

VOICES

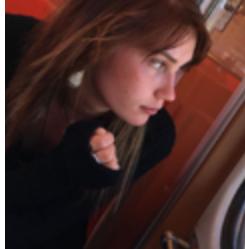
MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

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EDITORIAL



КИРСИ СУОМИ - УРЕДНИК НА ОВА ИЗДАНИЕ НА "ВОИСЕС"

KIRSI SUOMI - EDITOR OF THIS EDITION OF "VOICES"

We are living extraordinary times. The whole world has stopped and isolated itself and suddenly we all have a lot of time to spend with ourselves. Being apart from our loved ones is hard but at the same time this weird situation gives us an opportunity to get to stop and think our own lives, the past, present and future. But it's important that we don't sink too deep to our thoughts and the uncertainty of the situation.

Give a break to your brains and dive into the world of VOICES. The topic of the month takes you back to see the history behind April fool's day. And even further back to read about Pompeii. Get to know the story of the trapped princess and reborn from the ashes like a phoenix, more stronger and ready to spread your wings. You can learn how to reach peace and balance and read a reportage about personal development. Gain useful information about waste reducing and read the thoughts of our volunteer from the current situation.

And if it feels that you need something to do on your spare time, take a computer and write for our next edition! And stay safe.

Живееме во вонредни времиња. Целиот свет запре и се изолира, а ние неочекувано добивме многу време да си го посветиме себеси. Да се биде раздвоен од оние што ги сакаме е исклучително тешко, но истовремено, оваа чудна ситуација ни дава шанса да размислиме за нашите животи, минатото, сегашноста и за иднината. Сепак, важно е да не потонеме премногу длабоко во нашите мисли и во неизвесноста на ситуацијата.

Дајте му одмор на мозокот и нурнете во светот на „Воисес“. Темата на месецот ќе ве врати назад за да ја слушнете позадината зад „Први Април – Денот на шегата“. Одиме дури и уште поназад во минатото за да прочитате за Помпеја. Инспирирајте се од приказната за заробената принцеза, која како птицата Феникс ќе се издигне од пепелта, посилна и похрабра како никогаш порано да ги рашири крилата. Можете да научите како да постигнете мир и рамнотежа, да ја прочитате репортажата за личниот развој. Информирајте се за редуцирање на отпадот и прочитајте ги мислите на нашите волонтери за тековната ситуација.

И доколку сметате дека ви недостига уште нешто за побргу да ви помине времето, земете го компјутерот в раце и напишете нешто за следното издание на „Воисес“! И останете дома и на безбедно.



Erasmus+

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a day full of foolishness

When the spring is on its way and the month turns from March to April, there comes a day when you can't trust anyone or anything. And if you do so, you'll end up getting laughed at. And that day is, of course, April fool's day. The tradition of hoaxes has now spread widely but where does this custom come from?



The origin of how the April fool's day started isn't even totally clear for us. In Europe, we celebrate this custom on the 1st of April. A similar day in Spain, Hispanic America and the Philippines is called "The day of the holy innocents!" and it's celebrated on December 28.

According to the most common theory, the custom to celebrate Aprils fools' day goes back to the moment when people in Europe switched calendars from the Julian to the Gregorian calendar in the 1500 century. And apparently, in France it caused misunderstanding. The adaption enabled the possibility to fool other people that the 1st of April was still a proper day to celebrate the New year, even though the day was moved to the 1st of January after the calendar change. And if people went to this hoax, well.. then they got huge laughs from forgetting the real day and celebrating the new year at a wrong date.

"*prima aprilis!*"

"*Poisson d'avril*"

"*aprillia, syö silliä, juo kuravetta päälle!*"

different traditions

In France, Belgium, and Italy this day is known to be the April fish. Traditionally people have been taping paper fishes on other peoples' backs in the way that the person doesn't notice it. And afterward making fun of them from looking so foolish with fishes in their backs and yelling "poisson d'Avril" which means Aprils fish. It's also common to tape other stuff like a "kick me" note on someone's back and make humor out of it.

In Finland, the point of the fools has been more to make someone do something foolish, not just to prank. Before there was a habit to fool children out of the house when it was time for spring butchering or something that wasn't meant for the young eyes to see. So adults used to send their children to borrow some imaginary stuff from neighbors' houses, who of course were in the same scam and made the children continue their ridiculous search. And so the children went from house to house chasing the most inventive stuff, like a glass ax or darkness from Egyptian night. Also as a purpose to teach children not to be so easily believing. And since the tradition landed to Finland via Sweden, the custom has taken this date.

In Ukraine, the 1st of April is a public holiday and every year they celebrate it by having a huge festival called Humorina at Odesa. Traditionally there is a big parade of comedians, musicians, clowns, and people dressed up doing performances and enjoying the festival of humor.

We all love to sometimes do practical pranks and laugh our lungs out. Now days probably the biggest focus is in the media. In many countries, the newspapers and media are inventing different large-scale pranks and spreading them around.

legendary pranks

One of the most legendary hoaxes was when BBC's Panorama series showed a video of Swiss people celebrating a good spaghetti harvest. In this video, they show how farmers are harvesting spaghetti from trees and information that they've finally defeated the spaghetti beetles who were a threat to the yield. People started to call asking how they can grow their own spaghetti tree and the channel replied that everyone can grow their own spaghetti tree just by putting spaghetti into tomato sauce jar and hoping for the best.

In the year 1962 in Swedish television expert Kjell Stenson told that since they've had new technology, it's possible to watch broadcasts in colors if you put nylon tights on the TV screen because they refract light. And of course, many people were fooled, and men were searching women's tights all-around their homes.

Kirsi Suomi





POMPEII

79 CE, The volcano of Vesuvius erupts, stones and ashes are thrown into the air, raining on the terrified people in the cities of Herculaneum, Stabia and Pompeii. It must have seemed like the wrath of the gods for those who had to suffer in the ashes of the eruption. As Pliny the younger recounts:

Sources;

The Destruction of Pompeii, 79 AD," EyeWitness to History, www.eyewitnesstohistory.com (1999).

Ashes were already falling, not as yet very thickly. I looked around: a dense black cloud was coming up behind us, spreading over the earth like a flood. [...] You could hear the shrieks of women, the wailing of infants, and the shouting of men; some were calling their parents, others their children or their wives, trying to recognize them by their voices. People bewailed their own fate or that of their relatives, and there were some who prayed for death in their terror of dying. Many besought the aid of the gods, but still more imagined there were no gods left, and that the universe was plunged into eternal darkness for evermore.

His letters are one of the first accurate descriptions of a volcanic eruption in known history. At first it seems, people didn't exactly know what to make of it or how to interpret the warning signs. Elsewhere in his letter he describes how his uncle was curious to investigate a strange, dark cloud, rising over a mountain in the distance. However, when he got a message calling for help from a city closer to Vesuvius, he led a fleet to rescue. And he did succeed to save some, however died in the process.

What was a horror in the past, turned out to be a treasure chest for archaeology later on. Nowadays Pompeii is the most complete Roman city that one can still walk in. Of course everything is in ruins. Yet it is impressive to see how much has been preserved. Street after street with tall walls of houses, the ancient forum, then the centre of the city, now the meeting and resting place for all the tourists. The ruins of the bath still show parts of the ancient frescoes and wall paintings. And the amphitheatre, where Pink Floyd once played is still almost as it was just left the day before. Only some plants are invading the cracks and crevices between the stones.

Impressive the "statues" of people that perished in the disaster. Killed by a 500°C hot cloud of gas and ashes, speeding down the flanks of the mountain, their bodies were buried under tons of rock and ashes and due to the fire and heat completely disappeared, leaving a hollow space of their last moment. Later discovered by archaeologists, their exact posture was immortalised in statues made by taking a mold from the hollow forms in the ground.

However it raises ethical questions. Can we just exhibit them, should we treat them as human remains and preserve their dignity? It may well be almost 2000 years ago, that they died. Yet we are able to look them into the face and almost witness their gruesome death. Surely it is adequate to take a moment and remember their suffering and realise that those were humans, not just some statues of cold marble.

The way they are displayed in Pompeii is very raw, very much throwing the sight of the dead at the living, unsuspecting spectators. And in a way this is enough to make one think and sympathise with a person unknown, from a time long bygone. But then it also puts their death on display, makes it a sensation, a goal for paying tourists and ever clicking camera shutters. Can we do that? Can we just throw them out into the eye of mass tourism, their death just another sensation for the modern visitor?

On the one hand, especially in this case, we are just dealing with a mass of concrete that looks like a human body in the moment of death. It is just a collection of matter shaped like a corpse. So why not treat it like any other statue? Beautiful and sublime, yet ultimately cold and lifeless. On the other hand this is the exact depiction of a real death gruesome and horrid. Are we not obligated to feel empathy with their suffering and approach their image with due solemnity?

I come to think that there is no need for a change in presentation, for a more sombre atmosphere, for gravestones or a chapel of sorts. For the rawness of suddenly coming face to face with someone's last moment elicits empathy and solemnity all on its own. Perhaps not with everyone. For some it will be nothing more than a fun occasion for a selfie with the dead. A short amusement between ice cream, the beach and pizza.

But I dare to believe that many visitors will stop a moment in their tracks to think about these fellow human beings from two thousand years ago and connect with them in a very basic and human way, by remembering their shared mortality. And isn't that the greatest respect we can give, to still commemorate someone after such a long time, to still visit them, immortalising them in our collective memory?

Mathis Gilsbach

TOGETHER STRONGER

In these days of uncertainty and ordeals, I do think the paradigm “United we stand, divided we fall” is firmly convincing.

As an illustration, the solutions impelled by border-regions decision-makers are tellingly evocative. Baden-Württemberg, through its Minister-President Mr.Kretschmann, followed by two other German Bundesländer (Saarland and Rhineland-Palatinate), three Swiss cantons, and Luxembourg, announced its decision to take in seriously affected French patients. Another example is the transfer of sick people from Lombardy to Saxony.

The other solutions implemented by authorities, for instance, medicalized fast trains to evacuate infected people from saturated regions to a better location are very impressive as well.

Our societies will get out of this ordeal indelibly marked. On the one hand, the pain and violence we will have experienced in such wide proportions will forever be in our minds.

On the other hand, I choose to believe we will be reminded to which level the values of solidarity, resilience, dedication, and sacrifice can be implemented and how careful toward one another we can be when allegedly normal people are being put to the test.

I decide to hope such a challenge will enable people to see beyond the notions of nationality, ethnicity, or social

groups. I hope we will be smart enough to eventually emphasize what unites us instead of focusing on our singularities which can be sometimes difficult to match together or our interests which diverge from time to time.

As an epilogue to this brief opinion, I would quote two British nationals, very different, but both significantly inspiring to me.

First Sir John Lennon:

“Imagine all the people
Sharing all the world
You, you may say I’m a dreamer
But I’m not the only one
I hope someday you will join us
And the world will live as one”

Then, Sir Winston Churchill:

“We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender.”

Jules Striffler (text and pictures)

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- John Lennon, Imagine, 1971, Apple Records



Beirut - توریب، Lebanon



The trapped princess





Once there was a girl, who was growing up as a princess and being trapped little by little. How? Well, with the help of the feeling of guilt and fear, of course! Oh, and yes, the undeniable judgment of anything and everything by the people around her.

And day by day, she lived by rules like “do as you’re told” and “don’t ask questions”, because that’s how friendship works.

And “don’t let anyone get disturbed by any of your wishes”, because that’s how family works.

And “you should let your head be low and bow to the boss”, because that’s how society works.

“Be there at that time and do that on that day and act like you’re happy, never show how you feel because that will ruin the mood of everyone else, darling.”

“To the insults just respectfully nod your head, well it’s been that way since forever and now you’re going to change it?”

And “don’t be a rebel, that means you’re not taught well!”

And “persevere now, then when you’re older, do as you please.”

One day she couldn’t take it anymore! And she tried, she didn’t go there at that time, instead she went somewhere else. Saw different people from the ones she knew, people who lifted her spirit and didn’t judge her for every single word that came out of her mouth. And she tried, she showed how she felt and they, again, sharpened the knives of fear and the feeling of guilt. But, she was unreachable for them, because she was higher above the people who judged her, while ignoring their own sins. She didn’t feel guilty for doing the things she loved, while she didn’t hurt anyone. And she didn’t fear the consequences when she chose the people that brought her joy.

And she lived happily ever after with visions of good thought, instead of manipulating. Visions of growth, instead of tearing down just because “that’s the way it’s always been”! She began to bloom very fast and nobody could ever allow himself freely to step on such a flower.

Dafina Veselinoska

Personal Development

In an ever-faster world, with always more information, thanks to social media, always having to be happy without the keys of happiness, and all the social rules that we should follow, it's normal to be lost. In this context, a new practice appeared: the personal development

Personal development is the notion to develop yourself, nothing harder than that. It's used to analyze your operation system, it follows your habits, your emotions, your way of think, and helps you to work on it and become the best version of yourself. It teaches you to accept who you are, with benevolence. A lot of different disciplines have been mixed to create personal development. This combination will improve your self-knowledge and your quality of life, but also reveal your potential and talents to realize your dreams if you accept the responsibility of your life.

The personal development appeared around the 18th century. Indeed, Benjamin Franklin already wrote books with tips and "recipes" about life and business management. They started to integrate personal development as a notion in 1936 with Dale Carnegie's books. He wrote about understanding humans to improve and develop sales of companies, and then marketing.

Around 1943, Abraham Maslow's work has been interested in human's needs and created the Maslow's Pyramid*. It classifies human's necessities by priorities. According to his theory, the highest need is "self-

*This pyramid used to help marketing services to sell any products to anyone. Nowadays, it's reconsidered a lot. Indeed, as explained P. Mouillot in his article on the online newspaper TheConversation (link in sources), in theory, no one should create a love relationship without feeding himself first or being part of a social group without caring, first, about his own security. Except that, in reality, this classification cannot operate. With the actual events, we can observe that this pyramid can, more or less, work.

development

actualization". Carl Gustav Jung, Alfred Adler, Eric Berne, and Émile Coué de La Châtaigneraie, who were therapist, pharmacist, or psychologist in the 20th century published many works which integrated later in personal development. It's the foundation of the used notions in this practice.

In personal development, we can find notions like psychology, philosophy, sport, dietetic, ... Usually, a coach certified in this practice has as motto "a health mindset in a healthy body". Personal development is based primarily on positive psychology. Exercises on gratitude, stress management, ... are then proposed. But, as Mark Manson explains in his book "The subtle art of not giving a fuck" published in 2016, "wanting positive experience is a negative experience; accepting negative experience is a positive experience". If we only want positive experiences, we will be disappointed more easily because it is not possible to have only positive experiences. So, if we accept that there are positives and negatives in our lives, then we will learn to manage our lives like that and not take a negative experience as a failure, but as a source of learning.

They often offer free podcasts and communicate a lot

on their social networks. It is also possible to access paid services such as personalized coaching or holistic retreats.

Personal development, through self-exercises, helps to analyze our past experiences whether positive or negative and to use them as a learning force. Accepting one's emotions is also a big part of personal development: according to coaches, accepting one's emotions rather than repressing them allows us to use them as a marker of daily life, to gauge the events that run through our lives and our days. Through this use, self-acceptance and the alignment of our inner self allow us to gain confidence and thus to realize the projects that are important to us.

On listening platforms such as Apple Podcast, Spotify, YouTube, SoundCloud or Deezer, you can find them in all languages. Feel free to vary the podcast channels to vary the content.

Personal development is eventually about finding out who we are, like googling the story of our idol.

Camille Labbaye
(Text and picture)

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- Mark Manson, *The subtle art of not giving a fuck*, 2016

Peace and balance

It's not so easy to find peace and balance, especially nowadays, during the time of pandemic. We're surrounded by different information shared on social media, within TV, by our friends and family, which often influence on how we feel. There are more fear and anxiety felt by everyone in our society and it's because we somehow lost control of our life. We don't know what to expect from the future and no one does. If you want to find out how to keep life balance during this unstable time, keep reading.

Here we are, in the world of misinformation, where everyone tends to panic because of what they read and in the same time we hear from the others that we shouldn't panic. And yes, we shouldn't panic, but we have all rights to have feelings like anxiety, fear, frustration, anger or any others which are often described as negative. In fact, they coexist with all other feelings and they're as important as any others.

And here, to keep inner peace and balance, it's very important, to be honest with yourself and admit what kind of emotions you have because of the situation you're facing. It's always good to talk about your feelings or to find some safe space for sharing them. However, it's not always possible to talk about how we feel and sometimes we're stuck with people, who would rather not talk so deeply or who are not ready yet to admit what they truly feel. That's also okay and you should respect that.

Yet, there is another way, to be honest with your feelings and somehow to feel relieved, which is writing. Take your time and write down all of your feelings. Try to name them. If it's difficult to verbalize them, then use some sentences to describe how you feel. Then try to include the situations which made you feel like this. It's good to be aware of the situation, which make you feel this way. You can realize if it's the news you read constantly or if it's some pictures of your friends, or staying in one room with your siblings or family – anything which might have influenced your current emotions. That's how you can answer it – by naming them and understanding the source.



Don't try to be Mr/Ms. Perfect if you don't feel like that. It's a new situation for everyone and like with all new situations, we need some time to adapt. That's why some people may act differently or they feel lost. Keep that in mind.

And then, if you accepted what you feel and what other people around you might feel, take some deep breath and let's try with some quick tips on how to keep peace and balance in your life, especially during quarantine time.

1. Don't read the news all the time. If you really want to catch up with everything, then set yourself a specific time each day and check all information from one day. Avoid any uncertain sources of information – there were many of them before and there are even more now. Use the official site of your government to keep yourself updated about precautions. You can also use the WHO (World Health Organization) official site to follow with their news. Don't spread unofficial information, which may cause other people to panic. It's good to support each other.

2. Plan your day. We all have a lot of time at home now, but it doesn't mean we should do nothing. To plan your day is to keep yourself active and make your thoughts busy with your daily activities, which in fact haven't stopped. We still have our school's appointments, courses and other activities we took before the time of quarantine. Start your day with a plan of what you want to do – plan all your appointments, homework, home fitness, free time for games or reading books.

— bring it back!

You can use it also for planning your meals. It can be the right time to improve yourself in the kitchen, trying new recipes and sharing with your relatives. Don't overload yourself – don't plan too much. We don't need to be perfect with #homeoffice and #dailyroutine from the first moment. Be gentle to yourself and treat yourself with lots of love. It's very important to remember that the plan is to make you feel more relaxed not more stressed.

3. Take some rest! People might think that because we stay at home, we shouldn't be tired so easily. However, it's not true. Working with our brain and being part of an unstable situation make us feel more tired. Our eyes also get more tired because of spending time in front of the computer screen. Take it easy. Go to sleep earlier or simply take a break during your day. Make yourself a cup of good tea or coffee and enjoy it. You can also use this time as self-care time, to be more gentle to your body and organism. Don't allow yourself to think that you should be unhappy these days. It's a difficult time, but still, you can enjoy your simple pleasures.

4. Do some practice and don't forget about physical activity. Even if it's only 15 minutes of squats in your room, it's still good to keep you active and to evoke some positive hormones. You can also do some yoga or simply meditate. If you can go outside at least for 15 minutes, then go and take as much of this time you can. Try to breathe deeply and take a look at the green area.

5. If you miss your social life, call your friends. There are some people who prefer to be alone, but for many of us, being alone is very frustrating. Keep in touch with your relatives and friends, ask them how they feel. You can still be together, even though it might be a little bit more challenging. Write a letter to your old friend or meet online to do something together. You can play board games online or plan to do something together like reading the same book or watching the same movie.

6. Be by yourself and use this time for practicing what you truly love. If only you like to write from time to time, do some grateful diary and try to take some time for daily gratitude – for what you achieved, for what you have, for all relations you built in your life, for all of the new activities you came up with. It's very important not to forget that we still have lots of things and areas in our lives to be grateful for.

As you can see, all of those tips can be used now, as a part of our routine, as a part of being good to ourselves and to other people who surround us. It's about taking care of yourself and other people more, about finding peace in small things, and simply being grateful for that.

This time will be gone, soon. All of those practices and all of your actions taken now will stay with you. Start with some refreshments and with honesty and inner love.

Wiktoria Moritz

Lagom

– not too little, not too much.

Just right.



Have you ever thought about how much is enough for you?

“Lagom”, the word, which is commonly used by Swedish people, means just right. It can be related to all human areas of living to make people’s life more harmonic and balanced.

Sometimes, the word “lagom” is compared to the idiom “less is more”, which brings us to one of the key characteristics of Swedish culture and life’s approach which is sustainability. “Less is more” got to become a kind of global quote. The world starts to be tired of boundless consumerism. People are finally trying to find some better solutions to save our planet. One of them is to go “less waste” – but what is that? “Less waste” is a lifestyle of people who try to avoid producing trashes and they want to be more aware consumers. It has 3 principles, which you can find right here →

RECYCLE



REUSE

REDUCE



Less waste always starts with people's awareness. If we want to raise awareness of the society, we should first ask ourselves some crucial questions. These can be:

- what happens with all those trashes I threw out to the bin?
- who produces all my clothes and how?
- what will happen with my household goods and consumer electronics when I put them to the trash bins?
- how long all my plastic bottles are going to decompose?
- how animals suffered because of some of my new cosmetics and why?
- what happens with cigarette butt I have thrown on the street?

Then, if we want to find some honest answers, we can start to think about why I need more – over and over again – and what I try to cover up with all those new things that I'm buying. And here we are again with "lagom" - use just right, do just right, live just right. And you will find your balance and harmony.

How can you start with less waste? First, answer the questions above. It's really important to find the reasons and you can do it only by being more aware of the consumer's reality. Then you can start with some little steps.

1. TAKE YOUR BAG WHEN YOU DO THE SHOPPING.

There are still some countries where giving a plastic bag is the norm. It's not nowadays and you don't need to follow it. Just take your own bag and some small bags for fruits and vegetables and refuse plastic ones.

2. FILTER YOUR WATER OR DRINK TAP WATER.

You don't need to buy water in plastic bottles anymore. There are much better ways to stay hydrated and not to pollute our planet. You can buy a bottle with a filter or simply drink water from the tap (if it's possible to drink tap water in your country). Good for the planet and better for your wallet - trust me!

3. RECYCLE.

Even though it's not a common practice in all countries in the world yet - it's going to be soon, hopefully. You can still recycle in your own bags and find some bins which are designed for recycling. You will see how much trash you produce every day and what is your main waste.

4. GO SECOND-HAND OR GO LOCAL.

If you really need to buy some new clothes, check first in second hand or on some second-hand websites. It's much better than supporting fast fashion production which affects our ecosystem. If you want, you can also support your local brands by asking how they produce their clothes.

5. PLAN YOUR FOOD.

It's pretty easy to start and it helps a lot with food waste every day. It will help the planet and again it is really gonna make your wallet more wealthy. Start with a couple of days' plan and schedule all your meals. Then make a proper shopping by buying only the products you need. You can include more veggie meals which are also a huge help for our planet - less meat, more veggies.

These are five easy steps that can help you to go less waste. I hope you'll enjoy it.

There are plenty of sites which can help you find best practices and it's always about being in harmony with yourself. Don't push yourself but try to be aware of all the changes you make. Remember, you can be the change of your community and you can have some real impact on saving our planet.

Wiktoria Moritz

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Mustafa Kemal Atatürk

Ataturk born in 1881 and left the world in 1938. He was born in Salonika. His last name is Ataturk which means the ancestor of the Turks. Ataturk, the greatest leader of the 20th Century, according to the ranking in Arnold Ludwig's book, "King of the Mountain." Ataturk is the most respected person in Turkey. Actually, not only in Turkey because there are about a hundred sculptures of Ataturk in about 50 countries except Turkey. Let's look at some important people in Ataturk's era who spoke about Ataturk and some well-known stories.

The name of Ataturk reminds mankind of the historical accomplishments of one of the greatest men of this century: His leadership gave inspiration to the Turkish nation, farsightedness in the understanding of the modern world, and courage and power as a military leader. It is without a doubt that another example can not be shown indicating greater successes than the birth of the Turkish Republic, and ever since then Ataturk's and Turkey's broad and deep reforms undertaken, as well as the confidence of a nation in itself.

- John Kennedy

"One of the most talented leaders of the after war period."

- New York Times

"The tears which men and women of all classes shed upon his bier were a fitting tribute to the life work of a man at once the hero, the champion, and the father of modern Turkey." - Winston Churchill



Ataturk and the tree; Ataturk saw the mansion during a yacht trip and rested under the shadow of a sycamore tree growing beside it. The branches of the tree had begun to damage the mansion, and the gardener proposed trimming them. However, Atatürk ordered the mansion be moved instead. Atatürk's mansion in Yalova, known as the "Yürüyen Köşk" (Walking Mansion) because Atatürk had the building moved to prevent a sycamore tree from being moved.

Ataturk and a Turkish women; In Tarsus, 1923, a women stay in front of the Ataturk and kneeled down, said " Let me be the victim of your land, Pasha ". Atatürk looked inside the women's eyes and lifted up. Then said " Heroic Turkish woman! You deserve not to crawl on the ground, but to rise above the shoulders ".

Letter from Ataturk to enemies' mothers;

"Those heroes that shed their blood and lost their lives ... You are now lying in the soil of a friendly country. Therefore rest in peace. There is no difference between the Johnnies and the Mehmetts to us where they lie side by side in this country of ours. You, the mothers, who sent their sons from far away countries, wipe away your tears. Your sons are now lying in our bosom and are in peace. After having lost their lives on this land they have become our sons as well."

Ataturk and Greek Flag;

Greek officers had walked over a Turkish flag in İzmir in 1919. To avenge, a Greek flag was laid down in front of the same building in 1922 but Atatürk refused to step on it saying "The flags are sacred; no one has the right to be disrespectful to them, even if it is your enemy's"

THE MUSEUM OF ETHNOGRAPHY;

Before the Sakarya war Atatürk was in the Ankara, the main headquarter of Turkey. If Turkey lose this war, the capital city Ankara will be conquered. Mustafa Kemal will go to war as the commander. Before going, Atatürk called the chief of staff midnight. Chief master was agitated because of midnight. Atatürk asked "Is decree prepared, I will sign before the Sakarya war." What is the decree? Why it is so important? The decree was " Establishment of THE MUSEUM OF ETHNOGRAPHY in Ankara and protection of historical Ankara houses." Total about 10.000 people died, about 40.000 people injured in the Sakarya war. This decree make Atatürk the greatest leader. Atatürk is the only leader in the world who sign a decree about culture during the war.

Ataturk did many things about today's most important issues like human rights, gender equality, protection of nature, education, give importance to art, active citizen and other many things. That's why he is the most important people in Turkey and also many other country respect him. We lose hundreds of thousands people and we fight against the most powerful countries for our lands. We didn't have much weapons but we had Atatürk. He save our lands with hero Turkish army and we will always be grateful to them. Thank you, Ataturk. I have a topic about a commander who didn't kill innocent people and care people and human rights. I love you, you will always live in Turkish people's heart.

Dogukan Sever

Sources: <https://www.ataturktoday.com/> , https://en.wikipedia.org/wiki/Mustafa_Kemal_Astat%C3%BCrk , King of the Mountain

Заробената принцеза





Си беше едно девојче, растено како принцеза и полека заробувано. Како? Па со помош на чувството на вина и страв, се разбира! А, и да, неизбежното осудување на сè и сешто од страна на луѓето околу неа.

И така, таа живееше со правила, како „прави како што ќе ти се каже“ и „не прашувај многу“, зашто така функционира пријателството.

И „немој да дозволиш некој да се вознемири поради било каква твоја желба“, зашто така функционира семејството.

И „само со наведната глава треба да се покоруваш на оној кој е шеф“, зашто така функционира општеството.

„Биди таму во тоа време и прави го тоа во тој ден и глуми дека си среќна, никогаш не кажувај како се чувствуваш, зашто тоа ќе им го уништи расположението на другите, драга.“

„На навредите само послушно кимај со главата, та ова е така од секогаш, па сега ти ќе го смениш?“

“И не се буни, тоа е невоспитание!”

“И издржи, па кога ќе си полнолетна, прави како што ти годи”

Еден ден `и преседна од сето тоа! И, се обиде, не отиде таму во тоа време, туку отиде на друго место. Виде други луѓе, луѓе кои `и го издигнуваа духот и не `и судеа за секој кажан или помислен збор. И, се обиде, покажа како се чувствува и тие повторно ги заострија мечевите на стравот и чувството на вина. Но, таа беше недопирлива за нив, зашто веќе како да беше издигната над сите оние кои `и судеа, а не си ги гледаа своите гревови. Немаше чувство на вина за правење на работите кои ја правеа среќна, а со кои не штетеше никому. И немаше страв за последици кога ги бираше луѓето кои ја доведуваа до благосостојба.

Така, таа сега живее со визии за добра мисла, а не манипулирање. Визии за растење, а не пропаѓање само затоа што „од секогаш било така“! Набргу, таа почна да цвета, а никој не си даваше за слобода да згази на таков цвет.

Дафина Веселиноска

Мир и рамнотежа

– вратете ни ги!

Не е лесно да се најде мир и рамнотежа, посебно во денешно време, во време на пандемија. Преплавени сме со различни информации на социјалните медиуми, ТВ, од нашите пријатели и фамилија, што многу често влијае на тоа како се чувствуваате. Сите ние сме во страв и исчекување поради тоа што немаме контрола над нашите животи. Не знаеме што може да очекуваате, а и никој не знае. Ако сакате да дознаете како да го одржите животот во рамнотежа во вакво време – продолжете да читате.

И ве сме, во свет на дезинформации, каде секој во паника поради она што го прочитале, а во исто време слушаме од другите дека не треба да паничиме. И навистина, не би требало да паничиме но имаме потполно право да чувствуваате анксиозност, страв, фрустрации, бес и друго што најчесто се описува како негативно. Всушност тие постојат заедно со другите чувства и се важни исто колку и другите.

И затоа, да се задржи внатрешниот мир и рамнотежа е многу важно да се биде искрен со себе си и да си признаете какви емоции имате поради ситуацијата со која се соочувате. Секогаш е добро да се говори за вашите чувства или да се најде сигурно место да се споделат. Сепак не е возможно секогаш да се зборува за тоа како се чувствуваате и некогаш сме опкружени со луѓе кои не би сакале да навлезат толку длабоко во тоа или кои не се вистински спремни да признаат што навистина чувствуваат. И ова е навистина во ред и треба да го почитуваме тоа.

Сепак постои уште еден начин, да се биде искрен со своите чувства и истовремено да се чувствува некакво олеснување, а тоа се постигнува со пишување. Не брзајте, полека запишете ги сите

ваши чувства. Обидете се да ги именувате. Ако ви е тешко да ги искажете тогаш во неколку реченици запишете што чувствуваате. Истовремено обидете се да ги наброите причините кои довеле до тоа. Добро е да се биде свесен за ситуациите кои допринеле така да се чувствуваате. Така ќе сфатите дали е до вестите што постојано ги читате или до сликите од вашите пријатели или пак престојот во едно место заедно со вашите најблиски – се што може да доведе да се чувствуваате на тој начин. Така може да си одговорите на тоа – со именување и разбирање на изворот.

Не се обидувајте да бидете Г-дин/Г-ѓа Совршени ако така не се чувствуваате. Ова е нова ситуација за сите нас и како кај сите нови ситуации, потребно е време да се навикнеме. Затоа и некои луѓе се однесуваат различно или изгубено. Имајте го тоа во предвид.

А потоа, ако го прифатите тоа што го чувствуваате и другите луѓе околу вас што би можеле да чувствуваат, вдишете длабоко и да пробаме набрзина со некои начини како да одржиме мир и рамнотежа во животот, посебно за времетраењето на карантинот.

1. Не ги читајте вестите постојано. Ако навистина сакате да бидете во тек со сè, тогаш зададете си одредено време секој ден и проверете ги информациите за цел ден. Избегнувајте несигурни извори на информации – ги имаше доста и порано, а сега ги има уште повеќе. Користете ја официјалната страна на институциите за да се информирате за преземените мерки. Исто така може да ја користите и страницата на СЗО (Светска здравствена организација) да бидете во чекор со нивните информации. Не ширете неофицијални информации кои може да доведат до паника. Пожелно е да се поддржуваме.

2. Планирајте си го денот. Сега сите имаме доста време дома но тоа не значи да не правиме ништо. Да си го планираш денот значи да си активен, да ги ангажираш мислите во своите дневни активности кои всушност и не запреле. Сите имаме училишни задолженија, курсеви и други започнати активности пред времето на карантин. Започнете го денот со план што сакате да правите – планирани состаноци, домашни работи, фитнес, време за игри или читање книги. Може да ги планирате и вашите оброци. Можеби е вистинско време да напредувате во кујната, да пробате нови рецепти и да ги споделите со вашите најблиски. Не се преоптоварувајте – не планирајте премногу. Нема потреба да бидеме совршени во #homeoffice и #dailyroutine од прв момент. Бидете внимателни со себе и грижете се за себе со многу внимание. Важно е да се запомни дека планот е да се биде порелаксиран, не со повеќе стрес.

3. Одморете се малку. Луѓето помислуваат дека ако остануваме дома не би требало толку лесно да се замориме. Сепак тоа не е така. Умствената работа и да се биде дел од ваква нестабилна состојба не прави да се замориме повеќе. Нашите очи исто така повеќе се заморуваат со поминување повеќе време на компјутер. Полека со сè. Одете на спиење порано или едноставно направете пауза во тек на денот. Спремете си шоља добар чај или кафе и уживајте. Може да искористите дел од времето за сопствена нега, да го негувате телото и организмот. Не помислувајте дека треба да бидете несреќни во овие денови. Тежки времиња се но сеуште можете да уживате во ситните задоволства.

4. Вежбајте нешто и не заборавајте на физичките активности. Дури и да се 15-минутни чучнувања во вашата соба, тоа е доволно да бидете активни и да се продуцираат позитивни хормони. Исто така може да вежбате Јога или едноставна медитација. Ако може да излезете барем на 15 минути надвор, излезете и искористете колку можете од времето. Обидете се да дишете длабоко и гледајте во зелените површини.

5. Ако ви недостига социјалниот живот, јавете се на пријателите. Има луѓе што сакаат да се сами но за повеќето од нас осаменоста е фрустрирачка. Одржувајте врска со вашите роднини и пријатели, прашајте ги како се чувствуваат. Сеуште може да бидете заедно иако е малку повеќе предизвик сега. Напишете писмо до стар пријател или најдете се онлајн и правете нешто заедно. Може да играте друштвени игри онлајн или да планирате нешто заеднички како читање на иста книга или гледање ист филм.

6. Бидете тоа што сте и искористете го ова време да го правите тоа што го сакате. Ако сакате да пишувате повремено, напишете неколку реда благодарност, посветете време дневно да ја искажете вашата благодарност – за тоа што сте постигнале, што имате, за сите односи што сте ги изградиле во животот, за сите нови активности што произлегоа. Многу е важно да не се заборави дека сеуште имаме многу работи и области во животот за кои треба да сме благодарни.

Како што гледате, сите овие совети можат да се применат сега, како дел од нашата рутина, како составен дел од нашето добро однесување кон самите себе си и луѓето околу нас. Сето ова е подобра грижа за нас самите и другите луѓе, за наоѓање на мирот во малите работи и да се биде благодарен за тоа.

И овој период ќе помине, наскоро. Сите овие искуства и активности спроведени во овој период ќе останат со вас. Започнете со освежување, искреност и вродена љубов.

Викторија Мориц
Преведувач: Горан Галабов

Извори:
<https://andrzejtucholski.pl/2020/jak-zachowac-spokoj-w-obliczu-paniki-coronavirus-covid-19/>
<https://humani.pl/>



Resettling in known territory

Traveling the world and the seven seas is definitely worth it. But then what? Do we belong to a specific place or do we not? Sometimes it doesn't matter how you would answer that question because some people are regularly or even constantly on the move either for business or personal purposes, or both. Also some people are less nomadic in their life-defining choices.

Let's try to brainstorm about the work in process at stake while you go back to your country, keeping in mind each person and experience is unique.



Getting back on track in an inherently familiar country might sound like an easy process. But, what's changed is your relationship with this allegedly familiar country is now to be considered with two factually unavoidable truths. First and foremost, you changed by crossing the border, in terms of values, attitudes, actions, dreams, and projects. Then your country most likely changed as well while you were not there.

So here you are, noticing step by step that your general living environment back home changed at various possible degrees of intensity since you left. On a more personal note, your friends and family have continued their lives. In one word, the earth kept revolving without you. It's like there's a shifting timeline in the life of someone who left his country for a short or long journey, like a sailor.

A variable-sized gap might be from now on dealt with while resettling back home. A discrepancy between on the one hand your memories of reassuring and familiar situations, and on the other hand the emotions actually felt. As Peter Parker once said, "This is my gift, this is my curse".

Primo, the first impression which might be compared to being jetlagged. This adjustment phase deserves a purposefully dedicated amount of time. An idea could be to harness the strength of dialogue.

Secundo, a written assessment of the travel might be considered as a feather in your cap. This opportunity to take a step back encompasses several components of your recently ended journey: strong points, weak moments, then learnings, perspectives, and finally short- and mid-term objectives. Starting from this report, you can try to capitalize on your experience. For instance in terms of language skills or terms of dissemination with other people.

This evaluation phase is as well a useful way to bring meaning to the travel and identify the points of reference which have evolved, which makes reintegration easier.

Tertio, the returning traveler or expatriate goes beyond this step and, little by little finds his or her balance. He or she progressively develops and enhances his ability to insert this complexity into his unique path, as an ace up his or her sleeve. This remains accurate even if these added value might not be that easy to identify and crystalize at first sight of this new step in your path. In my assessment, there

is no legitimacy to mandatorily limit yourself to a single identity. I don't buy the statement that "when you're a citizen from the world, you're a citizen from nowhere".

Quarto, being back in your home country does not mean this is the end of the road. There are definitely plenty of ways to keep practicing and fostering intercultural awareness. I endorse the theory that traveling is a state of mind in itself. Foresighting the post-travel time is a step in itself of traveling and a pretty important one. This can be defined as being proportionally important to the length of the stay abroad.

I am firmly convinced the human mind has enough potential to encompass multiple identities. For instance, I feel equally attached to both cities I studied in for my joint Master's degree in European Studies, Euroculture: Göttingen (Germany), and Strasbourg (France).

I do think it is a fallacy that intercultural identity will eventually be a drawback. It most likely will make you more able to take a step back and tackle challenges with a new perspective and enhanced flexibility. You know yourself way better and get used to switching perspectives. You tend to less take things for granted while you might have considered them as obvious in the past. So you adapt and respond accordingly. While here at home with recent and ongoing electoral campaigns, we have to deal with a political landscape trajectory that slides rapidly from tolerant to suspicious to downright hostile toward multiculturalism. Fortunately, I want to believe an increasing part of people just get sick and tired of resurgent rhetoric fostering hatred in our societies. In my belief, they just wanna be told that it's over and desire more open-mindedness.

Jules Striffler (text and pictures)

Sources:

Bouchard, A., Charroin, G. and Thomassey, N. (2012). *La bible du grand voyageur* (Lonely Planet). 1st ed. Baume-les-Dames, France: En voyage Éditions, pp.92-94

Modified quote of the movie *Body of Lies*, by Ridley Scott, 2008
 Quote from the movie *Spider-man*, by Sam Raimi, 2002
 Quote from a speech by Theresa May, former UK Prime Minister, October 2016

Picture of the globe: www.freepik.com

Еден ден полн со палавштини

Кога доаѓа пролетта и кога Март перминува во Април доаѓа еден ден кога не можете да му верувате никому и на ништо. А ако веќе поверувате, ќе завршите исмејани. И тој ден е, се разбира, 1-ви Април (Апри-ли-ли-ли). Традицијата на измамување сега се шири насекаде но од каде е дојден овој обичај?

Корените од каде започнало Апри-ли-ли-ли на никому не се сосема јасни. Во Европа го одбележуваме овој обичај на 1-ви Април. Еден сличен ден во Шпанија, Латинска Америка и Филипини е наречен „Ден на Светата Чистота“ и се прославува на 28-ми Декември.

Според многите теории за прослава на Апри-ли-ли-ли (1-ви Април) не враќа назад во времето кога луѓето од Европа го смениле календарот од Јулијански во Грегоријански, во 16 век. И очигледно, во Франција тоа предизвикало недоразбирање. За време на прилагодувањето се отворила можност да се измамат другите луѓе дека 1-ви Април бил сеуште вистинскиот ден да се прослави Новата година иако тој ден бил поместен на 1-ви Јануари откако се сменил календарот. И ако луѓето поверувале во оваа измама, тие се соочувале со голем потсмев што го заборавиле вистинскиот ден и ја прославувале Новата година на погрешен датум.

“*Prima Aprilis!*”

“*Poisson d'avril*”

“*aprilillia, syö silliä, juo kuravetä päästee!*”

Различни традиции

Во Франција, Белгија и Италија овој ден е познат како Априлска Риба. Традиционално, луѓето лепеле хартиени риби на грбот на другите луѓе, а тие тоа да не го забележат. Потоа им се потсмевале за глупавиот изглед со риба на грбот и извикувале: "poissons'Avril" што значело Априлска Риба. Исто така вообично било и да се залепат други работи на грбот како ливче со натпис „Клоцни ме“ и да се исмеваат поради тоа.

Во Финска смислата на овој ден повеќе е да се поттикне некој да направи нешто глупаво, не само да му се потсмева. Порано обичај беше да се измамат децата да излезат од дома кога е време за пролетно касапење или нешто слично што не би требало деца да го гледаат. Па така возрасните обично ги испраќаа децата во комшии да позајмат некаква измислена работа, кои исто така беа вклучени во измамата и само ја продолжуваа смешната потрага на децата. И така децата продолжуваа од куќа до куќа да бараат измислена работа, како стаклена секира или мрак од египетска ноќ. Исто така било користено со цел да се научат децата да не се толку лековерни. И бидејќи овој обичај дојде во Финска преку Шведска, остана и истиот датум.

Во Украина 1-ви Април е државен празник и секоја година се прославува со фестивал наречен „Хуморина“ што се одржува во Одеса. Традиционално има голема парада на комедијанти, музичари, кловнови и костимирани луѓе што изведуваат претстави и уживаат во фестивалот на шегата. Сите сакаме понекогаш да правиме шеги и да се изнасмееме од душа. Во денешно време најверојатно најмногу е застапено по медиумите. Во многу земји весниците и другите медиуми измислуваат измами од голем размер и ги шират наоколу.

Легендарните мајтапчији

Една од најголемите измами беше кога серијата Панорама на Би-Би-Си прикажа видео од швајцарците како собираат шпагети. Во ова видео се прикажани фармери како собираат шпагети од дрвјата и информација дека конечно ги победиле бубачките штетници што биле закана за приносите. Луѓето започнале да се јавуваат и да прашуваат како можат да одгледуваат самите свои шпагети дрва, а каналот им одговорил дека секој може да одгледува свои шпагети дрва само со ставање на шпагети во тегла од доматен сос и да се надева на најдоброто.

Во 1962 година на шведската телевизија експертот Кјел Сентон изјавил дека поседуваат нова технологија со која може да се гледаат емисии во боја ако се навлечат хулахопки на ТВ екранот бидејќи истите ја прекршуваат светлината. И се разбира, многу луѓе беа измамени и бараа женски хулахопки по нивните домови

Кирси Суоми

Преведувач: Горан Галабов





Феникс

Самоуништување или пак казнување на своето его поради туѓите грешки. Цената на гревовите кои се нанесуваат врз тебе, ја плаќаш со сопствените солзи. Секој ден се повеќе и повеќе плаќаш за секој еден човек, кој решил да го упропасти твојот живот, бидејќи неговиот веќе и го нема. Молчиши и чекаш судбината да постави некои нови правила. Додека тонеш длабоко и чувствуваш силни удари по твоето тело, се надеваш дека ќе дојде крајот. Сонуваш за некој подобар крај. И тогаш кога мислиш дека е крај, кога животот ти е уништен и кога веќе немаш никаква надеж - време е да се издигнеш. ФЕНИКС.

Рашири ги своите крилја и само полетај. Полетај толку високо што останатите ќе гледаат со восхит. Сите рани кои ти биле нанесени, сите болки и солзи излечи ги со огнот на твојата душа. Нема рана што времето не може да ја излечи. Продолжи да леташ.. Собери ја сета своја сила во еден здив, во оној здив кога треба да летнеш повисоко. Сега веќе ништо не може да те запре. Ти леташ и освојуваш, добиваш и уживаш во се она кое што ти било одземено.

Храбар си. Моќен си. Имаш срце кое не може да попушти. Имаш ведрина и спокој. Новиот ТИ е посилен од било кога. Ти си толку силен што можеш да направиш и другите да станат како тебе, да мечтаат, да сонуваат. Можеш да се направиш горд на себеси како никогаш досега. Направи го тоа денес! Колку и да е тешко и болно, излечи ги своите рани и летни високо. Направи да гледаат со восхит кон тебе и да го проколнуваат секој момент кога те срушиле на земја.

Симона Паскоска

Llagom

– jo më shumë, jo më pak.
Vetëm sa është e nevojshme.



A e keni menduar se sa është e nevojshme për ju?

Fjala “Llagom” që e përdorin Suezët, do të thotë “vetëm kaq”/vetëm sa është e nevojshme. Mundet të lidhet (të kuptohet) me të gjithë fushat e jetës njërezo, për të bërë jetën njërezo më harmonike dhe në ballancë.

Ndonjëherë, fjala „llagom” është krahasuar me sinoninin “Më pak është më shumë” kjo na bën të parashtrojmë pyetje kyq dhe karakteristikat e kullturën Suede dhe botëkuptimin që është vetë-pavarësia/vetë qendrueshmërinë. “Më pak është më shumë” u bë një llojë thënie globale. Bota po fillon të jetë e lodhur me konzumerizmi i pafund. Njërezo më në fund janë duke provuar të gjejnë një zgjidhje më mirë për të shpëtuar planetin tonë. Një nga këto zgjidhje është “më pak mbeturinë” – çfare eshte ate?

“Më pak mbeturinë” është still i jetës i njërezo që provojnë të zvogëllojnë prodhimin e mbeturisë dhe duan të bëhen konsumërë të vetëdijëshëm. Kete still i jetes ka 3 principe, të cilët mund të i gjeni më poshtë.

RECYCLE



REUSE

REDUCE



Më pak mbeturinë gjithëmonë po fillon me vetëdinë e njërëzit. Nëse duam të i hapim sytë opinionit, së pari duhet vetës të parashtrojmë disa pyetje krucijalë. Këta mundet të janë:

- Çfarë bëhet me të gjithë mbeturinë që e gjuajmë në kosh?
- Kush dhe si i prodhon gjithë rrobat e mia?
- Çfarë do të ndodhë me mallrat e mia shtëpiake dhe RTV kur t'i vendos me të gjitha koshat?
- Sa kohë zgjatë të gjithë shishejat plastike të mia të dekompozohen?
- Si edhe sa kafshë janë keqtrajtuar për hir të kozmetikën time të re dhe pse?
- Çfarë bëhet me prapanicë cigaresh që e gjuj në rrugën?

Atëherë, nëse duam të gjejmë disa përgjigje të sinqerta, mund të fillojmë të mendojmë pse kam nevojë për më shumë - pa pushim. Çfarë përpinqem të plotsoj me të gjitha ato gjëra të reja që unë jam duke blerë? Dhe këtu ne jemi përsëri me "lagom" - përdorim si duhet, bëj siç duhet, jeto ashtu si duhet. Dhe do të gjeni ekuilibrin dhe harmoninë tuaj.

Si mund të filloni të bëni më pak mbeturina? Së pari, përgjigjuni pyetjeve të mësipërme. Me të vërtetë është e rendësishme të gjesh arsyet dhe mund ta bësh atë vetëm duke qenë më të vetëdijshëm për realitetin e konsumatorit. Atëherë mund të filloni me disa hapa të vegjël.

1. MERRE ME VETË ÇANTËN KUR SHKON PËR SHOPPING.

Atje janë edhe disa shtete të tjera në të cilët qesjet plastike janë akoma normale. Nuk duhet të e ndjekesh shembullin me qesat plastike sepse nuk është një shembull i mirë. Vetëm merr e çantën tënde për fruta dhe perime.

2. FILLTROJE UJËN TËNDE OSE PI UJË E ÇESMËS.

Nuk të duhet më të blesh ujë në shishe plastike. Egzistojnë shumë menyra më të mirë për të hidratosh dhe mos të shkaktosh dëm planetin tonë. Mund të e filltrosht ujën tënde ose të pish ujë e çesmit (nëse pihet në shtetin tënd) do jetë edhe mirë për buxhetin tënde – më beso!

3. RECIKLO!

Nuk është akoma praksa nëpër të gjitha vende të botës – por së shpejti do jetë shpresojmë. Akoma mundesh të reciklosh çantat e tua ose mund të gjesh kosa të dizajnuara për reciklim. Çdo ditë do kesh mundësi të shohesh se çfarë është mbeturinë tëndë më e përdorur.

4. MERR SECOND-HAND RROBA OSE GJEJ RROBA NË KOMUNITETIN TËNDE.

Vizito disa faqje për second-hand rroba nëse me të vërtetë të duhet rroba të reja. Është më mirë se sa të përkraheni prodhimin e shpejt e rrobat që e ndikojnë ekosistemin tonë. Nëse doni mundet edhe të përkraheni dyqanët të vogla në komunitetin juaj në atë mënyrë që do i pyesni se si i prodhojnë rrobat.

5. PLANIFIKONI USHQIMIN JUAJ.

Është shumë e lehtë për të filluar. Ndihamon shumë me shpërdorim i ushqimit çdo ditë. Do të ndihmojë planetin dhe përsëri do ta bëjë kuletën tuaj më të pasur. Filloni me planin dy ditor dhe planifikoni të gjitha ushqimet tuaja. Pastaj bëni një blerje të duhur duke blerë vetëm produktet që ju nevojiten. Ju mund të përfshini më shumë ushqime me perime, të cilat janë gjithashtu një ndihmë e madhe për planetin tonë - më pak mish, më shumë perime.

Këta ishin 5 hapa se si mundet të kontribuni të bëni sa më pak mbeturinë. Shpresoj që do kënaqeni.

Aty janë shumë ueb faqe ku mund të informoni për mbeturinë dhe sa mbeturinë prodhoni dhe këta informata do ju ndihmojnë të jeni në ballancë me vetës. Mos e shtyni veten, por përpinquni të jeni të vetëdijshëm për të gjitha ndryshimet që bëni. Mos harroni, ju mund të jeni ndryshimi i komunitetit tuaj dhe ju mund të keni një ndikim të vërtetë në shpëtimin e planetit tonë.

Wiktoria Moritz
Përkthim: Teodor Petkovski

Burimet:
<https://en.wikipedia.org/wiki/Lagom>
<https://www.polenka.pl/lifestyle/less-waste-dla-poczatkujacych.html>

Read, read, read...

BOOKLIST OF THE MONTH FROM OUR VOLUNTEERS

Stephen Hawking, A Brief History of Time

An amazing and understandable trip from the Big Bang to the Black Holes! Enjoy your journey in Universe.

Douglas Adams, The Hitchhiker's Guide to the Galaxy

Entertaining and hilarious adventure full of randomness while trying to figure out the "Ultimate question to Life, the Universe and Everything".

Terry Hayes, I am Pilgrim

This fast-paced adventure will take you far away, a combination of Inception on the one hand and the rhythm of Jason Bourne on the other hand.

Paulo Coelho, The Alchemist

The journey about finding the purpose of life. Accompany to shepherd, maybe you can find your.

Emile Zola, The fortune of the Rougons

The first book of Rougon-Macquart series move (20 books in total). It's the story of a family in the 19th century in France.



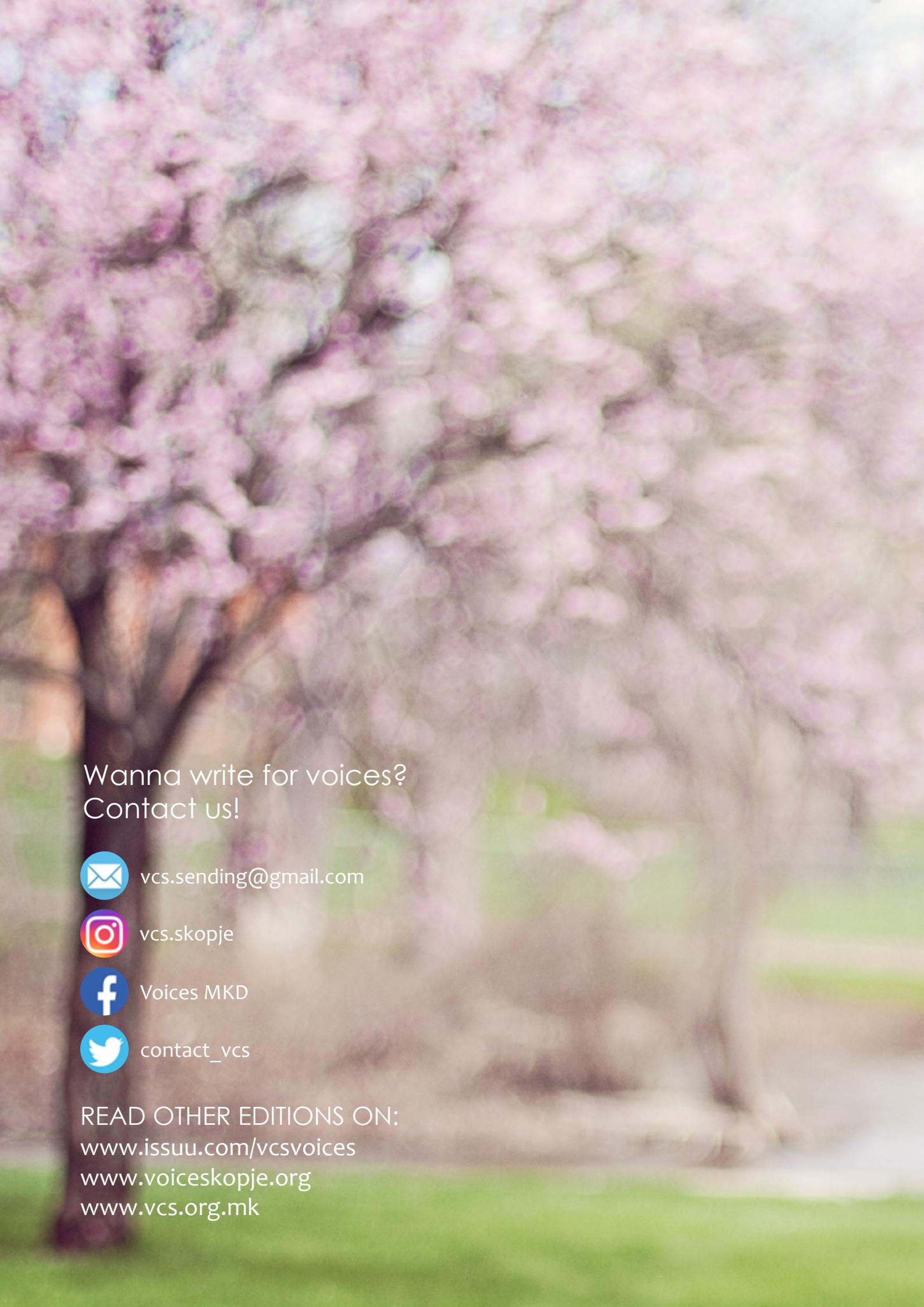


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