coin. Likewise much of the heraldic in our contemporary civilization is from Byzantine. For e.g. the national item of the Byzantine Empire was the two headed black eagle with yellow background which symbolized the spreading of the empery on East and West. This design - in black and yellow - is used for the logo of Western Union. Many countries in the world also use variations of the eagle-design for their national items, like Germany or USA.

Another very significant part of this eastern heritage is the emphasis on the family. Every day in noon bells were ringing and the family members were going to the public baths to wash up, after which they were having lunch together. The Byzantines were always clean and were washing themselves few times a day. They were wearing expensive jewels (their preferred metal for this, as mentioned above was the silver) with diverse kinds of precious stones. They were all usually wearing flax tunics. Wealthier ones were wearing silk.

All this motives from this great but vanished civilization were preserved throughout centuries in the tradition of wood carving. We can recognize in these carvings the elements of the patriarchal society that has piety for women, the culture of solidarity and parenthood, and which is very obvious, preserving the fertility of the soil. Some art theoreticians though say that the floral designs had





to be applied due to their unique decorativeness. This exceptional craftsmanship survived the hardships of the medieval-ages, plague epidemics, many wars and rebellions as it was transferred from generation to generation of masters, as a family profession. At some time in the middle of the 14th century this art became more typical for the churches than for the noble homes and replaced the stone reliefs. This art was somewhat revived and restored at the end of the 18th century when realism replaced the stylizations. The standards that were applied were focusing on the depictions of the scenes from the Bible. One of the groups that were outstanding for this was the so-called Gang of Petre Garkata and Frchkovski. One of their masterpieces is preserved in the Church of St. Savior in Skopje. The carvers that still exist in Northern Macedonia own their craftsmanship mostly to the tradition established by this “gang”. One of the highlights of the current stars of this artistry is the carving in the Museum of the Macedonian Struggle - presented in these photos. This art doesn't exist anywhere else in the world, so usually each time there is a need for such, they come for this to Northern Macedonia. For e.g. the carvings of the restored Royal Palace in Warsaw were done by these carvers. Usually these groups of carvers present themselves once a year in the Dome of the Army of Northern Macedonia. They have their magazine too.



Igor Pop Trajkov
Photos: Igor Pop Trajkov

The benefits of walking:

Three reasons to take a walk

Ever since the existence of the Homo Sapiens the humans were wandering and discovering new places and territories. The whole human-inhabited world was basically reached by foot for thousands of years in history. Walking is the oldest, easiest and most basic form of human mobility. But in our nowadays modern society more and more people suffer from a lack of physical activity due to being forced to sit for example in school or their office at work or sometimes just being too lazy and rather take the bus or the car in order to get somewhere.

In the car-land Germany, you can often hear the ironical phrase “Well...these three steps to the supermarket I can just drive!” and a lot of people even go by car to the gym to do fitness-training on the treadmill!

Due to this lack of moving during their all-day lives, many people (especially in the industrialized countries) struggle with immense health problems such as obesity, diabetes but also stress and depression on a wide range.

Since the latest trends towards healthier lifestyles, fitness and working out have reached an almost omnipresent high, many people miss the fact, that staying healthy and active doesn't necessarily require time consuming training sessions or expensive memberships in the local gym! Scientific data clearly shows that one of the best ways to stay healthy (and also happy) is surprisingly easy: Just take a walk! A daily walk of around 30 minutes can already be enough and there are good reasons for it:

Reason One: It's Healthy!

- People who walk a lot have a lower BMI and keep a healthy weight more easily.
- It doesn't strain the joints as much as other training methods.
 - Walking is preventing heart diseases, hypertension, complications with blood circulation and also diabetes.
- Taking a walk helps with depression and mental problems such as stress and anxiety.
- It can even lower the risk of dementia or Alzheimer's in old age.
 - The fresh air and movement is good for your brain.

Reason Two:

It's accessible and easy!

- Walking is undisputedly the oldest form of human mobility, it's free and you can do it almost anywhere at any time without any equipment!
- Furthermore: walking barefoot is healthy for your feet and its blood circulation.

Reason Three:

It's good for the environment!

- Walking is for sure the most ecological possibility of moving and causes no pollution or exhaustion of resources at all!
- Furthermore hiking in the nature can raise your spirit and make you happy!

Sascha Shlüter

Acrobatic Gymnastics

SPORT

Sporting acrobatics is a very old sport. On ancient amphoras, vases and monuments we find illustrations of acrobatic exercises. The word "acrobat" comes from the ancient Greek. Acrobatics has also been part of the cultural heritage in China since time immemorial, even today. Acrobatics flourished in Europe at the end of the 18th century, especially when the circus became popular here. Later, due to the rapid development of sport in the 20th century, acrobatic forms were incorporated into various sports.

As an independent sport, acrobatic gymnastics flourished particularly in the Eastern Bloc countries. Russia, Bulgaria and Poland, involved in major international competitions since 1939, therefore also have the greatest tradition and are at the forefront. In 1976, during the second world championships in Saarbrücken (Germany), the Belgian club 'KINDERVREUGD' from Antwerp with the federation 'BVLO' had the opportunity to join Belgium with IFSA. Since then, Belgium has participated in European and World Championships with various medal winners. Since 1999 the acro discipline has been affiliated with the International Gymnastics Federation FIG. In recent years, Belgium has climbed higher and higher in the World Summit. Russia, Belarus, Ukraine and Great Britain are the absolute toppers to which we have been able to add Belgium since a few years.

You could describe it as a combination of gymnastics, dancing and acrobatics. Characteristic of acrogym is that it is not practiced individually but as a team. Elements are shown where cooperation and trust are important. There are different compositions of teams.



A balance exercise contains, in addition to agility, flexibility and dance, especially balance parts, whereby the sub-partner keeps the top partner in balance. The balance exercise shows static elements such as towers. A certain position is assumed that must be maintained for at least 3 seconds. This also requires a lot of strength. The upper partner does, for example, a spread angle support or handstand.

A dynamic exercise, also referred to as a tempo, contains more dynamic elements in which the lower partner throws the upper partner in the air. The top partner then for example makes a stretch jump, somersault, or double somersault. The partners must also tumble synchronously. Finally, there is a combination exercise in which both balance and tempo elements are performed.

Acrogym is a jury sport, which means that the grade the group gets for their exercise is determined by jury members. The judges give points for difficulty, technical and artistic. In addition, the individually executed elements are also considered.

Became curious? Maybe Acrogym is something for you!

Jellica Collier

“Finndians” - not Indians

Many Finns moved to North America a little over a hundred years ago. There they met the Indians. Between 1860 and 1944, some 400,000 people flocked to America. Some people emigrated from Finland because of unemployment and of its policy of Russification before independence. Some, however, moved to America just for the sake of adventure.

At first, many Finns worked in mines in Minnesota, in the states of Michigan and in Canada, but working in the mines was very dangerous, so they wanted to buy their own land and start farming. The only lands that were for sale were located near the reserves and where the Finns got to know the Indians at joint evening meetings and at the monitoring houses where they also traded with each other.

The Finns and the Indians combined their very same lifestyle. The Finns had a sauna and the Indians a sweat lodge. Both of them liked the sauna. Originally in Lapland, the Sámi have also lived in hut huts that are very similar to Native American tribes. The Finns and the Indians were also very hard-hitting privateers who enjoyed hunting, fishing and berry picking in the woods. Silence has also been an important common factor for them.

The Indians taught the Finns how to grow corn and the use of herbs, while the Finns taught the Indians how to craft boats and how to build backpacks and other objects from birch bark. I also think they have been united by factors such that both nations have felt out of place in America in some way because the Indians had been driven into reserves and many Finns had left their country because of problems there.

They have also had dark similarities such as alcoholism, high suicide rates

and a good sense of humor. Both have had a long tradition of telling stories. What better way than sitting by the fire and telling stories to each other?

Eventually, this was largely the case with the Ojibway Indians and that the Finns began to marry - and so the “Finndians” were born. When the Finns went to hunting they had the same common purpose as the Indians. They were just hunting what they needed for their own use. So they have always had enough food to eat.

The areas where the Finns have settled have also had a lot of lakes that we also have in our home in Finland. Finns have also been named by other names than the Finndians. They are called Madoodiswan-inini and Omaakikiwin. The first one means sweat lodge people because they liked bathing and the second means frog people because their speech to the Indians sounded like frog moaning.

Then again, you can find the Northern Lights from Canada as well as all over Finland. Indians and Finns also have their own beliefs about the Northern Lights, so their thoughts have probably met well at this level as well. It would be nice to know how they have compared their beliefs to the night sky.

Pentti Haukipuro



SAUNA AND FINLAND...

When we open our eyes in the mornings, our everyday life begins from that moment on. In the olden days, the eyes of many Finns opened for the first time in the sauna. It was a place that was considered the purest place for birth, for example. Many lifetime excursions finally ended up in the sauna as they closed their eyes and the dead bodies were washed in the cold sauna as well before putting them to rest underground.

Finnish sauna practices very often include bath whisk, which are often made in summer from yard birch. In cities, the most popular ones are most often bought in shops where dry ones are also sold and then dipped in the water so that they become usable. So the bath whisks are made from the branches of the tree we call birch. Birch can also be used to collect juice that you can drink. Juice is healthy and cleanses the body.

We usually run outside from hot sauna rolling in the cold snow in winter time. My friends usually build a sauna from ice cubes by the river in the winter, which is made entirely of chopped saws. I have also built my first self-sauna on the age of eleven with one of my childhood best friends. It was a floating sauna that we sailed along the river with. In the fall, we used to burn parlor candles outside the ferry and inside where we got light. There are many different variations of saunas in Finland.

The most bizarre of them perhaps, what I have heard of, has been a diving sauna which moves under water and it is located in Kokkola, Finland. Saunas are also floating and underground, and some of them are smoke saunas and some are electric saunas.

The first saunas were actually just pits with heated stones and then covered with animal soles. Before, the saunas often had cauldrons heated with hot water. My father's old work buddy had once fallen into a cauldron that had been filled with hot water as a child. As a result, his body was just scar tissue down his neck. But saunas are not usually so sad places. There you can just relax and just enjoy your life. After that you usually feel very comfortable and fresh.

Pentti Haukipuro

СИТЕ патување во Хортобаги

- Моќта на волонтирањето



Истражувањата покажуваат дека волонтерите често живеат подолго. Ова е можеби најдоброто објаснување за влијанието што го има волонтирањето врз луѓето. Поради тоа што волонтирањето е начин на живот кој носи среќа, ја зајакнува емпатијата, несебичната грижа, трпеливоста и љубовта.



Со овие вредности, 32 млади волонтери од Унгарија, Северна Македонија, Полска и Романија отидоа на патувањето наречено CUTE - Cooperation, Understanding, Tolerance, Empowering во Хортобаги, Унгарија од 22 до 31 јули. Ова патување беше исполнето со соработка, учење, поттикнување на само-развијањето, голем број пријателства, игри, насмевки и најважно од сè - волонтирањето во болницата за птици во националниот парк Хортобаги. Во мешани тимови од сите земји, волонтерите со целите свои срца се ангажираа во помошта на повредените птици преку создавање на подобро место за нивно опоравување и живеење. Болницата беше дом на голем број на штркови, буфови, орли и равенот што зборува, со име Негро, кој претставуваше вистинска ѕвездата помеѓу сите нив. Волонтерските акции беа одлична можност за младите волонтери да се фокусираат на соработката, разбирањето и толеранцијата. И на крајот на денот навистина беа добри во тоа. Заедно успеаа да ја исполнат волонтерската мисија оставајќи дел од нивните млади, но големи срца во болницата за птици.

Освен активностите во болницата за птици, останатите девет дена беа исполнети со голем број на активности за зајакнување на тимскиот дух, работилници, рели велосипедизам, активности за пронаоѓање на “богатство”, фото мисија во Дебрецин. Сите активности под фацилитаторство на домаќинката Андреа Керезтеши од Hang-Kér Egyesület, асоцијацијата за звук и слика од Унгарија, беа одлична можност за учесниците да научат за моќта на интер-културната комуникација и толеранцијата. Секој тим подготви своја национална вечер со приготвување на национални јадења. За време на овие вечери учесниците имаа можност да осознаат повеќе за културата на учесниците од другите

земји. Тоа беше постигнато со многу игри со зборови, национални танци и смеа. Во тие моменти, постоеше една голема фамилија од млади луѓе, кои покрај различните култури го дишеа истиот воздух, играа на истите игри и јадеа од истите национални специјалитети. Главната лекција се состоеше во тоа што сите ние сме луѓе кои делат исти или слични вредности. Границите помеѓу државите се само линии кои е потребно да бидат врски а не пречки помеѓу луѓето.

Последно, но не и помалку важно е националниот парк Хортобаги во источна Унгарија. Магичното место, кое беше домаќин за учесниците, блескаше со целиот свој сјај во тие девет дена и овозможи учесниците да се запознаат со неговата богата фолклорна и културна историја. Рацка овците, унгарските сиви говеда, водените бафала беа вистинска атракција за сите. Но вистинско задоволство беше да се видат големите унгарски овчари кои јаваат пет коњи стоечки на нивните две нозе. Глетката го одземаше здивот кај сите.

Ова патување можеби заврши, но лекциите кои беа научени останаа со нас. Стекнатото знаење, и спомените од Хортобаги ќе бидат мотив и инспирација за поголемо вклучување во нашите заедници и зајакнување на меѓусебната помош и соработката.

А од македонскиот тим, голема благодарност до Волонтерскиот Центар Скопје кое овозможи ова патување да стане реалност.

Владимир Костовски
Ања Буховски

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DISCOVER THE BALTIC SEA

ON THE NORTHERNMOST RALLY IN THE WORLD!

Launched in 2011, the *Baltic Sea Circle* is an adventurous, thrilling and exciting rally that covers 10 countries, 7.500 kilometres and takes you one time around the whole Baltic Sea - from Hamburg to the North Cape and back. The rally is organized by *Superlative Adventure Club (S.A.C.)* seated in Germany and the Netherlands; the club was founded in 2010 by two brothers from Hamburg in order "to offer adventure-rallies for everyone". Though it is not only about fun and adventure, but also about helping others: 'cause it is a charity event!

To make this rally even more special there are certain rules to follow: every team must drive in an "old-school" car, meaning that the vehicle used must be at least 20 years old. GPS, navigation and highways are not allowed! So you have to orientate just by the classical map and a compass. This rally is not about being the fastest but to fulfill certain tasks from your "Roadbook" that make you interact with the local people in order to discover their culture and mentality and of course the beautiful nature along the route.

There is no limit for the number of participants per team (they only all have to fit in the car they're using) and every team has to collect at least 750 Euros to donate to a sustainable/social project of their own choice. Furthermore every team member has to pay a participation-fee of 890 Euros for a two-member team and each additional member pays 250 Euros. All the money is usually being crowd-funded by the teams and S.A.C. is using that money for the organization of the event and for donating to various charity-projects.

"Joni" (right in the picture), who is a good friend of mine from Haldensleben in Germany participated in the Baltic Sea Circle in 2017 with his Team called "Werft Calvörde". He was so kind to talk with me about his experiences and give some impressions from his awesome trip around the Baltic Sea.



"I, kind of, stumbled over pictures from the BSC online, so I read about it and thought to myself 'that's exactly what I want too! Freedom, adventure and gasoline in my veins...totally my thing!'" And when I saw the pictures of the landscape, it just caught me. Short chat with the friends, asking who's interested and - there! - my friend Felix was! (This year he even took part in the European 5000 Rally).*

Since we decided quite spontaneously we paid most of the money by ourselves. So the starting-fee, gas and food of course. But we had some savings so that was okay for us.

Our car was a 1985 Opel Rekord E with 100 horse powers. It was Felix' car anyway so we could just use it for the rally. Before we went off, me and my dad gave it some check-ups and basic repairs... new filters, changing the engine oil and then it worked - all the way without any breakdown!

The whole tour took us exactly 14 days for around 7,500 kilometers. Everything went just as planned according to our Roadbook.

It was a super nice experience and I would instantly do it again! But the best thing is still to just pack your stuff and go somewhere - just like that! 'cause if you go spontaneously you'll have more time and less pressure. But still I would totally recommend the rally to adventurers!"

Sascha Schlüter
Jonathan "Joni" Mieke
Pictures: Jonathan "Joni" Mieke



***For more
Information about the
Superlative Adventure Club and its many
different charity-rallies and other projects, check
<https://www.superlative-adventure.com>**

Брзи и Бесни: "Македонци во Италија"

Сè поинтересно станува работата со Erasmus+ проектите, па ете нèуште еднаш, македонскиот тим на аеродром во исчекување конечно да „допреме“ до небото, за на крај да слетае во убавата Италија. Пристигнавме целеден ден порано од другите групи, па имавме желба да ги видиме убавините кои ги нуди Италија, да го посетиме Милано и неговата најпозната катедрала. Беше воодушеувачки, навистина. Но во друштво со Македонци секогаш нешто тргнува наопаку, како на пример возот тргнува за 2 минути, а тие фокусирани да направат професионална фотографија со птиците. Нашиот прв ден од престојот го нарековме „Брзи и бесни: Македонци во Италија“.

Секако, претставата која секој ја има за Италија е Милано, Венеција, Верона, Рим.. Но, ние видовме дел кој беше натприроден и воодушеувачки мирен во исто време. Дестинацијата каде што се оддржуваше нашиот проект „We are Europe“ беше Сан Лугано, Северен Тирол, Италија. Сте слушнале ли? Веројатно не, но верувајте ни, вреди

да се посети. Опкружено со високи планини и чист воздух, бевме сместени во 4 стари вагони: малечки собички со по 5 кревети на спрат или поедностано, 10 лица во собата. Беше предизвик, но навистина се исплатеше. Научивме да функционираме набрзина, во неред, но сепак во добри односи едни со другите.

Дома донесовме нештокујнски вештини од готвењето за националната вечер, во големи количини (за околу 40 луѓе), но исто така и уште поголема одговорност кога станува збор за домашните обврски. Целта на проектот, покрај учењето и убаво поминатото време, беше да се подготват младите како што сме ние, дека не секогаш ќе ги имаме мама и тато до нас да ни зготват и чистат. Сепак, никој не се жалеше и сите уживавме во уникатниот престој во толку смирувачко место.

Секое утро го започнувавме со јазична анимација во која беа вклучени сите држави-учеснички во проектот, учејќи нови и различни зборови. Целта беше да се сфатат разликите и сличностите



помеѓу европските држави. Со националните работилници и меѓусебните презентации научивме за протестирањето (Fridays For Future во главно), како влијае на нашите права и потреби, зошто е важно некогаш да се повиши гласот за подобра иднина во Европа. Преку вербална и невербална комуникација се разбиравме меѓусебно, на начини на кои што никогаш не би ни помислиле дека можеме. Ја стававме довербата во рацете на другите и така можевме да разбереме дека не е сè лошо и злобно, дека сеуште има добро во луѓето и дека нема потреба од губење надеж во човештвото. Уште многу, многу работилници не потсетија дека Ние сме Европа, дека треба да се држиме заедно како Едно за да можеме да го направиме светот помирно место, за подобра утре.

Секако, покрај целата таа работа, имавме и безброј забавни моменти со националните вечери, учевме традиционални танци, се запознавме со нови видови музика и различни начини на забава. Многу пријателства се изродија, многу приказни се раскажаа и милиони солзи се исплакаа. Со широки прегратки и ветувања за следно гледање го завршивме проектот задоволни.

Ева Наумовски
 Филип Стојановски
 Димитрина Босковска
 Марија Атанасова
 Ирина Гелевска
 Јован Црвенковски



Мачки, мачки,

Од древен Египет до денешна Турција... Времето си минува, но едно нешто се нема променето веќе неколку илјади години - мачките се сè уште омилен насекаде низ светот. Секако, постои еден израз, според кој светот е поделен на две совршени половини - љубители на мачки и љубители на кучиња. Не е важно на која половина припаѓате, мачките се интересни за истражување, мора да признаете. Постојат неколку работи што во кратки црти сакам да ги споделам и сите се за мачките. Е, па, љубители на кучиња, ве молам да ми простите за овој мачкин миг.

KEDI

Сигурно сте слушнале дека луѓето во древен Египет биле доста сериозни за мачките. Мачката, всушност, била предмет на обожување и се сметала за претставник на божицата Бастет, која потекнувала од божество што ги штити луѓето од болести. Мачките ги штители домовите на луѓето од змии и глодари и од сите болести што тие натрапници можеле да ги рашират. Според Херодот, за време на големите пожари, Египќаните ги штители мачките наместо да ги гасат пожарите зашто мачките скокале право во огнот. Кога ќе умрела некоја домашна мачка, луѓето тажеле, ги бричеле своите веѓи, а телото на мачката го носеле во храм за да го мумифицираат. Во подоцнежните векови, мачките почнале да симболизираат независност и слобода, па биле прикажани во друштво на римската божица на слободата, Либертас.

Потоа дошла Мрачната доба што за мачките била уште помрачна зашто наеднаш почнале да ги сметаат за дел од некакво зло и паганство, да ги

поврзуваат со црна магија и со вештерство. Сите знаат дека мачките им биле верни придружнички на вештерките. Обично тоа било црна мачка, која денес симбол за несреќа и многу луѓе се обидуваат да ја избегнат, барем во повеќето европски земји и во Северна Америка. Во Обединетото Кралство и во Австралија, луѓето веруваат дека црните мачки носат среќа.

Ве понесов по едно патешествие низ минатото, но сега е време да се вратиме во сегашноста и да видиме што друго можеме да научиме за мачките. Неколку факти и приказни за кои можеби никогаш не сте чуле, иако живеете на оваа половина од планетата, меѓу љубителите на мачки.

Прво, да се сосредоточиме на однесувањето на мачките. Веројатно сте забележале како мачките сакаат да си ги тријат главите од вас, што, всушност, значи: „Ова е мојот човек, ова е моја територија!“ Најчесто потоа вашата мачка би го почнала долгиот процес во кој самата се капе, а тоа горедолу значи: „Мирисаш, човеку, сакам да го тргнам твојот мирис“. Ако ја повикате вашата мачка, а таа не возврати, не чудете се. Овие паметни суштества можат да ви го препознаат гласот, но само се премногу мрзеливи за да изреагираат или, пак, повеќе сакаат да ве игнорираат зашто - да бидеме искрени - понекогаш и не им е баш гајле. „Што сакаш, човеку, спијам тука“. Мрзеливост кај мачките? Факт е дека поминуваат 70 % од нивниот живот во спиење. Исто така, тие се и невидени манипулатори и користат различни мјаукања за различни цели. Дали знаете дека кога се гладни,

КОШКА

КОТ

GATO

TOPIC OF THE MONTH

CAT

МАЧКИ

MACIE



MAO

KATZE

можат да имитираат глас на новородено маче? Односно, можат да испуштат повеќе од сто различни звуци, додека кучињата можат само десет.

Па, тогаш, зошто сè уште сакаме мачки? Нè манипулираат, менуваат расположение и најчесто не им е грижа за ништо. Да, но... Тие можат совршено да ги прочитаат човечките чувства; така што, ако не сте расположени, ќе дојдат за да ви прават друштво и ќе направат да ви биде подобро со нивното „предечко“ присуство. Ако им се допаѓате, секако. Докажано е, исто така, дека од звукот што го испуштаат мачките кога предат, скршените коски побрзо заздравуваат. Ве боли нешто? Ставете мачка озгора. Или дозволете таа самата да дојде и да ве излечи. Не можеме да натераме некоја мачка да направи што било, сè зависи од нејзината добра волја. Сепак, мачката е гордо и независно суштество. И, верувале или не, сите обични мачки - освен ако не се дебели колку Гарфилд - можат да трчаат побрзо од Усеин Болт. Неверојатно, нели?

Денес има повеќе од 500 милиони домашни мачки во светот; на пример, во Австралија има 9 мачки на 10 луѓе. Можеме слободно да ја наречеме „мачкина земја“. А, кои се предностите од тоа да чувате мачка дома? Домашните мачки за една третина го намалуваат ризикот од мозочен или срцев удар. Но, што е со нивната независност кога ги чуваме дома? Некои луѓе ги сметаат за бездомни и мизерни. Постои посебно место на планетава каде што мачките владеат со улиците - не само што живеат на улиците, туку и ги поседуваат. Турција. Особено во Истанбул. Луѓето таму се луди по мачки. Секојдневно се грижат за нив, им даваат храна и вода, така што искрено можеме да кажеме дека постои посебна врска помеѓу Турците и мачките - некаква симбиоза. Тоа доаѓа од исламското верување, според кое мачките носат богатство.

Во Габрово, Бугарија, црна мачка без опашка е симбол на енергетска ефикасност, а локалните

луѓе ја третираат како обележје на градот. Ќе се запрашате, како ли само е можно да постои мачка без опаш. Има една приказна во врска со тоа. Луѓето од Габрово се познати по тоа дека се штедливи (некои би ги нарекле и „стиснати“, но да не одиме далеку). Во минатото, мачката без опаш ја чувала топлината во домот. Како го изгубила опашот? Сопствениците ѝ го пресекле затворајќи ја вратата зад неа за да не се намали температурата во домот. Да бидеме начисто - никој не им ги сече опашите на мачките таму. Тие се вид безопашести мачки. Ги имам видено - изгледаат како обични мачки, но немаат опаш и се родени така.

Би можела да пишувам повеќе на темава, да разоткријам други мачко-пријателски места на светов, да ги најдам најчудните човечко-мачкини односи, да раскажувам смешни приказни итн. Мачки, мачки, мачки... Или ги сакате или не. И тие исто, ве сакаат или не. Тоа е вистината - пребирливи се и ја познаваат човечката природа. А да се придобие љубовта на една мачка е навистина подарок.

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