

VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

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EDITORIAL



ЕВЕЛИНА ХАЊСКА - УРЕДНИК НА ОВА ИЗДАНИЕ НА “ВОИСЕС”

EWELINA CHAŃSKA - EDITOR OF THIS EDITION OF “VOICES”

Home is strongly connected with safety and peace. Either you will call a home your family house, your favourite place that got your heart from the beginning, your country or the whole world. There are many definitions. But it should always mean that at home you're safe and peaceful. Everyday now you probably hear the world's most common motto of the last few weeks: “Stay home”. The question is if people can still find it so safe and peaceful, the moment we have so much time to overthink and analyze the situation outside? Yes. Where the doubts raise, there comes a hope. And hope is more powerful than any fears you may experience.

Suddenly May came and we have this feeling that the hopes raised even bigger. Heartwarming thing is that people didn't forget the smile. In this new edition of “Voices” you can read an interview with a man working in the Center for Public Health in Skopje – true hero with a big smile. If you ever wondered how you can contribute to make the world better place, check the volunteers' stories and maybe in the future you would like to become one. Volunteering brings us to another topic – gratitude. Surely, you can find daily at least one reason to be grateful. World is still wonderful. For this moment you can discover the beauty of useless pleasures or travel by trains through the world of “Voices”. Be positive and read more!

Домот е силно поврзан со безбедноста и со мирот. Без оглед дали домот за вас е семејната кука, омиленото место што ви го освоило срцето од почеток, вашата земја или целиот свет. Има повеќе дефиниции. Но, секогаш треба да значи дека дома се чувствувате безбедни и мирни. Деновиве сигурно го слушате заедничкиот светски слоган: “Останете дома”. Прашањето е дали лутето се уште можат да го пронајдат оној “безбеден и мирен”, кога имаме толку многу време да размислеваме и да ја анализираме ситуацијата однадвор? Да. Таму каде што растат дилемите – доаѓа надежта. А надежта е многу посилна отколку било кој страв што сте го вкусиле.

Одеднаш, еве го мај и ние го имаме тоа чувство на надеж што станува поголемо од кога и да е. Ни затоплува во срцето кога ќе видиме дека лутето не заборавиле да се смеат. Во новото издание на “Воисес”, можете да прочитате интервју со вработен во Центарот за јавно здравје во Скопје, кој е во првите редови на борбата со “коронавирусот”. Тој е вистински херој со огромна насмевка. Ако некогаш сте се прашале како можете да допринесете за светот да стане подобро место, проверете ги приказните на волонтерите и можеби во иднина ќе сакате да станете еден од нив. Волонтеризмот води кон уште една тема – благодарноста. Сигурно дека секој ден можете да бидете благодарни за нешто или некому. Светот и натаму е прекрасен. Во овој момент можете да ја откриете убавината на бескорисните задоволства или патувањето со воз преку светот на “Воисес”. Бидете позитивни и читајте повеќе!



Erasmus+

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"LIFE AFTER CORONA WILL NOT BE THE SAME, BUT DON'T FORGET TO SMILE"

INTERVIEW WITH DENIS JANKULOVSKI FROM THE CENTER FOR PUBLIC HEALTH IN SKOPJE

"It is a fact that in this period of social distancing we see how much we miss the company," Jankulovski said.

It is not difficult for him to wake up early in the morning with a song, to go to work at the Center for Public Health – Skopje, to be face to face with the invisible enemy for hours, and in the afternoon to kindly help the older tenants of the high-rise building in Skopje where he lives, shopping for the products they need or finding them at home. He didn't need the chaos with the virus to "awaken" humanity in himself. For the third year in a row, he is devoting his free time to children with autism through the NGO "Autism AAMK".

His name is Denis Jankulovski, and in the interview for Voices he talks about the challenges that humanity faces during and after the "Covid 19" virus.

Your social media statuses are a hit these days. A medical technician who is at the front line of the fight against the world's most famous virus – Covid 19, radiates optimism and tries to convey it to citizens through motivational messages or song. Where do you get so much energy from, do you never get tired?

– I get my energy from three places. The family where I have the greatest support, the work which I love and I do with a lot of love and dedication, as well as from all those small but big friends with whom I have been friends for three years and I look forward to seeing them. I want to make my day beautiful, so I give myself a force, but I want to give verve also to those one who have to seat home these days through those statuses of mine, to take there thoughts away from virus, at least for a moment. I want to 'infect' them with what I feel, with the feeling of another beautiful day. Fatigue certainly comes, but after I get home after another day on the field, knowing that I have contributed to someone's health, and at home I come across the smiles of my family and the huge number of wonderful messages from friends, relatives and even some strangers – then everything is forgotten and I look forward to the next day with a smile.

During the day you are in the "spacesuit", in the afternoon you are at the service of the older neighbors in the high-rise building where you live. You are also the father of a child and a teenager. Do you sometimes fear that the invisible enemy will defeat you or your loved ones?

– Fear always exists because we are all people of flesh and blood and no one is resistant. When we go to the field we are maximally protected, we have full protective equipment, we take swabs being aware that we are close to some potential carriers of the virus and some already proven positive, conscientiously and with a lot of caution we do our job – it gives me and, of course, my other colleagues the assurance that our families are protected.

How do you view people's behavior after the announcement of the pandemic? Have we become more social and aware of the importance of life and the happiness we have when we are alive, or does selfishness still surface, so that everyone (will) take care of themselves without taking care of the health and needs of others?

– The announcement of the pandemic as well as the activities that will follow after its completion, in my opinion, will lead to several novelties. The fact is

that in this period of social distancing we see how much we miss society. However, we are taught not to be alone, perhaps our mentality is the same. But on the other hand, the fact is that there is a lot of selfishness, which, unfortunately, we see these days when we try to point out every day that sitting at home is not in vain, that those two words 'Sit at home' are as big meaning. There are selfish people who simply do not follow the recommendations. At the same time, they do not think that first of all they are irresponsible towards themselves and their health, and thus they are selfish and extremely irresponsible to their loved ones, regardless of whether they are family, neighbors, friends and relatives. This is a big problem that, unfortunately, is very present. I believe that life will change. We will become more aware of our health, more cautious, but we must understand that individual health is correlated with collective health. Only with joint cooperation will we be more present on this piece of land. There will be changes in the way and style of living. Will it be for better or worse... time will tell.

As a person directly involved in the events, could you tell us when we can expect to return to "normal life"? In fact, can we predict what "normal life" will be like for us? What things will we have to give up on?

– Ugh, that is the most difficult question for me these days, more precisely the answer. This virus is something new that is happening to us, not to mention "it took us off track." A normal life, as I said before, will follow in a new form, there will be a new definition of "normal". It will probably be normal to walk in masks, to avoid too close contacts, it will be normal for 5, 10 or less years for a new "Corona" to reappear from nowhere. There will be cancelling of many things, such as walking and traveling to places where there have been large numbers of people. Caution with a dose of fear will prevail in our lives. But what we should never and will never give up on is a smile.

We will probably all have to learn to live with the virus, but will we have to get to know it up close again in the fall?

– I guess we will have to, but there are those who already are working on finding a vaccine, which I believe will be part of the population protection program. The virus will be domesticated like the seasonal flu, it will pass in a milder form, we will get used to it and we will create antibodies and immunity. Until the next...

You are also the president of the non-governmental organization "Autism AAMK". How are the children and their parents, how do they endure these times?

– One of the things that I miss in this period is exactly the activities in "Autism AAMK". Although young, as we have only two years and this is the third year going, however, we can boast of many activities that always aim to raise awareness of people with atypical development, their respect, acceptance and inclusion in society. But here, the 'corona' has put us on a bit of a break. Anyway, we are in daily communication with the children and with their parents to see how they spend their days. Believe that they, like all other children, have a hard time, they miss kindergartens, schools, parks, they miss their friends. Families, knowing their daily rituals and interests, try to make their days easy to overcome, and of course we are here to help as much as we can. I am in this period through those fun and motivating videos.

Goran Adamovski

Design - Ewelina Chańska



The Power Of Gratitude

Gratitude: The quality of being thankful; readiness to show appreciation for and to return kindness (according to Google Dictionary)

We can all relate to the feeling of being thankful or grateful for something. Like when you receive a gift that you really like from someone, and your heart opens up and you get a big smile on your face. You just want to give that person a hug because there is so much good feeling circulating in your body. This is a powerful thing, this feeling.

Well then why is this feeling so powerful?

Well, firstly it brings a higher frequency in your body which is joy or happiness. Secondly, when you're in this vibration you forget your stress and worries. Thirdly, without even realizing it, you are present and in the moment (if you have ever read or listened to Eckhart Tolle "The Power Of Now" you will recognize that through all, we should strive to be mindful and in the moment as often as possible). Fourthly, now that we recognize this feeling, we can identify what it feels like to be in this positive form of vibration. Finally, and also the best part of all of this, now that we know the feeling, we can access gratitude anytime we choose.

This is possibly one of the greatest blessings, the fact that we can harness the power of gratitude anytime. This means that we can place ourselves on a higher vibration by feeling grateful! For example if I am feeling sad or hurt, or stuck in my thoughts, I can think of something I am grateful for to make me feel better. Right now as I am writing this I am feeling grateful that I have good health and that I am able to read and write to convey this message. I am so grateful.

And in all essence, you can be grateful for anything. Anything that you truly appreciate in your life express it! Say it out loud, write it down, even if it's just a thought in your head it can manifest more of that feeling and vibration. And the more feeling of that vibration you feel, the more of that you will attract into your life.

If you know about the law of attraction, this will seem clear. We attract what we think about and how we feel about it. This is why it is so important to feel good. Our feelings and thoughts are like a magnet. And so it is important to feel grateful for what we have, even the little things. Thank you for reading this and be safe. God bless.

Chris Maiken

Design - Kirsi Suomi





Name: Red Woman, Place: Italy, Date: 31.01.2016, Award: Brooklyn 2017 United States2017/415. Description: This photo from the mask festival in Italy, San Marko Square.



Name: Ganvie and Child, Place: Africa, Benin, Date: 14.09.2017 Award: BENIN 1st INTERNATIONAL PHOTOGRAPHY CONTEST, ANAPH AB SPECIAL AWARD Description: Unhappiness, hard conditions



Name: Havana Street, Place: Cuba, La Habana, Date: 30.04.2017 Award: 5th OLYMPIC CIRCUIT 2017 ZEUS Greece, Description: Poverty and Cuba



She was born in Turkey, 1971. She studied photography and videography master's degree and a healthcare management master's degree. She is named Excellent Honor Artist Photographer (FIAP EFIAP) by FIAP (Fédération Internationale de l'Art Photographique). First, she started photography with newborn photos in hospitals. She has women entrepreneurship, communication, fast reading, sign language certificates. She has taken over 300 awards both local and international photography competitions. Her works are used in magazines, official brochures, and newspapers in Turkey. She is married, has a child, and live in Cappadocia now. She gives free seminars, workshops, and classes about photography in Nevsehir.

YAZAR

Short Story of Her Life

I'm Derya Yazar. The interesting part of my story is out of the box. I graduated from high school then married my husband and we have a child. Until my son going to university, everything was ordinary. After my son leaves the house for his education and unstable work hours of my husband, I realized that I can't be here for only consuming. These years, I had a serious disease about my brain and as a consequence, the left of my body was paralyzed. During this time, photography helps me to hold on to life against the side effects of my disease and my unordinary situation. Photography as my hobby which I started with the help of my friends and family transformed into my passion. I rock the disease and do my bachelor's and master's degrees in photography. I could complete my education in really hard conditions. I tried many things until I found my passion but any of them didn't make me as happy as photography. I went to many countries and could observe people's social life. The women who live in Cappadocia can express themselves to the whole world, this is beyond the imagination. Decide, work hard, and never give up. That's my story. Sincerely, Derya Yazar.

Instagram: deryayazar_art_photographer
 Youtube: Derya Yazar
 Facebook: Derya Yazar Master Of Fine Arts
www.deryayazar.com



Name: Varanasi Sunrise, Place: India, Varanasi, Date: 17.02.2018
 Award: 2018 Huangbai Mountain International Photography Exhibition, Description: Holy river Varanasi and child play with a snake



Name: Vietnam Four Fisherman, Place: Vietnam, Date: 10.07.2016
 Award: 1st MAHFUZ ULLAH MEMORIAL INTERNATIONAL PHOTO CONTEST 2017 Bangladesh, Description: Visual show of fisherman



Name: Iranian Street, Place: Iran, Erdebil, Date: 12.10.2016, Award: KORYKOS 2018, IAAP RIBBON, Description: People from Caferi Sect memorized holy dead.

Questions

• What is art for you?

Art is finding beauty in substance and discovering it. Being honest and sincere. Beating all kinds of negative feelings, purifying, and developing.

• What do you feel when you take a photo?

Photography is like breathing for me. It's like feeling that I'm alive. Documenting life which flows constantly. It's like summarizing a whole film with a photo. I try to express my life which I added my feelings and my soul with photos.

• What was the photo you had most trouble taking? Why?

Nepal was the first country that I went to as a photographer. My duty was taking hospital and stuff photos. We don't speak the same language, so I tried to explain my stomach pain with sign language in 3 different hospitals and took photos. The healthcare conditions and life were initial and very hard. I take photos everywhere like an operating room and anyone didn't ask me any permission. People in Nepal are used for exploitation. Anyone doesn't say anything when I want to take their photos. I cried a lot. I was really upset. It's unfair. They are slaves in their land. It affected me too much.

• What country did you have the most difficulty in taking pictures?

Taking a photo in Iran is very difficult, especially as a woman. You might always face a ban or inhibition. You are always watched by revolutionary guards in Iran. They take your camera and delete photos that they don't want to be shared. On the first day in Iran, I took a photo of an empty mosque and they deleted it. I even was interrogated by police about the photos I took.

• What are your suggestions for beginners?

First, they should learn using light. Examine many photos, edit them before taking. light. Examine many photos, edit them before taking. scovering it. Being honest and sincere. Beating all kinds of negative feelings, purifying, and developing.



Name: Sunrise, Place: Vietnam, Date: 13.07.2016, Award: Moldova Photo Awards Ukraine, Description: Workers drill salt from lake, this photo is reversed. Turn 180 degrees to see the real image.



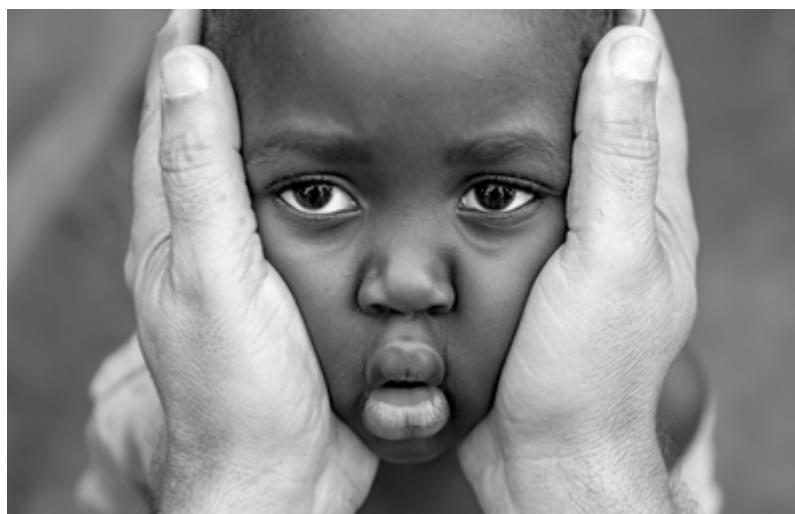
Name: Refugee Camp, Place: Turkey, Urfa, Date: 15.12.2015, Award: BALKAN DREAM 2017 Serbia 2017/162 FSS GOLD MEDAL, Description: Hard conditions in Syria refugee camp in Turkey



Name: Washing Women, Place: Nepal, Pokhara, Date: 17.04.2015, Award: Russian Photo Awards Ukraine, Description: Lake is the only cleaning sources of poor people of Nepal



Name: Balloon, Place: Turkey, Nevsehir, Date: 29.10.2015, Award: 1st International Contest Light and Shadow Montenegro, Description: Traditional air balloon in blue hours.



Name: White Hand, Place: Africa, Benin, Date: 13.09.2017, Award: MOF 2018 7th INTERNATIONAL PHOTOGRAPHY EXHIBITION, IAAP GOLD MEDAL Description: Fear and anxiety in center of a slave, a contrast of black and white



Name: Three Trees, Place: Turkey, Kayseri, Date: 27.01.2018, Award: 6th GREEK PHOTOGRAPHIC CIRCUIT 2018 SANTORIN, Description: Snow and white. Naked three trees.

- What are your recommendations to those who are interested in photography?

Photography is consisting of eye on the one hand and idea on the other hand. They need to follow both light and shadow to discover the three dimensions of photography. They can try to take a photo like professional photos which they like. They should answer this question "How would I take this photo if I took". Then, they will find their style.

- Where do you see yourself in the world of photography?

Although I have received hundreds of awards, I'm still a photographer who is trying to learn and develop with the love of photography.

- What is your expectation in the future?

I spend both my financial and moral energy on photography and it was really hard to learn to take a photo for me. I completed my Master's degree when I was 46. I want to share my experiences with young people who want to improve their selves in photography. I want to find a photography department in my city because I live in Cappadocia, the best natural photo plateau in the world. Maybe, this reportage can support my expectations.

- Is there anything you would like to recommend to young people?

Youth is our future. It doesn't matter what is their job, photography enhances the importance of the job. They should learn how to take a photo. They can transfer presents to the future in this way.

- What are the advantages and disadvantages of being a female photographer?

Being a woman and a mother is an advantage. I made a difference thanks to my knowledge and experiences. It supports communication. I could take everyone's photo without prejudice. Photography is a disadvantage in places where photography is forbidden or false depending on places' beliefs.

Dogukan Sever

Design - Dogukan Sever

Bakers don't bake fake cookies

Trust. It's something we can't do without, but there seems to be less and less of it. Neighbours, potential acquaintances, teachers and fellow citizens have all grown distant from us. We're not sure what's happening in the world around us, but it surely can't be what the news is telling us. We are the critical minds. We suspect your intentions. There is only one thing we still trust blindly: our own judgment.

However, by valuing this relativity and personal experience over facts-based deduction and general consensus, we have created more grey areas than monochrome clarities. Distrust and misinformation roam freely at the bottom of the gap. But when we lose our sense of trust, we should at least be careful about who we choose to distrust.

As a person who is taking steady steps in the field of journalism, yet who is too new to be corrupted, I would like to make an argument in favour of journalistic integrity. Whether it's hard to believe or not, many professional journalists are people too. Like in most other jobs, they try to do what they do as well as possible. Now, to make things more pleasurable and less academic – because doesn't our generation love that, too? – we'll be working with a very tasty metaphor: my favourite cookies. Syrup waffles.

Syrup waffles (stroopwafels) are traditional Dutch cookies, and they are absolutely delicious. I have seen them sold in stores in Bulgaria and Miami, which makes me believe they are a strong (and better) competitor for Heineken beer. Like many news outlets, syrup waffles have a global audience. It's not that they're better than other cookies – there are very classy pastries such as macarons, and trashy treats such as coconut brownies (hate them, ugh). Fact is, everyone has their own taste in cookie catering, and their preferred branded product to trust. The same goes for your favourite newspaper.

Most bakers are very happy with our interest in their products, of course. Especially the more established and more experienced bakeries will go very far to keep up their reputation of delivering reliably tasty goods. Of course, there are some bakers that might compromise on essential ingredients and get as much revenue as possible. These bakers don't have much to lose. All they care about is luring you in for a little while before they inevitably go under.

Some of these bad bakers might make you lose hope of finding good, trustworthy cookies ever again – but no worry, they are a small and rotten minority. Most bakers (and journalists) are very dedicated: this is why they get up early every day, perform hard and long hours, and strive to deliver the best products day after day.

Besides that internal drive for perfection, every baker knows that they depend on your business to stay open. They rely on your trust. You expect every syrup waffle to taste as good as the last one, and to not kill you. There is no reason for the baker to compromise on quality and reliability, or exercise evil intent, if she wants to keep her shop. Other bakers will be sure and quick to grab up disgruntled customers if she does. Besides, even if some customers do stay – once her integrity as a pastry chef is gone, her cookies will inevitably forever be in bad taste afterwards.

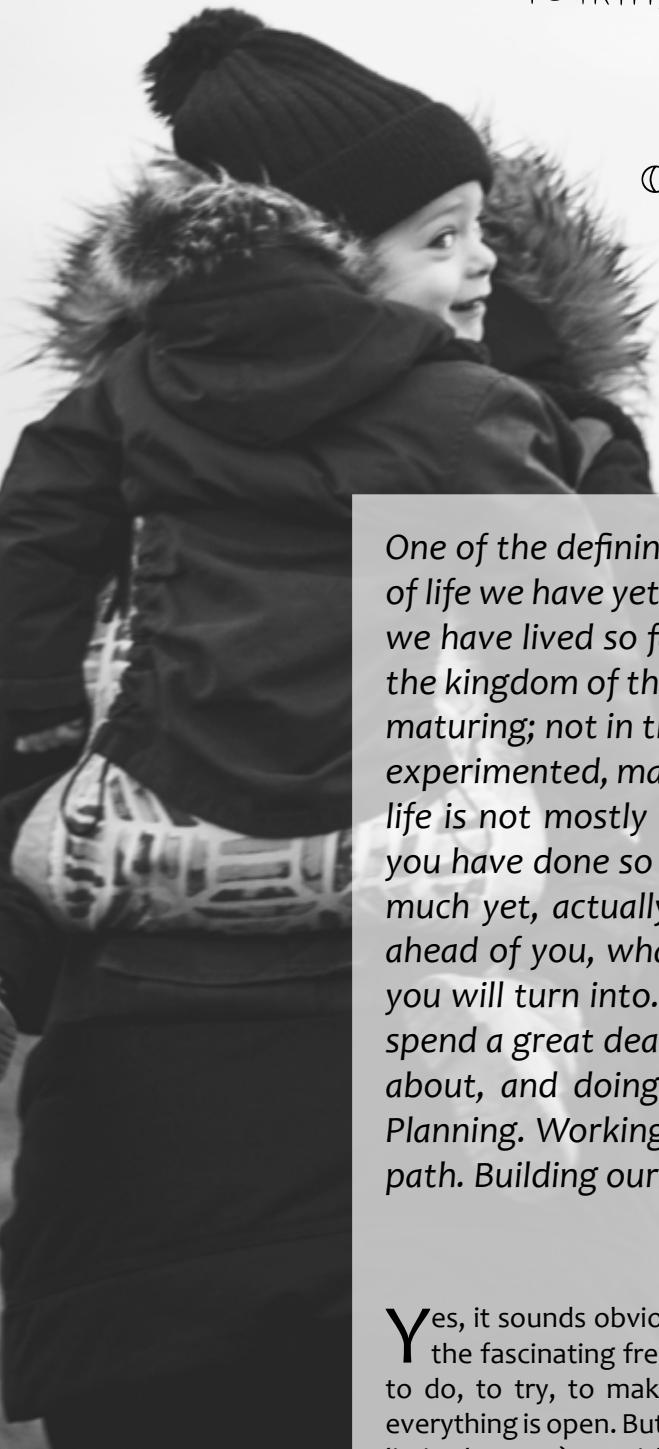
I understand that reading a news article and eating a syrup waffle are, though a golden combination, fundamentally different activities. However, I do feel that both are commercial items that we consume daily on a basis of trust. This trust might be more subconscious for one than the other, but the basis is the same. For each one, there is someone out there who carefully crafted a product they thought we'd appreciate. In any case, the livelihoods of these mystifying bakers and journalists depend very much on how much their output pleases us, and if our trust in them is not wasted. They really have no interest in messing up our day. Especially since it only takes one fake cookie or one rancid article to ruin a company and drive away clients. And when it comes to you, valued and well-thinking client: always be critical of content, support what you like, and most of all – don't forget to value its maker. They definitely value you.

Amée Zoutberg

Design - Selina Niemi

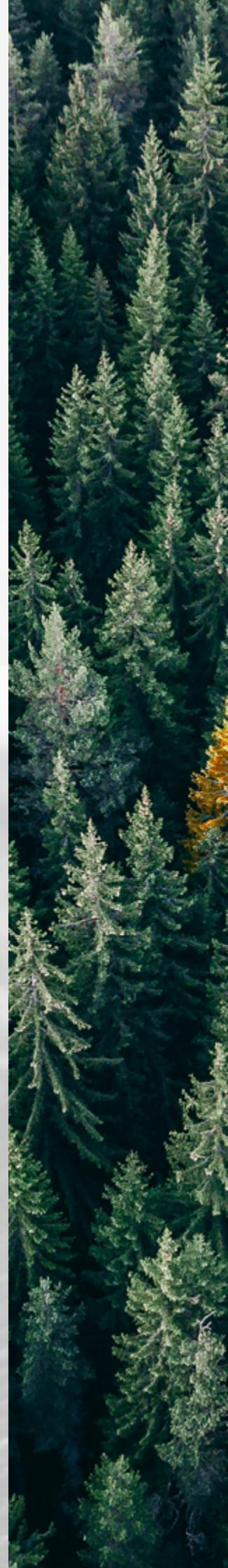
About being young,

Walking with mom and dad,
searching out there
and building your future



One of the defining traits of youth is that the amount of life we have yet to live is much greater than the one we have lived so far. Being young is being a subject in the kingdom of the -ing, experiencing, experimenting, maturing; not in the kingdom of the -ed, experienced, experimented, matured. Being young means that your life is not mostly about what has happened or what you have done so far (because, well, it hasn't been so much yet, actually) but the possibilities, the horizon ahead of you, what is yet to come and happen, what you will turn into. We, poor or blessed young people, spend a great deal of our time dreaming and thinking about, and doing things for, our future. Projecting. Planning. Working step by step in order to. Building a path. Building ourselves.

Yes, it sounds obvious, and it can and should be amazing, given the fascinating freedom and possibilities that it entails - to be, to do, to try, to make mistakes, realizations and choices, while everything is open. But it can (and I dare say should be, to a healthily limited extent) anguish, given the insecurities and uncertainties that are also a part of the process... About oneself, about making the right decisions at the right time, about the context, about factors that don't always depend on you but to a certain extent determine what will be. So.... how best to do deal with it, while enjoying it, exploring and discovering yourself and the world, and not getting entirely anxious, obsessed or downright crazy?





Well, the first evident way is to turn attentively and humbly to the views and advice of those who usually know and love us best and have acquired the passport of the land of the -ed, or accumulated observations and experiences: our parents. (And in their absence or inadequacy, our closer “fully adult” relatives, our teachers and professors, our guides, whichever tie or relationship they have with us.) Right? Spectacularly wrong. Or at least, not entirely or necessarily true. Why?

For two very good but not always obvious reasons. Firstly, because it is about our future, not theirs. No, by this, I don’t mean it is not their problem and they can’t give you a hand, but that it concerns mainly and in a way only us. It is us who will wake up and every day live, enjoy or bear our future professions, city, partner. And as much as they cheer for us and are close supporting and helping, they are and will not be in our skin. A skin that will actually change so much along with the years, that the views and options we have in moments of choosing might not even be appropriate after a decade. How can we ask them to carry the burden of being responsible or the main assistants in the design and devise of our future, then?

Secondly, because the world of today changes in a tantalizing speed, and the more time passes and transformations happen and become real, the more our beloved older ones belong to the reign of the past, in their lifetime and the world’s. A mere two hundred years ago, things didn’t change so fast, and chances were that somebody’s life would greatly resemble that of their parents and their kids’ lives would greatly resemble theirs. Advice, in this case, were of immense value. They were valid, because the reality in which people lived didn’t vary so much. But now, a great part of the professions, professional structures and technologies of today didn’t exist thirty years ago, and those of the future haven’t been invented yet. How on Earth can we expect our older loved ones to give us sound advice about a world they don’t perfectly know? Specially taking into account the fact that, inevitably, the less they have to live ahead of them, the less they need to get involved with or updated about prospects of the future, the more what they know, they did, they think about is about...the past. A time that is dying.

Yes, I know it is not super comforting to read that - and do rejoice if it is not your case, which may well be, since parents, as people in general, differ so much and exist in all sizes, shapes and sorts. But realizing this can help you to make peace with the limits of your loved older ones, if it is the case, in helping you at difficult times of choices and transitions. This can help you accept, without any resentment, that those who taught you to walk, to talk, to read, to live with others, to get dressed and brush your teeth, may no longer be able to show you the way or give you enough directions to find it.



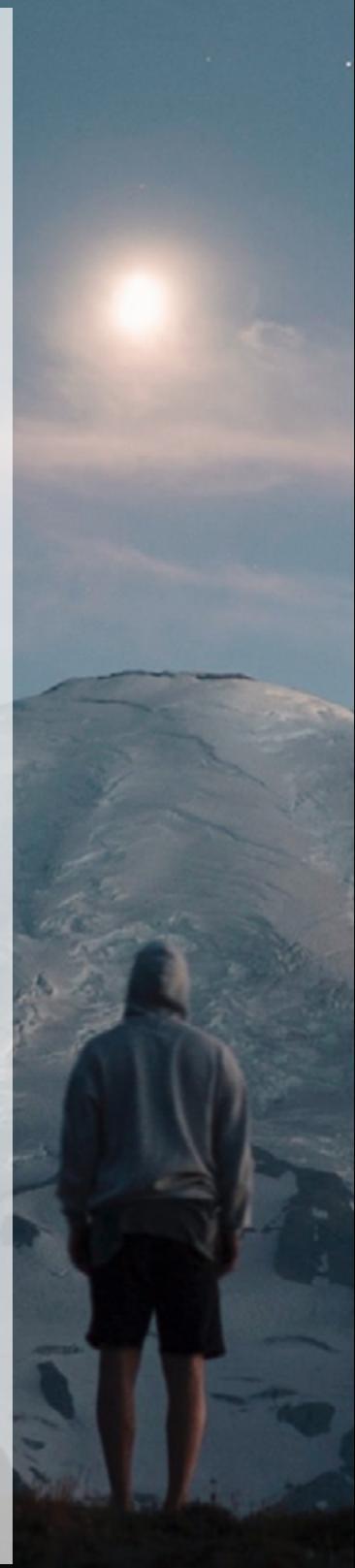
Maybe now you're thinking... Well, then if I can't exactly count on my parents to guide me to my future - because it is mine and it is future, both unknown territory to them... Then, the smarter thing to do would be to get out there and get as much information as I can from contemporary sources and from young people who have just gone through this path I think of taking... Analysis and opinions from people of my age and era, who are similarly attached to the future as I am but who have a little bit more experience than I do... and there I will find my answers.

Again, no. Or not really. For people are different, and what suits you might not suit me - even though it is indeed a good idea, or dare I say essential, not to be guided by imagination only and also to read or get first hand accounts about how what you think of doing actually is/works. But this is it. A research of this sort should give you elements to make your informed decision, not your answers. I blame our education system for not teaching us this... But you won't find your answers anywhere, like in a hide-and-seek game where it is a question of detecting the right place, or like we are taught to do at school, reading certain books and listening to certain classes and in their content finding some answers for some specific questions. You will build your decisions. In yourself, with yourself, in situations and based on information, impressions and people that you meet along the way, that make you feel or think in a certain manner, that lead you to certain criteria, reflections and realizations.

Building our path, present and future, while we are young... is a beautiful blessing and challenge. A unique recipe for each one of us, according to our taste, personality and circumstance, but which in my view necessarily involves mixing different ingredients... the experience and wisdom of those from the -ed, the vision and closeness of others in our -ing realm, the quest to be aware of and prepared in a way meet the needs and structures of reality and, mainly, the element that cannot be absent, the search to be honest, frank with ourselves, accepting the maybe long and full of stones, uncertainties and steps back and forth path to our decisions and future. To be, to do, to live what we can and wish to be, to do, to live.

Vitória Acerbi

Design - Ewelina Chańska



Еден ден

Сите политичари, банкари, пензионери, болничари, програмери.....
ќе се сложат и ќе знаат дека се индивидуи, а не маса

Дека нивниот труд се ценi, а не се експлоатира

И нивните главоболки за подобро утре ќе осамнат,
а грижите за ненахранетите деца ќе исчезнат

Сметките за вода, струја...
нема да бидат причина за караница помеѓу ниеден пар,
а мерило за добрината на човекот ќе биде трудот

И на вести ќе се прикажуваат новости за милина,
како "мачка спасила глушец од давење, утрово, во шахта на булеварот..."
зашто сите војни ќе се смират, а штрајковите ќе победат

И училиштата внимателно ќе ги негуваат сите деца,
кои оттаму со свои ставови ќе излегуваат,
подготвени да придонесуваат за убавината на светот

И единствена грижа на луѓето ќе биде што да му подарат на пријателот за роденден
или како да се облечат за излегување

И гладта и жедта ќе биде непозната дразба за сите луѓе,
а зборот сиромаштија нема да постои

И боите, јазиците, обичаите и верувањата само ќе го зближуваат овој свет

И овој свет ќе биде место само за деца,
а бомбите и експлозиите ќе бидат заменети со весели огномети,
со кои ќе се слави целото човештво...

Еден ден...

.....

Дафина Веселиноска

Design - Ewelina Chańska



Is volunteering a helping hand for your future?



Can you combine the law faculty with other activities? How? Just do it. Do not think that you don't have time (I won't have anyway), that you want to be focused only on your courses (you won't be all the time), or that you don't know how to do that and that (you will learn on the go). Sooner or later, we will need a "day off" from our daily routine. Each of us is free to choose those days off. I have chosen for a couple of years to have "hours off" daily. Looking back, I can say it was the best decision until now.



Being a graduate law student, I have learned that almost all the answers have an “it depends”. Sometimes, even if the answer has no “it depends”, you are tempted to say it. Believe me, after 5 years surrounded by hundreds of laws, regulations, trials you will have all the chances to get a certification as “Expert graduate law student in using <<it depends on>> phrase”. The worst is when you start using it in your personal life. It is not recommended to answer your soulmate with “it depends” on the question “Do you love me?”. This is the happy case when you have one.

This being said, let’s turn back to our main discussion. From my personal experience, I would say that volunteering can help you and not. So, it depends. If you are involved in the activities you are doing, you could find a lot of opportunities and ideas for your future career. If you are part of a volunteer activity just to “look good” on your CV, you are not doing something useful for your personal and professional development.

I was involved more than three years in volunteer activities, and I would do it again hundreds of times. It takes time, energy and patience but I don’t regret anything I have done. I have learned that there will always be something new to learn, that responsibility is the key to everything, and that your team can become part of your life. But the most important is that all of them brought a rose petal to complete the final bouquet.

Volunteer activities not only shape your character, but they also help you to achieve important skills which will be useful for your daily life. If I had to choose one of all the activities I was part of, I could not. This is because each of them had its beauty, ups, and downs, mistakes and lessons. Each one was a different challenge at a different stage in life. Instead, I could pick up

the most challenging of them: Interreg volunteering through the European Solidarity Corps in northern Italy. Why do I consider it the most challenging? Because it is international. Because it is a new field in comparison with previous ones. Because it brings me more than just colleagues in an international research institute. After almost one year spent in a beautiful city, I collected memories and friends for a lifetime.

The IVY (Interreg Volunteer Youth) experience is an important asset for my future. It makes me more confident and it gives me the urge to be more determined to put my dreams into practice. I have the chance to learn from experts, to improve my skills, to discover new ones, to learn a new foreign language and so on. Furthermore, I have the great honor to live in the heart of mountains - “heaven on earth” as I use to call it. Through IVY, I had the opportunity to learn that life is too short to have regrets and to think that something is unachievable. There is nothing impossible, maybe harder than you expected. I like to believe that each of us can do that “impossible” with perseverance, patience, and courage.

Even if I think I already gave the answer to the question raised at the beginning of the article, I will conclude with a clear one. Yes, volunteering helps a lot. It is up to you in what sense. You have to be brave and to access all the opportunities you have in front of you, because there are a lot waiting for you. I was always inspired by Jean Monnet’s quotes and one fits perfectly with all I have said above: “Everybody is ambitious. The question is whether he is ambitious to be or ambitious to do”.

Angela Gabor

Pictures: Angela Gabor

Design - Kirsu Suomi



How to create bridges between people

After the Second World War, the number of projects attempting to recreate links between countries through international heritage restoration sites increased. From this ideal, REMPART network was created in France in 1966, with a strong will to welcome volunteers from abroad on its restoration sites. Consisting of 180 local associations, the network organises voluntary workcamps in more than 300 heritage restoration sites all over France and welcomes thousands of volunteers each year.



Just as VCS does, REMPART promotes volunteerism, non-formal education and active citizenship. This is why we are more than happy to introduce you to our organisation, so we could have the chance to meet you one day, on one of our heritage sites!

A network of associations
opened to the world

For over 50 years, REMPART has federated associations acting for heritage preservation. The network gathers heritage preservation associations to coordinate and promote the voluntary workcamps that they set up. One of our tasks is to keep a close check on the quality of the projects and actions carried out by each of our members, which means monitoring the quality of the restoration activities and how volunteers are welcomed. (2 weeks / no previous knowledge...)

For the last 15 years, REMPART's policy has been to promote and develop international partnerships in answer to our partners' requests, but also to further the aims which REMPART holds dear.



A vision of heritage without borders

Union REMPART member associations work on a wide variety of cultural heritage sites that reflects the common history of Europeans from Antiquity to the 20th century (chapels, priories, castles, villages, mills...) Each site is part of a local development program, meaning that it will not only be preserved or restored, but it will also be given a new purpose and reused by the local community. In addition, these historical sites allow you to learn more about through various sites ranging.

REMPART's action not only aims to preserve tangible heritage but also to promote and preserve traditional savoir-faire (know-how). This experience with heritage preservation is unique and has been used to guide initiatives undertaken over the last decades in Sweden, Hungary, Israel, Palestine, with REMPART's active support.



A Network of Associations serving the citizens of the world

In our view, it would not make sense to preserve heritage without involving the public in a community-based project. Because they are locally established, REMPART member associations are all part of a cooperative action and can be considered as the outcome of the life of the local community in which they are located. Every summer, the REMPART associations welcome thousands of young volunteers from all over France and abroad (Spain, Poland, United Kingdom, Russia, Canada...) to restore these locally based heritage sites. Over 50 years more than 20.000 international volunteers have worked with REMPART for the common good, learning together how to be active citizens of the world.

The REMPART volunteer workcamps are open to anyone who wishes to engage in a voluntary approach while spending pleasant holidays in highly historical places and high-quality projects. For REMPART, an international and intercultural dynamic means first and foremost to meet people and share experiences. REMPART respects cultures and people. This international dynamic promotes exchange among individuals from various horizons and backgrounds for a mutual enrichment; this is the very idea of non-formal education.

If you want to join us for a heritage restoration workcamp, take a look to our webpage: <https://www.rempart.com/en/> or to our social media accounts (@REMPART Heritage Volunteers).

If you are part of a restoration project and would like to welcome French volunteers or simply to exchange with us, do not hesitate to contact us via email: cloarec@rempart.com

Marion Cloarec

Design - Kirsu Suomi



TRAVELING BY TRAIN AND OTHER DIGRESSIONS

Traveling by train is, in my opinion, a way more interesting experience in comparison to selecting the aircraft solution. This is even more accurate for an outbound journey. Here are first a few ideas related to this topic, followed by several thoughts tackling a wider scope.

First, I think traveling by train is pleasant as the transition between the point of origin and the destination is experienced with much more smoothness and subtlety. It is, for instance, possible to appreciate the evolution in terms of scenery. Furthermore, I think train stations tell more about a country's architecture, lifestyle and perhaps culture than airports, a kind of infrastructure which might be categorized as functional in the first place with quite little distinctive features between one another.

One highly ranked objective on my to-do list would be to board the Paris-Moscow Express. I found fascinating the idea it is possible to board a train in Paris Gare de l'Est and end up in Москвa Белорусскaя - Moskva Belorusskaya. This is captivating to think of this direct trip while having in mind the singularities inherent to each of these two cultures. Additionally, the idea that on the same platform you can see on one side, one regional train going to Basel, Switzerland, and on the other side this train going so far away is, in my opinion, a beautiful duality. Sometimes I imagine myself mistakenly boarding the wrong train and thus starting an improvised journey across Europe instead of traveling at the regional level.

All along this 3,483 km trip, you can harness this time either to chill with your fellow travel companion(s) or to reconnect with your inner self, should you be a lone traveler.

Of course, it is significantly longer, more complicated than the plane. However, I remember the saying "what is important is not only the destination but also the path leading to it". The experience we are discussing represents, in my opinion, an opportunity to implement this motto and experience Europe at its best in terms of diversity. Such depth in terms of cultural identities is way worth being appreciated, in my belief. The same applies to the journey between Basel SBB and Milano Centrale with astonishing sceneries across Switzerland and Italy.

Strengthening ever-more the idea that precisely there is no single vision of the world is definitely a primary objective being fostered. I think Paul David Hewson, more famous by his nickname Bono, has it smartly right in the song "Please" by U2 tackling The Troubles in Northern Ireland. My interpretation of these lyrics is that being convinced only one vision of the world is possible is at best unfortunate for open-mindedness, at worst dangerous for peace. Where does it lead to being "the smartest ass, at the top of the class, [with] your flying colors, your family tree, and all your lessons in history"?

I would answer: nowhere necessarily better in my opinion. The inspiring lyrics of this song advocate evocatively for more tolerance.

I am firmly convinced trendy rhetorics stigmatizing other cultures and “the foreigner” as being part of the problem are hazardous. Turn people on one another will eventually lead to our fallout. I do think it is important to emphasize this is pretty much the opposite. Striving and advocating for more inclusion in our societies will always be meaningful. Diversity is an invaluable chance and represents a never-ending source of inspiration. It is a wonderful alternative to functioning in closed-circuit and indefinitely recycling the same ideas, and “year after year, running over the same old ground, and how we found the same old fears”, as once wrote beautifully and brilliantly inspired David Gilmour and Roger Waters with the song “Wish you were here” by Pink Floyd.

Jules Striffler

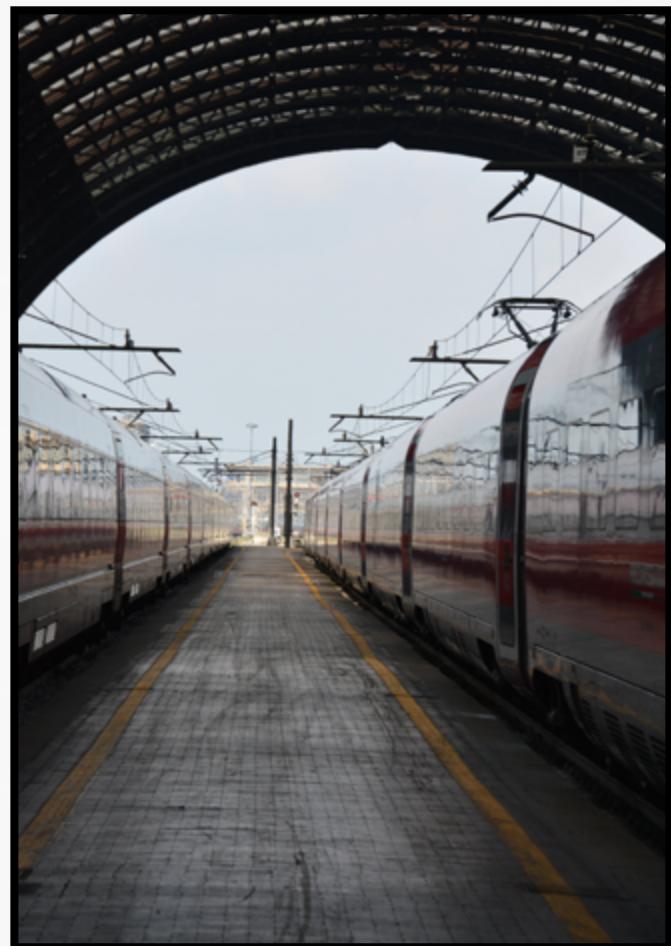
Source:

<https://www.seat61.com/paris-moscow-express.html>

Background photo by Gigi on Unsplash

Other pictures: Jules Striffler

Design - Jules Striffler



cross roads

Imagine your life as a hiking trip. Wandering through luscious fields and sunny forests, sometimes also through steep valleys and over high and dangerous mountains, on and on it goes, without a clear goal you stroll along without being able to go back.

Wandering through luscious fields and sunny forests, sometimes through steep valleys and over high and clouded mountains, on and on it goes, without a clear goal you stroll along without being able to go back. The only thing not changing along the way are crossroads and diverging pathways. Sometimes they are really big and clearly signed. Remember the one you had to cross with hundreds of signs pointed in different directions, labelled with names such as astrophysics, old classics, politics, architecture, photography, international studies and so on.

How long did you stand there thinking about where to go, maybe you walked a few meters on one road and then decided to leap over to another path? Did you take the biggest road, clearly signed and very safe to walk on, or did you look around until you found that little, hidden path leading into a mysterious forest of surprising discoveries, or did you decide to create your own way by going into the wilderness off the beaten path?

Or do you still stand there at some crossroad not able to decide always turning back to other options out of fear of missing out on something?



There is an overwhelming amount of possible routes one could pursue. Especially at a young age, as pupils, students, young professionals, we are confronted with the burden of determining our future. Everything is possible, so we are told. The only problem: every choice forces us to give up on other possibilities. And then we end up pondering on what might have been, had we only chosen another career, another study, another city to live in.

And we take ages to decide, too many options paralyse us, we are afraid to choose because we think that we might lose our freedom of choice.

But this is the illusion. It is not the freedom of having a choice but the freedom of taking a choice. We only fulfill our freedom by taking a leap into the unknown. If we don't manage to decide we will just stand still and watch possibilities go by without ever following them.

So if you stand on the crossroad wondering what to do, take a rest, breathe, think, but don't hesitate too much. Make a first step, follow your instinct and decide for one road. You might think about the other roads you left out but they are not important right now.

Enjoy the journey and look forward to the next crossroad!

Mathis Gilsbach

Design - Mathis Gilsbach

Пекарите не печат лажни колачиња

Доверба. Тоа е основата на сите процеси, но се чини дека ја има се помалку и помалку. Соседите, потенцијалните познаници, наставниците и сограѓаните се оддалечија од нас. Не сме сигурни што се случува во светот околу нас, но сигурно не може да биде единствено тоа што ни го кажуваат на вестите. Ние сме критички умови. Ние се сомневаме во вашите намери. Има само една работа на која сè уште веруваме слепо: нашиот суд.

Сепак, со вреднување на оваа релативност и преку лично искуство над негацијата со факти и генералниот консензус, создадовме повеќе сиви области отколку монохроматски јаснотии. Недовербата и дезинформациите се шетаат слободно на дното на празнината. Но, кога ќе го изгубиме чувството за верување, барем треба да внимаваме на кого ќе избереме да не му веруваме.

Како личност која презема стабилни чекори во областа на новинарството, но сепак е премногу нова за да биде расипана, би сакала да направам еден осврт базиран на новинарскиот интегритет. Без разлика дали е тешко да се верува или не, многу професионални новинари се, исто така луѓе. Како и во повеќето други професии, тие се обидуваат да го работат најдобро што знаат тоа што го работат. Сега, да ги направиме работите попријатни и помалку академски - затоа што и нашата генерација не го сака тоа? - ќе работиме со многу вкусна метафора: моите омилени колачиња. Вафли од сируп.

Вафлите од сируп (stroopwafels) се традиционални холандски колачиња и тие се апсолутно вкусни. Ги видов како се продаваат во продавници во Бугарија и во Мајами, што ме тера да верувам дека се силен (и подобар) конкурент за пивото Хајнекен. Како и многу производи, вафлите од сируп имаат глобална публика. Не е дека тие се подобри од другите колачиња - има многу елегантни колачи, како и ужасни како што се кафените од кокос (уф, колку ги мразам). Факт е, секој има свои омилени колачиња и омилен бренд кому му верува. Истото важи и за вашиот омилен весник.

Повеќето пекари се исклучително задоволни од нашиот интерес за нивните производи. Особено поетаблираните и поискусните пекари ќе одат многу далеку за да ја задржат својата репутација да испорачуваат вкусен производ. Се разбира, има некои пекари што можат да прават компромис за основните состојки со цел да да добијат колку што може повеќе. Овие пекари немаат многу да изгубат. Сè за што се грижат е да ве привлечат, малку пред да ги снема. Некои од овие лоши пекари може да ве натераат да изгубите надеж за повторно

пронаоѓање на добри, доверливи колачиња - но без грижа, тие се мало и расипано малцинство. Повеќето пекари (и новинари) се многу посветени: затоа тие се будат рано, работат чесно и напорно со цел да ви го испорачаат најдобриот продукт. Секој ден.

Покрај тој внатрешен нагон за совершенство, секој пекар знае дека тие зависат од вашата деловна активност за да останат на пазарот. Тие се потпираат на вашата доверба. Очекувате секоја вафла од сируп да биде вкусна како и претходната, а не да ве убие. Нема причина пекарот да направи компромис во врска со квалитетот и доверливоста или да се обиде да изманипулира со вас доколку сака да ја задржи својата продавница. Другите пекари веројатно ќе бидат доволно брзи за да ги грабнат нездадоволните клиенти. Освен тоа, дури и доколку некои клиенти останат – еднаш откако шефот на кујната ќе го изгуби интегритетот, колачињата ќе останат во паметење по лошиот вкус.

Јас разбираам дека читањето вести и јадењето вафла од сируп, иако е златна комбинација, во основа се различни активности. Сепак, чувствувам дека двете работи се комерцијални артикли што секојдневно ги трошиме врз основа на доверба. Оваа доверба може да биде повеќе потвесна за едните од другите, но основата е иста. За секоја од нив, постои таму во позадината некој што внимателно го изработил производот за кој мислел дека ќе го цените. Во секој случај, егзистенцијата на овие мистифицирачки пекари и новинари во многу зависи од тоа колку нè задоволува нивниот исход и дали нашата доверба во нив не е потрошена. Тие навистина немаат интерес да прават збрка со нашето време. Особено затоа што е потребно само едно лажно колаче или непроверена статија за да уништи компанија и да избрка клиенти. И, кога станува збор за вас, ценет клиенту: секогаш бидете критички настроени кон содржината, поддржувајте го тоа што висе допаѓа, а најмногу - не заборавајте да го цените нивниот производител. Тие дефинитивно ве ценат.

Ами Зутберг
Преведувач: Горан Адамовски



The beauty of useless pleasures

Today, April 11, 2020, the song of the South Korean boygroup called the Block B, "Toy", completed the fourth anniversary since its release.

It means it has been a little bit more than four years that I have been listening to Korean music. The song, that is part of in the album "Blooming Period", was one of the first Korean songs that I listened to and it left a huge mark on me. I remember listening to it for hours, enchanted by the kpop universe and mainly by the Korean language. I didn't and still don't know how to explain the unique way in which it amazes me. I believe that the intense feelings such things generate in us, which are really hard to put into words, are exactly the ones that allow the birth of moments that makes the life worthwhile.

Therefore, with all this magic around my Korean music discovery, the will of studying Korean was born inside me. Something that fortunately I could accomplish with success during my second year of high school. I was very dedicated to it and every phrase I understood in Korean or every new word that I learned turned into a beautiful smile drawn in my face. However, in the next year, due to having to study for the university entrance exams and having to dedicate myself to college studies after getting into it kept me from studying Korean with the assiduity I had before.



Looking back on it, I think it is very curious that the album is called “Blooming Period”, because from my discovery of the track “Toy” I was able to bloom in different sections of my life: be open to immerse in a new culture, try new diverse cultural products, polish my personality, create sense of organization and routine so I could manage conciliating studying Korean with school and at last, dream more, and dream high, something that since I was a kid I was very fond of doing.



All of this experience helped me to get courage to do some of the biggest changes of my life: to switch my major in college. I made my previous choice, Computer Science, seeking a profession that would give me financial resources and possibilities such as traveling and a comfortable life. Yet, the more I was studying, the more I realized that it would not be worth it having money if I would not have the spirit to perform my daily activities and enjoy opportunities that I was given. I missed studying with appetite of knowledge and being filled with joy for doing so, as was studying Korean for me. I made the choice of my new major aware of the fact that Law also wouldn't be a hundred percent pure joy, but the motivation that could come from my happy moments surely was going to be a leverage to boost me up through the rough phases.

On this transition time, my mom reminded me of a video from Clóvis de Barros Filho, who is a journalist, lecturer, doctorate and teacher of USP's (University of São Paulo) Communication and Arts School, in which he claims that happiness is useless. In his words, “Happiness is perfectly useless. A good life is perfectly useless because its value lies in itself. The more in our life we find things that have value for themselves and therefore are useless, the more the likelihood of living well increases.” For me, consuming Korean culture and trying through the most diverse sources its language is magic. It is what fills me with pleasure and delight. It is perfectly and completely useless. It could even be useful to get a job which requires language skills, but I was and am not doing it with this goal, but just to celebrate the fact of living one of the things that I am satisfied in doing, that gives me pleasure for itself.

In conclusion, I always think about of how much I would like it if life allowed everyone, equally, the beauty of living the fullness of useless pleasures. If life did not suffocate each particular universe with unceasing need of money, never-ending works and meeting others' expectations. If we could, even for precious and symbolics moments of our daily lives, be able to wake up the useless dreams, life would be so much happier and easier. And in this quarantine times, social isolation and sometimes hopelessness, I truly believe that it is crucially important remembering things that give us energy to live, remembering how important it is living our dreams, so we can have the strength to fight for better days.

Júlia dos Santos Acerbi

Design - Kirsi Suomi

Fugid e
tndiq e
Mirënjohjes
Milenjopalëz

Mirënjohje: Cilësia e të qenit falënderues; gatishmëri për të treguar vlerësim për dhe për të kthyer mirësinë (sipas Google Dictionary).

Të gjithë mund të lidhemi me ndjenjën e të qenit falënderues ose mirënjoës për diçka. Si kur merrni një dhuratë që ju pëlqen vërtet nga dikush, dhe zemra juaj hapet dhe ju merrni një buzëqeshje të madhe në ftyrën tuaj. Thjesht dëshironi t'i jepni atij personi një përqafim sepse ka kaq shumë ndjenjë të mirë që qarkullon në trupin tuaj. Kjo ndjenjë është një gjë shumë e fuqishme.

Pse është kaq e fuqishme kjo ndjenjë?

Së pari ajo sjell një frekuencë më të lartë në trupin tuaj që është gjësim ose lumturi. Së dyti, kur jeni në këtë dridhje ju harroni stresin dhe shqetësimet tuaja. Së treti, as pa e kuptuar atë, ju jeni prezent dhe në atë moment (nëse keni lexuar ose dëgjuar ndonjëherë Eckhart Tolle "The Power Of Now", do të pranon që mbi të gjithë, ne duhet të përpinqemi të jemi ndërgjegjshëm dhe prezent në moment aq shpesh sa që të jetë e mundur). Së katërti, tani që ne e njohim këtë ndjenjë, ne mund të identifikojmë këtë ndjenje që ndihet kur jemi në këtë formë pozitive të vibrimit. Më në fund, dhe gjithashtu pjesa më e mirë e gjithë kësaj, tani që ne e dimë ndjenjën, mund t'i qasemi mirënjojhes në çdo kohë që zgjedhim.

Ky është ndoshta një nga bekimet më të mëdha, fakti që ne mund të përdorim fuqinë e mirënjojhes në çdo kohë. Kjo nënkupton se ne mund të vendos veten në një dridhje të lartë nga ndjenja mirënjoës! Për shembull nëse ndjehem i trishtuar ose i lënduar, ose mbërthyer në mendimet e mia, mund të mendoj pér diçka pér të cilën jam mirënjoës pér të më bërë të ndjehem më mirë. Tani përderisa po e shkruaj këtë, ndihem mirënjoëse që kam shëndet të mirë dhe që jam në gjendje të lexoj dhe të shkruaj pér të përcjellë këtë mesazh. Jam shumë mirënjoës.

Dhe në të gjitha thelb, ju mund të jetë mirënjoës pér çdo gjë. Çdo gjë që ju vlerësoni me të vërtetë në jetën tuaj shpreheni atë! Thuajeni me zë të lartë, shkruajeni, edhe nëse është vetëm një mendim në kokën tuaj, ajo mund të shfaqë më shumë atë ndjenjë dhe vibrim. Dhe sa më shumë ndjenjë e atë vibrim të ndjeheni, aq më shumë do të térhiqni në jetën tuaj.

Nëse e dini pér ligjin e térheqjes, kjo do të duket e qartë. Ne térheqim atë që mendojmë dhe si ndjehemi pér të. Kjo është arsyja pse është kaq e rëndësishme të ndjeheni mirë. Ndjenjat dhe mendimet tonë janë si një magnet. Dhe kështu është e rëndësishme të ndihemi mirënjoës pér ato që kemi, madje edhe mirëmbetshit. Faleminderit që e lexuat këtë dhe jini të sigurt. Zoti ju bekofte.

Chris Maiken
Përkatës: Vafire Muharemi





“ЖИВОТОТ ПО КОРОНА НЕМА ДА БИДЕ ИСТ, НО МОРАМЕ ДА СЕ СМЕЕМЕ”

ИНТЕРВЈУ СО ДЕНИС ЈАНКУЛОВСКИ ОД ЦЕНТАРОТ ЗА ЈАВНО ЗДРАВЈЕ ВО СКОПЈЕ

„Факт е дека во овој период на асоцијализација увидуваме колку ни недостига друштвото“, вели Јанкуловски

Нему не му е тешко да се разбуди рано наутро со песна, да отиде на работа во Центарот за јавно здравје – Скопје, со часови да биде очи со невидливиот непријател, а попладнето љубезно да им помага на повозрасните станари на висококатницацата во скопската населба Кисела Вода каде живее, пазарејќи ги за нив продуктите што им се неопходни или наоѓајќи им се во домашните потреби. Нему и не му беше потребен хаосот со „короната“ за да ја „разбуди“ хуманоста во себе. Тој веќе трета година своето слободно време им го посветува на децата со аутизам преку невладината „Аутизам ААМК“.

Неговото име е Денис Јанкуловски, а во интервјузаво се говори за предизвиците со кои човештвото се соочува за време и по вирусот „Ковид 19“.

Твоите статуси на социјалните мрежи се хит деновиве. Медицински техничар кој е во првите редови на борбата против најпознатиот светски вирус – Ковид 19, зрачи со оптимизам и се труди да им го пренесе на граѓаните преку мотивирачки пораки или песна. Од каде ја примиш толкова енергија, зарем никогаш не те стигнува замор?

– Енергијата ја ја примиш од три места. Семејството каде ја имам најголемата поддршка, работата која си ја сакам и ја работам со многу љубов и посветеност, како и од сите оние мои мали но големи другарчиња со кои веќе трета година се дружам и со огромно нетрпение чекам да ги видам. Сакам денот да си го направам убав, така си давам и елан, но сакам и се обидувам на сите оние кои во ова време-невреме мора да седат дома, преку тие мои статуси да им ги оттргнам мислите од вирусов, барем на момент. Сакам да ги „заразам“ со она што јас го чувствувам, односно со чувството на уште еден убав ден. Заморот, секако дека доаѓа, но откако ќе се вратам дома после уште еден поминат ден на терен знаејќи дека сум допринел за нечие здравје, и дома наидувам на насмевките на моето семејство и огромниот број прекрасни пораки од пријатели, роднини па и некои непознати – тогаш се се заборава и со насмевка го очекувам наредниот ден.

Преку ден си во ’скафандер‘, во попладнените часови си им на услуга на повозрасните соседи во висококатницацата во која живееш. Сопруг си и татко на младинец и тинејџер. Дали понекогаш ти е страв дека невидливиот непријател ќе те совлада тебе или твоите најблиски?

– Стравот секогаш постои затоа што сме сите луѓе од крв и месо и никој не е отпорен. Но самото тоа што кога одиме на терен сме максимално заштитени, односно сме со целосна заштитна опрема, со тоа што кога сме на терен, кога земаме брисеви свесни дека сме во близина на некои потенцијални носители на вирусот но и некои веќе докажани позитивни, ние совесно и со многу претпазливост си ја вршиме работата, тоа мене и, секако, на останатите мои колеги ни дава сигурност дека нашите семејства се заштитени.

Како гледаш на однесувањето на луѓето по прогласувањето на пандемијата? Дали станавме посоцијални и посвесни за важноста на животот и среќата што ја имаме што сме живи или, пак, себичността допрва излегува на површина, па секој (ќе) се грижи само за себе без да води сметка за здравјето и за потребите на другите?

– Прогласувањето на пандемијата како и активностите кои ќе следат по нејзиното

завршување, според мене, ќе доведат до неколку новитети. Факт е дека во овој период на асоцијализација увидуваме колку ни недостига друштвото. Научени сме, сепак, да не сме сами, можеби и менталитетот ни е таков. Но од друга страна, факт е дека има и голема себичност, која, за жал, ја гледаме токму овие денови кога се обидуваме секојдневно да укажеме дека седењето дома не е за џабе, дека тие два збора 'Седи дома' имаат и тоа како големо значење. Има себични луѓе кои едноставно не почитуваат препораки. Притоа, не размислуваат дека прво тие се неодговорни кон себе и кон своето здравје, а со самото тоа се себични и крајно неодговорни кон своите блиски, независно дали се семејствата, комшиите, пријателите и роднините. Тоа е голем проблем кој, за жал, е многу присутен. Верувам дека животот ќе се смени. Ќе станаме посовесни за своето здравје, попретпазливи, но мора да разбереме дека индивидуалното здравје е во корелација со колективното. Само со заедничка соработка ќе бидеме поприсутни на ова парче земја. Промени ќе има во начинот и стилот на живеење. На подобро или на полошо... времето ќе покаже.

Ќако човек што е директно инволвиран во случувањата, можел ли да ни кажеш кога можеме да очекуваме враќање во „нормален живот“? Всушност, можеме ли да направиме проекција каков ќе ни биде „нормалниот живот“? Од кои работи ќе мора да се откажеме?

– Уф, тоа ми е најтешкото прашање деновиве, поточно одговорот. 'Коронава' е нешто ново што ни се случува, да не речам 'не измести од колосекот'. Нормален живот, како што реков и претходно, ќе следи во некоја нова форма, ќе има нова дефиниција за „нормално“. Веројатно нормално ќе биде да шетаме со маски, да избегнуваме премногу блиски контакти, нормално ќе биде за 5, 10 или помалку години повторно да се појави од никаде некоја нова 'Корона'. Ќе има откажување од многу работи меѓу кои на пример одење и патување на места на кои досега имало голема бројка на луѓе. Претпазливоста со некоја доза на страв ќе преовладува во нашите животи. Но, она од што никогаш не смееме и нема да се откажеме е насмевката.

Веројатно сите ќе мора да се научиме да живееме со вирусот, но дали од есен повторно ќе мора да се запознаваме со него од близку?

– Јас претпоставувам дека ќе мора, но еве веќе работат на пронаоѓање на вакцина, која верувам дека ќе биде дел од програмата за заштита на населението. Вирусот ќе биде одомаќинет како и сезонскиот грип, ќе поминува во полесна форма,

ние ќе се навикнеме и ќе создаваме антитела и имунитет. До наредниот...

Тици и претседател на Невладината организација „Аутизам ААМК“. Како им е на децата и на нивните родители, како тие ги поднесуваат овие времиња?

– Една од работите која ми недостасува овој период се токму активностите во 'Аутизам ААМК'. Иако млади, постоиме само две односно ова е трета година, сепак, можеме да се пофалиме со многу активности кои секогаш имаат за цел зголемување на свеста за лицата со нетипичен развој, нивно почитување, прифаќање и инклузија во општеството. Но ете, 'коронава' малку не стави во пауза, но ние секојдневно сме во комуникација со децата и со нивните родители и старатели да видиме како тие ги поминуваат деновите. Верувајте дека и нив како и на сите други деца им е тешко, им недостасуваат градинките, училиштата, парковите, им недостасуваат другарчињата. Семејствата, познавајќи ги нивните дневни ритуали и нивните интереси, се обидуваат да им ги направат деновите лесни за пребродување, а секако дека и ние сме тука да помогнеме колку што можеме. Јас во овој период преку тие забавни и мотивирачки видеа.

Горан Адамовски



The first blood transfusion

As we all know, blood is a vital and essential component that keeps us alive. The role that it has in our organism is far but simple, it provides us with the indispensable nutrients and oxygen and has many other crucial functions that are key to our existence. I believe that all of you are familiar with the term blood transfusion but have you ever wondered how it all began? What are the origins of this astonishing act of saving the lives of those needing it?

The awareness of blood importance and the fact that if lost it can have fatal consequences dates from ancient times. Since then people were trying to figure out a successful way to transfuse blood in order to save one's life. The two scientific breakthroughs that made blood transfusion conceivable as medical treatment were William Harvey's discovery about blood circulation in 1628 and Christopher Wren's invention of syringe for injecting blood intravenously around 1659. These discoveries had quite the impact and persuaded many scientists to carry out experiments in order to manage to succeed in this inscrutable task. The first successful transfusion was done by an English physician, Richard Lower who transfused blood from one dog to another. Some of the scientists went even further and tried transfusing blood from one person to another. Some of the patients did survive, being fit as a fiddle, but some of them weren't meant for such a destiny. Therefore blood transfusion was banned from further execution.

This left people wondering what's the reason behind those unsuccessful attempts. This question was finally answered when Karl Landsteiner, an Austrian scientist, discovered three human blood groups: A, B, O, and his students who discovered the fourth AB blood group. Since then the death rate has significantly decreased, people were getting back on their feet and once again it was allowed as a treatment for those needing it.

This revelation has helped many wretched people fight their destiny and extend their lives as much as possible. Thankfully, the hard work of our ancestors really did pay off saving many people's lives, giving them a second chance to live their lives to the fullest!

Stefan Nikolovski

Source:
britannica.com



Quarantine, which we are all experiencing together worldwide, how does it look like in different countries? VOICES magazine is starting a series of articles “Life at home – quarantine all over the world”. Share your stories with us!

You can write from anywhere in the world, we don't require a professional background. We want to share personal stories about how you are spending your time, what are the regulations in your country, how does it make you feel – from any point of view!

The articles will be published on VOICES magazine web page where they can be shared and anyone can read them. Let's spread positivity, tips, and interesting stories worldwide.

Write a story in English from your life in quarantine and send it to us at vcs.sending@gmail.com. The length can vary from a few sentences to a one-page story. Don't hesitate to contact us with any questions!

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