## VOICES

ENGLISH МАКЕДОНСКИ SHQIP

November 2019

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

#### HEAD IN THE STARS

From Aristotle to today Why are we here? And for the future?

#### MY ACTIONS DON'T MATTER

What can you do to prevent climate change?

#### EXPLORING THE WORLD

EVS story // From Finland to Macedonia
The power to be useful // French Civil Service
Erasmus+ // Arrivederci beautiful Italy!

**FREE** 

#### **EDITORIAL**



#### ВАФИРЕ МУХАРЕМИ - УРЕДНИК НА "ВОИСЕС" VAFIRE MUHAREMI - EDITOR OF "VOICES" MAGAZINE



his month we are investigating the humanity's relation with Earth in the article "Head in the Stars". The connection with Mother Earth and her children is huge. How do people behave among each other and how they treat our Mother Earth is really important for the sustainability of our home. We can learn how to treat our Mother Earth from "My actions don't matter", "The 2019 Amazon rain forest fires: Cause for concern?" and "Winter is coming... and it's literally breathtaking".

We're speaking about our interpersonal behavior and we are coming to our emotions. Oh, is it the month of emotional intelligence? No! Then do we have some kissing, hugging official day? No, but it doesn't matter. Do you want to express all your emotions; happiness, sadness, anger? It's simple - follow the example of Selina with her emotions in "Extremely happy to be happy - from Finland to Macedonia" and Camille with "The power to be useful". Why people are kissing? It is a way of showing some emotions as well, but there are more information in "Science of kiss".

Once again we advice you to grab the fresh VOICES and enjoy its wide range of topics and stories!

вој месец врската помеѓу човештвото и Земјата е наша тема на разговор во "Главата во ѕвездите". Поврзаноста со Мајката Земја и нејзините деца е огромна. Како луѓето се однесуваат кон нашата Мајка Земја и како ние се однесуваме во нашите меѓучовечки односи е од голема важност за одржливоста на нашиот Земјата. Ние можеме да научиме како да се однесуваме кон нашата Мајка од "Нашите постапки не значат", "Пожарите на Амазон 2019".

Продолжуваме разговараме да за нашите меѓучовечки односи и доаѓаме до нашите емоции. Ох, зарем е месец на емоционална интелигенција? Не! Тогаш е ден на прегратка? Не! Ама што ако не е? Сакаш да ги изразиш своите емоции? Тогаш следи го примерот на Селина и Камила и слободно пишувај за своите емоции! Изрази ги емоциите, вербално, невербално преку цртеж!



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#### Head in the stars



On October 8th, 2019, there was the award ceremony for one of the most famous and prestigious prizes in the world: the Nobel Prize for physics. This prize represents, for the physicists, the culmination of an entire life of research and work. This year, the three winners are three researchers who dedicated their work to the space, the Universe... On which way the humanity, composed of 7 billion people, came to admire sky, composed of several hundreds of billions of galaxies?

From Aristotle to today: 2000 years of dreaming...

In 340 B.C., long before the first computer and even electricity were invented, a philosopher, Aristotle, had already understood that our planet, Earth, is round. This fact might seem to be harmless, but this is really one of the first major discoveries in astronomy's history. Besides the great diversity of concrete uses (navigation, understanding of different earth phenomena...), this discovery has fastly induced the beginning of a confrontation which was going to last many centuries: astronomy and religion. This question appeared as a fundamental one with the first discoveries, because it comes with a concrete opposition in the human being's mind. Factually, you can dissociate two different ways to make someone agree with you: conviction and persuasion. The conviction is based on a logical and rational reflexion, while the persuasion works by the uses of emotions, with rhetoric tools for example. Thus, even for Aristotle, our planet was at the center point of the Universe. Probably, his feelings didn't allow him to think another way, and his persuasion was in a fight with his conviction.

Then, because the time never stops (on Earth, let's be precise), many discoveries followed one another, sometimes accepted, sometimes refused by the religion and the states (sometimes even with violence). This opposition seems to be the mirror of the evolution of humanity which, according to different theories, seems less inclined to be convinced than persuaded. From these same theories, it seems to be easier to reach the heart of many people at the same moment than to reach their minds. To be honest, it's not an easy thing to try to explain the fundamental concepts of the general relativity to an unknown person!

The 19th and 20th centuries were a turning point in the history of astronomy. With the industrial revolutions and societial evolutions, and also the discovery of a great number of new laws and theories in many fields (biology, cosmology...), it's the whole science that has progressed. The understanding of the Universe is more precise than ever before, but the question of our place and our role in the Universe is still one of the most important unresolved mysteries.

#### Why are we here?

One of the explanations for the long struggles between religion and science can be understood mainly with the question of the position of humanity in the Universe. The precocious emergence of the religions in human history inform us that this question is very important for our species. In many beliefs, the Universe was geocentric, and the human being is the heart of this world. Obviously, these concepts had no choice other than evolve in parallel with science to become what they are today.

The science, by its nature, sustain the idea of the independence of the Universe compared to humanity. The Universe exist and nothing would be different without humanity. Even concerning the Big Bang, singularity in the spacetime at the beginning of our Universe, we can keep this sentence in our mind: "An expanding Universe does not exclude a Creator, but merely delineates the moment when he could have done his artwork" (Stephen Hawking)

#### And for the future?

Finally, humanity and the Earth seem to be very small in this Universe. But if we exist, aren't we privileged? Concretely, it seems impossible today, even in a more distant future, to leave the Earth and to establish a kind of interplanetary colonial system. However, all of us know that the destiny of the humankind and the destiny of the Earth are now more linked than ever, and the environmental issues (not so far from philosophical questions) are at the heart of young people's concerns. Ultimately, there is many different reflexions which can take us to the point where we need to modify our conception of the relation between humanity and Earth. We can imagine that the role of the humanity is, today in the 21st century, not to consider us as the most intelligent species who can dominate the Earth, but consider us and the Earth in a permanent exchange, on a small planet at the limits of the Milky Way, among hundreds of billions of other galaxies... What a long way we have come since Aristotle! In any case, it seems easier now to understand our fascination for the stars: trying to understand the infinitely large to try to understand the infinitely human.

#### Tanguy Payet

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Butterflies are flying all over your stomach and your heart is about to pump out from your chest, you're staring the other eyes in front of you and wondering if they are as nervous as yours, your hands are sweating as getting closer and closer with your lips to other lips...

#### ... wait, why do we even kiss?

The feelings that kissing consists are familiar to most of us. The excitement, warmness and good feeling that might fill your whole body when you are even thinking about kissing someone you want to. But have you ever thought the science behind it? One of the reasons takes you away from the romantic side of kissing; it's good way to exchange bacteria that can boost your immunity. It gives you a great reason to kiss, as the study in the journal "Microbiome" found that couples who kissed frequently were more likely to share the same microbiota in their saliva and on the surface of the tongue. How frequently they kissed? At least nine times per day.

### Brain's reward system is activated by kissing and it releases "The love hormone"

But there is more, of course. You know the feeling with someone new, when the first signs of love or attachment are showing up and you're head over heels? Your brain is giving you a gift through these emotions that makes you feel euphoric; it's providing you with "happy hormones". One of them, dopamine, is released when you do something that feels good, like kissing and spending time with someone you're attracted to. Another one that plays role in social bonding, sexual reproduction is oxytocin, "The love hormone" that bonds romantic partners to each other. So kiss, cuddle, be close with someone and enjoy the free doses of good feelings. Close your eyes and enjoy to the fullest...

#### ... just a moment, WHY do we close our eyes?

This comes down with senses. You know when you're trying to find your friend in loud concert and you easily miss your phone vibrating in your pocket? This is explained with that humans aren't that good at using all their senses simultaneously. So, basically, when you are kissing someone, your brain gets more out of it when you close one sense; eyesight. It explains also why you close your eyes when you're enjoying something like good music or some amazing food. So more important than seeing the kiss, is feeling the kiss.

#### Not all the kisses are romantic or related to sex

... but it always feels good. When you press your lips even against a warm skin or especially other lips, you can explain the good feeling with that your lips have a lot of nerve endings. So throughout the history, kisses have always been present, why? Maybe it just feels so damn good and the gesture type of kisses tights us closer together. So whether you kiss for love, for luck, for hello or goodbye, on lips, cheeks, forehead, hand and you kiss friend, partner, child, mother or your cat, just remember to kiss!

#### Selina Niemi

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## Пловејќи покрај волиебните брегови на Анталија



Фотографија (c) Ovidiu Oniciuc

Многу често луѓето велат дека нашите животни приказни претставуваат испишана книга. Пишувајќи ја својата книга, секој од нас го прави позначајно и посебно своето патешествие наречено живот. Правејќи го секое подглавје поинтересно, ние придаваме се повеќе вредност кон секоја напишана страна. Несомнено, патувањето ја прави секоја книга побогата и повредна. Оние кои не патуваат, успеваат да напишат едвај една страна од својата животна авантура. Но сте се запрашале ли некогаш, што се случува со милионите луѓе кои се принудени да патуваат, избегнувајќи го својот дом поради војна, несигурност и недоволна безбедност? Што е испишано во нивните книги?

привилегијата да учествувам на Тренинг Курс во волшебната сончева Анталија, јас накратко го преточив моето искуство и патешествие во овој краток и скромен есеј. Носејќи го името "Sailvan", тренинг курсот се претвори во авантура која посакувам секој од младите да ја искуси и доживее. Учество зедоа 7 земји, вклучувајќи ја и Македонија. Сместени во 3 различни кампови, спиејќи во шатори, куќички на дрво и бунгалоа, ние се почуствувавме како вистински авантуристи оставени сами на себе во природа. Атмосферата беше исполнета со безброј забава, дружба и позитивна енергија. Совладувајќи ја бариерата од јазик и меѓусебни културни разлики, уште на самиот почеток тренингот почна да се одвива со полна енергија. Пловејќи покрај волшебните брегови на Кекова, започнавме со првите сесии од тренингот. Најпрвин, се запознавме со можностите кои ги нуди Еразмус+, објаснувајќи ги посебно младите размени, тренинг курсевите и ЕВС проектите. Следно, почнавме да навлегуваме подлабоко во самата тренингот, дискутирајќи тема на Универзалната Декларација за Човекови Права. Како задача, потребно

беше да смислиме ситуација во која презентираме прекршено човеково право. Подоцна, како продолжение на активноста, потребно беше да смислиме возможно решение и начин на кој тоа може да се подобри. Покрај човековите права, едната од побитните теми која ја опфативме беше миграцијата и причините поради кои милиони луѓе секојдневно го напуштаат својот дом. Тука се задржавме, дискутирајки за бегалците, кои секојдневно се втурнати во бегство од своите земји - Сирија, Иран, Пакистан итн. Фактот дека секојдневно 6 бегалци го губат својот живот во водите на медитеранот, а пак многу голем број исчезнуваат, причини длабока воздишка и загриженост во секој од нас. Решението и спасот се далеку од нашите раце, но согледувајќи ја ситуацијата и реалноста, се соочивме со она што владее далеку од нас вистината, а пак таа е олицетворена во рацете на безброј мајки кои се грижат до својата последна капка пот да успеат да обезбедат сигурна и безбедна иднина за своите мали дечиња.

Анастас Китановски



That moment is over a year from now and I vividly remember the spectrum of emotions of my future which that time woke up in me. The main thing was the excitement, bit scary one, that shakes the whole body; to start a new life in a completely different country and culture, leave all known life in Finland for a moment and jump into the new and to the unknown. I seriously thought that after a one year I would return home to my old painting job, family and friends for the same routines I had enjoyed for years. I would have never thought that one year from that moment I would be sitting on the floor of the same living room, with the sun shining from the window into my big red suitcase full of cats, for which I would repack the rest of my property, this time for forever.

"I chose Macedonia simply because I wanted to move out from my comfort zone, to experience a totally new culture and challenge myself to do something as frightening as this."

So, I started my Erasmus+ EVS volunteering for 12 months in Volunteers Center Skopje, where I worked with an amazing volunteer team who had come to the same project from all over the Europe. We created the monthly VOICES magazine, held various events and workshops in Skopje, the capital of Macedonia. The main idea of our organization is to give opportunities and to empower young people through local and international projects and volunteering. This goal was fulfilled better than I could have guessed; I learned more about myself during the one year than I have learnt in years. In a completely new environment, where they speak a language totally unknown to you and people's everyday life slides to a different degree, you only have the choice of jumping in to the waves or going home.

I jumped, head above towards Macedonian culture, and found values and things that strengthened me as a person. At first, I was fascinated by the kindness and acquaintance of the people. How on dinner they can sit for hours enjoying each other's company, amazing food and local alcohol, rakija. Without hurry, without the rush of filling your stomach quickly and getting drunk, it is also about spending time together. I learned to relax, I learned to cope with rush and stress, my patience grew to new levels. When it comes to a country like mine, where everything works well and where you run to the metro and where you are always in a hurry, it is good to pause for a moment in a culture where the bus cannot always be trusted and people arrive late for meetings. It's good kind of crazy to come to the office and hug your colleagues and bosses in the morning and at the end of the day. Moving out from your comfort zone and personal space is challenging, but after breaking your boundaries, it's great to see how easy it is to make friends with strangers when you have an evening out in the town.

I found my old passion on the professional side, my passion for graphic design and production, and troughout the year we re-created out 14 years old magazine to whole new level and freshed up the outfit of it. I learned what I am capable of and I no longer doubt myself. I dare to openly talk, forward myself and my ideas. I encouraged, opened, and let in a totally new life, family, and circle of friends who were with me even when it was difficult and burn out drew my eyes to tears. Over the months I started to smile daily; even when I was sad or angry, I was still happy where I was. I understood little by little, that first time in my life I was 100 percent sure of where I belong and where I feel good to be. I have never been unhappy in my life, I have had an insanely big pile of love in my life from family and friends, I enjoyed my studies and my work, the place where I lived and my everyday life routines. Anyhow, I can't quite explain why exactly Macedonia made these good feelings double up and gave me continuous good feeling inside. And made me breath more freely.

So when I think about the question "what volunteering gave to you", the answer is easy. It gave me a bunch of new experiences, openness and understanding the different cultures, professional passion, love for the mountains and nature, friends that became a family, difficult moments that I always got through, all kinds of emotions, and faith in myself, courage and confidence. And most of all, a new home.

"I made a biggest decision of my life after my volunteering experience; I decided to stay in Macedonia."

So when I sat down again after a year with my big red luggage, I packed everything. Once again, I left behind my beloved Finland, which is my home forever. However, as I stepped out of the airplane into the Macedonian sun and the warmth radiated inside me, I got the most indescribable feeling; to here I belong.

Selina Niemi

Former EVS volunteer and current EYE in Volunteers Centre Skopje

## COFFE, LOVE AND

Coffee time in the Balkans is something that connects people over things they need to discuss (and there is always a lot to discuss!) and what gives them time to take a break from daily duties. In fact, sometimes I feel like mentality here is like: "-What time is it? -Time is a coffee!". Then, why not to make this time more pleasant and even make a business out of it with a brilliant marketing strategy?











drank first coffee in my life in Croatia and became an addict. In Bulgaria I met for the first time with little pieces of paper with sentences, that always go together with a coffee which you order - basically, coffee tickets. Those pieces of paper, in form of paper scrolls, are called there "късметчета" (kasmetcheta). What is "късметче" ("kasmetche" is in singular, "kasmetcheta" – in plural) and what does this mysterious word mean? "Късмет" in Turkish language coming from Arabic "quisma", means "fate" but also "luck" and it's still used in Bulgaria. This is something that you can hear very often on Bulgarian streets, when people greet each other, wishing someone "Късмет!" in the meaning of "Good luck!".

How did the story of coffee tickets start? Back in 2000, in one coffee place in Sofia, Bulgarian businessman - named Kiril Kerin - noticed that most of the people around drink their coffee quickly and emotionlessly and rush to the daily duties. He came up with an idea to make this coffee moment pleasant and meaningful by adding coffee tickets with a wise sentence or a simple wish. At first, he proposed his idea in the local cafeteria. Leaving only a hundred coffee tickets, he had a plan to come back there next day to see the results. It turned out to be successful as the coffee place got more coffee orders than usual that day. So, this is how it started to roll. Next step was to leave hand-made coffee tickets in more places. Of course, greater success comes in time and only if you never stop trying to achieve something. Kerin was rejected many times while offering his coffee tickets. Who would have thought back then that it will soon become so popular and appreciated. After a while it has been spread around the whole country.



Another marketing move was to add coffee tickets when the client order a coffee from a particular coffee brand. Thus, most of the importers of coffee in Bulgaria cooperate with the company of Kerin, who patented his brilliant idea of coffee tickets and became a real businessman. Money speaks loud, but the will to make people smile is just priceless.

little Those slips of paper accompanying a coffee became a Bulgarian version of American fortune cookies. Just imagine, sitting in a coffee place, which is quiet and all the people around are occupied with their own thoughts or with newspapers in their hands, without emotions on their faces. Then they are getting a cup of coffee with a message on the small paper scroll, a message that - I have seen that makes a one person smile. Even if it's just a lone word like "luck", "friend", "adventure", "love" - especially "love", because it's something that, according to Kerin, people lack the most. Some of the sentences written on coffee tickets are made up by him and here's something very special and thought-provoking:

"Love is a pebble on which one stumbles and it hurts. Usually, people throw it away, but you better keep it."

......

From Kiril with love.

#### Ewelina Chańska

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### WINTER IS COMING...

#### and it's literally breathtaking

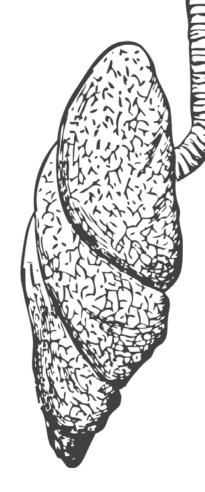
Macedonia, without a doubt, can be described as a "breathtaking" country in two different ways: first because of its beautiful nature and nice and welcoming people; second because of the annual negative news about the air quality in its cities - especially in Skopje. According to statistics of the WHO, Skopje is "playing in the same league" like Beijing, New Delhi and other Chinese and Indian cities if it comes to air pollution. But also other European cities like Sarajevo or Kraków are struggling with a deadly mix of fumes, aerosol particles and nitrogen oxides.

According to a 2018 report of the WHO (World Health Organisation), 9 out of 10 people on the Earth are breathing highly polluted air and around 7 Million people around the world die every year from the consequences of pollution and bad air quality - just a comparison: that's the entire population of Serbia or Bulgaria! Most people might think about Shanghai, Mexico City or New Delhi when they hear about smog problems, but also European cities have huge problems with air quality.

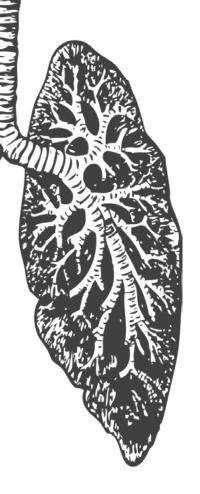
Looking at one of the interactive maps of the European Air Quality Index or the Berkeley Earth pollution map, a clear gap between eastern and western Europe becomes visible. The most polluted areas can be found in eastern Europe (here especially in the south of Poland) and on the Balkans - here mostly in Bosnia and Herzegovina and Macedonia. But also western metropolises like Paris, Milan or the Ruhr-Area in Germany are exceeding the pollution limits set by the EU on a regular basis.

The smog over the cities contains a (in some places highly) toxic cocktail of particulate matter (PM), ozone (O3), sulfur dioxide (SO2) and nitrogen oxides (NO2). A long lasting exposure to aerosol particles with a diameter of less than 2,5 µg can cause serious damage to the lungs (already particles of less than 10 µg can penetrate the lungs) and are clearly related to a high mortality rate in those areas with a high level of pollution.

Negative health effects can be observed even with a low concentration of particulates. Ozone, sulfur dioxide and nitrogen dioxide are proved to cause a highly negative impact on the cardio-vascular and the respiratory system, inducing chronic bronchitis, asthma, inflammations of the respiratory system and blood circulation problems. The main causes of death caused by these elements are (among others): lung cancer, (brain) stroke, acute infections of the respiratory organs and cardio-vascular diseases (blood circulation problems).







While in summer the air quality in most European agglomerations is fair to moderate, the most hazardous time are the winter months. Not only the road traffic but also coal power plants and private households contribute to worsen the air quality. Many people in the Balkan countries heat with coal, wood or even old engine oil, plastic and other poisonous energy sources and most public busses in the cities work without any catalytic converters.

But not only the sources of the fumes is a crucial condition for a high level of pollution, but also geographical terms. The example of Skopje shows it clearly: the city is situated in a basin surrounded by mountains on three sides, which has a hindering impact on the air exchange in the area and keeps the bad air over the city. Sarajevo - another Balkan city with similar high levels of air pollution - is facing the same geographical problem.

Sascha Schlüter

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## Meeting new people

Many of us, when asked, say we love to meet new people. Different people, people who do not belong to our list of acquaintances and everyday life, people with whom we will not have the usual conversations, with the usual exclamations, the usual reticence, the usual laugh, and the usual silences. People whose features have not yet been scanned by our eyes, whose voice inflections are

not yet familiar to our ears, whose movements and gestures, actions and reactions we are eager to observe, curious to decipher, because they are not yet known to us, expected and foreseeable. People who are still a mystery to us, whose character, personality, temperament, points of view we are still groping, trying to grasp. Isn't it true? Isn't that all the fun of meeting a new person is all about?

Of course not! This is part of fun, but not at all of it. Perhaps, it is not even the most fundamental part!

The ultimate magic of meeting new people is not in the people we get to know. In the new creatures so far unknown, in the universe we can find in them. It is, actually, in ourselves, in the people we can become when we are with them. In the new that is contained within us, always, just waiting to emerge, and seizing the opportunity before this stranger. In the multiple editions of us we keep inside and now can choose to bring forward, to make public. In the possibility of reinventing ourselves in this shifting terrain we are just stepping into and trying to map of the new acquaintance.

For, in the company of people who know us, we are a certain person. A person with certain patterns of behavior, thoughts and opinion. A person who hates slamming doors and listens to jazz nonstop. A person who prefers salty food and who puts softly but tyrannically an end any political subject that begins to take shape in dinner table conversations. A person who reads sonnets and is terrified of modernism. A person who treads on the heels more than on the toes, who dresses a lot in cold colors and does not understand or bare religion of any kind. A person who, when grimacing, pulls the right corner of his mouth back and widens his eyes. A person who just puts the right strap of the backpack on the back.

When we are confronted with people who do not know us and do not expect this from us, we can reinvent ourselves. We have a chance not to be plagiarized by the force of others' habits and expectation, to be an original and unpublished version of ourselves, with little or no resemblance to the more traditional one.

We may be someone who does not care about people slamming doors and is little given to irritation at large. Someone who listens to hip hop or flamenco. Who prefers food without any kind of spice, and sweet to salty. Who is interested in politics and keen on postmodern poetry. Who steps lightly, barely tapping on the floor and dresses combining thunderous colors and devoted smiles. Who admires all kinds of faith and faithful people and observes and studies religions with fervent passion. Who changes grimaces for absentminded smiles and, actually not being into the relaxed style of the backpack, uses an elegant cross bag.

We can be someone who has not made the mistakes we have made, nor carries the blame we carry. We may have future prospects and dreams, desires and fantasies that our acquaintances would never associate with us. We can rewrite our past, accidentally blurring out of memory parts we want to forget, emphasizing others that we don't usually remember. We may have a personality somewhat different from the one we usually describe ourselves, perhaps a sense of humor that hitherto had not characterized us. We can suddenly have different tastes and preferences, or not have any, and be so out of our ordinary. Have an altogether different character, other faults and qualities, overcoming that shyness or moderating our outspoken manner that we discover to be no more than a product of our imprisoning routine self!

One of the great charms of meeting new people, I say, is in being able to enter a foreign territory that we long to discover with an identity card that is not necessarily the one we carry in our country. It is the freedom to be who one wants to be at that moment.

Vitória Acerbi

## PHOTOGRAPHY BY Matehiz Kita





#### **PHOTOGRAPHY**

My name is Mateusz Kita (@materlbn). I'm a mobile photographer from Lublin, Poland. My adventure with photography started around 1,5 year ago. My style can be described as a combination of Street photography and artistic photography. Mostly, I take black&white pictures; the reason is that I want to highlight emotions, contents or interesting geometry and colors very often distract recipient's attention. Taking pictures of people's everyday life in the city I try to catch "the decisive moment"; thus all of the elements in frame get in sync, creating interesting composition (the pictures are not posed, of course). When I have a model, I try to create a unique atmosphere. It's important for me while taking posed pictures to contain a high emotional load. Together with my friends I create an Instagram magazine DEEP BLACK MAG (@deepblackmag) where we share the pictures from talented artists to give them opportunity to reach a wider audience.





#### "MY ACTIONS DON'T MATTER"

#### What can YOU do to prevent climate change?

When it comes to big things, like voting in elections, raising money for something good, or fighting against climate change, you easily think how you can matter as a one person. But as individuals, we all have a huge role in everything. You, as well as all of us, should take small actions in our everyday life. So what exactly can you do?



#### DON'T TRASH

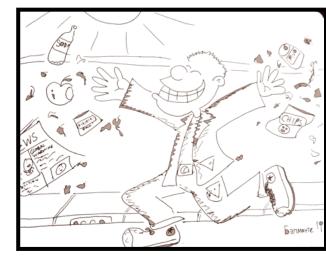
Harmless as it may sound, throwing your one cigarette butt or a package of the ice cream to the nature once in a while causes a huge problem when billions do it – it is affecting our environment. Cigarette butts for example, contain toxic substances, as well as other trash, and they will eventually be blown or washed into forests and waters like lakes and oceans to pollute the environment.







#### WHY WOULD YOU TRASH OUTSIDE...



#### DON'T WASTE YOUR FOOD

Approximately 1.3 billion tons - roughly one third of the food produced – gets wasted every year and its using 70% of our precious drinking water and taking space from the land; 28% of this space is used for the production of food that goes to waste.





#### EAT MORE MEAT—FREE MEALS

This is one of the issues that make people easily defensive. But concentrate on the idea to reduce your meat use, not to quit it. Producing meat is fueling climate change, polluting landscapes and waterways by creating greenhouse emissions, risks mass extinctions of other animals and pollutes our waters.

#### TAKE A BUS



when it's possible. Of course some cities and rural areas don't have a good public transport, but when you can choose a better way to travel than your personal car – do it. Individual cars take space thus it leads to a traffic which causes air pollution. Public transport covers much more space than individual cars and is a road to less polluted cities.

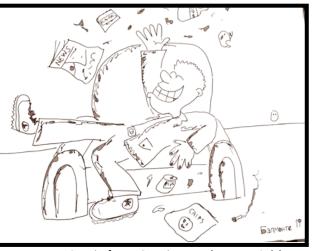


#### DON'T TAKE THE PLASTIC BAG

Get yourself a reducible bag or use the same many times – there's nothing embarrassing when you pack your groceries to your own bag – and reducible bags are mostly also nicer to carry. You can weight your vegetables from the green market without plastic bags and put them to your own after. Plastic is one of the biggest problems in nature; when plastic finally breaks down, it causes trillions of plastic waste in land and oceans. It's harmful for the sea life and pollutes the waters.

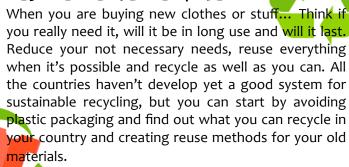


#### ...WHEN YOU DON'T TRASH INSIDE?



Comic from Santiago Belmonte Calderon

#### REDUCE REUSE RECYCLE



## TALK ABOUT IT!

We all have to come together with this issue and work for it as a team. Take action, join climate strikes and conversations, vote in your elections for better leaders who are signed up for the change for the climate. You are a one drop in the ocean, but when all the single drops come together, it creates a clean sea.



#### SHUT DOWN THE LIGHTS

as well as another electronics when you are not using them. Change your light bulbs to energy-efficient ones, wash your clothes in shorter programs and with cold/warm water, not hot, and hang dry them, take shorter showers or shut the water once in a while... Small things on your everyday life you can effect to.

#### Selina Niemi

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#### THE POWER TO BE USEFUL

It is the new slogan of the Civil Service, the French volunteering programme. It looks like the EVS programme for French people between 16 and 25 years old. They commit themselves to the community and to the general interest of a mission in France or abroad. For example, our new volunteers Tanguy and Camille are part of this programme.

The French Civil Service posts on social media interviews with volunteers about the power to be useful. But what does it mean precisely? On which way volunteer's usefulness is a real power, without taking care of his sending program, his host association or his mission?

At first sight, the power to be useful is when someone got involved to a specific action which respond to a need. Some volunteers say it is "taking care of health" (Corine), "having a positive impact around us" (Fania) or "working together for a most united society" (Alisson). Each volunteer defines it in different way, because of their experience. But the common thread is always a contribution for a better world. It is a poetic way to define but in concrete terms how can we work for it?

There is a lot of ways to be useful. This includes offering your services in an association or a Non-Governmental Organization, just for few missions or regularly, like every day, every week or every month. In this case you can become a volunteer. A lot of volunteering programs exist, such as EVS, Youth exchange, ECS, or local volunteering programs like the Civil Service in France. Some people decide to be useful otherwise. They find an occupation in this kind of sectors such as medical or social sectors. Or, they work in a company with a motivating project/product with good values.

The power to be useful is to be part of an adventure, find your place in a team. No matter where, it is useful to someone. To say it in a most concrete way, if you are a volunteer both at the good spot and the nice moment, there is no doubt that you'll be able to do crazy and unexpected things.

You are at the top of your competences and you win because you give a lot of yourself to something which is important to you. It could be volunteering, entrepreneurship, charity work... on condition that you are feeling good, you do just positive things, to you and the others. And thanks to this motivation, your project that you realize or the cause you defend is a success. Thus, you contribute to a better society.

"On n'est jamais trop volontaire, jamais trop actif, jamais trop résolu. Mieuxvautagirqu'espérerou trembler." - André Comte-Sponville, Le Goût de vivre et cent autres propos, 2010.

It means you must be motivated and passionate to realize great things. We can always do better, go further. Everything is possible if you really want it and if you focus on your goals. So, let's go, have a try, create and build what you want before the others impose it to you. Define your aims, plan and create. Don't be afraid about that, the only way to success is trying, failing and doing it again!

To sum up, going abroad or staying in your country, working as a volunteer, for few months or few days could be one of the best adventures in your life.

And to you, what is the power to be useful?

#### Camille Labbaye

\*One is never too voluntary, never too active, never too resolute. Better to act than to hope or to tremble.

Sources: Web site of the French Civil Service: https://www.service-civique.gouv.fr
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Photo by fotografierende from Pexels

#### FUQIA PËR TË QENË I DOBISHËM

Është slogani i ri i Shërbimit Civil, programi francez i vullnetarizmit. Duket si programi EVS, dhe është për shtetasit francezë mes 16 dhe 25 vjeç. Ata angazhohen për komunitetin dhe interesin e përgjithshëm të një misioni në Francë ose jashtë saj. Për shembull, vullnetarët tanë të rinj Tanguy dhe Camille janë pjesë e këtij programi.

Shërbimi Civil Francez poston në intervista në media sociale me vullnetarë për fuqinë për të qenë i dobishëm. Por çfarë do të thotë saktësisht? Në çfarë mënyre është dobia e vullnetarëve një fuqi e vërtetë, pa u kujdesur për programin e tij të dërgimit, shoqatën e tij pritëse ose misionin e tij?

Në pamje të parë, fuqia është e dobishme kur dikush është i përfshirë në një veprim specifik që i përgjigjet një nevoje. Disa vullnetarë thonë se është "duke u kujdesur për shëndetin" (Corine), "duke pasur një ndikim pozitiv rreth nesh" (Fania) ose "duke punuar së bashku për një shoqëri më të bashkuar" (Alisson). Secili vullnetar e përcakton atë në një mënyrë tjetër për shkak të përvojës së tyre. Por fillimi i përbashkët është gjithmonë një kontribut për një botë më të mirë. është një mënyrë poetike për të përcaktuar por në terma konkret si mund të punojmë për të?

Ka shumë mënyra për të qenë të dobishëm. Kjo përfshin ofrimin e shërbimeve tuaja për një shoqatë ose një organizatë joqeveritare, vetëm për disa misione ose rregullisht, si çdo ditë, çdo javë ose çdo muaj. Në këtë rast mund të bëheni vullnetarë. Ka shumë programe vullnetare, të tilla si EVS, Shkëmbim Rinor, ECS, ose programe lokale vullnetare, siç është Shërbimi Civil në Francë. Disa njerëz vendosin të jenë të dobishëm ndryshe. Ata gjejnë një profesion në këtë lloj sektori siç janë sektorët mjekësorë apo socialë. Ose, ata që punojnë në një kompani me një projekt / produkt motivues me vlera të mira.

Fuqia për të qenë i dobishëm është pjesë e një aventure, duke gjetur vendin tuaj në një ekip. Pavarësisht se ku, është e dobishme për këdo. Për ta thënë atë në mënyrën më konkrete, nëse jeni vullnetar si në vendin e mirë ashtu edhe në

momentin e bukur, nuk ka dyshim se mund të bëni gjëra të çmendura dhe të papritura. Ju jeni në krye të kompetencave tuaja dhe fitoni sepse i jepni vetes shumë diçka që është e rëndësishme për ju. Mund të jetë vullnetare, ndërmarrësi, punë bamirësie ... në kushtet kur ndjeheni mirë, thjesht po bëni gjëra pozitive për ju dhe të tjerët. Dhe falë këtij motivimi, projekti juaj që realizoni ose shkaku që mbroni është një sukses. Kështu, ju kontriboni për një shoqëri më të mirë.

"On n'est jamais trop volontaire, jamais trop actif, jamais trop résolu. Mieuxvautagirqu'espérerou trembler."\* André Comte-Sponville, Le Goût de vivre et cent autres propos, 2010.

Do të thotë që ju duhet të jeni të motivuar dhe të pasionuar për të realizuar gjëra të mëdha. Ne gjithmonë mund të bëjmë më mirë, të shkojmë më tej. Gjithçka është e mundur nëse dëshironi vërtet dhe nëse përqendroheni në qëllimet tuaja. Pra, le të shkojmë, të përpiqemi dhe të krijojmë atë që dëshironi para se të tjerët ta imponojnë atë. Përcaktoni qëllimet tuaja, planifikoni dhe krijoni. Mos kini frikë për këtë, e vetmja mënyrë për sukses është të provoni, dështoni dhe ta bëni përsëri!

Të ngrihesh, të shkosh jashtë vendit ose të qëndrosh në vendin tënd, të punosh si vullnetar, për disa muaj ose ditë mund të jetë një nga aventurat më të mira në jetën tënde.

Dhe për ju, cila është fuqia për të qenë i dobishëm?

Camille Labbaye Përkthim: Erton Axhami

Sources: Web site of the French Civil Service: https://www.service-civique.gouv.fr
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Photo by fotografierende from Pexels



Over the Summer there were plenty of articles on the Amazon rainforest fires. Some quite dire in tone over the consequences and other much less so. In the midst of all this, it can be hard to understand exactly the seriousness of what occurred, why these fires are happening, and how this compares to previous years.

The Amazon rainforest covers some 40% of South America and spans the territory of eight countries. There have been very significant fires mostly in Brazil, Paraguay and Bolivia. It is important to understand that two-thirds of the Amazon is located in Brazil. Brazil has been a big focus of the news, not just because of how much of the rainforest is there. There was a growth of 82% of fires in Brazil over the same January to August period in 2018. It has also garnered attention due to accusations over the source, intensity and purpose of the fires.

Summer fires are common and over the past few years the territory being burned down seemed to be decreasing, but this summer it was over as the number of fires and burned territory rose dramatically. These fires are the result of human action intent on opening up land for agriculture, lumber or other economic exploitation.

In the past, there have been measures to provide amnesty of farmers who illegally razed forest, laws making it easier to claim land claimed unlawfully and a reduction in inspections and oversight. Recently this has been made worse with Brazil aiming to economically "develop" the Amazon and reduce oversight and regulations. The desire to use the Amazon was cited as one of the motivations for the mass arsons that would occur in 10 and 11 of August.

In August 10th and 11th in Pará, Brazil, a "Day of Fire" was organised and crowd-funded by some





seventy people. There was an increase of some 300% in forest fires in the region; it was the biggest fire in the history of Pará. There had been several warning before this "Day of Fire" happened, but the environmental agency stated it did not have the resources and the National Public Security Force did not act.

The summer of 2019 fires were no anomaly or hysteria from the media. The statistics and analysis make it clear that these fires were more several than those we had been seeing for the past few years. And, it is also clear that these fires are the direct result of decreases in the regulation and oversight over the rainforest. The economic growth objectives are running against the equilibrium of the Amazon.

The Amazon rainforest accounts for some 16% of the total oxygen being produced on land from photosynthesis, and provides a habitat for hundreds of endangered animals and plants. The World Wildlife Fund has said that the rainforest could become a dry savannah, destroying its ability to generate the oxygen we need and to provide a habitat to its wildlife. It is thus clear the need to protect the Amazon; it is not however clear whether measures to protect it will be taken.

Pedro Macno

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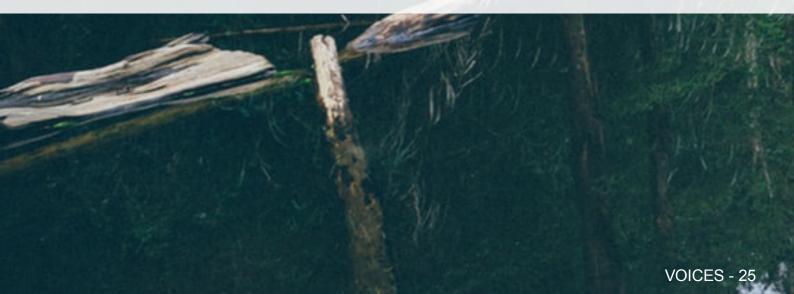
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The multicultural night was another way to learn about other cultures, to try different kinds of food, to listen to different kinds of music. The participants tried to learn Greek dance Sirtaki, or Macedonian dance Pajduska. We had a great fun that night.

As we were having sessions from 9 am until 6 pm, 10 days were not enough to see all the beauties and sight-seeing of Turin. We visited the amazing symbol of Torino, the National Cinema Museum, which is one of the most important of its kind in the world with its great collection of spectacular presentation that offers visitors exhibition of the cinema history from its origins to the present day.

Turin is often called "The Paris of Italy" due to its royal past and majestic architecture. Wandering around the city center was impressive. There was so much to see, beautiful churches and palaces, art galleries, opera houses, pizza restaurants, parks, gardens, theatres. The walk overlooking the River Po and the nice Turin hills, lights, a lot of people walking around at night was unforgettable experience for all of us. We ended up that night in an ice-cream parlor, where we tried different flavors of ice-cream. It was the organizer's idea to treat us with delicious Italian ice-cream. Although most of the participants wanted to stay more in the city center and to enjoy the night life,

we had to go back to the hostel because the bridge which led to the hostel closes at midnight. But the fun was not over, the participants continued to party on the hostel's terrace, singing songs, playing the guitar and funny games.

On the last day of the project there was a party. All the groups and the group leaders were presented, the participants were awarded with Youth Passes, there was a presentation of all the project outcomes, we watched the Animation, the Documentary and the Photo Story, group photos were taken and talented participants presented themselves with songs and dances. I loved the Italian song "Bella Ciao" and enjoyed the show of the other groups, too. The night was over with a disco party.

On the departure day, there was a lot of hugging and tears because we became very close to each other and the separation was very sad, but we promised to continue to keep in touch on social media. To sum up, this was an amazing project, and a great experience, which has broadened the participant's mind and the horizon. I would like to participate in a similar project in the future. I recommend participating in projects to all young people because they are unforgettable experience.

Many thanks to the project organizer - Volunteers Center Skopje, for giving us this wonderful opportunity to participate in this project. Hope we will set off for another adventure soon.

Ilina Minoska - The team leader Dimitrij Pachukov RASMUS+



## "MAKE SOCIAL INCLUSION HAPPEN"

Youth Exchange in Costinesti, Romania 19 - 29.09.2019.



#### МАКЕДОНСКИ

Маке Social Inclusion Нарреп, 19-ти Септември. Во три часот наутро, се собравме ситеназборнотоместо. Сонасмевки на лицето тргнавме во една далечна, за нас непозната дестинација. Романија е државата, која ќе биде наш домаќин. Ние 10-тина, заедно со двајца лидери, тргнавме во нова авантура. Возбудени и среќни, го започнавме нашето патешествие. Прва станица ни беше главниот град на Бугарија, Софија. Тука ни се придружија уште толку млади луѓе, со кои заеднички поминавме 10 дена, во гратчето Костинести, во Романија.

Патувавме долго. Стигнавме во едно преубаво гратче на Црно Море, каде не пречекаа љубезни домаќини. Утрото, се разбудивме со нови сили, нестрпливо очекувајќи ја средбата со другите учесници во проектот од: Чешка, Словачка, Унгарија, Бугарија и Романија. Првиот ден, наговестуваше прекрасно дружење. Се запознававме преку игри, кои фасцилитаторите ни ги имаа подготвено. Бевме среќни и расположени, иако активностите траеја скоро цел ден. Вечерта, со музика се забавувавме. И така секој ден:

многу активности, вечерна забава, чист воздух, мирна околина... тоа беше сликата за нашиот престој во Костинести.

За кратковреме почнавме да функционираме како едно семејство. Ја посетивме и убавата Костанца. Мирисот на алгите не пратеше насекаде. Уживавме. Деновите ни минуваа несетно. Најтешка ни беше разделбата. Непознатите ликови, километри оддалечени од мене, за 10-тина дена ми станаа блиски пријатели. Солзите од последниот ден, ќе ги паметам засекогаш. Тажните лица и искрените, цврсти прегратки и денес ги чувствувам.

Проектот насловен "Социјална инклузија", беше прекрасно искуство за мене и за моите другари. Се вративме позрели, посамостојни и побогати за многу нешта. Неизмерно сме благодарни на програмата "Erasmus +", која ни овозможи да искусиме вредности, бидејќи само така ќе ни се отворат видиците и ќе бидеме во чекор со современото живеење.

Филип Миноски

#### **ENGLISH**

Make Social Inclusion Happen is the name of the project funded by the Erasmus+. The project took place at the seaside town called Costinesti which is part of Constanta in Romania. Students from the following countries took part: Macedonia, Bulgaria, Hungary, Romania, Slovakia and Czech Republic.

The project was all about people socializing more, communicating with different people and learning their cultures. In this project we learned many new games, which we presented in front of our friends after our comeback from the 10 days trip. It was one of the best experiences we have ever had as students from Macedonia. Our visit to Romania has left us with a lot of memories and a good impression of the State. The only thing that wasn't as magnificent as the nature, the beach and many more was the fact that there weren't a lot of people in Costinesti.

The days went by fast, so fast that we wish them back, there was no day that we didn't have fun, but the best day was our one day trip to Constanta, a beautiful city, where we did a part of the project that had to do with talking to people, playing games with them and such. It's an amazing experience that we would love to relive again.

Ardit Ibraimi

#### SHQIP

Make Social Inclusion Happen emëroheshte projekti i mundësuar nga Organizata Erasmus+. Projekti yne ku morem ne pjesë u realizua ne Costineşti,Constanţa,Romani me pjesmarrje te shteteve: Maqedonia, Bulgaria, Hungaria, Romania, Slovakia dhe Republika Çeke. Projekti kishte të bëjë me faktin që njerzit te socializohen më shumë,të komunikojne me njerëz të ndryshëm, të mësojnë për kulturat dhe traditat e tyre shtetërore.

Në këtë projekt ne mësuam lojra të reja të cilat i prezentuam edhe para shokëve/shoqeve të tjerë/a pas kthimit nga projekti 10 ditorë. Ishte shumë eksperiencë e mirë,ndoshta mund të themi edhe më e mira që kemi pasur ndonjëherë si nxënës të Republikes se Maqedonisë. Vizita e shtetit të Romanisë më la përshtypje të mira shkaku që eksterierin e kishte në formë mahnitëse kurse e vetmja gjë që nuk më pëlqeu ishte që në shtetin e Romanise kishte shumë pak njerëz të cilët ishin banorë dhe dukeshte një vend bosh pa gjallëri! Ditet shkonin shumë shpejt, sa që nuk e kishim menduar fare,të gjitha ishin shumë zbavitëse por një nga ditët më të mira që përjetuam ishte udhëtimi për në Constanța një vend shumë i bukur në të cilën realizuam një pjesë të projektit e cili kishte të bëjë me komunikimin me njerzit e tjerë.

Lojrat dhe zbavitjet nuk kishin fund gjatë ketyre 10 ditëve, ishte nje kënaqësi qe do donim perseri ta perjetonim.

Muhamed Miftari



#### Главата во ѕвездите



На 8 октомври 2019 година беше одржана церемонијата за една од најпознатите и најпрестижните награди во светот: Нобеловата награда за физика. Ова награда, физичарите, ja означува кулминацијата на еден цел живот посветен на истражување работа. Оваа година, тројцата победници се тројца истражувачи кои ја посветиле својата работа на вселената, на универзумот. Како човештвото кое се состои од 7 милијарди луѓе почнало да му се восхитува на небото кое се состои од неколку стотици милијарди галаксии?

#### Од Аристотел до денес: 2000 години сонување...

Во 340 година п.н.е. далеку пред првиот компјутер, па дури и струјата да се измислат филозофот Аристотел веќе сфатил дека нашата планета земја е тркалезна. Овој факт можеби се чини обичен, но навистина е еден од првите големи откритија во историјата на астрономијата. Покрај големиот обем на конкретни употреби (навигација, разбирање на различни феномени на земјата...) ова откритие го поттикнува почетокот на конфронтацијата која ќе трае многу векови: астрономијата и религијата. Ова прашање се појави како фундаментално со првите откритија бидејќи доаѓа со цврста опозиција во умот на човечкото суштество. Фактички, може да се издвојат два различни начини да натерате некого да се сложи со вас: убедување и уверување. Убедувањето се базира на логично и рационално размислување додека наговарањето се прави со употреба на емоции, на пример со реторички алатки. Со тоа, дури и за Аристотел, нашата планета била центарот на нашиот универзум. Веројатно, неговите чувства не му дозволиле да размислува на друг начин, па неговото уверување било во битка со неговото убедување.

Потоа, бидејќи времето никогаш не застанува (на Земјата, да бидеме прецизни), многу откритија следувале едно по друго, понекогаш прифаќани, а понекогаш одбивани од религијата и државите (понекогаш дури и со насилство). Оваа опозиција се чини како да е огледало на еволуцијата на човештвото кое, според различни теории, се чини помалку подложна на убедување отколку на уверување. Од истите овие теории се чини полесно да се допре до срцето на многу луѓе во еден момент отколку да се допре до нивните умови. Да бидеме искрени, не е лесна работа да се проба да се објаснат фундаменталните концепти на општата релативност на непознат човек.

Деветнаесеттиот и дваесеттиот век беа критични за историјата на астрономијата. Со индустриските револуции и општествените еволуции и со поставувањето на голем број нови закони и теории во многу полиња (биологија, космологија...) се развила астрономијата. Разбирањето на универзумот е попрецизно од било кога, но прашањето за нашето место и нашата улога во универзумот сеуште е една од најважните нерешени мистерии.

#### Зошто сме овде?

Едно од објаснувањата за долгата борба помеѓу религијата и науката може да се разбере главно со прашањето за местото на човештвото во универзумот. Предвремената појава на религијата во човечката историја ни покажува дека ова прашање е многу важно за нашиот вид. Во многу вери, универзумот бил геоцентричен, а човечкото суштество било во срцето на овој свет. Очигледно, овие концепти морало да еволуираат паралелно со науката за да станат она што се денес.

Науката, по природа, ја поддржува идејата за одвоеноста на универзумот, во поглед на човештвото. Универзумот постои и ништо нема да биде поразлично без човештвото. Што се однесува на Големата експлозија, сингуларитет во времето во вселената во почетокот на универзумот, може да ја имаме оваа реченица на ум: "Зголемувачкиот универзум не исклучува Создавач, туку само

го опишува моментот кога тој би можел да направи своето уметничко дело." (Стивен Хокинг)

#### А за во иднина?

Најпосле, човештвото и земјата изгледаат многу мали во овој универзум. Но, ако дали постоиме, сме привилегирани? Конкретно, денес се чини невозможно, дури и во подалечна иднина, да се напушти земјата и да се основа некаков интерпланетарен колонијален систем. Сепак, сите знаеме дека судбината на човештвото и судбината на земјата денес се поповрзани од било кога, а еколошките проблеми (не толку далеку од филозофски прашања), се во срцето на интересите на младите. На крај, има многу размислувања кои можат да не донесат до момент кога треба да го модификуваме нашето сфаќање за врската помеѓу човештвото и земјата. Може да замислиме дека улогата на човештвото е, денес во 21от век, не да се сметаме себеси за најинтелигентниот вид кој може да ја доминира земјата, туку да се сметаме ние и земјата во постојана размена, на мала планета на границите на Млечниот пат, помеѓу стотици милијарди други галаксии. Колку голем пат поминавме од времето на Аристотел! Во секој случај, денес се чини полесно да се разбере нашата фасцинација со ѕвездите: пробуваме да го разбереме бесконечно големото за да се обидеме да го разбереме бесконечното човечко.

Тангуи Паје

Преведувач: Матеј Башовски

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## WHY SO NEGATIVE?

## A DATA EXPLORATION OF THE WORLD

Talking to people around me or spending just a minute on the Internet I get the impression that the world is going down the drain. War all over the place. The rich exploit the poor. There are just a few developed countries and a huge, faceless mass of poverty stricken nations. Wildfires, catastrophes, climate change. It seems like we're all going to die every minute now.

et's have a look at some facts:

Absolute poverty? There's the impression, that down South, e.g. in Africa (to broadly over generalise a whole continent) everything is poverty, sadness and despair. And, true there is still a lot of poverty, a lot of places without proper access to drinking water or electricity. But if you compare the state of affairs today with just a few decades ago, things look quite different.

On the next two pages there are a number of graphs with explanations that show the decline in poverty over the last decades as well as about "developed" and "undeveloped" data.

I don't want to suggest that everything is perfect and we can sit back and stop working on improving this world. Poverty still exist, relative poverty is still poverty. There are still wars, new ones are emerging. The climate crisis is accelerating and threatens to destroy many of the impovements I mentioned. There are a whole lot of things to be concerned about.

But we can see that improvement is indeed possible. Change for the better can and does happen, everyday. The big danger of pessimism is complacency and fatalism.

If I can't change anything and everything gets worse, why should I try then? If all that development aid is useless and there's no improvement, let's slash it and get some new fancy weapons instead.

That kind of thinking can actually make things worse, fulfilling its own prophecy.

Instead, looking at the numbers, I propose to say: Yes, there are a lot of problems, but step by step we can work on them and solve them. Not everything is good but not everything is bad either.

Mathis Gilsbach

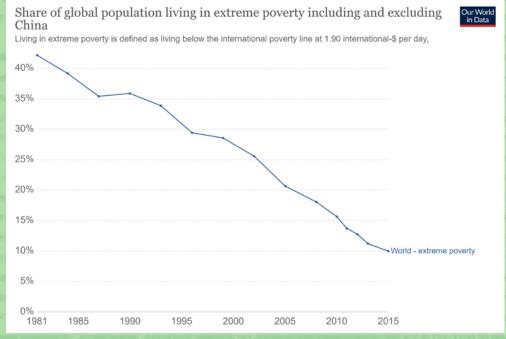
This article was inspired by reading the book "Factfulness" by Swedish statistician Hans Rosling and his gapminder foundation. If you are interested to dig deeper into the data not only on poverty but also on education, economic development, healthcare etc. you can look on:

ourworldindata.com which provides graphs with detailed explanations and context gapminder.com is a little more accessible and has useful data visualisation tools as well es explanation videos about different topics

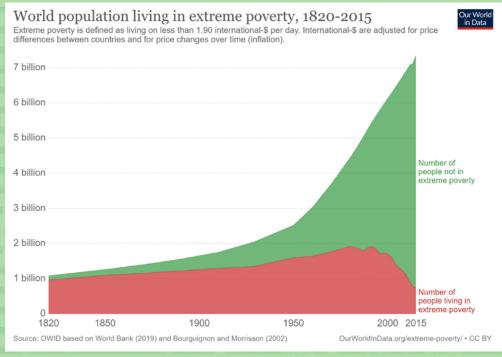
Data sources used by gapminder: Fertility rate: gapminder.org/data/documentation/gdoo8/ Life expectancy: gapminder.org/data/documentation/gdoo4/ Extreme poverty has fallen from 40% to about 10% of the worlds population just in the last 35 years. (Defined as having less than 1,90\$ per day; adjusted for price differences between countries and over time). That is astonishing. And surely, that does not mean that everybody enjoys the same living standard as e.g. people in the Netherlands or Canada. However it does mean that a majority of people on the world has food everyday, access to clean drinking water, at least basic medical care, a roof over their heads etc. And that is a huge difference to struggling to survive every day.

One might argue that because of the exponential development of the worlds population, there's still, in absolute numbers, more people in extreme poverty than there were back in the old times. Let's see what the numbers say:

Around 1850 about 1.26 billion people lived on earth. Of those about 1,08 billion lived in extreme poverty. In 2015 about 7,35 billion people lived on earth. Of those, about 733 million (0,73 billion) in extreme poverty.



Source: ourworldindata.org/extreme-poverty (based on World Bank (2016): data.worldbank.org/?name\_desc=false)



Source: ourworldindata.org/extreme-poverty (based on World Bank (2016) and Bourguignon and Morrisson (2002))

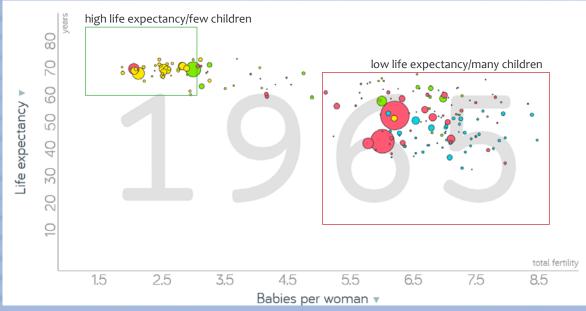
We often divide the world in developed and undeveloped countries. Does that hold up? Now, there's a number of ways to define undeveloped. Let's take the number of children in a family and the average life expectancy at birth. Why? Life expectancy indicates factors such as access to

and the average life expectancy at birth. Why? Life expectancy indicates factors such as access to healthcare, food and water. And lower birthrates tend to correlate with economic development, education and higher income. (There's not enough space to go into details but for whomever is interested in that I suggest to look up the "Demographic transition model".)

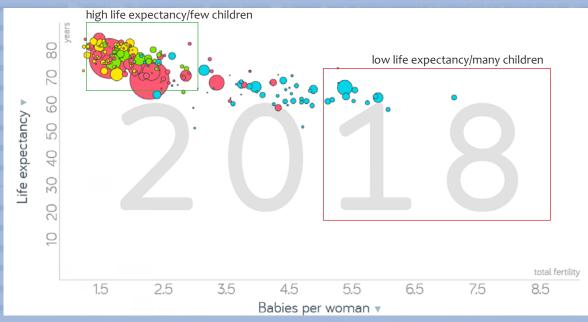
Let's take a high number of children and low life expectancy as a definition for undeveloped countries and the opposite for developed countries.

Now what we see in the first graph is that there's a lot of countries that are undeveloped and just a few made it up to the upper left hand developed corner. But what's that? That is the graph for 1965.

The second graph shows the world of 2017, suprise, where are all the undeveloped countries gone? Most of them have become middle income countries by now. That does not necessarily mean the exact same living standard as in e.g. Sweden but it does show a vast improvement in just about 50 years and it shows that this binary of developed and undeveloped is not entirely true anymore.



Source: Gapminder.com (https://bit.ly/2qUzKhL), boxes added by myself



Source: Gapminder.com (https://bit.ly/2qUzKhL), boxes added by myself



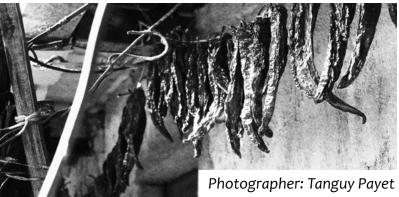














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