

VOICES

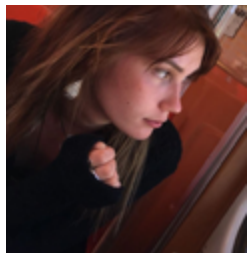
MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

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EDITORIAL



КИРСИ СУОМИ - УРЕДНИК НА ОВА ИЗДАНИЕ НА "VOICES"

KIRSI SUOMI - EDITOR OF THIS EDITION OF "VOICES"

As the spring gets closer, this edition of VOICES is bursting with topics full of light, love and questions. The topic of the month will take you deep into the world of tattoos, maybe so deep that you'll end up taking one on your own skin! And one of the most essential things in life, love. Can one explain it? One can definitely be P.R.O.U.D. of it, as you can find out by reading the ERASMUS+ article. You'll also find a story of love for photography in its purest authenticity. Not forgetting the importance of loving and respecting yourself.

Our new volunteers will tell you how to effect on your first impression and why it matters while encouraging you to travel the world and the seven seas by sharing experiences of settling in unknown territory. Read interesting insights from an ERASMUS+ kick-off meeting that took place in Skopje, Macedonia.

And if the Sun isn't high enough yet, brighten your day by reading some quotes we have chosen, to give you inspiration and warmth for the soul while waiting for the spring to begin. In the meantime, if you have nothing to do, wake up your creativity, take a computer and write an article for the next edition of VOICES!

Како што се приближува пролетта, ова издание на VOICES е преплавано од теми полни со светлина, љубов и прашања. Темата на месецот ќе ве однесе длабоко во светот на тетоважите, можеби и толку длабоко што ќе направите една на својата кожа! И една од најважните работи во животот, љубовта. Може ли некој да ја објасни? Некој дефинитивно може да биде P.R.O.U.D. на неа, како што можете да го дознаете тоа со читањето на статијата ЕРАЗМУС+. Исто така, можете да најдете и приказна за љубовта кон фотографијата во нејзината најчиста форма. И не заборавајте ја важноста да се сакате и почитувате самите себе си.

Нашите нови волонтери ќе ви кажат како да оставите прв впечаток и зошто е важно додека ве охрабруваат да патувате низ светот и преку седумте мориња, преку споделување искуства за чекорење на непозната територија. Прочитајте интересни сознанија од ЕРАЗМУС + уводниот (kick-off) состанок што се одржа во Скопје, Македонија.

И ако Сонцето сè уште не е доволно високо, осветлете си го денот со читање на некои цитати што сме ги одбрале, за да ви дадат инспирација и топлина за душата додека чекате да пристигне пролетта. Во меѓувреме, ако немате што да правите, разбудете ја вашата креативност, седнете пред компјутер и напишете статија за следното издание на VOICES!



Erasmus+

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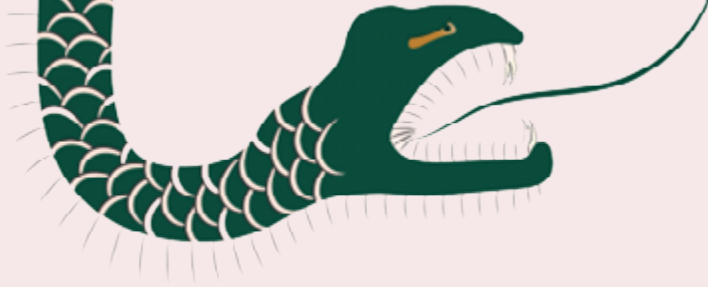
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“EVERYONE SHOULD GET A TATTOO”

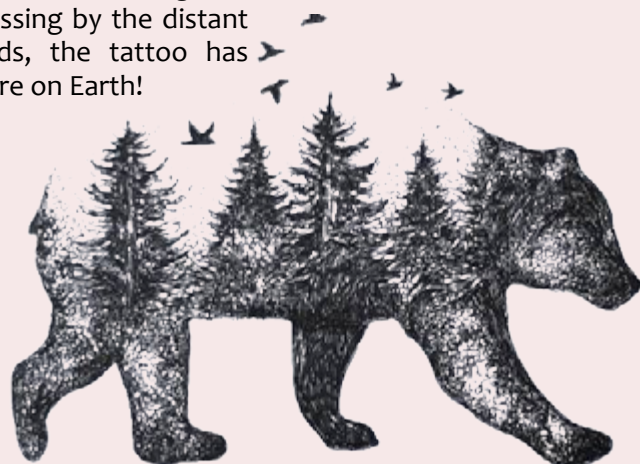
For a few years, we have been observing that tattoos are appearing on the skin of more and more people. From the young rocker to the doctor, tattoos seem to leave behind its brutal and violent connotation for the benefit of the role of an entire art! Let's prepare the dermograph and let's explore together this so intriguing world!



An indelible story

Practiced for millennia, the tattoo is graphic art, whose matter is the human skin. Indeed, we found Egyptian mummies, 3000 years old, with sheep and bulls tattoos (that you can observe in the British Museum). Much more than those two mummies, we know nowadays

that tattoos exist for a really long time in a huge variety of cultures, as various by their nature than geographically. From China, before our era to the Britons during the Roman time, passing by the distant Polynesian islands, the tattoo has grown everywhere on Earth!



Tattoos: a whole symbol

As it has been said previously, the tattoo gradually established itself as a social and multicultural tool very early. For a long time, the tattoo was a strong indicator of the social rank, because it's indelible and visible. For example in Japan, for a long time, it was used as corporal punishment for criminals. Nowadays, it stays very connoted in the Country of the rising sun, because of its intimate story with the Yakuza's, the local underworld. In fact, those gangsters have been using this as a weapon to recognize one another and organize themselves. Because they need to be possibly hidden, Yakuza's tattoos consist, most of the time, in big colorful frescoes named Irezumi in the back or on the whole

body. Each drawing has his own signification: where a Koi will mean motivation and perseverance, a dragon will symbolize force and honor for example.

In a completely different way, in Polynesia, "the tattoo translates what is deepest in the human being". Essentially in black, the Tatau (at the origin of the word tattoo) consisted of a real rite of passage from adolescence to adulthood. Through a multitude of specific patterns (turtles, shark teeth, marquis cross...), these tattoos represent the personality in the best way. It consists also in an important indicator of the social rank because the more someone will be tattooed, the more his social rank will be important.

The ink does not fade

In the 21st century, the tattoo is taking a different shape. Although the tattoos that we call "traditional" still exists, the tattoo is discovering itself in a much more popular form. Nowadays, in France for example, we count more than 18% of people with tattoos (over 18 years old). Why this keen interest? First of all, the evolution of the materials, as well as the different laws on the products (ink, needles...) and hygiene improves trust. Moreover, according to the evolution of society, and the presence of the tattoo in pop culture, it's more and more accepted. We are attending an immense diversification of the styles. Considering that the tattoo is an art, and so the tattooists are artists, each of them is working, getting inspiration and developing his own style. Among the

most popular styles currently, we can notice the "neo-trad", which consist of an evolution of the "old-school", well known for sailors. The neo-trad is a very colorful style, where modern technics allowed more detailed work, to add shading, for a more realistic rendering. We notice also more and more of ornamentals tattoos, as well as minimalists... In the end, it's not possible to enumerate all the styles, each tattoo artist having his own. Finally, what is a tattoo artist? It seems a very wide question, so we asked a tattoo artist in Skopje to tell us more information about her job.



ИНТЕРВЬЮ



Interview

Could you introduce yourself briefly?

I am Annetta, I'm 27 years old, I'm Macedonian and a tattoo artist.

For how long have you been a tattoo artist, and when did you open the shop 11:11?

I have been a tattoo artist for almost two years, and the shop is open since November 2019

How did you come to be a tattoo artist?

I've been studying at the University of Academic Fine-Art. For me, the skin is a new material, a new experiment. I didn't know what to do with myself... So I bought the machine-gun and I started to tattoo. On myself of course.

How does it work to get a tattoo?

First of all, the client should come in person to the shop with design, some ideas, to discuss it. We discuss the design, the size, the place where they want to put it. After that, we make an appointment and let's go! And if the client is underaged, the parents should come.

(Ed: we will also note that you can do another kind of tattoos: the "Flash". It's a drawing already done before by the artist, and if you love it, we can get it tattooed. It's usually done on events like conventions for example. We name this a "Walk-in")

You already talked about the design, how do you describe your style?

I mean it depends on the tattoo. On small tattoos, I can't really express myself, the clients have a very specific idea. On bigger tattoos,

I feel more free. But in general, I prefer black, strong black lines.

Did you notice an evolution in the world of tattoo in Macedonia for a few years? What kind of people is coming to get a tattoo?

First, yes I noticed that there are more and more shops! In every corner! Concerning the audience, I would say that it's mostly from 18 to 30 years old. But my father is 50 and he is going to get a tattoo so the age doesn't matter so much at the end.

Few words to conclude?

I'm working only with passion, and tattoo is an art even if not so many people are aware of this in Macedonia. And I would say that everyone can become a tattoo artist. You just need to have a really clean drawing and to practice a lot! And then, of course, everyone should get a tattoo, it's awesome!

Tanguy Payet

Pictures:

<https://www.instagram.com/croquiscueilleur/>
<https://freepngimg.com/miscellaneous/tattoo/>

Tattoo artist:

Annette Malowa
<https://www.instagram.com/annette.malowa/>

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P.R.O.U.D.

On this training course, which took place in a charming small village of Laguepie, France, participants from different countries went deeper into the topics of gender equality.

Promoting Rights and Opportunities to Understand Diversity - The training started with introduction and “getting to know to each other”- games and team building activities to create the good atmosphere for the 6-day training. From the beginning, the feeling between all participants was good and more days went by, closer the team became. What made the whole connection between the participants stronger was the open minded space to discuss somewhat a bit hard topics about gender equality. Even the topic is huge and contains many different subjects; the training covered a lot of new knowledge for most of the participants, even for the ones who were more familiar with the topic before the training.

“Before participating the training, I was quite familiar with the topic in a theoretical way. However, I was struggling a lot when I was thinking about how to put all this knowledge into practice. With this training, I had the chance to come up with ideas for different groups of people; we did very good activities that we can adopt to various groups.” - Rabia from Turkey

“I have quite an extensive knowledge about the topic because since three years ago I started studying gender studies, also since I started university (when I was 18 now I’m 25) I started participating in the feminist movement and working with young people working about gender equality and diversity.” - Júlia from Catalonia

The training included various methods and activities to discuss and practice gender equality. Participants told some activities that they found most useful:



“I found “the walk of privilege”, “fairytale” and “steps of violence” exercises most useful. I definitely will use this gained knowledge in my future camps. All of these activities gave me the inspiration to modify them according to the level of the group and apply them. By using non-formal education methods, people will be more aware of the gender related issues going on around them and most importantly, they will have the necessary motivation to act while facing with gender-related violence.” – Rabia from Turkey

“The dynamic activities were really useful since I can use them with teenagers, youngster and adults to make them reflect, I found them really interesting, for example, the walk of privilege or the consent activity. I’ll promote the use of these activities in Catalan workcamps.” - Júlia from Catalonia

The whole training floated in the sun and interesting conversations. As there were participants from many different countries, it was interesting to hear different point of views of the topics.

“For me, the most remarkable moments were when we were talking about our own experiences in our countries. After having some reflection about the day and the topics such as gender roles, stereotypes, violence or feminism; we were relating all that we have done during the day with our daily experiences and it was perfect to see the similarities and differences between different countries and cultures. “ – Rabia from Turkey

“Personally, when I met the group of participants, I found it was a bigger group than I expected and surprisingly everyone was participating in the debates. “ - Júlia from Catalonia

The project was coordinated by the ALLIANCE Gender Equality Working Group and organized by SolidaritésJeunesses in Association Citrus in Laguëpie, France. On the training, 26 participants from 13 different organizations over Europe created a practical guide for gender equality. The guide is designed to use for work camp leaders, facilitators and other trainers.

Selina Niemi



Learning English

Learning English is not a choice nowadays, it's an obligation. You can go everywhere in the world if you know English. Besides, it's a very important criterion for finding a job. Almost every country has English lessons in schools, but students can't learn English with these lessons. For example, in Turkey, English lessons start from 2nd class until the end of high school. Our students take English lessons for ten years, but they can't speak even a few words. There is a similar situation in the rest of the world.

Okay, but how can I study English? There are some issues with money, time, method and others. I will tell my system that I used, and my mentees are using now. Just, don't forget that each person should create his or her own system to study. There is not unique system for everyone. This system I will explain will be just an example, then you will create your own system.

There are two supported and four main skills in English. Words and grammar are supported skills and reading, listening, writing and speaking are the main skills. From A1 to B1, we won't study writing and speaking because writing and speaking require good words and grammar knowledge. First, we will study supported skills to support the main skills. We will study online because physical English courses require more investment. You should prepare to go, spend time to come back and use more energy than study online. Besides, online courses are much cheaper than physical courses. That's why we will use online courses. Spend less time and energy, and save energy and time, in this way English skills will be improved.

Step 1: Time Management

There is no success without a plan. We should make a plan to know the next step. First, determine your full times like lessons, working hours and others. And then, your free time will come out. From A1 to B1; 2.5 hours a day, from B1 to C1; 4.5 hours a day minimum is enough to learn English. You should wake up until 8 am because studying English words in the morning is smarter than in the rest of the day.

Step 2: Supported Skills

Words: We will write down the words we don't know and create a dictionary. We will study 24 words each morning. The best site for studying words is "**Lingualero**". You can create your own dictionary and there are many enjoyable ways to study words like games and others.





Grammar: As a learner of English, you will not understand the explanations of grammar rules, so you should find the best application or online grammar course in your language. For example, in Turkish, there is a free website for grammar <https://bit.ly/38JBI5J>

You can buy a post-it and write the whole grammar rules on it then post the whole room. However, if you can understand the explanations in English, the best application is "**ABA English**". You can find very detailed explanations, many examples and the price is cheaper than other applications.

Step 3: Main Skills

Reading: In the beginning, we can't read everything. So, we have to choose the right passages to read. "**News in Levels**" will help us. There is much actual news with three different levels, level 1 is ok for the beginning. The main words in these passages are must known. Another nice site is "**English e-Reader**", there are hundreds of books divided levels from A1 to C2. You can read easier forms of the most popular books.

Listening: Listening is the most enjoyable part of studying English. For listening, we will use two different enjoyable applications. The first is "**VoScreen**". You can watch some parts of movies and films, these videos are about 10-20 seconds and at the end of the video, there is a question about the sentences in the video. You can use subtitles to find the answer. The second application is "**Lyricstraining**". You fill the gaps in the lyrics of the music. There are many kinds of music in the application. These two applications are the most helpful applications until the B1. After B1, you can watch the movies and tv series with subtitles and listen to podcasts with transcripts until C1.

Writing: As I said before, you have to reach a level to write something. From B1 to C1, the best way is writing daily including your feelings, events and your dreams. After the C1, you can write a blog. Besides, from B1 to C1, you can use language exchange and pen pal sites. With these sites, you can learn English

faster and improve your writing skills. Some sites about it are "**Speaky, Tandem, Interpals**".

Speaking: The best way of improving speaking skill is having a friend who knows English fluently. However, if you don't have such a friend, you can use a very cheap and effective application named "**EnglishCentral**". According to the plans, you will have a class each day. One class lasts 25 minutes and it happens on skype. Before the classes, you watch a video and study it. After that, you can use this video as a topic and can talk about it or you can talk about whatever you want during the classes. After each class, you will receive feedback about your accent and structure of your sentences.

Dogukan Sever

TOP 5 USEFUL APPLICATION ON GOOGLE PLAY/IOS

1- **EWA:** The advantage of EWA is including both grammar and word exercises. Besides, there is a library inside the app. You can find many articles, films and tv series, books in this library and you can add only with touch the words to your library to study later.

2- **BBC Learning English:** You can find the whole useful resources of the BBC to learning English in this application. 6 minutes English is one of them and you can listen to grammar rules and social conversations for listening.

3- **LearnEnglish Grammar (US edition):** You can find the whole grammar details in this application.

4- **Ello:** This application is for especially listening. You can listen to over 1500 conversation with transcripts and learn phrases.

5- **Voa Learning English:** You can read much news according to your level and watch original news from the USA.



Analog is Alive



Praktica L, Tokina/Vivitar f2.8/35mm & FujiC200,
Location: Sarajevo, Bosnia and Herzegovina



Zenit ET, Helios 44-2 f2/58mm & FujiC200, Location: Kadıköy, İstanbul, Turkey

The time was Spring of 2018. The place was Sarajevo. The city where I studied for 3 years. A city full of art, Yugoslavian rock'n'roll capital city, theaters every here and there, called European Jerusalem and reportedly a place where the 1st World War was ignited by assassination of the then Austro-Hungarian heir prince. All in all, the place where my senses for the beautiful, meaningful, characteristical, personal touch of creativity developed. But, not in photography.

Not until one day when with my friends we decided to go on a hike to the nearby mountain and one of them said that her new roommate and a new expat in Sarajevo will join us. She came. And she came with her heavy, irony, memoryless, batteryless and maybe with some more negative features, but with one positive: the machine was using 35mm film. Luckily, I somehow controlled myself not to mock someone using a single-function device. And I felt great about that soon after. The moment I saw the results of her struggle during the hike, left me in awe, made me difficult to convince myself that the photos I am looking at are, yes, from the technology that I used and saw probably some 20 years ago. The quaint appearance of the photos provoked me, riddled me, their soulful look made me feel like I am soulless.

Not too late after that I found my family's old, forgotten, left to perish for all eternity Zenit model ET with Helios 44-2 f2/58mm. And then I asked her out for a film camera usage instruction date. A day full of exposure, aperture, focus, ISOs, lens' mm, shutter speed, expired film, etc. and I ended up in total confusion. A confusion that I was determined to solve. Thankfully to numerous dedicated websites, YouTube tutorials, 10-15 out of 36 successful exposures with the first 2-3 films, I started to navigate the film photography ocean with more confidence when I moved to Istanbul last summer and had met

some local enthusiasts, exchanging info, knowledge, tricks, places, ideas. It was almost impossible for me not to admire shooting on film historical buildings and people in the moment of their fullest concentration point, the moment they're dedicated to their work. Kids and their playful faces, the moment you point your camera at them and they immediately strike a pose.

One of my colleagues asked me why I use a film camera and not digital: "I am addicted to the sound when I push the shutter!", however that strange could be. I like the realistic colors, I don't like plastic from digital. I like engaging with the weather forecast, so I would choose the film respectively. I started to like the darkness of the night because I can grab the Fuji Superia 800 Venus and insert light on it. And now, almost two years after my first encounter with a film camera, I have two cameras: the aforementioned and Praktica L, equipped with two more lenses: Tokina/Vivitar f2.8/35mm and Auto Beroflex f2/200mm. And seeing like no chance to stop here.

Eager to see more of my clicks? Navigate yourself to my Instagram: <https://www.instagram.com/filmgramer/>

Vladimir Jovanovski
 Pictures: Vladimir Jovanovski
 Background photo by Mitchell Hollander on Unsplash

the longest ride

Can one explain love?

Is it in the smiles we see, the laugh we hear, the blinding sparkle in someone's eye, or maybe it is the way we touch. There is no explanation really. Are we supposed to know when it's coming? Are we supposed to see it in the burning sunset or hear it in the waves. Maybe it is the darkness that will bring it to us. We can never be sure.

You have these people that you have known and loved from the moment you opened your eyes and took your first breath. Strangely, this is not the case for them. Still they give you all the love the universe holds. Can you love someone that much? How can you explain how much they mean to you? You can look them in the eye and not say a thing, touch them and feel every molecule explodes, smile and see the spark.

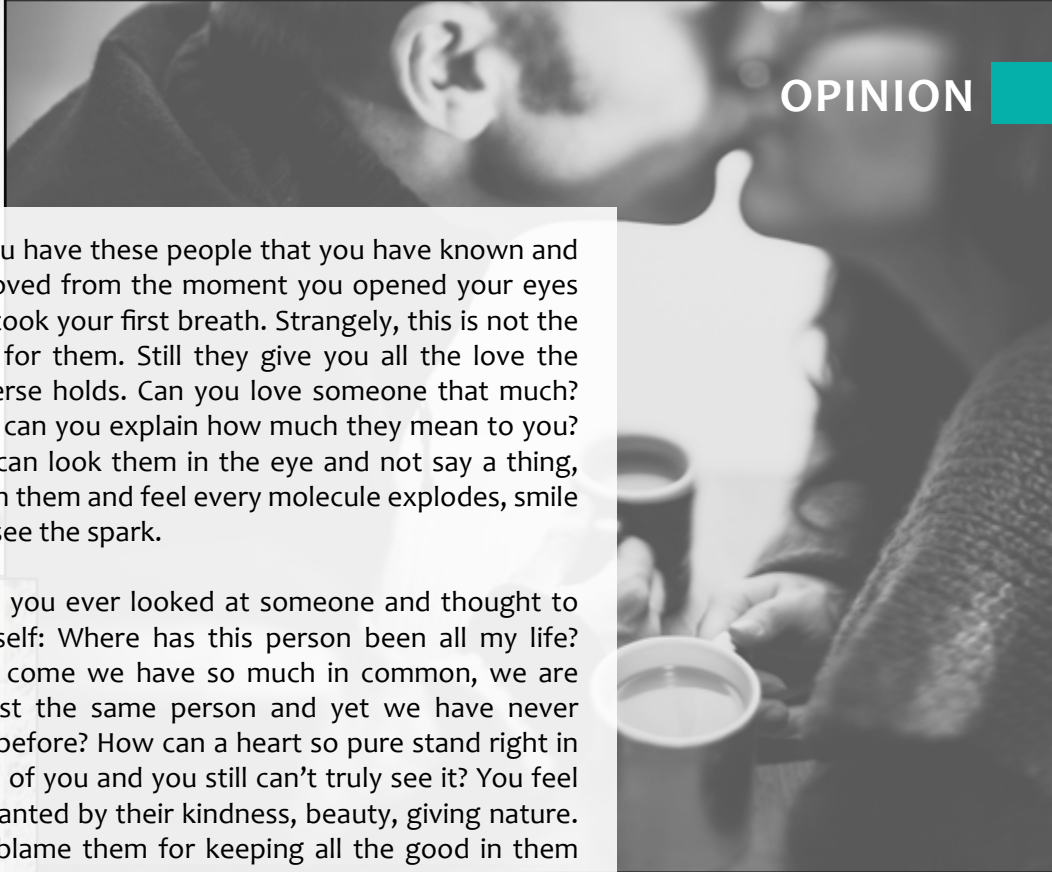
Have you ever looked at someone and thought to yourself: Where has this person been all my life? How come we have so much in common, we are almost the same person and yet we have never met before? How can a heart so pure stand right in front of you and you still can't truly see it? You feel enchanted by their kindness, beauty, giving nature. You blame them for keeping all the good in them and not sharing it with the world, but then you realize that the world hasn't given them any good so how can you blame them? Yet, some time passes by and they start glowing, accepting the flaws and replacing them with perfection. You have never seen someone love like this before.

Do you have enough love for all the souls that are yet to come, can you love even more? One day you will look at someone and you will see every sunrise, sunset and storm waiting to be set free. All the pieces will move closer together. That person will take you beyond every thing which you thought was impossible to cross. They will hear your heart calling for them and they will answer.

Love is this never-ending, explicit ride of souls that found each other, the piece they were looking for, longing for everything they now have, living the dream they had, holding the one they gave themselves to, the high of all the highs while the low of all lows. The first glimpse of sunlight, the first raindrop and the touch of moonlight on their skin.

Love is in the moments we live, the memories we make, laughs we share, body we touch, words we say. We are capable of creating love. We are the ones moving the universe. And as long as we remember, relive and talk about every long walk on the beach, overthinking in the rain, rides on the fares well, long talks under the starry night sky and escapes we had, WE WILL REMEMBER LOVE.

.....
Ana-Marija Pejchinovska



“You can’t cross the ocean unless you
are willing to lose sight of the shore”
- ancient Japanese proverb

“This is a story of a man who is falling from a
fifty story building. He, gradually during his fall,
continuously reassures himself:
“so far, so good ... so far so good ... so far so good.”
But what’s important is not the fall. It’s the landing”
- La Haine

“As above, so below.
As I believe the world to be, so it is.”
- John Erick Dowdle

“Everything we see in the
world is the creative work
of women.” - Mustafa Kemal
Atatürk, First President
and Founder of the Turkish
Republic

“Do I dare, Disturb the universe? In a minute
there is time, For decisions and revisions which a
minute will reverse.” - (from “The Love Song of
J. Alfred Prufrock” by T.S. Eliot)

“Out beyond ideas of wrongdoing
and rightdoing there is a field.
I’ll meet you there.” - Rumi

“Winning doesn’t always mean being first.
Winning means you’re doing better than you’ve
done before” – Bonnie Blair

“...To the mind that is still, the
whole Universe surrenders!
Be YOU! The World will
adapt..!” - Lao-Tzu

First Impression

The first impression is a psychological term which means that the substructure of a person's mental image if we think a human in our mind as a building. The first step of construction is building substructure and then building floors.



If the building substructure is weak, it doesn't matter how the floors are. That's why there is many kind of research about the first impression and why it's so important. We can say about the first impression that it's the very first form of prejudice. The first impression is completely related to the subconscious. If you like blond hair, a blond person's first impression will be better than brunettes. It's not only about observed but also about the observer.

Then, what are the factors of the first impression? There are a lot. Age, race, culture, gender, accent, voice and others. However, don't worry because we don't have to think about all of them. Our brain does it for us and it lasts one-tenth of a second. So, what should we do to a good first impression?

Step 1: Be yourself

There is no universal formula about a good first impression. I mention that it's not all about you. You can't know the observer's background. However, we all know that people being themselves are more attractive than people pretending to be another person.

Step 2: Use body language

There are many scientific studies stating that body language is more important and effective than verbal communication. When we use body language, the signals go directly to the mind. Correctly used body language will make your first impression better.

Step 3: Relevance

Relevance is the key to all steps. You shouldn't go on a date with pijamas. And also, don't be too much about anything. Don't talk too loudly, don't drink and don't ask too much. Stay away from



anything abnormal. If you will go to a meeting, be serious and wear a suit if you will go to the football match, wear your uniform and shout like “ EnbüyükTürkiye! “

Step 4: Smile

Studies show that smiling people are more reliable than surly people. And smiling is contagious. When you smile, people talking with you will automatically smile, it’s our instinct. (you can watch it <https://www.youtube.com/watch?v=1veWbLpGa78>)

Step 5: The magic of colors

Each color has a meaning. Colors affect our feelings. Let’s take a look at the colors.

Red: Action, sexual desire, energy, passion, motivation, and warning. Commonly used by sports cars and brothels.

Yellow: Joy, happiness, intellect. Also, it is associated with food. That’s why food companies commonly use yellow color.

Green: fertility, nature, heal and safety. Commonly used by medical companies, traffic lights, and natural stores.

Blue: Trust, loyalty, wisdom, confidence, and truth. Commonly used by police, schools, and kindergartens.
Pink: Love, immature and girlish. Commonly used by girls.

Black: Power, formality, and elegance. Commonly used by formal jobs and cars.

Dogukan Sever

Resources;

- <https://www.bbc.com/future/article/20190401-is-there-such-a-thing-as-love-at-first-sight>
- <https://www.elitedaily.com/p/are-first-impressions-accurate-not-always-study-says-but-they-re-still-worth-the-effort-10918190>
- <https://www.healthline.com/health/first-impressions>
- <https://www.sciencedaily.com/releases/2011/04/110415104544.htm>



Settling in unknown territory

How do we fit in a whole new foreign environment? As a foreword, I think it is important to underline each experience is unique. There are as many possible scenarios as there are travelers. Having said that, I will happily share my own experience.



Kyiv, Ukraine



Hobart, Tasmania, Australia



Kyiv, Ukraine

The transition between the preparation of a stay abroad, and then the actual implementation of the project of living in a foreign country may be from time to time not that much a piece of cake. Specifically, the first time might provoke quite new emotions when you are not used to getting out of your country for an extended amount of time.

A few years ago, I went for eleven months studying in Sydney. Previously, I had been traveling for instance ten years ago to Potosí, Bolivia, with four friends to take part in the construction of a socio-cultural center and discover this country with Bolivian partners. But once I landed in Sydney, I realized this new step in my path was a significantly distinct experience that would require different resources.

So, I arrived 36 hours of aircraft away from my home country without knowing a single person on the ground. Another specificity lied in the fact I arrived down under without a secured accommodation with several visits scheduled and the objective of getting one once arrived. As a first long-term intercultural journey, this was quite an ambitious foreword.

Eventually, step by step I succeeded in feeling home in this city. Subsequently, I have been living in Strasbourg, Göttingen (Germany), Sarajevo and now Skopje with pleasure as I am very much attracted by this fascinating region.

In parallel, I have regularly been traveling with friends, for instance to the lovely Free and Hanseatic City of Hamburg, or to Flensburg to the European Centre for Minority Issues (ECMI), in Schleswig-Holstein, the German Land bordering Denmark.

Each time, the process of arriving and setting foot in a new foreign country is a little bit easier. Improving my adaptability by integrating into a new culture, a new living environment and meeting new people is less and less a big deal.

Let's try to take a step back. The existence could be defined as assembling the various pieces of a puzzle. Sometimes, the process is not very easy, sometimes you realize afterward you could have maybe acted in a different way. But regretting something over and over scarcely lead anywhere good.

Inversely, I do think the smart response is to learn from your mistakes and move forward.

All these new steps in your personal progression are as many ways to get to know yourself ever more in-depth.

As an epilogue, I firmly encourage you to travel the world and the seven seas!

Jules Striffler (text and pictures)

Source :

La bible du grand voyageur (Lonely Planet)
Bouchard, A., Charroin, G. and Thomassey, N. (2012). La bible du grand voyageur (Lonely Planet).
1st ed. Baume-les-Dames, France: En vøyage Éditions, pp.88-91.



Strasbourg, France



Self love & Respect

So, do you love yourself? If you do so, in what time is your wake-up alarm set? After your preferred activities do you do something extra, or you just scroll the life away from your cellphone. Do you really know who you are? Your good and bad vibes and good and bad sides? Are you accountable? Do you struggle in professional and personal life with time management? Well this article is for you.

One can argue that people who are in love with themselves are selfish. The truth is: they never settle for less. You just need to accept that every type of freedom will take a toll on your mental health, you may lose some luggage moving from place to place until you find yourself calm. I can describe both of these “facts” and here they are:

1. Success and peace of mind doesn't come with a geographical location of where you are born.
2. The changes you need to make are within yourself.

I feel these two facts are both equally true and everything can be nothing and nothing can be everything. Respect first and foremost yourself and later on pass the light. These lessons are priceless to me now. Smile to people. Smile while going home or buying groceries, speak openly truth, then everything is going to come to you in the right time. You don't need to know me to know my background (at least for now) just try these things:

1. Positive and focused mind
2. Set realistic goals
3. Trust in yourself and follow them.

I understand you all, struggling from paychek to paychek but maybe ask yourself, is it the right time for you to cook meals at home? So a change within yourself will be happened. You can try to cook something for someone

you love or for yourself but now, you are an independent chief for your own self. This is a very big thing for each person, if he is trying to change his/her finances of dining out vs. dining at home. It's easier said than done to cook to calculate but this is the right path of saving some income wherever you live. Think positively, open your heart to a stranger talk about your problems. Know yourself more. Do you speak a lot? Or maybe you are the guy/girl standing in the corner of a party?

Well this is for you. Try to be yourself. It's never worth putting a mask for yourself not to be vulnerable. Being open and honest about you and yourself, will bring you changes. Try to wake up one hour earlier than the day before and drink tea by yourself and reflect on how can you become a better person than before. Make your bed look nice and sharp. Be a soldier, if I could do it so can you. It's never too late to forgive ourselves for the past mistakes and make a better future for you NOW. As of is your pocket more important than your health you need to ask yourself are the extra working hours even a thing for me, what do I get from this job. Finally try to negotiate with your boss the best working times for you. And if you work what you love you will never be that much tired.

Teodor Petkovski

Романтичен Свети Валентин

Дали е љубов секоја размена на погледи? Дали е љубов да сакаш посесивно некого. Дали е љубов да осудуваш се што е ново??

Дали е љубов да одземеш нечија слобода? Дали е љубомората seksi? Дали лошите момчиња се се уште во игра? Дали парите се пред интелектот и пред карактерот? Дали карактерот е болка во минато свршено време? Дали секоја мајка си го сака доволно детето? Дали водењето љубов е љубов и дали љубовта е компромис? Дали сакаш да сакаш или сакаш да бидеш сакан? Дали очите се љубов што за миг минува? Дали верноста е верност само во матично? Дали даваш и очекуваш или даваш за да дадеш, па да спиеш мирно? Дали љубовта е очекување и дали очекувањето е очај? Дали живееш во реалност или гледаш гаволчиња? Дали реалноста е реалност или си создаваш своја? Дали болката е бол и на неа ставаш сол? Дали мракот е мрак или ќе запалиш свеќа? Дали розата е во тренд само за 8-ми март и Св. Трифун, и ако розата е во тренд - дали си во тренд? Дали балоните се полни со омраза или со гнев? Дали омразата и гневот си се сестра и брат? Дали можноста и среќата ќе предупредат и ќе ни го зацртаат патот? Дали патот е асфалтиран или има дупки? Дали се крпат тие дупки? Дали „Св. Валентин“ е само за лудо вљубените? Лудата љубов до колку часот трае? Дали караниците се навика или начин на комуникација? Дали знаеш колку е убаво Скопје во населба Влае навечер? Дали знаеш дека те знам? Дека те читам од очи? А беа ли очи или кристали тие твои очи? Остана ли прашање непрашано, остана ли прашина неисчистена? Дали срце делиш кому стигнеш и дали ти се допаѓа тоа? Дали внимавааш на себе колку што внимавааш за другите? Топла ли зима

имаваме или се уште очекуваме снег во Скопје? Дали сакате да се сакаме или се немаме се уште засакано? Дали љубовта е тешка игра или само привилегирана класа сака да љуби?

Кога Ева од бога се огрешила што вкусила забрането јаболко, дали каснал и Адам од тоа јаболко? Ева сигурно му донела дома на златна тацна. Така изгледа рајот и развратот. За големите умови и големите будали... Треба ли малку одмор да видат? Ако во рајот, сепак, служат грозје во златна тацна - каде можам да се пријавам? Дали пријавувањето во рајот е електронски, на пример со “Рај” картичка, па сите врати да ти се отворени? Кој гарантира дека ќе те примат? Влезеш ли горе, влезеш ли доле, оној кој што бил доле и се искачил до горе знае што треба да се прави и кажува: „Влези слободно на свој ризик“. Секоја врата носи по нешто добро или лошо, зависно како ќе ја сфатиш таа метафора. Полупразна чаша вино, Гневни змии отровници, кои те напаѓаат, шише „Џек Даниелс“, кожена фотелја и кибла мраз, подотворена врата од каде се слушаат гласови на непознати души.

Внимателно каде чекориш и каде стапнуваш. Нема лошо и добро, црно и бело. Светот сам си го организираш на свој начин и по свои убедувања. Сите сме си слободни како ластовици, а кога грешиме сме како оние птици со главата во песок. Носиш ли добрина - добрина ќе те снајде, носиш ли лоша душа - лошо ќе те снајде.

Теодор Петковски

The dawn of a new Erasmus+ adventure

February 14th to 19th, downtown Skopje

A new Erasmus+ project uniting organizations from Skopje, Barcelona, Bucharest, Århus, and Nicosia has recently been approved. To start implementing this idea, a six days kick-off event was held in Skopje. Here is an insight into the early stages of this cross-border working group committed to empowering youth in the long run.



Partners from five European countries tackling Youth, minorities, intercultural learning and counter-discrimination united in the firm commitment of providing a roadmap for youth activism across Europe. The organizations involved in the project *European Youth at the Frontlines of Active Citizenship: A Roadmap towards a collective “South-North-East-West” Momentum* are the following:

- Volunteers Centre Skopje
- EUMC for Diversity and Intercultural Dialogue Århus
- Citizens in Power (CIP), Cyprus
- AsociaciónMundus - Un Mundos A Tus Pies
- Young Europe Society (YES), Romania

Impulsed by Volunteers Centre Skopje, this initiative project has been tailor-made to take part in the process of empowering European youth, and eventually succeed. This innovative program provides a platform to provide young people from areas with fewer opportunities with a possibility to explore innovative ways for active citizen participation in the democratic processes in our European societies. A selected network of youth multipliers will be





trained, mentored and receive financial support for grassroots youth-led outreach initiatives, with the objective to directly support our societies' aspirations to achieve social and economic prosperity.

The young multipliers will be challenged to identify ways to influence policies and participate in the democratic processes of their communities. Their task will be to come up with an initiative tackling a selected cause, with the goal of creating a ripple effect across local communities located at the North-South and West-East axes of Europe that will impact our societies as a force for good.

The project participants can select a specific cause from one of these five Core Areas:

- 1) Education and lifelong learning
- 2) Social and Community Issues
- 3) Environment and Sustainability
- 4) Culture and Heritage
- 5) Health and Wellbeing

Selected young people will then be granted 1000€ to initiate a change at the local level and thus improve their societies.

The purpose of this one-year project is to *manage the present and create the future by building bright minds thinking critically, with the belief that society can be a better place through enhancing the lives of youth.* Young people setting their own narrative is definitely a top priority. This commitment is the cornerstone of this initiative uniting partners from all

parts of Europe to work together. All five countries where participating organizations are active have experienced youth empowerment movements in the last years, in a wide diversity of ways.

In the aftermath of the project proposal approved by the Education, Audiovisual and Culture Executive Agency (EACEA), part of the European Commission, two representatives from each partner structure traveled to Skopje to meet their counterparts face to face. First, they presented their organizations, their fields of expertise, and its latest updates. Then a wide proportion of this kick-off meeting was dedicated to brainstorming and eventually agreeing upon the implementation timeline of the project.

Each of these six fruitful days started with an inspirational motivation quote as an energizer. The sessions were divided into getting acquainted with one another, having thorough thinking of how the various steps of the project will be taking place on the ground in each of the five countries. Furthermore, several workshops were facilitated, for instance, to try to get an insight into the perspective of the various involved society actors. Last but not least, team building activities were stimulative ways to strive together to succeed as a team in taking up little challenges.

Stay posted! More is to come very soon right here: <https://roadmap4youthactivism.info/news/>

Jules Striffler (text and pictures)

Udhëtimi më i gjatë

A mund ta shpjegojmë dashurinë?

A gjendet ajo në buzëqeshjet që shohim, në të qeshurat që dëgjojmë, në shkëlqimin verbërues të syve të dikujt apo ndoshta në prekjet tona? Në të vërtetë nuk ekziston një shpjegim i mirëfilltë. Por a duhet të dimë se prej nga vjen ajo? A mund ta shohim atë në perëndimet flakëruese apo ta dëgjojmë përmes valëve? Ndoshta errësira do të na sjellë atë. Kurrë nuk mund të jemi të sigurtë.

I want my time with you

Në jetën tënd ti ke gjithë ato njerëz që i ke njohur dhe dashur që nga momenti që ke hapur sytë për herë të parë dhe ke marrë frymë. Po këta persona të japin të gjithë dashurinë që ky univers mbart. Si mund të duash dikë aq shumë? Si mund të shpjegojmë sa shumë këto njerëz i japin kuptim jetës sonë? Mjafton vetëm një shikim, pa thënë asgjë, një prekje dhe të gjitha molekulat shpërthejnë e kështu mund të shohësh shkëlqimin në to.

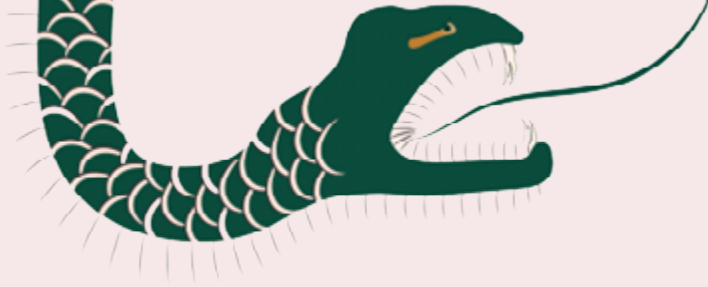
A ju ka ndodhur ndonjëherë të shikoni dikë e të thoni me vete: 'Ku ka qenë ky person gjatë gjithë jetës sime? Si mund të kemi aq shumë gjëra të përbashkëta e të jemi aq të ngjajshëm kur në fakt s'jemi takuar më parë?' Ndonjëherë para nesh ndodhet një zemër e pastër e sërish nuk e shohim dot ashtu siç është në të vërtetë. Magjepsesh nga mirësia, e bukura dhe natyralja, e sërish i fajëson ato se pse nuk e ndajnë gjithë atë mirësi me të tjerët, por më pas e kupton se bota nuk iu ka dhënë asgjë të mirë në këmbim. Por prapë se prapë, pas një kohe ato fillojnë të pranojnë të metat e t'i zëvendësojnë ato me përsosmërinë, e kështu fillojnë të shkëlqejnë.

Keni dashuri të mjaftueshme brenda jush për të gjithë ato shpirta që ende nuk kanë ardhur? A mund të duash më shumë se aq? Një ditë do të takosh dikënd dhe në to do të gjesh të gjitha agimet, perëndimet e diellit dhe stuhitë që presin të çlirohen që aty. Gjitha copëzat do të afrohen për tu bërë një. Dhe po ky person do t'ju dërgoj përtej asaj që ju keni imagjinuar, përtej të pamundurës. Këto persona do ta dëgjojnë thirrjen e zemrës suaj dhe do t'i përgjigjen asaj.

Dashuria është udhëtimi më i pastër e më i gjatë i gjetjes së shpirtave, është ajo pjesë e mangët që ne kërkojmë pa pushim, dëshira për të patur po atë, për ta jetuar atë ëndërr që ne kemi ëndërruar, për ta mbajtur krah nesh, në të mirë e në të keq. Dashuria është ajo rrezja e parë e diellit, pika e parë e shiut dhe drita e hënës që prek lëkurën tonë.

Dashuria gjendet në momentet që ne jetojmë, në kujtimet që ne krijojmë, në të qeshurat që ndajmë, në trupat që prekim, në fjalët që themi. Ne jemi të aftë të krijojmë dashuri. Ne jemi ato që lëvizim universin. Dhe për aq kohë që ne kujtojmë, jetojmë dhe flasim për shëtitje rreth plazhit, stërmendojmë në shi, flasim nën një qiell të ndritshëm dhe arratisemi, NE DO TË KUJTOJMË DASHURINË.

.....
Ana-Marija Pejchinovska
 Përkthim: *Besmira Ibraimi*



“СЕКОЈ БИ ТРЕБАЛО ДА СИ НАПРАВИ ТЕТОВАЖА”

Веќе неколку години очигледно е дека тетоважите се појавуваат на кожата кај сè повеќе и повеќе луѓе. Од младиот рокер до докторот, тетоважите оставаат зад себе брутални и насилнички претстави за користа на улогата на целата уметност! Ајде да го подготвиме дермографот и заедно да го истражимо овој свет!



Интересна приказна

Практикувано со милениуми, тетоважите се графичка уметност, чие значење е за кожата на луѓето. Пронајдени се египетски мумии кои стари 3000 години, на кои има тетоважи од овци и бикови (може да се видат во Британскиот Музеј). Освен тие мумии, денес знаеме

дека тетоважите опстојувале подолго време во различни култури, општества, но не биле географски определени. Од Кина, пред нашата ера до Бритоните во Римското време, поминувајќи ги Полинезиските Острови, тетоважите се распостранети насекаде низ Светот!



Тетоважи : Целосен симбол

Како што беше предходно споменато, тетоважата се покажа како мултикултурно дело многу рано. Многу одамна, тетоважата била симбол за социјалниот ранг бидејќи била трајна и видлива. На пример, во Јапонија, за подолго време, била користена како казна за криминалците. Во денешно време се поврзува со Земјата каде што изгрева Сонцето бидејќи има интимна приказна со Јакуза, локалниот подземен свет. Тие гангстериго користеле ова како оружје за да се распознаат еден помеѓу друг. Бидејќи тие треба на некој начин да бидат прикриени, тетоважите на Јакуза ги има како фрески наречени Ирезуми кои се наоѓаат на грбот или по цело тело. Секој цртеж си

има свое значење : Кои би значело мотивација и упорност, змејот би симболизираше сила и чест.

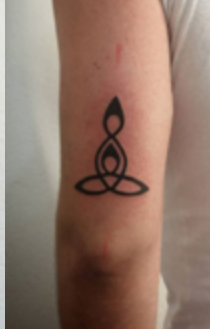
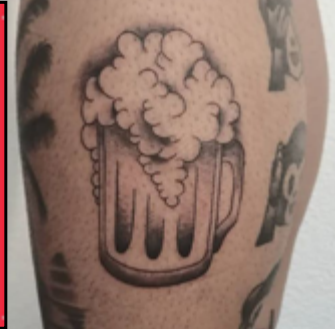
На тотално различен начин, во Полинезија, “тетоважата го претставува тоа што се наоѓа најдлабоко во човекот”. Честопати во црно, Tatau (од каде што произлегува зборот тетоважа), се прикажува преминот од адолесценцијата до зрелоста. Низ низата на кадари/патерни/дизајни (желки, заби од ајкула, крст и сл.), овие тетоважи го прикажувале карактерот на најдобриот можен начин. Има и важен индикатор на социјалниот ранг бидејќи што повеќе се тетовирал некој, толку повисок станувал неговиот ранг.

Мастилото не избледува

Во 21-ви век, тетоважата има целосно нов облик. Иако тетоважите кои ги нарекуваме традиционални сеуште постојат, тетоважата се открива во популарна форма. Деновиве во Франција, на пример, има повеќе од 18% луѓе со тетоважи (над 18 години). Зошто е ова главниот интерес? Прво, еволуцијата на материјалите и разните закони за продуктите (мастило, игли...) и хигиената се подобри. Згора на тоа, спрема еволуцијата на општеството и постоењето на тетоважите во попкултурите, станува сè повеќе и повеќе прифатено. Ние се приклучуваме на диверзитетот на стиловите. Знаејќи дека тетоважата е уметност која е направена од уметник, сите од нив работат,

користат инспирација и го откриваат својот стил. Меѓу најпопуларните стилови во моментот се забележува “neo-trad” што е еволуција од старата школа. Нео-традот е многубоен/шарен стил каде што со помодерни техники се прави подетална работа, се додава сенка, пореалистичен изведба. Забележуваме и многу украсни тетоважи но исто така и минималистички... На крајот, не е можно да се знаат сите стилови, секој мајстор за тетоважи си има свој стил. И конечно, што е мајстор за тетоважи? Личи на многу опширно прашање, па затоа прашавме мајстор за тетоважи во Скопје да ни каже повеќе информации за најзината работа.

ИНТЕРВЬУ



Интервју

Дали може на кратко да се претставите?

Јас сум Анета, имам 27 години, јас сум македонски мајстор за тетоважи.

Колку долго сте мајстор за тетоважи и кога го отворивте студиото 11:11?

Јас сум мајстор за тетоважи веќе 2 години, а студиото е отворено од Ноември 2019 година.

Како станавте уметник за тетоважи?

Имам студирано на Универзитетот за Академска уметност. За мене кожата е како нов материјал, нов експеримент. Не знаев што да правам со себеси... Па купив машинка и почнав да се тетовирам. На самата себеси, секако.

Каков е процесот за тетовирање?

Прво, клиентот теба да дојде во студиото со дизајнот, некои идеи за дискусија. Дискутираме за дизајнот, големината и местото каде што сакаат да биде поставена. Потоа, закажуваме термин и почнуваме! Ако клиентот е малолетен и родителите треба да дојдат.

(Ед: ние исто така ќе забележиме дека може да се направи и друг вид на тетоважи: "Flash". Тоа е претходно нацртано дело на уметникот, ако ви се допаѓа, може тоа да се истетовира. Често се прави на некаков вид на настан/конвенција. Ова го викаме "Walk-in")

Веќе го спомнавме дизајнот, како би го опишала својот?

Се зависи од тетоважата. На малите тетоважи, не можам да се изразам, клиентите имаат многу специфични идеи. На поголемите тетоважи

се чувствувам послободна. Но генерално мене ми се допаѓаат црни, силни линии.

Дали имате забележано еволуција на Светот на тетоважите во Македонија? Какви луѓе доаѓаат да се тетовираат?

Најпрво, да, имам приметено дека има сè повеќе студија сега. На секој ќош! За публиката, би кажала дека се движат на возраст од 18 до 30 години. Но мојот татко има 50 години и сега ќе се тетовира затоа мислам дека не се важни годините.

Неколку зборови како заклучок?

Јас работам со страст, а за тетоважата како уметност, веќе многу луѓе во Македонија се свесни за тоа. Исто би кажала дека секој може да стане уметник за тетоважи. Само треба многу прецизно да црташ и многу да вежбаш. И секако дека секој може да се тетовира, супер е!

Тангуи Паје

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Извори:

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Strawberry Stem



*I feel strangely detached today,
As if my sensations were those of someone else,
describing it to me through imperfect metaphors.
I eat a strawberry and want to enjoy the flavor,
But just a second later, the taste has already faded
away into oblivion.
Remaining is just the fact, that I am sure of having just
eaten a strawberry
Along with the slowly decomposing strawberry stem.*

Mathis Gilsbach



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