

# VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

july 2023







## Editorial

**J**uly - the month of long summer nights, parties, and sunshine!

The anticipation of this holiday month is enormous every year. And what's a better month than July to read our latest articles in this edition of VOICES? July is a month of traveling, whether it's to heavenly beaches or high mountains. Our topic of the month by Camélia is talking about the secrets of good mental health for all of those who dream of setting off on an adventure to the other side of the world. Following on from this article, Ankica, tells you about her experience as a volunteer in Zagreb. If all that doesn't make you want to travel all over Europe...

This month's topics includes archaeological discoveries, the history of the Roma people and the Himalayan mountains. You'll discover the little-known world of women in the Finnish military, the history of the particularly interesting Albanian language, and the benefits of psychedelic drug therapy. Last month, something really big happened: a giant ball made from plastic trash went rolling all over Skopje. If you're as intrigued as we are by this story, find out more about the artist and his work in this edition of VOICES.

We hope you have a great summer and lots of fun traveling!

Fahim Bounoua

## Едиторијал

**Ј**ули-месецот на долги летни ноќи, забави и сончево време!

Очекувањата од овој месец на годишни одморисеоогромнисекојагодина! Изарем има подобар месец од Јули за читање на нашето последно издание на ВОИЕСЕС? Јули е месец на патувања, без оглед дали се рајски плажи или високи планини во прашање. Нашата тема на месецот е од Камелија која зборува за тајната на добро ментално здравје на сите оние кои размислуваат за заминување во авантура на другата страна од светот. Надоврзувајќи се на ова, Анкица ви го пренесува нејзиното искуство на волонтирањето во Загреб што ве тера да патувате низ цела Европа...

Темата на месецот вклучува и археолошки откритија, историјата на Ромите и Хималаите. Ќе го запознаете и малку познатиот свет на жените во финската војска, интересната историја на албанскиот јазик и придобивките од терапија со психоделични дроги. Минатиот месец нешто навистина големо се случи, огромна топка направена од пластичен отпад се тркалаше низ Скопје. Ако сте љубопитни како нас за оваа приказна, прочитајте повеќе за уметникот и неговата работа во ова издание на ВОИЕСЕС.

Се надеваме дека ќе имате одлични летни одмори и забавни патувања!

Фаим Бунуа

**VCS Director**  
Nikola Stankoski

**Coordinators**  
Andrej Naumovski  
Goran Adamovski  
Goran Galabov  
Selina Niemi  
Ewelina Chańska  
Jolanta Ciopcińska  
David Stoilkovski

**Volunteers**  
Fahim Bounoua  
Hugo Lhomedet  
Camélia Sghayare  
Katariina Weiho  
Taika Soihtu  
Chloé Le Cair  
Youen Le Bris  
Elif Akdogan  
Georgina Kominovska

**Translators**  
Goran Galabov  
Dora Arifi  
Martina Danilovska

**External writers**  
Hakan Yağci  
Ankica Sokolić  
Tomi Gjosev  
Ivan Sevillano

**Designers**  
Hugo Lhomedet  
Camélia Sghayare  
Katariina Weiho  
Taika Soihtu  
Chloé Le Cair  
Fahim Bounoua  
Youen Le Bris  
Elif Akdogan

**Cover**

**Contact**  
Volunteers Centre Skopje  
Emil Zola 3/3-1, 1000, Skopje  
+389 22 772 095  
vcs\_contact@yahoo.com  
www.vcs.org.mk



**Erasmus+**

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# Gap year: the secret of good mental health for students





At the end of high school, most of the young people are kind of lost and don't know what to do after. It's a very stressful period and choosing a specific field of study in university is usually hard. For a few years, a phenomenon appeared, particularly in Europe: the gap year! Let's discover the gap year's goal and its benefits for mental health.

Taking a gap year is democratizing a lot, especially in North countries like Finland or Denmark. A gap year is a break during your study, and work, usually taken after high school. Some people are deciding to take their gap year later, like me for example, I took my gap year between my bachelor's and my master's degree. Everybody is free to choose when is a good moment to take a gap year. As you probably know, studying is a big factor in anxiety and tiredness for the youth. Family pressure, and social pressure, this period is sometimes hard to face, we can get lost and don't know what to do with our lives, and it can have a real impact on our mental health.

Taking a break from everything to find yourself, and make new projects can be useful and a breath of air in your student life.

"Taking a Gap year was a real opportunity for me, I discovered a different culture, new people from everywhere and it helped me to find what I want to study next year: journalism!"

Katariina Weiho

During a gap year, there are many things to do, it depends on your project, what you like, what you want to experiment with, your personality, etc. One of the first common things that young people do when they are taking a gap year is traveling. Exploring different parts of the world can bring a lot of new experiences and be enriching in a lot of fields. You may visit multiple countries, immerse yourselves in new cultures, and engage in activities like backpacking, hitchhiking or even volunteering abroad. For sure, traveling is an amazing adventure if you want to go out of your comfort zone, learn about yourself, and at the same time live an international human experience. For some people, especially when you are 18, traveling is a bit scary and stressful. So, another possibility during a gap year is doing local/national volunteering. Gap-year participants often devote their time to meaningful volunteer work. They may

engage in community service projects, and environmental conservation efforts, or contribute to social causes such as education, healthcare, or poverty alleviation. Volunteering allows individuals to make a positive impact while gaining valuable experiences. When you are a volunteer, you give a lot about yourself, but you also gain a lot of new skills and professional experience which can be also very useful to help you to choose what will be the way that you will take after your gap year. Taking a break during study can also be a synonym for working, saving money, and building professional experience related to their field of interest... Internships or Work contracts can give this opportunity. This can provide practical skills, industry knowledge, and networking opportunities, setting them up for future academic or career success. It allows as well to save money for future educational or career pursuits.

This can involve jobs in various sectors, during various periods, and be helpful for future professional life. Finally, taking a gap year is also a good way to develop yourself and your project. Indeed, gap years offer an opportunity to develop new skills or pursue personal interests. Some individuals enroll in courses or workshops to learn languages, arts, music, cooking, or sports. They may also engage in activities like coding boot camps, entrepreneurship programs, or outdoor adventure training. Furthermore, it can be an occasion to work on personal projects or explore creative endeavors. This could include writing a book, starting a blog, creating artwork, developing a business idea, or pursuing hobbies like photography or filmmaking. The activities undertaken during a gap year can vary greatly depending on individual preferences, financial resources, and specific goals. Each person's gap year experience is unique and adapted to their interests and aspirations.

In addition to all these various experiences which can be real benefits in the life of all students, taking a gap year is also helpful for mental health! First of all, many individuals experience

high levels of stress and burnout from academic or work responsibilities. Taking a gap year allows for a break from these pressures, providing an opportunity to rest, recharge, and regain a sense of balance. Practicing different activities during a gap year like creative activities or volunteering can foster a better understanding of oneself, leading to increased self-confidence and improved mental well-being. Engaging in activities that bring joy and fulfillment can positively impact mental well-being and overall life satisfaction. During these explorations, the brain will make a lot of dopamine for example which is very important for human well-being. Traveling can also favorize cultural immersion and involve a lot of mental benefits. Exposing oneself to different cultures, traditions, and viewpoints can enhance empathy, understanding, and personal development, which are beneficial for mental health. Finally, in all these experiences that you can live during a gap year, you will for sure have to overcome a lot of obstacles but it's also something which will give you strength and help you to grow up! Dealing with unexpected situations and learning to adapt can bolster mental resilience, enabling individuals to better cope with stress and setbacks in the future. Last and maybe the main point when you are in a gap year: it allows time for self-assessment, research, and exploration of different paths, helping individuals make informed decisions about their future. Having a clear sense of purpose can reduce anxiety and enhance motivation.

So, if you are lost or too stressed in your study, need to explore new horizons, and work on yourself to be happier and more determined, no doubt, take a gap year!

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Camélia Sghayare

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# exploring archaeology

If I told you that tattooing is older than all the pyramids in the world, would you believe me? Well, this practice is indeed ancient and has been passed down through different cultures for generations until our days. I can't say for certain if your parents would have been furious if you secretly got a tattoo or did so while under the influence in 3000 BCE. But let's not dwell on that; instead, let's delve into the ins and outs of tattooing. Did it hold meaning and significance? What were tattoos techniques that ancient civilizations used? And how can we uncover them? Maybe archaeology can shed light on these questions through research, studies, and discoveries since at least two centuries.

The word tattoo has come a long way to reach us... Stories from British explorers like James Cook have given us the name "tattoo" for this practice, based on his observations in 1769 of the drawing worn by Polynesians tribes on their body. "Tattoo" come from the Tahitian term "tatau" which can be translated as "mark" or "hit". When we break down the word, the prefix "ta" means "skin drawing" and "atua" means "spirit". "Tattoo" come in the British language and eventually became the word we know as "tattoo".

Today, and in the past, tattooing is a practice that consists of applying various types of inks and pigments on the skin to imprint a design on the human body. Tattoo artists employ traditional techniques such as hand-tapped or modern tattoo machines. However, there are several different techniques and styles within this field, allowing artists to express themselves and individuals to choose something they truly like.

The various styles of tattoo have existed across the world for several thousand years and have been carried on by different cultures. For instance, in Polynesia, tattooing is a symbolic art; while Celtic tattoos have a rich history that extends from ancient times to the present day. In the Balkans, a tattoo style has existed since antiquity and persists from one generation to another, but I will elaborate on this example later. Throughout history, the act of tattooing has served multiple purposes, including decoration, protection, ritual passage, recovery, individual or group identification.

One of the primary questions that intrigued me was how we can discover traces of this ancient practice. Fortunately, I have found the answer and I would like to share it with you. Evidence of tattooing has been unearthed in various forms. One of them is mummification, where human remains preserve the proof of tattoos on bones or skin. Moreover, iconographic representations of tattoos showed us evidence about this ancient artwork. Finally, material remains, such as tools used for tattooing, provide valuable clues.

Archaeologists have discovered remains and evidence of this practice everywhere around the world, across every continent. The preservation of these remains depends on various factors, including the region and the conditions in which they were found. For example, mummification relies on specific climates, either extremely dry or very cold, to preserve it. Such as figurines and tools made from animal bones, a

good composition of the floor as well of the preservation after, are the most important to determine and study these artifacts.

One of the most interesting discoveries in the realm of ancient tattoos is the preserved body of Otzi, a mummy discovered in the Alps in 1991. Archaeologists found him in the ice, and identified 61 tattoos, primarily on his back and legs, dating back over 5300 years. The studies have shed light on the fact that these tattoos could be an early form of acupuncture, and may have served therapeutic purposes. Analysis has shown us that tattoos were placed on specific areas on his body corresponding to medical issues he had, such as fractures in his legs. We can assume that tattoos were perhaps a way to help him in his recovery. Archaeological discoveries in the region of Peru and Chile, have shown a lot of mummies with tattoos, leading archaeologists to estimate that around 30% of the population in these areas had a tattoo. One of these mummies, predating the discovery of Otzi by over 5000 years, was found with body modification in the form of a tattoo. Surprisingly, the tattoo was a mustache. Yes, you read that correctly, a mustache tattoo!



# ical tattoo discoveries

Regarding the remains of tools for tattooing, it's more difficult to affirm that it was used for this practice. Yet, in South Africa, bones polished with pigments have been unearthed, dating back between 76,000- and 84,000-years BCE. They could be the oldest proof of tattooing in the world, but for now, it remains a hypothesis.

Since I am in Macedonia, I wanted to explore the expansion of tattooing over the years in this region. Once again, archaeology holds the answers we seek. Tattooing in the Mediterranean can be traced back to at least the fourth millennium BCE, and in ancient Balkans, the Illyrians and Thracians were a known population that practiced body modification, like tattoos. The Thracian abandoned this practice, with the social signification and group identification, several hundred years before the Roman era. In contrast, tattooing remained an integral element of the Illyrian identity, surviving until this day in the customs of the people of the western Balkans. The meaning behind these tattoos could be, religious or ritualistic, as passage to adulthood or marriage ceremonies.

One widespread custom in Bosnia and Herzegovina was the "Sicanje" which means "to prick", practiced more by women and girls. It represented a Catholic symbol, identifying them with this religious group. Determining the exact origins of this practice is challenging, but "Sicanje" has solidified its place in Balkans' tradition long enough to have been there for several centuries.

After delving into the rich history and cultural significance of tattoos, you might find yourself tempted to book a tattoo appointment tomorrow. The art of tattooing serves as a witness to ancient civilizations, with its ancient symbols, or the purposes to have them, it's a testament on our imprint on Earth. So are you ready to join the Inked Journey?

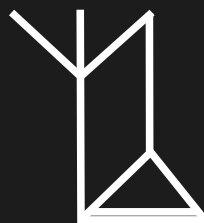
Chloé Le Cair

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# LET'S TALK ABOUT PSYCHOTHERAPY!

Words have a magical power.  
They bring either the greatest happiness  
or the deepest despair.

-Sigmund Freud



## WHAT IS PSYCHOTHERAPY AND WHO IS PSYCHOLOGIST?

Psychotherapy is the process of safely exploring your feelings, thoughts, beliefs, and personal life about yourself and others, in the company of trained mental health professionals. It is speech therapy with a psychologist. Psychotherapy aims to give you insight into your difficulties or troubles, increase your motivation to bring about changes in your thinking and behavior, and help you find appropriate ways to make those changes. Sometimes it is a way to guide you to increase your perspectives in your daily life.

## WHY DON'T WE GO TO THE PSYCHOLOGIST?

Often we can hear people say, 'I don't feel well, but I don't want to go to the psychologist and they reject psychotherapy for fundamental reasons even though they need it. What are these reasons and let's give an explanation of these reasons.

"I have a lot of people around me to talk to"

Sharing your problems with your friends or relatives is very valuable and will help up to a point, but there is a big difference between those around you and your psychotherapist. The biggest difference is that unlike your friends, psychotherapists, instead of supporting you, have received training to find the starting point of problems by offering an objective point of view, to produce solutions, to be a professional listener, and they work for you to get to know your inner world and gain awareness. They enable you to realize what the source of your problems is and to find a solution.

"I do not have time"

If you have a problem that you can't solve on your own, or if your social life is affected because you feel bad and you can't find motivation, it can cost you more time than you spend in therapy. Although you cannot observe the time period you lost in your life, you may notice the decrease in your quality of life.

"I went to a psychotherapist before and it didn't work"

One of the most important unknown details about psychotherapy is that

there are actually many psychotherapy methods. Each therapist works with their own school and can apply different treatment methods to different clients according to their psychopathology. The fact that you have encountered a therapist who is not suitable for you does not mean that no psychotherapy method can be beneficial for you. The important thing is to find the right method and compatible therapist for you.

"I don't want to share my secrets with a stranger"

Most therapists are both trained and skilled at making you feel comfortable and listening to you without judgment. When you start working with a therapist and you don't feel comfortable even after a few sessions, you can talk openly with your therapist about your concerns. If you cannot reach a solution despite talking, it is your greatest right to seek a different therapist and no therapist will show a negative approach to this situation. After all, therapy is both a professional and personal relationship, and the relationship you build with your psychologist is an important factor in treatment. In addition, everything spoken during the seance will not be shared with anyone unless you are likely to harm yourself or someone else. This is one of the strictest ethical rules of therapists. Many therapists make a written agreement prior to psychotherapy that this confidentiality will be maintained.

"Only mad people go to a psychologist"

The vast majority of people who receive psychological support and meet with a psychologist do not pose a threat to themselves or others. They are not violent, nor do they show personality traits that can be considered "weird". Such negative social labels are completely unrealistic, and not feeling well psychologically or having a psychological disorder is just as coincidental and possible as having a physiological disorder.

Personal additions can be made to this list, and such misconceptions or prejudices can act as a barrier for people who have difficulty coping with problems, who are not feeling well, and who need psychological support. According to researches, it has been seen that expert psychologist therapy processes are effective in individuals at almost 85 percent rate. Whatever the

problem is, there is always more than one solution, but sometimes a little help is needed, and sometimes refusing support can make you tired more than going to therapy.

## WHO SHOULD GO TO A PSYCHOLOGIST AND WHEN SHOULD WE GO TO A PSYCHOLOGIST?

There is no list of symptoms required to go to a psychologist. If the person feels different from the mood that is defined as normal, when he is unhappy for a long time, when he is restless, when he is uncomfortable with being angry, when he feels incomplete or lonely, etc. receives psychological support. Sometimes we can get support after certain breaking points in our lives. Sometimes, even if the person feels good, they may go to a psychologist just to get a different perspective. You can also choose to go to a psychologist to take some time for yourself, similar to when you engage in sports, art, or take up a new hobby. In other words, everyone can receive psychological support throughout their life or in some part of their life.

## PSYCHOLOGIST OR PSYCHIATRIST?

Both areas of specialization are related to mental health and often work together. The difference is that psychiatrists have medical training and write prescriptions when medication is required. If drug treatment is not required, psychologists provide you with the solution of the problem with different psychotherapy methods but don't worry, whichever you go to, experts in both fields will direct you to a psychologist or psychiatrist when necessary. In some cases, effective problem solving can be achieved with both medication and psychotherapy.

Elif Akdoğan

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Merkezi

Değişim Terapi



# Albanian: A Language without Resemblance

Albanian is an Indo-European language, the last representative of the Paleo-Balkan language sub-family. It is a rather unusual language in that, as the last representative of a sub-family of dead languages, it bears no resemblance to any other. In fact, Albanian is a language in a class of its own, using a Latin alphabet since 1908, unlike its Greek and Macedonian neighbors. It is the official language of Albania and Kosovo, co-official in Macedonia and Montenegro, and recognised as a minority language in Serbia, Croatia, Romania and Italy.

Nothing is known about Albanians until the 11th century, when they are mentioned by Byzantine historians. The Albanian language is mentioned for the first time outside Albania, in the Croatian city of Dubrovnik, in the vicinity of which there appears to have been an Albanian community. In 1285, a man named Matthew recorded this sentence in the context of investigation of a robbery: *Audivi unam vocem clamantem in monte in lingua Albanesca* : I heard a voice crying on the mountain in the Albanian language.

Not long after that, *Anonymi descriptio Europae Orientalis*, in 1308, states that the Albanian language is not related to any of the neighboring languages, and thus confirms that *lingua Albanesca* is indeed the predecessor of modern Albanian: *Habent enim Albani prefati linguam distinctam a Latinis, Grecis et Sclavis ita quod in nullo se inteligunt cum aliis nationibus* : For the aforesaid Albanians have a language distinct from that of the Latins, Greeks, and Slavs, so that they do not at all understand themselves with other nations.

The first sentence of Albanian we have is the baptism formula from 1462: *Unte paghesont premenit Atit e birit et sperit senit*. In the modern language, this would be *Unë të pageztoj për emrit të atit e të birit e të shpirtit shenjtë*. The sentence means : I baptize you in the name of the Father, the Son and The Holy Ghost.

The very first Tosk text appeared around 1500. It is the anonymous *Perikopeja e Ungjillit të Pashkëve* "The Song of the Easter Gospel".

The first Albanian book is *Meshari* by Gjon Buzuku (1555, preserved in a single copy). *Meshari* is written in the Gheg Albanian dialect and uses Latin alphabet

In November 1908, the Monastir Congress (*Kongresi i Manastirit*) was held in the city of Monastir (Bitola), with the aim of standardizing and unifying the Albanian alphabet. Today, 22 November is commemorated in Albania, Kosovo and Macedonia, as well as in the Albanian diaspora, as Alphabet Day (*Dita e Alfabetit*).

The delegates decided that the Albanian alphabet and its spelling should be as phonemic as possible. Three proposals were put forward: the Stamboll alphabet (from Istanbul), the Bashkimi alphabet proposed by the Union Association, and the Agimi alphabet. While the Bashkimi and Agimi alphabets are based on the Latin alphabet, the Stamboll alphabet is based on the alphabet officially used in the Ottoman Empire and contains Latin characters, supplemented by other symbols. Following the presentation of these three proposals, delegates voted in favor of using a Bashkimi alphabet, with a few modifications. The consensus was fragile.

There are four major eras that make up the history of the Albanian language:

(Possibly first century B.C.) Preproto-Albanian. This is the time before the first Latin and Albanian encounters. Early Proto-Albanian followed (first century B.C.– sixth century). Prior to the first interactions with the Slavs, Albanian had a phase of extensive Latin borrowing.

Then, from around the sixth century until the fifteenth

century, there was late Proto-Albanian. Now is the time when Slavs and Albanians are in close touch. Then, from the 15th century to about 1800, early Albanian. This roughly corresponds to the earliest written records of Albania and the time when the stic quirks that set it apart from other varieties of Albanian because of the physical isolation of the region.





Along with the dialects of the Kruja, Mati, and Dibra areas, the

uses Albanian as a language of everyday communication.

The Tosk dialect also has minor differences within it. It has also given rise to other dialects in Italy and Greece. Northern Tosk is mainly spoken in Albania and southern Macedonia.

There are many different idioms derived from Tosk in Italy and Greece, and their separation from the Albanian language goes back centuries. What makes these languages interesting from a linguistic point of view is that this separation makes it possible to identify features that Old Albanian might have had but did not, but which these languages have retained.

As Greece borders Albania, there is a large Albanian community in the country. The Arvanites, a population group in Greece, speak an Albanian dialect known as Arvanitika, sometimes known as Arvanitic. Arvanitika speakers are said to number somewhere between 30,000 and 150,000. There are said to be more than 500 settlements with historic Arvanite people. As everyone is now fluent in Greek, there are no Arvanitika speakers who only speak that language. The widespread language shift towards Greek among Arvanitika's descendants in recent decades has led to the designation of Arvanitika as an endangered language.

now southern Albania went south and established themselves as Arvanites in Greece. The first mention of these Albanian incursions into Greece dates to the late 13th and early 14th centuries. The causes of this migration may be numerous and are not totally known.

One of the largest Albanian communities outside the Albanian-speaking countries is in Italy. The Arbëresh people of Italy speak a distinct dialect of Albanian known as Arbresh. It is a dialect of Albanian Tosk, which is also spoken by the Arvanites and in Epirus and Albania. Until the 1980s Arbërisht was exclusively a spoken language, except for its written form used in the Italo-Albanian Church, and Arbëreshë people had no practical affiliation with the Standard Albanian language used in Albania, as they did not use this form in writing or in media. When a large number of immigrants from Albania began to enter Italy in the 1990s, they came into contact with local Arbëreshë communities.

The exact Arbëresh speech population is uncertain, as the Italian national census does not collect data on minority language speakers.

In conclusion, Albanian is a unique member of the Indo-European language family. Its distinctive character is reinforced by its lack of similarities with other languages. The history of the language dates back to antiquity, but the first written records date from the Middle Ages. Despite the influences and pressures exerted by neighboring languages, Albanian has managed to maintain and develop itself, while retaining unique characteristics that make it a subject of linguistic interest.

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Fahim Bounoua

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Upper Reka dialect is categorised as a Central Ghëg dialect within the Ghëg language family. While literacy abilities in Albanian are nonexistent for all age groups, reading and writing in Macedonian are known by the populace and used by the young. Among the wider Macedonian population, there is little awareness of the existence of an Orthodox Christian population which

The name Arvanites, which in turn derives from the toponym Arbna, which in the Middle Ages referred to an area in what is now Albania, gave rise to the term Avantika and its local counterpart Arbrisht.

In the Middle Ages, people from what is



# МОКТА НА КРЕАТИВНОСТТА





## “Креативноста бара храброст” - Маја Анџелу

Овој моќен цитат од реномираната американска писателка, Маја Анџелу, долги години се провлекува низ светската литературна сцена, а има и добра причина за тоа; цитатот одекнува со вистина. За многу од нас, креативноста претставува нешто апстрактно, можеби некое хоби кое сме го имале како деца, кога сме боеле слободно без да ги гледаме линиите на илустрациите или кога родителите ги ставале нашите цртежи да висат на фрижидер. Како што поминувале години, а обврските и сериозноста на нашата возраст растела, така се намалувале и можностите за да се развива нашиот креативен дух. Но, малкума знаат дека креативноста е многу моќна алатка, особено кога станува збор за младите. Во денешно време, ретко постои работа или професија која не бара креативност. Во ова нагло променливо време на иновации, создавање на нови идеи и негување на нашата креативна страна треба да стане исто како пиењето на чаша кафе рано наутро; дел од нормалното. Можеби веќе се запрашувате зошто таа пракса е навистина важна? А ако до сега не сте виделе потреба од вакви активности, можеби и се запрашувате дали воопшто се потребни? Постои објаснување. Креативноста има моќ да ни помогне да ја изразиме нашата индивидуалност, да ги развијеме нашите таленти и да се справиме со стресот и предизвиците во модерниот свет, особено во време кога технологијата и екраните се станати наше секојдневие. Но, самиот креативен процес бара храброст, бара да излеземе од нашата таканаречена комфорт зона и да превземеме ризик. Кога пливаме во води кои наметнуваат креативен напор, често експериментираме со различни пристапи, истражуваме нови идеи и предизвикуваме утврдени норми - тоа сето заклокотува со еден универзален реалитет; потребата да настапиме со храброст. Како можеме да го направиме тоа? Како можеме да ја најдеме антидотата за стравот? Не е едноставно, но, треба да имаме поголема доверба во нашите инстинкти, да ја прифатиме неизвесноста и да го отпуштиме стравот од неуспех или осуда, а сето тоа ќе значи и наш личен развој и вдишување живот во заборавени агли од нашето постоење. Кога станува збор за младите, вистина е

дека тинејџерските, а и раните дваесетти години се период за пронаоѓање и постојана потрага по идентитет и место во светот. Тоа е еден доста турбулентен период, преполн со емоции, кој ни е добро познат на сите. Истражувања имаат покажано дека преку учество во различни креативни активности како што се пишување, цртање, танцување и музика меѓу многу други, младите имаат шанса да ги откријат и да ги изразат своите уникатни идеи и способности, да ги надградуваат своите вештини и да си овозможат едно поле во кое имаат слобода за постојано учење и развој. Но, тука не може да се стави границата на нејзината важност. Надвор од тие индивидуални придобивки, креативноста е потфат со импликации за општеството, рече д-р Џонатан Шкулер, професор по психолошки науки на Универзитетот во Калифорнија, Санта Барбара. „Креативноста е во сржта на иновациите. Се потпираме на иновациите за унапредување на човештвото, како и за задоволство и забава“, рече тој. „Креативноста лежи во основата на толку многу од она што луѓето го ценат“. Кога ќе го земеме сето ова во предвид, сфаќаме дека креативноста претставува не само како едно скалило кое не возвишува нагоре и ги негува токму тие карактеристики кои не прават посебни, но и ја зајакнува нашата важност на постоење во овој свет.

Важно да се напомени дека креативните активности можат да имат големо позитивно влијание против битката со стрес и грижи. Во овој контекст, креативноста претставува како една издишка, процес преку кој младите можат да се опуштат, и со позвеж ум да се навратат кон решенијата на нивните проблеми, со уникатни и ново-разбиени перспективи. Исто така, како што сте и самите свесни, во денешно време, се повеќе и повеќе се става акцент на важноста за грижата за нашето ментално здравје, а многу истражувања имаат покажано дека креативните активности се едно од најдобрите нешта кои можете да ги направите не само за вашето ментално, но и за вашето физичко здравје. Во едно истражување не многу одамна, на околу четириесеттина луѓе

им беа дадени уметнички материјали како боици и хартија, а истражувачите им рекле да создадат било што и да сакаат во следните 45 минути. На крајот, научниците открија дека без разлика на тоа дали учесниците имале веќе постоечко уметничко искуство или не, околу 75 проценти од учесниците искусиле намалување на нивните нивоа на кортизол, односно хормон кој телото го ослободува како реакција на стресот. Замислете само за секунда какви позитивни импликации може да има ако оваа пракса стане дел од вашето секојдневие, ако почесто одлучуваме да издвоиме неколку минути во денот за да створиме нешто свое, нешто уникатно, кое ќе и дозволи на трансформативната сила на креативноста да застапи поголем дел од нашиот живот и да ги вовлече нејзините слоевити влијанија на различни полиња? Дефинитивно нешто кое треба да се размисли.

Кога ќе се земат сите овие факти во предвид, малку е нејасно зошто креативните активности често добиваат критики и описи како некои “излишни и несуштински вештини”, нели? Но, сепак мислам дека тука треба да се навратам на тоа што го напоменав на почетокот на статијата, односно за нашата потреба за храброст. За крај, ќе ве оставам само со уште една мисла која мислам дека не треба да ја заборавите. Ништо суштинско не се направило без страв, а никој страв не бил преброден без храброст. Така што, драги мои читатели, продолжете да ги пробивате границите на овој свет со смелост во срцата и со главата високо нагоре, уживајќи во и истражувајќи ја моќта на вашата креативност!

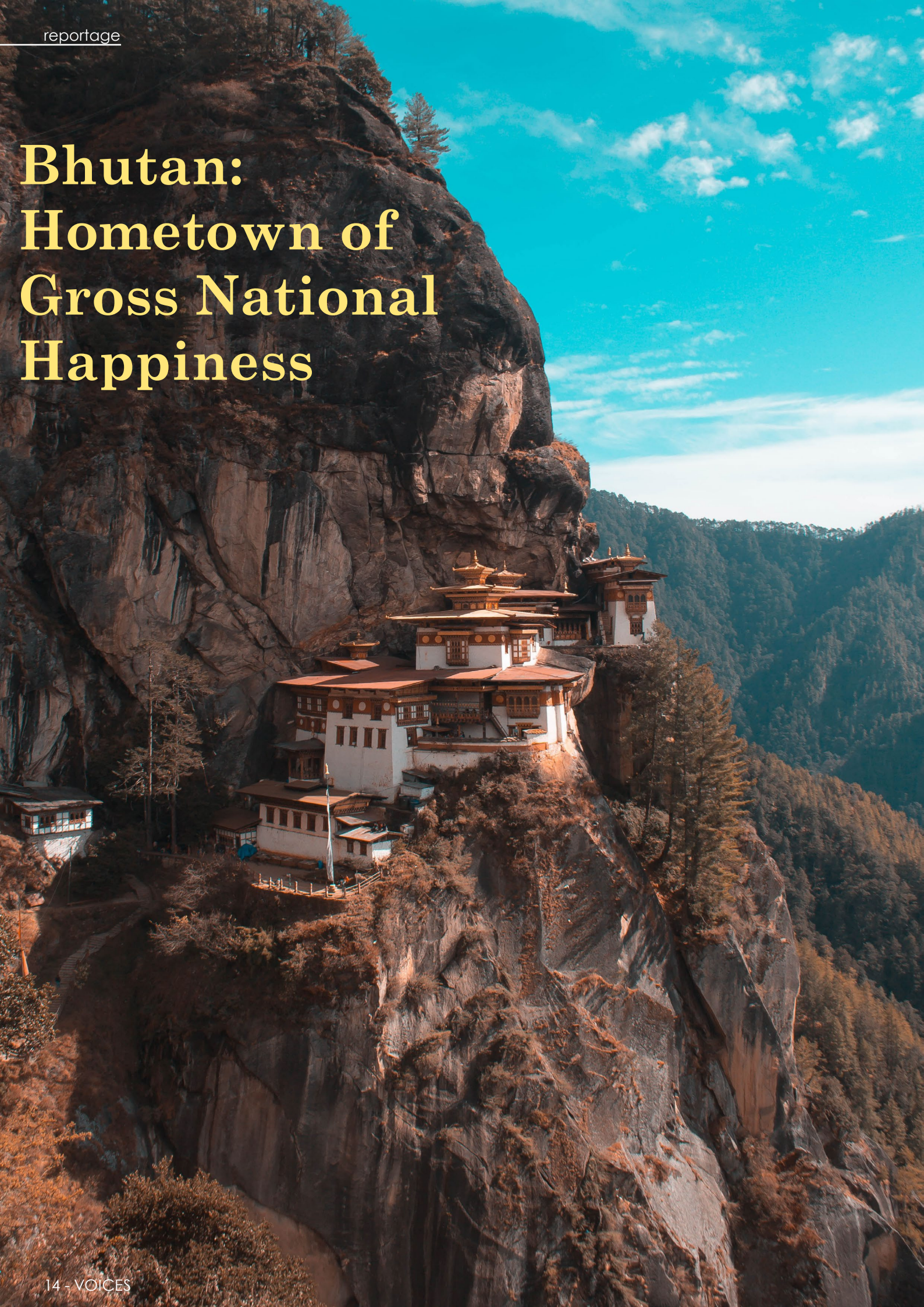
Георгина Коминовска

Извори:

PositivelyYou - The importance of developing creativity in young people  
American Psychological Association - The Science behind creativity  
Entrepreneur - Science shows how creativity can reduce stress  
ZellaLife - Art with creativity is your secret advantage for mental health



# Bhutan: Hometown of Gross National Happiness





***You've probably come across the concept of Gross Domestic Product (GDP) at some point in your life. To put it briefly, this concept is a monetary measure of all final goods and services produced and sold by a country in a given time. Gross Domestic Product is one of the most used data in the macroeconomic analysis as it is a summary of economic activities covering all sectors within the country and shows how healthy the economy is. But today, I would like to talk to you about a lesser-known concept that is close to this one, also used in economics: Gross National Happiness (GNH)!***

This concept was first introduced in 1972 by the words of the 4th King of Bhutan, King Jigme Singye Wangchuck, "Gross National Happiness is more important than Gross Domestic Product". Unlike Gross Domestic Product, this concept is more spiritual and based on Buddhist values with goals such as social welfare and environmental protection. Although it is not a complete substitute for Gross Domestic Product, it is accepted as a complement.

Since then, this idea has influenced Bhutan's economic and welfare policies and led to the creation of the Gross National Happiness Index based on the analysis of 33 indicators developed in 9 areas with Alkire-Foster's multidimensional measurement method.

These 9 areas are Psychological Well-being (with indicators as life satisfaction, and spirituality), Health (with indicators as self-reported health status, and disability), Education (with indicators as literacy, and schooling), Time Use (with indicators as work, and sleep), Cultural Diversity and Resilience (with indicators as cultural participation, and 13 fine arts and crafts), Good Governance (with indicators as political participation, and fundamental rights), Community Vitality (with indicators as safety, and community relations), Ecological Diversity and Resilience (with indicators as wildlife damage, and urban problems), and Living Standards (with indicators as household per capita income, and housing). In the

calculation of the index, while the weight of health is the highest with 13.1% out of 9 fields, education has the lowest share with 9.78%. However, the weights were distributed close to each other and the importance of each area was tried to be highlighted.

This index identifies four groups of people: unhappy, narrowly happy, extensively happy, and deeply happy and measures the nation's well-being directly by starting with each person's achievements in each indicator. According to the results, people's happiness levels are measured against indicators, and then the analysis focuses on how policies can increase happiness and sufficiency among the unhappy and narrowly happy people.

According to the Gross National Happiness Index made in Bhutan in 2015, the field of education is the most competent field with a rate of 99%. This area is followed by the indicator of speaking in the mother tongue, which is in the field of cultural diversity and flexibility with a rate of 92%.

The government can change its policies according to the results on a yearly basis, or by analyzing the rate of change between different years. According to the Bhutan Gross National Happiness Indices made in 2010 and 2015, the areas that showed an improvement of more than 10% in these 5 years were services, ecological problems, and

cultural participation, which indicates that the current policies are positive. However, decreases in indicators such as life satisfaction, family, and donations can bring different perspectives to managers in questioning and changing existing decisions.

It is not known how many different governments will adopt this index in the future, but it is nice to see that something can be put forward without forgetting happiness, which is one of the most basic needs of humanity in the world. Wishing for the days we live as happier people in a more sustainable world, thank you Bhutan!

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Hakan Yağcı

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# “Let There Be Light”:

In recent times, an increasingly popular practice has emerged - the exploration of the shadows within our minds. By delving deep into our innermost selves and fearlessly confronting our demons, fears, and insecurities, we unlock a profound journey of self-awareness and personal growth. This transformative process, known as shadow work, holds immense power to reshape our lives for the better.

The benefits of engaging in shadow work are plentiful, offering us a profound understanding of ourselves and paving the way for personal evolution. By consciously identifying and acknowledging the less desirable aspects of our personalities, we embark on a path of enhanced self-understanding.

Through this deep exploration, we gain valuable insights into our own thought patterns, emotional triggers, and behavioral tendencies, laying a solid foundation for personal development.

One of the remarkable facets of shadow work is its ability to challenge and dismantle limiting beliefs that hinder our growth. As we delve into the recesses of our psyche, we encounter long-held convictions and assumptions that have, until now, dictated our lives.

By courageously questioning these deeply ingrained beliefs, we open up new possibilities for thinking, living, and being. This liberation from self-imposed restrictions allows us to embrace a more authentic and empowered existence.

Shadow work extends its influence beyond our individual selves, impacting the quality of our interpersonal relationships as well. As we gain deeper insight into our own shadows, we develop a heightened sense of empathy and compassion.

The awareness of our own darkness grants us the ability to recognize and understand the struggles and hidden aspects within others. This newfound empathy fosters more authentic and fulfilling connections, as we navigate our interactions with a profound understanding of the complexities of the human experience.

Embarking on the journey of shadow work may seem daunting, but there are several effective approaches to commence this transformative process. Engaging in reflective writing, such as maintaining a journal or utilizing a notes app, can serve as a powerful tool for unpacking hidden thoughts and emotions. Through the written word, we give voice to our deepest fears, insecurities, and innermost desires, forging a bridge to self-discovery.



# The Power of Shadow Work



Practicing stillness through meditation or deep breathing exercises allows us to observe our inner landscape with clarity and detachment. By creating a space of silence and introspection, we invite the shadows to surface, illuminating the hidden corners of our minds. In this state of profound presence, we can navigate the depths of our being, embracing all that arises with compassion and acceptance.

For those seeking additional guidance and support, the assistance of an experienced therapist can prove invaluable. With their expertise, therapists offer a safe and nurturing space to explore the shadows, providing tools and techniques tailored to individual needs. Through their guidance, we gain deeper insights and develop effective strategies to navigate the intricacies of shadow work.

The practice of mindfulness serves as a potent ally in the realm of shadow work. Engaging in activities that demand our full presence, such as yoga or other mindful exercises, enables us to anchor ourselves in the present moment. By redirecting our attention to the sensations of the body or the rhythm of the breath, we cultivate an acute awareness of our internal landscape. This heightened mindfulness serves as a guiding light, leading us through the labyrinth of our shadows towards healing and transformation.

Creativity, in its myriad forms, offers a powerful channel for the expression and integration of our emotions. Engaging in artistic endeavors, be it painting, sculpting, or playing music, allows us to externalize the depths of our inner world. Through these creative outlets, we unleash the unspoken and give form to the formless, unraveling the mysteries concealed within our shadows.

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Tomi Gjoshev

For those eager to delve deeper into the realm of shadow work, a wealth of resources awaits some include:

Sources:

"The Ultimate Guide to Shadow Work: How to Transform Your Deepest Fears Into Your Greatest Strengths" by Mateo Sol

"Shadow Work: The Ultimate Guide to Facing Your Inner Demons" by Megan Bruneau

"The Power of Shadow Work: Embracing Your Dark Side" by Tanya Carroll Richardson"

YouTube:

"Do Shadow Work. It Will Change Your Life" by Clark Kegley

"Why Shadow Work Is The Key To Manifesting Your Dream Life" by Aaron Doughty

"Explanation of Shadow Work & The Healing Trap: by Activation Vibration

# History of the Romani People

**“Gypsies”, “Kale”, “Gitanos”, “Manouches”, “Zingari”, “Romani”:** those are some of the numerous names given to the Romani community across Europe. Except for the last one, which means “accomplished man”, these different names reveals an important feature on this nation: they are usually named and defined by the others. This lead to a lot of misconceptions and prejudices: considered as thieves, smugglers or bandit across history, the Romani people assumed the role of the bad guys and paid the price of it. As an example, the beliefs that they are mostly living in a nomadic lifestyle is false, as the representation of a homogeneous nation frozen in Middle Age: Roma communities actually have spread in many various places and countries, and adopted there specific local features that makes them part of the history. Not only Macedonia and Balkan history, but Europe and World as well.

## XI century:

The earliest written records of Romani presence in Europe date back the XI century in Anatolia, that belonged to the Byzantine Empire at the time. They started their migration from Northern India a few centuries before, but there is no consensus about their precise starting point or the conditions of the movement: some argue that it was because of the rise of the Ghaznavid dynasty in the area. They would slowly spread in the Empire, and some settlements are recorded on Greek islands such as Creta of Corfou, but some other headed to North Africa.

## XIV-XV century:

Romani people reach the Balkans and Central Europe first, before migrating westward. As they would migrate from a place to another, they would be called according to their previous place of stay: that's why they would be referred as “Bohemians” (current Czech Republic) or “Gypsies” (from Egypt). In their early migration, they are quite well received by the local population. A lot of rumors started to surround them as magic performers, also because of their palm-reading or fortune-teller skills. They were also performing in trade shows, selling boilers or horses; such activities that met a lot of curiosity enthusiasm in the place they visited. But on the other hand, they were easy preys for local lords or bandits and a lot of them were enslaved, regarding the country they settled in.





## **XVI century:**

With the diffusion of printing, the formation of advanced states make the control over population more effective, and the religious war era started across Europe. As Jews, Romani were seen as foreigners everywhere, and therefore designated as cause for any trouble. The western European states started passing laws to expel them, or in some cases, hunting them down or hanging them. But as for the Jews, a lot of them fled to the Ottoman Empire or to the recently discovered New World: in the Ottoman Empire, the state was more concerned about their religion than their language or cultural practices. Except for Romania, where they were enslaved until the mid-XIX century, the Balkan Romani people lived more peacefully compared to Western Europe.

## **XIX century:**

Following the process of European conquest of the world, the Romani people were present on every continents. Their persecution started to decrease in some countries, but their nomadic ways of life was more and more difficult in European space, shattered by heavily guarded borders, with countrysides conquered by the ongoing industrialization. The rise of nationalism would also marginalize them: as a non-territorial nation, they weren't included in the construction of national states; but in another hand, they let their print in the art and the national literature: Carmen or Esmeralda's characters, written respectively by Prosper Mérimée and Victor Hugo, became famous figures of the french literature, and by extent, from the whole french culture.

## **XX century:**

Being kept away from most of the economic activities didn't prevent them to start organizing themselves: the first international Romani congress took place in 1879, and the first newspapers in Romani languages were published in Eastern Europe in the 20's and 30's. But this cultural awakening was brutally stop by the Second World War: national-socialism discourse considered the Romani people, as the Jews, as parasites that must be erased from the surface of the earth. The Porajmos, or Samudaripen in Balkan Romani, was organized by the Nazi regime and its allies, and led half a million Romani to death. Instead of being massively helped for recovering from the lost of 25% of its population, the European Romani community stayed out of sight of the international concerns: denial of their culture and basic humans rights, sometime sterilized or deported continued to suffers from persecution until nowadays.

## **XXI century:**

The state of Romani people evolved a bit after the 90's. After the founding of some international institutions, they found some recognition in the European Union: considering themselves as a "non-territorial nation", which mean a nation not aiming for a state, the hope of the Roma activist is focused on a European Treaty to include them in this international cooperation, that could secure their traditions and culture as well as their rights in the future.

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Youen Le Bris

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# The enemy in the mirror

In this current society in which we live, beauty is an important part of our lives. From the advertisements on television to the television series, all the people we see are beautiful and perfect, but is that real?





**B**oth in TV series and in social networks people look flawless using make-up and filters, which make us think that perfection exists but it is not so.

We all have imperfections that we should accept and love regardless of what others think, and seeing so much false perfection can lead us to become obsessed with those imperfections.

If you have an obsession with any defect you have, it could be that you have body dysmorphia. Body dysmorphia or BDD is a mental illness in which you can't stop thinking about one or more perceived defects or flaws in appearance, a flaw that seems minor or that can't be seen by others. This mental illness affects about 2% of the world's population and symptoms usually begin to appear in adolescence or early adulthood.

The most common things that people obsess about are usually the face, such as nose, complexion, acne and other imperfections, hair with respect to baldness and the appearance of hair, the appearance of skin and veins, and muscle size and tone.

This psychological disorder is often influenced by teasing or criticism or humiliation about physical appearance. Although teasing is unlikely to cause dysmorphia by itself, extreme levels of child or youth abuse, bullying and psychological torment sometimes lead to post-traumatic stress disorder in the person. 60% of people with BDD report having experienced repeated episodes of humiliation in their childhood and youth.

Another possibility for the onset of this disorder may be parenting, as parents who place excessive emphasis on aesthetics, appearance or contempt at all, may act as a trigger for genetic predisposition.

Several celebrities have acknowledged having this mental disorder which has affected them both in their private and public life. Celebrities like Megan Fox and Robert Pattinson have suffered from this disorder, the same as people in the world of sports.

Bodybuilder Phill Heat, one of the greatest bodybuilders of all time, admitted to suffering from this mental illness for over 20 years. "I've always had body dysmorphia for 20 years, but in the last two years I've learned to deal with it," he said.

90% of people who suffer from muscle dysmorphia tend to use dietary supplements to improve their physical condition, as they do not see any progress without the use of these.

This problem can lead to Vigorexia, cause depression for those people who take this obsession with their body to another level, creating complexes for not looking the same as other people or making them put their health at risk in order to achieve their goals.

If you feel that you are starting to have symptoms of this mental illness, see a psychologist to help you to stop obsessing about it and to start loving those defects that make you unique in the world.

Some good tips for coping with this disorder may be to keep a diary, not to isolate yourself, to take care of yourself, to join a support group to learn to live with it and to learn to relax and manage stress.

And remember that perfection only exists in fairy tales and not in real life.

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Iván Sevillano

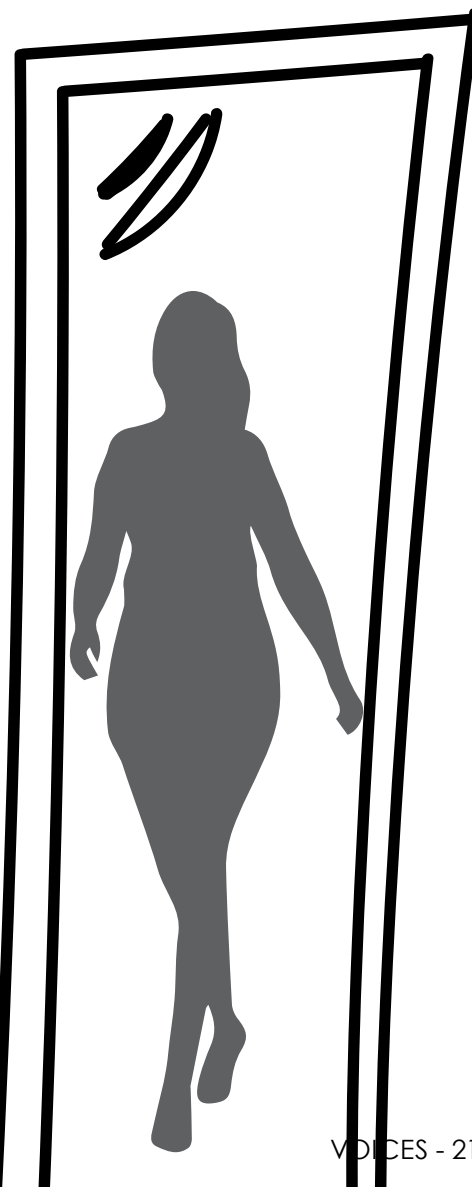
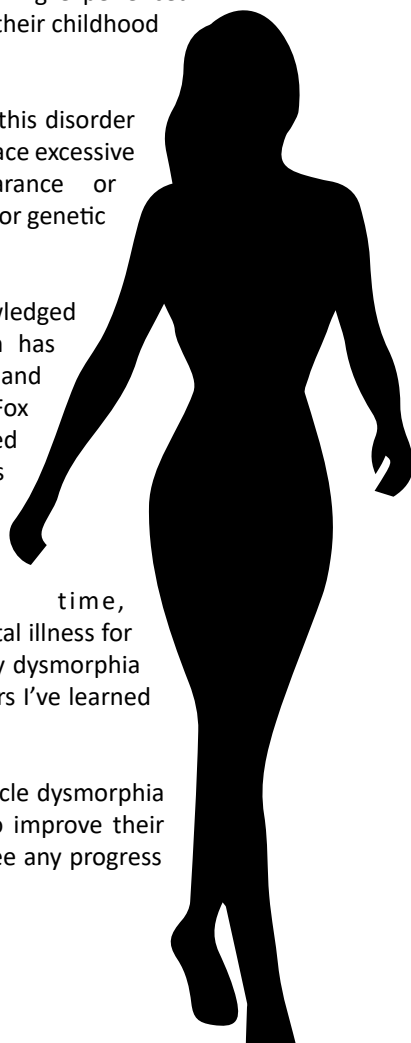
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El 90% de los usuarios de gimnasio que presentan síntomas de dismorfia muscular o vigorexia consumen suplementos nutricionales - BioTech

Trastorno dismórfico corporal - Wikipédia

Megan Fox, su dismorfia corporal y otros famosos que no aman su cuerpo - El mundo



# CLOUDY WITH A CHANCE OF LIFELONG FRIENDSHIPS



This article is a glimpse of my volunteering experience as a short-term volunteer for an ESC project in Zagreb, Croatia. Come and join me on this 1000-word journey, as I reminisce through my fondest memories of the month and a half spent on gardening, working with school children and forging lifelong friendships, all under Zagreb's "there hasn't been a spring like this in 20 years" non-stop rainy weather.

During my gap year, after 16 years of constant formal education, I decided it's time to start checking some things off my bucket list. Ever since my early teenage years, I've wanted to do a volunteering project. However, most of those who piqued my interest were

long-term (6-months to a year) which, unfortunately, never worked with my schedule. Then, one gloomy February day I was scrolling through the ESC app and stumbled upon a project called "Green Fingers" about gardening and education... for a month and a half that spring... and in Zagreb – one of my favourite cities in the world! An application form, an interview and a few emails back and forth later – everything was set, I'm doing this ESC project in Zagreb!

When I arrived in Zagreb, the city was charming and welcoming as ever, with little events in every corner for everyone's taste. And I mean EVERYONE'S. During the mobility, we went to numerous flea markets, festivals, international nights, danced in countless pubs, clubs and streets, swam in lake Jarun (to the horror of the local citizens), tried some new sports... and the list goes on. The weather on the other hand, as per the title of this article, seemed to have confused April for November. It was merely 10 degrees Celsius and raining non-stop. "This is typical for early April, it will get better", I told myself, but boy was I wrong! The rain followed us throughout the whole

mobility, which, on the bright side, made us appreciate the few days of sunshine we got. And at the end of the day, if the company is right, everything else is trivial.

This ESC project was organised and coordinated by an NGO called OAZA. The first time I entered OAZA's office, it all made sense why they called their organisation OAZA (the Croatian's word for oasis) – it was a green haven in the centre of the capital. Friendly environment and even friendlier people, good vibes, over 100 plants peeking from every corner, and the cherry on top – the rooftop. Another positive thing about the rain – if it weren't raining almost all the time, I would've probably never left that rooftop. The first few days of the project were filled with typical "first days" activities – small talk, ice breakers, city tour, logistics, intro to the project. At the end of the first week, we got to visit one of the school gardens and officially start with our gardening activities. Throughout the mobility we fixed a garden pond and successfully returned the fish to their renovated home (with zero casualties that is!), planted some beautiful flowers, and most important of all, learned that 90% of gardening isn't just planting new plants – but rather maintaining what's already there. On one of the last days of activities, we helped organise a garden festival in one of the schools, which was bittersweet, both seeing the







fruits of our labour from the past month and a half come to life, but at the same time realising it'll be all over soon. Besides gardening, every now and then we'd also have other random activities – a few of my favourites being: birdwatching in Park Maksimir (where I saw my first wood nuthatch!), visiting a bee collective for Bee day (where we learned about the way bees live, planted some plants for the bees, and in return got free honey!), and our intercultural night, which was held during the second week of our mobility, while we were still getting to know each other. Collectively preparing the food in the hostel that random Tuesday was one of the best spontaneous team building activities we could've done and that was the exact moment I started feeling like I was truly part of the group. And what a group it was! During my eight years of experience with European projects, both as a participant and an organizer I have never seen a more accepting, tolerant, peaceful, wholesome and loving

group. As a more introverted person, I often feel unnoticed and left out in group settings, but this time – not for a single moment. From day one everyone was so inviting and eager to involve others in their activities, simultaneously respecting their need for alone time. I'll use two instances to capture how wholesome the group was. First, the emphasis people put on having a good time together over winning. Once we played pool, and even though some of us were extremely bad at it, we were encouraged to play, treated as equals and weren't let to miss our turn just because we wouldn't bring any value to the team. After years of being told "I'm bad at sports and should sit this one out" it was like a breath of fresh air to experience this. The second instance that truly shows the pure nature of our group is the fact that we practically "adopted" another two volunteers that were cleaning our hostel – a Dutch and an American. And even though they weren't part of our gardening activities, they'd join us

for our extracurriculars and be a "constant" we could return to at the end of a long day. Saving the best for last, I cannot finish this article without mentioning the Croatian coast road trip we took for our last break. From the turbulent beginning and the bittersweet end, to the mesmerizing beaches and the spontaneous dance party at that street food festival we randomly stumbled upon... those five days will forever be a reminder for me that this life is worth living.

Having said all that, I feel like the perception of Zagreb is forever destroyed for me, as Zagreb will never be as beautiful as it was during those two months of spring '23.

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Ankica Sokolić  
– our ESC volunteer in Zagreb, Croatia

# ОБЛАЧНО СО МОЖНОСТ ЗА ДОЖИВОТНИ ПРИЈАТЕЛСТВА



Оваа статија е осврт на моето волонтерско искуство како краткорочен учесник на ЕСК проект во Загреб, Хрватска. Придружете ми се на ова кратко патување од 1000 зборови, потсетувајќи се на убавите спомени од месецот и пол поминат градинарејќи, работејќи со деца на училишна возраст и градејќи доживотни пријателства, сето тоа под загрепското „немало ваква пролет 20 години“ дождливо небо.

За време на мојата гар уеар, по 16 години постојано формално образование, решив дека е време да почнам да пречкртувам некои работи од мојата bucket листа. Уште кога бев тинејџерка, имав желба да учествувам на волонтерски проект. Сепак, повеќето проекти кои ми звучаа интересно беа долгорочни (од 6 месеци до една година) и за жал, никако не можев да ги вклопам

во мојот распоред. Ненадејно, еден мрачен февруарски ден прелистувајќи низ апликацијата на ЕСК (Европски Солидарен Корпус) налетав на проектот „Green Fingers“ за градинарство и образование... пролетта, месец и половина... и тоа во Загреб – еден од моите омилен градови во светот! Формулар за пријавување, интервју и неколку мејлови напред-назад подоцна – сè е подготвено, одам за Загреб!

Кога пристигнав во Загреб, градот беше шармантен и ме пречека со отворени раце, како и секогаш. Настани на секој чекор, за сечиј вкус – и навистина мислам за СЕЧИЈ. За време на мобилноста, посетивме бројни пазари, фестивали, меѓународни вечери, танцувавме во безброј пабови, клубови и улици, пливавме во езерото Јарун (на ужас на Загребчани), пробавме неколку нови спортови... списокот е долг.

Времето од друга страна, како што алудира и насловот на статијава, се чинеше дека ги заменило април за ноември. Беше ладно, само 10 степени Целзиусови и врнеше непрекинато. „Ова е типично за почетокот на април, ќе стане поубаво“, си се тешев! Сепак, дождот нè следеше во текот на целата мобилност, што, од светлата страна, нè научи да ги цениме неколкуте сончеви денови што ги добивме. И на крајот на денот, ако друштвото е пријатно, сè друго е тривијално.

Проектот беше координиран од

невладина организација наречена ОАЗА. Првиот пат кога влегов во канцелариите на ОАЗА, веднаш ми стана јасно каде организацијата си го добила името. Имено, канцеларијата наликуваше на зелен рај, оаза, во центарот на градот. Пријателска средина и уште попријателски настроени луѓе, преку 100 растенија кои сиркаат од секое коше, а најдоброто од сè – терасата на покривот. Уште една позитивна работа за дождот – да не врнеше речиси постојано, веројатно ќе фатев корени на терасата. Првите неколку дена од проектот беа исполнети со типични почетнички активности – запознавање, ice breakers, разгледување на градот, логистика, вовед во проектот. На крајот на првата недела, посетивме една од училишните градини и со тоа официјално започнавме со градинарските активности. Во текот на целата мобилност обновивме езерце во една од градините и ги вративме рибите во нивниот реновиран дом (и тоа со нула жртви), засадивме прекрасни цвеќиња и најважно од сè, научивме дека 90% од градинарството не е само садење нови растенија – туку одржување на она што веќе постои. Последните денови од проектот организиравме градинарски фестивал во едно од училиштата. Тоа истовремено беше исполнувачки и тажно – гледајќи го плодот на нашиот труд од изминатиот месец и половина како оживува, но и сфаќајќи дека се ближи крајот. Покрај градинарство, да биде подинамично, одвреме-навреме имавме и други активности. Дел од моите омилен беа: набљудување птици во паркот Максимир, посета на пчелен колектив за Денот на пчелите, како и интеркултурната вечер, која се одржа во втората недела од нашата мобилност, додека сè уште сè беше







ново. Колективно подготвување на храна за вечерта во хостелот тој рандом вторник беше една од најдобрите спонтани team building активности што можевме да ги направиме и токму тогаш почнав да се чувствувам како навистина да сум дел од групата. А тоа беше една прекрасна група. Во текот на моето осумгодишно искуство со европски проекти, и како учесник и како организатор, никогаш не сум видела поприфатлива, потолерантна и поотворена група. Како интровертна личност во групни поставки често се случува да се чувствувам изоставено. Но, во оваа група – ниту еден момент. Од првиот ден сите беа толку отворени и желни за дружба, истовремено почитувајќи ги границите на другите. Ќе искористам два примери за да ја доловам позитивната енергија со која зрачеше групата. Прво, важноста што волонтерите ја даваа на тоа сите заедно да си поминеме убаво, пред сè останато. Имено, еднаш, играјќи билијард, ние, „лошите“

играчи, наместо игнорирани, бевме охрабрани да играме, третирали како еднакви и не ни беше дозволено да го пропуштиме нашиот ред само затоа што нема да бидеме од корист на тимот. По години и години слушајќи „тебе не те бива, подобро само да гледаш“, навистина беше освежувачки да се доживее ова. Вториот пример што навистина го доловува духот на нашата група е фактот што практично „посвоивме“ уште двајца волонтери кои волонтираа во хостелот – Холанѓанец и Американец. Иако тие не беа дел од градинарските и училишните активности, ни се приклучуваа на сите останати и беа „константа“ на која секогаш можевме да се вратиме. И секако, најдоброто за крај, не можам да ја завршам оваа статија без да го спомнам патувањето на хрватското крајбрежје за време на последниот одмор. Од турбулентниот почеток и крајот кој не сакавме да дојде, до маѓепсувачките плажи и спонтаната журка

на street food фестивалот на кој случајно налетавме... тие пет дена засекогаш ќе ми бидат потсетник дека овој живот вреди да се живее.

Земајќи го сето ова што го раскажав предвид, имам чувство дека перцепцијата за Загреб ми е засекогаш уништена, бидејќи Загреб веќе никогаш нема да биде толку убав како што беше во текот на тие два месеци, пролетта '23.

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Анкица Соколиќ  
– наш ЕСК-волонтер во Загреб,  
Хрватска

# Psychedelic THERAPY

3,4-Methylenedioxymethamphetamine. More known as MDMA. You have probably heard of it as it is a well known party drug. Among that, it's also showing real promise to treat mental disorders like PTSD (post traumatic stress disorder) and other conditions.

**M**DMMA is a psychoactive drug with both stimulant, and mood enhancing effects. It appears to act by flooding the brain with neurotransmitters like dopamine, serotonin, and norepinephrine, as well as oxytocin, prolactin, cortisol, and vasopressin. This produces feelings like euphoria and affection. MDMA got a reputation as a party drug in the 1980's. But this is not actually what it was invented for.

In 1912, a pharmaceutical company Merck intended the drug as a parent compound to synthesize medications that control bleeding. Merck did some early experiments on animals but decided not to continue, because the chemicals used to synthesize it were too expensive. Fast forward to 1968, when a psychedelic chemist Alexander T. Shulgin re-synthesized it. Shulgin tried it himself and introduced it to some therapist

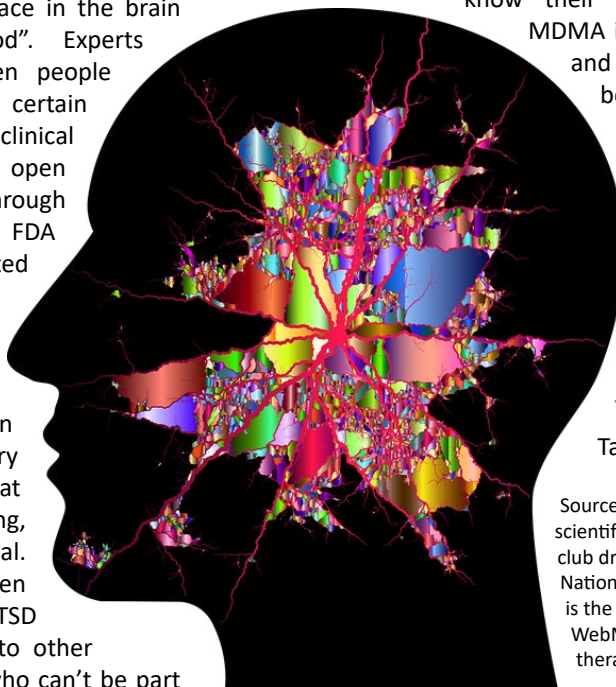
friends of his and spread it around the US and other countries as well. Inevitably, it escaped from the therapy rooms to the dance floor due to its euphoric effects.

Medication could be soon heading to FDA-approval. Multidisciplinary Association For Psychedelic Studies (MAPS) is a big mover in the research for MDMA. MAPS is a non-profit organization that has so far funded a couple of large, clinical trials on treating PTSD with MDMA. MAPS has also done research on other drugs like cannabis, LSD, Ibogaine, Ayahuasca and Psilocybin. From these the most success was with MDMA. One of the tests was finished in May 2021. 90 patients with severe PTSD were randomly arranged to receive either MDMA or placebo. With trained therapists they had talk therapy before and after the trials. 2 months after sessions, 67% of participants in the MDMA group and 32% of participants



in the placebo group no longer met the criteria for PTSD.

Some scientists think that MDMA helps to open up a place in the brain called "critical period". Experts have found that when people with PTSD are given a certain amount of MDMA in a clinical setting, it helps them open up so they can work through traumatic events. FDA granted MDMA-assisted therapy "expanded access status." This means mental health professionals can give the drug to certain people who have very severe forms of PTSD that may be life-threatening, without a clinical trial. It can also be given to people whose PTSD doesn't respond well to other types of therapy and who can't be part of phase III clinical trials.



MDMA-assisted therapy should not be confused with recreational ecstasy. Street drugs don't have the same therapeutic effects, and you may not know their exact dose and purity.

MDMA is currently an illegal drug and these experiments have been made for research about its potential therapeutic advantages. When MDMA is used in a controlled, clinical environment by professionals, it is not comparable to illegal MDMA.

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Taika Soihtu

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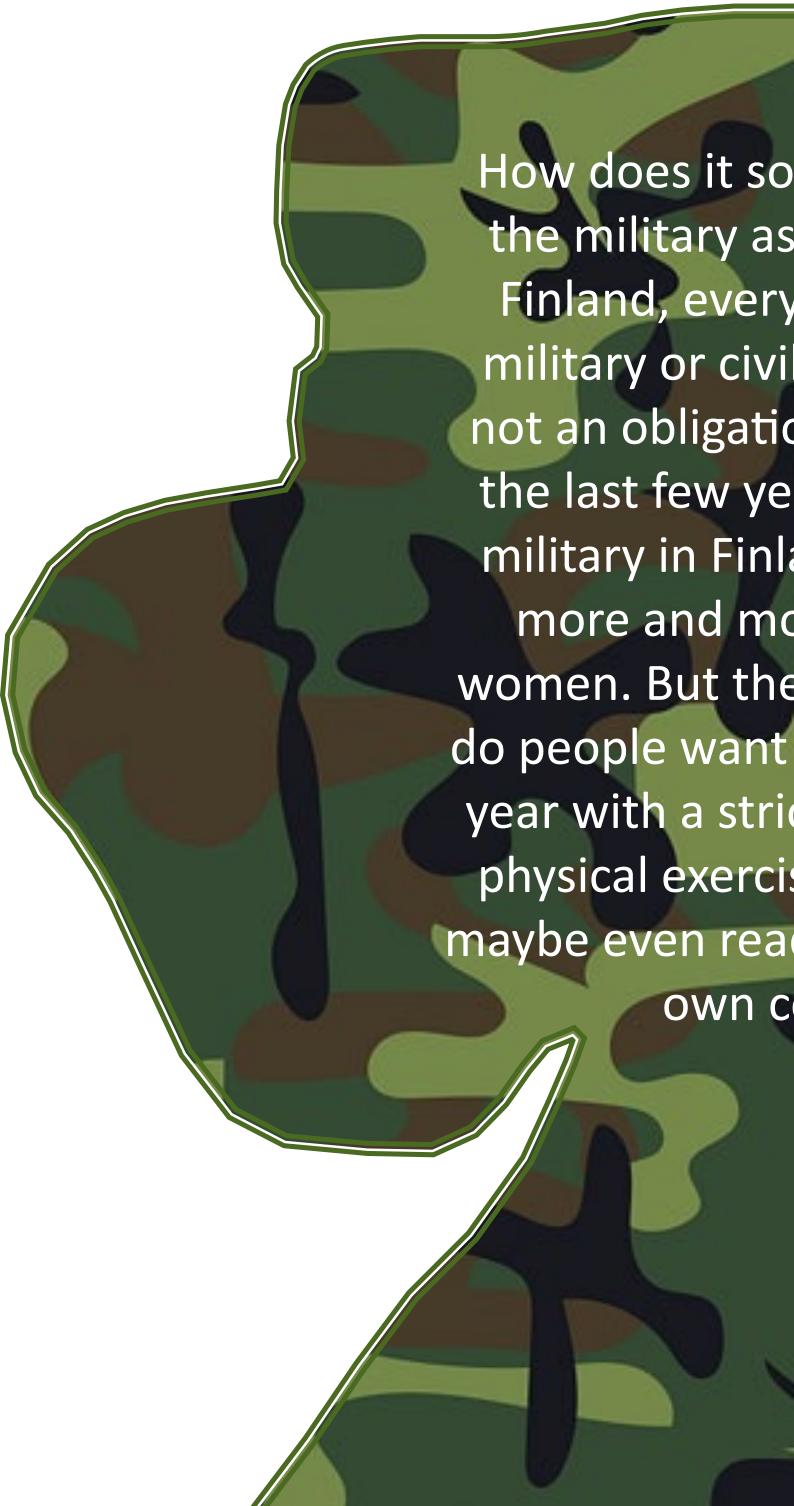
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# IN THE MIL VOLUN

Worldwide, the first thought about the military is not always the nicest one. It's related to nationality and history with blood and death. After a lot of discussions about going voluntarily to the military as a woman and how unusual it is, I wanted to spread knowledge and reduce prejudices.

How did people actually get the idea to go to the military? In Finland, every man between 18-30 has to go to the military or do some other civil service, and usually, it takes half a year to one year. Performing military service, which included all the men, is pretty unusual in Europe, but the same system is still used for example in Türkiye and Greece. For Sara Virtanen, 20 years-old woman from Finland who's performing military service at this moment, inequality was one of the main reasons to be part of the Finnish Defence Force. Since for women being part of the military is not an obligation, Sara wanted to support the people who have been forced to go there, but also receive new experiences and challenge herself.

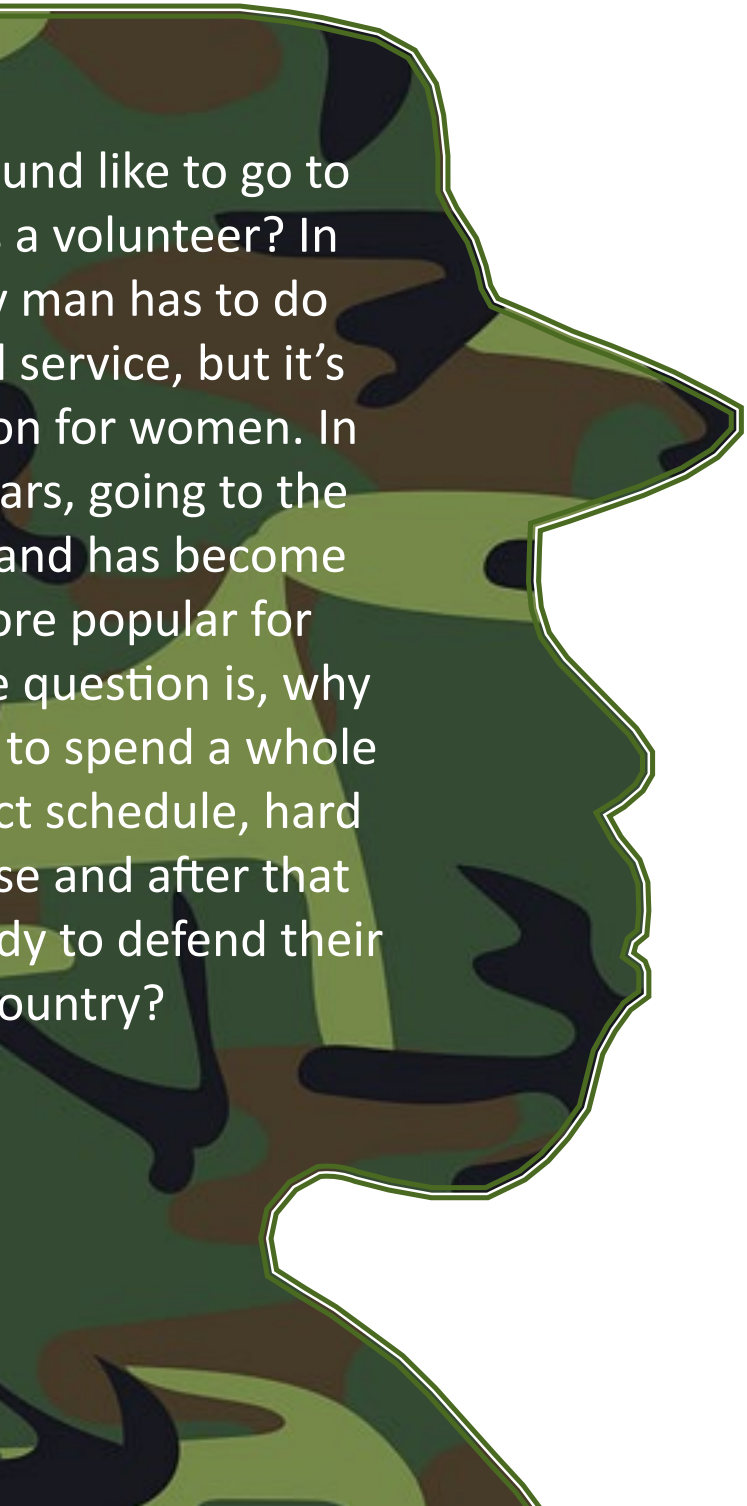
And challenging indeed it is! Even though the Finnish Defence Forces offer over 500 different tasks for different levels, it will test everyone both physically and mentally. Shared accommodation, a strict time schedule and a lot of physical tasks may not sound like the greatest adventure but a lot of people still see something good about it. There has been a discussion that being part of conscripts can improve your leadership skills. For Sara, the most important lesson in the military is 'never leave your friend behind'. Whatever the situation is, there always has been someone who is helping and supporting. "They will even carry you if they must!" Sara told.



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# MILITARY AS A VOLUNTEER?



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Being in the military as a woman is not always easy. These days there are still some people who think women should not be part of conscripts. Sara faced doubts as well, and not only for the older generation. People wonder why going to the army as a woman, is there only nationalistic reasons or something else? Also inside the military, sometimes women can face some problems with the men, but only a small part of them. There are still thoughts that women are not strong enough for the task or that they will get an easier one. Also maintaining authority as a woman and leading the groups are sometimes harder. Still, Sara thinks that in general, being in the military is the same for men and women.

As we can see, going to the military isn't always about the desire to defend your own country, it can also be challenging yourself, finding new friends and experience or even better, make this world a little bit more equal! Still a lot of women are struggling with the fact that sometimes they have to prove themselves and show that they are capable enough to be part of the army. Punctionally, trust to others and a positive attitude are the key points to survive one year in different conditions that you are used to, and it doesn't matter what genre you have been born to.

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Katariina Weiho

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# TROUBLES LIKE MOUNTAINS!

Mount Everest, Nepal, 8848 meters. You most probably know the highest mountain in the world and its majesty. The first documented climb to the summit was made in 1953 by Tenzing Norgay, a sherpa from Nepal and Edmund Hillary, a New-Zealander. Place of adventurers and home to the sherpas, the Nepalese community constantly helping the climbers to reach the apogee, Mt. Everest is not without any risks and has to face new problems every year.





Approximately 200 dead bodies are laying on the way to the summit right now, at the moment you read this article. The extreme conditions are making it (nearly) impossible to bring them back from up there. Indeed, this monstrous height comes with a handful of different challenges. Lack of oxygen, treacherous terrain, mountain sickness, exhaustion... Ascents are very rarely attempted outside a very short window between May and June when conditions are at their absolute best, with average temperatures of minus 27 degrees celsius, and 80 km/h winds. But Mount Everest is so high that the top actually penetrates into the stratosphere, where winds known as Jet Streams can flow up to 320 km/h, driving temperatures down to minus 73 degrees celsius. These conditions are causing the bodies of deceased mountaineers to freeze and mummify. Every single person that died on Everest was a highly motivated climber and now are just trail markers.

The most "famous" one is Green Boots, a man believed to be Tsewang Paljor, an Indian climber who died in 1996. His nickname comes from the color of his boots

(which are very unusual in the climbing community). You have to pass by him in order to go to the summit from the North (Tibetan) side. Some people say that the hardest part of climbing Everest isn't the amount of energy required or the difficulty of the climb, but to pass by the deceased bodies that are laying on their way to the summit.

Another problem comes across every Everest-related discussion: overcrowding. Even though the fatality rate hasn't changed much over the years (around 1%), the amount of people taking their chance to the summit doubled, even tripled! The Nepalese government is not inclined to stop this overcrowding as the permit-fee is 11.000\$, which is good money for them. But with this unprecedented wave of people comes problems. If 300 people are waiting for a meteorological window at camps on the way to the top, they need to go to the bathrooms. "Every year, it is getting worse with poop," says Lakpa Rita, a 23-year veteran sirdar and 17-time summiter. "People just dig holes at Camps I and II, and it melts out and smells terrible. When it melts out, it gets into the water, and people are getting sick at every camp". To counter this, the Nepalese Ministry of Tourism issued a mandate that every climber has to bring 18 pounds of trash off the mountain to ensure that expeditions clean up after themselves. Inexperience, slowness, and waiting lines at the summit...

Despite the dangers, there are no checks in place to prevent overcrowding.

Mount Everest is testament to the

inspiring spirit of human exploration and the untamed power of nature. However, the challenges it faces are not confined to a single nation or community. They require collaborative efforts on a global scale. It is imperative for governments, mountaineering organizations, and environmentalists to come together, share knowledge, and develop comprehensive strategies to address the issues surrounding Everest. By working hand in hand, we can preserve this natural wonder and protect the well-being of all those who venture into its majestic embrace.

Hugo Lhomedet

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# TELASHE SI MALET!

Mali Everest, Nepal, 8848 metra. Ju me siguri e njihni malin më të lartë në botë dhe madhështinë e tij. Ngjitja e parë e dokumentuar në majë u bë në vitin 1953 nga Tenzing Norgay, një sherpa nga Nepali dhe Edmund Hillary, një Zelandez i Ri. Vendi i aventurierëve dhe shtëpia e sherpave, komuniteti nepalez që ndihmon vazhdimisht alpinistët të arrijnë në apogje, mali Everest nuk është pa asnjë rrezik dhe duhet të përballlet me probleme të reja çdo vit.





Përafërsisht 200 trupa të vdekur janë shtrirë në rrugën drejt majës tani, në momentin që ju lexoni këtë artikull. Kushtet ekstreme po e bëjnë (pothuajse) të pamundur kthimin e tyre nga atje lart. Në të vërtetë, kjo lartësi monstrooze vjen me një grusht sfidash të ndryshme. Mungesa e oksigjenit, terreni i pabesë, sëmundje malore, rraskapitje... Ngjitjet tentohen shumë rrallë jashtë një periudhe shumë të shkurtër midis majit dhe qershorit, kur kushtet janë në maksimumin e tyre absolut, me temperatura mesatare prej minus 27 gradë celsius dhe erëra 80 km/h. Por mali Everest është aq i lartë sa maja në fakt depërton në stratosferë, ku erërat e njohura si rrymat Jet mund të rrjedhin deri në 320 km/h, duke ulur temperaturat në minus 73 gradë celsius. Këto kushte po bëjnë që trupat e alpinistëve të vdekur të ngrijnë dhe mumifikohen. Çdo person i vetëm që vdiq në Everest ishte një alpinist shumë i motivuar dhe tani është vetëm një shënues gjurmësh. Më "i famshëm" është "Green Boots", një njeri që

besohet të jetë Tsewang Paljor, një alpinist indian i cili vdiq në vitin 1996. Pseudonimi i tij vjen nga ngjyra e çizmeve të tij (të cilat janë shumë të pazakonta në komunitetin e alpinistëve). Ju duhet të kaloni pranë tij në mënyrë që të shkoni në majë nga ana veriore (tibetiane). Disa njerëz thonë se pjesa më e vështirë e ngjitjes së Everestit nuk është sasia e energjisë së kërkuar ose vështirësia e ngjitjes, por kalimi pranë trupave të vdekur që po shtrihen në rrugën e tyre për në majë.

Një problem tjetër haset në çdo diskutim të lidhur me Everestin: mbipopullimi. Edhe pse shkalla e vdekshmërisë nuk ka ndryshuar shumë me kalimin e viteve (rreth 1%), numri i njerëzve që përdorin shansin e tyre për në majë u dyfishua, madje u trefishua! Qeveria Nepaleze nuk është e prirur ta ndalojë këtë mbipopullim pasi tarifa e lejes është 11.000\$, që është para e mirë për ta.

Por me këtë valë të paprecedentë njerëzish vijnë edhe problemet. Nëse 300 njerëz presin një dritare meteorologjike në kampet në rrugën për në majë, ata duhet të shkojnë në banjë. "Çdo vit, po përqësohet me jashtëqitjen," thotë Lakpa Rita, një sirdar veteran 23-vjeçar dhe 17 herë ngjites në majë. "Njerëzit thjesht hapin gropa në kampet I dhe II, dhe ato shkrihen dhe kanë erë të tmerrshme. Kur shkrihet, futet në ujë dhe njerëzit sëmuren në çdo kamp". Për të kundërshtuar këtë, Ministria Nepaleze e Turizmit lëshoi një mandat që çdo alpinist

duhet të sjellë 18 kilogramë mbeturina nga mali për të siguruar që ekspeditat të pastrohen pas vetes. Papërvojë, ngadalësi dhe radhë pritjeje në samit... Pavarësisht nga rreziqet, nuk ka kontrolle për të parandaluar mbipopullimin.

Mount Everest është dëshmi e shpirtit frymëzuese të eksplorimit njerëzor dhe fuqisë së pazbutur të natyrës. Megjithatë, sfidat me të cilat përballet nuk kufizohen në një komb apo komunitet të vetëm. Atë kërkojnë përpjekje bashkëpunuese në shkallë globale. Është e domosdoshme që qeveritë, organizatat alpiniste dhe ambientalistët të bashkohen, të ndajnë njohuritë dhe të zhvillojnë strategji gjithëpërfshirëse për të adresuar çështjet që rrethojnë Everestin. Duke punuar krah për krah, ne mund ta ruajmë këtë mrekulli natyrore dhe të mbrojmë mirëqenien e të gjithë atyre që guxojnë në përqafimin e saj madhështor.

Hugo Lhomedet  
Përktheu: Dora Arifi

Burimet:  
Himalayandatabase.com  
Outsideonline: Peak poop feces problem everest needs solution  
CBSnews: The mountain of safety problems facing climbers, Mt. Everest  
Godheadv - Blogspot: Abandoned on Everest



# Clean(sing) Skopje

Why would you roll a huge ball of trash through Skopje? Well, there can be multiple reasons, and one of them is to raise awareness of recycling and waste in a form of art performance. Art can be a powerful tool to raise awareness about waste and environmental problems.



© Cee Martens

**Around 380 million metric tons of plastic are produced in the world each year. Millions of tons of this unfortunately end up in the ocean. In Macedonia that number is approximately 394 kg per capita per year.**



Cecilia (Cee) Martens and Holger Maik Mertin are a good example of rising awareness via art. Holger is a German sound and movement artist and activist in sustainability, and Cee is a photographer, filmer and travel writer born in South-Africa. While traveling around the world they implemented a part of their project “two artists, one planet” in Skopje, along with their friendly and welcoming atmosphere they created.

Among the other cool stuff and their projects they did in Skopje, one of them was “Clean(sing) Skopje”. Over a 100kg heavy ball made out of trash. The point of this ball was, first of all, to be an art performance. A way to raise awareness about the trash humans create, and to point out that something should be done about it. Together with local organizations like Za Pochista Makedonija,





Goethe Institute and Volunteers Centre Skopje, they collected a good amount of trash and turned it into an art piece. Some of the trash used was donated, some collected. All of it was squeezed into a tight pack, forming a ball about 2 meters tall. One part of the performance was also sound. It was created by the ball itself, from the trash crushing against the ground, and little pieces of trash were made into creative instruments to make some noise. Not to forget the people that were participating!

The ball was then rolled through the streets of Skopje to raise awareness. Which worked. People from restaurants and cafes that the ball passed by gave us confused, though interested looks. We could see people wondering what's going on and taking pictures. Some jumped in to participate and



**Annually, 2.12 billion tons of waste is produced across the world. Of that waste, 1.3 billion tons is made up of food. That's over three trillion meals each year wasted, approximately one-third of all food generated for human consumption.**

© twoartistsoneplanet

helped to roll and to walk with the group. And as a cycle, after the presentation, the ball was broken apart and the materials were recycled once again.

By raising awareness about waste, we empower individuals, communities and organizations to take responsibility for their waste footprint and participate in creating a cleaner, healthier and more sustainable world.

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Taika Soihtu

Sources:

Our World in Data - Plastic Pollution

Science Advances - Production, use, and fate of all plastics ever made

Science - Plastic waste inputs from land into the ocean

United Nations Environment Programme - Integrated National Waste Management: Assessment for the Republic of North Macedonia, 2019

Meuresiduo - How Much Do We Waste? A Data-Driven Guide to Waste and Landfills



# Празна година:

тајната на доброто ментално  
здравје за учениците





На крајот од средното училиште, повеќето млади луѓе се изгубени и не знаат што да прават потоа. Тоа е многу стресен период и изборот на специфично поле на студирање на универзитет е обично тешко. Неколку години се појавува феномен, особено во Европа: празна година! Ајде да ја откриеме целта на таа пауза и нејзините придобивки за менталното здравје.

Да се земе една година пауза е многу демократизирано, особено во северните земји како Финска или Данска. Празната година е пауза за време на вашето студирање и работа, обично се зема по завршувањето на средното училиште. Некои луѓе одлучуваат да ја земат својата празна година подоцна, како мене, на пример, јас ја зедев мојата празна година помеѓу мојата дипломска и мојата магистерска диплома. Секој е слободен да избере кога е поволен момент да земете празната година. Како што веројатно знаете, студирањето е голем фактор за вознемиреност и замор кај младите. Семејниот притисок и социјалниот притисок, понекогаш е тешко да се соочиме со овој период, може да се изгубиме и да не знаеме што да правиме со нашите животи, а тоа може да има вистинско влијание врз нашето ментално здравје. Да се одморите од сè за да се пронајдете себеси и да направите нови проекти може да биде корисно и здив во вашиот студентски живот.

Направената пауза од една година за мене беше одлична можност да запознаам различни култури, нови познанства од различни места, а тоа и ми помогна да сфатам што сакам да студирам понатаму: новинарство!

Катерина Веијо

За време на празната година, има многу работи што треба да се направат, зависи од вашиот проект, што сакате, со што сакате да експериментирате, вашата личност итн. Една од првите вообичаени работи што младите ја прават кога прават празна година е патување. Истражувањето на различни делови од светот може да донесе многу нови искуства и да збогати на многу полиња. Може да посетите повеќе земји, да се нурнете во нови култури и да се вклучите во активности како што се патување со ранци, автостоп или дури и волонтирање во странство. Сигурно, патувањето е неверојатна авантура ако сакате да излезете од вашата комфортна зона, да научите за себе и во исто време да живеете меѓународно човечко искуство. За некои луѓе, особено кога имате 18 години, патувањето е малку страшно и стресно. Значи, друга можност за време на празна година е локално/национално волонтирање. Учесниците во празната година често го посветуваат своето време на значајна волонтерска

работа. Тие можат да се вклучат во проекти за услуги на заедницата и напори за зачувување на животната средина или да придонесат за социјални причини како што се образованието, здравството или ублажувањето на сиромаштијата. Волонтирањето им овозможува на поединците да имаат позитивно влијание додека стекнуваат вредни искуства. Кога сте волонтер, давате многу за себе, но добивате и многу нови вештини и професионално искуство што може да биде исто така многу корисно за да ви помогне да изберете кој ќе биде начинот на кој ќе се движите по вашата празна година. Одморот за време на студирањето може да биде и синоним за работа, заштеда на пари и градење професионално искуство поврзано со нивното поле на интерес... Практикантската работа или договорите за работа можат да ја дадат оваа можност. Ова може да обезбеди практични вештини, знаење од индустријата и можности за вмрежување, поставувајќи ги за иден академски успех или успех во кариерата. Тоа исто така овозможува да заштедите пари за идни образовни или кариерни определби. Ова може да вклучи работни места во различни сектори, во различни периоди и да биде корисно за идниот професионален живот.

Конечно, земањето празна година е исто така добар начин да се развиете себеси и вашиот проект. Навистина, паузата нуди можност да се развијат нови вештини или да се остварат лични интереси. Некои поединци се запишуваат на курсеви или работилници за да учат јазици, уметност, музика, готвење или спорт. Тие, исто така, може да се вклучат во активности како што се кодирање на кампови за подигање, програми за претприемништво или обука за авантуристички на отворено. Понатаму, тоа може да биде повод да работите на лични проекти или да истражувате креативни потфати. Ова може да вклучува пишување книга, започнување блог, создавање уметнички дела, развивање бизнис идеја или следење хоби како фотографија или снимање филмови. Активностите преземени во текот на една година со празнина може многу да варираат во зависност од индивидуалните преференции, финансиските ресурси и специфичните цели. Искуството на секоја личност е уникатно и приспособено на нивните интереси и аспирации.

Покрај сите овие различни искуства кои можат да бидат вистински придобивки во животот на сите студенти, земањето празна година е исто така корисно за менталното здравје! Како прво, многу поединци доживуваат високи нивоа на стрес и исцрпеност од академски или работни

обврски. Преземањето на празна година овозможува пауза од овие притисоци, давајќи можност за одмор, полнење и враќање на чувството за рамнотежа. Практикувањето на различни активности за време на празна година како креативни активности или волонтирање може да поттикне подобро разбирање за себе, што доведува до зголемена самодоверба и подобрување на менталната благосостојба. Вклучувањето во активности кои носат радост и исполнување може позитивно да влијае на менталната благосостојба и целокупното задоволство од животот. За време на овие истражувања, мозокот ќе направи многу допамин, на пример, што е многу важно за човековата благосостојба. Патувањето исто така може да го фаворизира културното потопување и да вклучи многу ментални придобивки. Изложување на различни култури, традиции и гледишта можат да ја подобрат емпатијата, разбирањето и личниот развој, кои се корисни за менталното здравје. Конечно, во сите овие искуства што можете да ги живеете за време на празната година, сигурно ќе треба да надминете многу пречки, но тоа е и нешто што ќе ви даде сила и ќе ви помогне да пораснете! Справувањето со неочекувани ситуации и учењето за прилагодување може да ја зајакне менталната отпорност, овозможувајќи им на поединците подобро да се справат со стресот и неуспесите во иднина. Последна и можеби главна поента кога сте во празна година: ви овозможува време за самооценување, истражување и истражување на различни патишта, помагајќи им на поединците да донесат информирани одлуки за нивната иднина. Имањето јасно чувство за цел може да ја намали анксиозноста и да ја зголеми мотивацијата.

Значи, ако сте изгубени или премногу под стрес во вашето учење, треба да истражите нови хоризонти и да работите на себе за да бидете посреќни и порешителни, без сомнение, земете пауза од една година!

Камелија Crajape

Преведувачка: Martina Danilovska

Извори:

gooverseas.com, напис „Зошто годините на јазот се почести во Европа отколку во САД?“

goodtherapy.org, статија „L'année sabbatique: les avantages pour la santé mentale de prendre des congés“

letudiant.fr, статија „Prendre une année de césure: bonne ou mauvaise idée?“

# HOW TO WRITE ARTICLES FOR VOICES



## TOPIC

- **Anything**, except politics or hate speech
- Think of topics that would interest **our audience** (youth)
- Maybe a **current event or trend** that you could write about?

## RESEARCH

- Use **credible sources** when researching your topic
- **Double-check** any information you include in your article to ensure **accuracy**
- **Don't plagiarize**
- **Link the sources** at the end of your article

## STRUCTURE

- Use **short**, attention-grabbing **headline**
- Write an **introduction** at the beginning (what, who, when, why, how)
- Include **body** and **conclusion** in your article, maintain a logical flow
- Write your **full name** at the end

## WRITING

- Use **clear and concise language** that your audience will understand
- **Avoid** too technical terms and **hard language** unless necessary
- **Be engaging** and try to make your article interesting to read

## FEW RULES

- The article should be around **500 - 1000 words**
- **Don't** include images or illustrations in the document
- Send possible **photos separately** (with sources and assured they're **free of copyrights**)
- **Edit and revise** (clarity, grammar, and spelling error)

## WHAT ELSE?

- You can write in **English, Macedonian** and **Albanian**
- You don't need to be pro, VOICES is **open for everyone!**
- Writing to the magazine is **voluntary**
- We can provide you with a **certificate** if you become a writer for VOICES magazine







Our monthly magazine has a very simple, yet powerful, mission - to be the voice of youth. And how do we do that?

We encourage young people to take an active part in today's society through journalism and designing by giving them a platform to express themselves. VOICES is produced in Skopje, Macedonia, and published online every month and four times per year as a printed edition.

## Join VOICES team!

Contact us in our social media pages or write us an e-mail. What would you be interested in doing?



### Writing articles

VOICES accepts articles about anything, except politics or hate speech. Brainstorm your ideas with us and write articles once, twice, or every month!



### Translating articles

VOICES is published in three languages: English, Macedonian and Albanian. If you are a native speaker or fluent in these languages, join our translation team!



### Featuring your work

If you are an artist, photographer, designer or other, your work can be presented in the magazine. Send us your method of art and a short bio of yourself!



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VOICES to Hear





