

VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

august 2023





It's already August... Have you ever wondered where this name came from? The month of August is named after Caesar Augustus, the first emperor of Rome. Auger means "to increase, to grow" in Latin. What a great month for inspiration!

Chloé's article "Leaving and saying goodbye: the inevitable step in volunteering", which is the topic of this month, is the best thing to read as we say goodbye to the summer. You can find many good feelings and some sadness in it.

Inspiration is exactly what you'll find in another Voices edition. You can read about Youen's Erasmus+ experiences on the youth exchange "Struga: Seven Days to Understand Human Diversity" and in Nina's article "Living abroad for the first time for the first time" by Nina, who is currently working as a volunteer in Germany. With Ola, you can discover the Japanese philosophy of "The Power of Kaizen", which is based on the motto of "Change for the better". If you're interested in Japanese culture, you'll also like Dorotea's book *Repairing Hearts: Artistic Healing in Japanese Culture* by Sashiko. This month we put a strong emphasis on culture and you can find more information on this in the article "7 million years of history" of Taika. culture. Language is one of the biggest parts of culture, and I'm sure you will find Marcel's article "Kaleidoscope of Slavic Languages" interesting.

We hope you have a nice summer mood, make good memories with your loved ones, and enjoy new VOICES this month!

Elif Akdogan

Веќе е август... Дали некогаш сте се запрашале од каде потекнува името на овој месец? Месецоот август е именуван по Октавијан Август (Caesar Octavianus Augustus), првиот император на Рим. „Аугер/Auger“ на латински значи „да се зголемува, расте“. Каков одличен месец за инспирација!

Натписот на нашата Клое „Заминување и збогување: неизбежниот чекор во волонтирањето“, која е тема на овој месец, е најдоброто нешто што треба да се прочита додека се збогуваме со летото. Во него можете да најдете многу искрени чувства и по малку тага.

Инспирацијата е токму она што ќе го најдете во ова издание на „Воисес“. Можете да прочитате за искуствата на учесниците на младинската размена во Струга: Седум дена за разбирање на човековата различност или, па, да прочитате како е „првпат да се живее во странство“. Можете да ја откриете јапонската филозофија на „Моќта на Кајзен“, која се базира на мотото „Промени на подобро“. Ако сте заинтересирани за јапонската култура, ќе ви се допадне и книгата: „Поправка на срцата: уметничко лекување во јапонската култура“ од Сашико. Овој месец ставаме силен акцент на културата и повеќе информации за тоа можете да најдете во натписот „7 милиони години историја“. Јазикот е еден од најважните делови на секоја култура и сигурни сме дека ќе ви биде интересна статијата: „Калеидоскоп на словенските јазици“

Се надеваме дека ќе имате убаво летно расположение, ќе создадете убави спомени со вашите најблиски и ќе уживате во новото „Воисес“ издание овој месец!

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Erasmus+

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topic of the month

- 4** **Leaving and Saying Goodbye: the Inevitable Step in Volunteering**
Chloé Le Cair
- 32** **Заминување и збогување: неизбежен чекор во волонтирањето**
Клое Ле Кер

culture

- 6** **Kaleidoscope of Slavic languages**
Marcel Mańkowski
- 12** **Mending Hearts: Sashiko's Artistic Healing in Japanese Culture**
Dorotea Grkovikj
- 16** **7 million years of culture**
Taika Soihtu
- 22** **7 milionë vjet kulturë**
Taika Soihtu

science

- 8** **Psychological First Aid After an Earthquake**
Elif Akdogan

reportage

- 10** **The Power of Kaizen**
Aleksandra Szumielewicz
- 18** **Controversies and the Nobel Prize: Reexamining Its Significance**
Fahim Bounoua
- 26** **Од 300 Скопје со љубов**
Александра Шумиелевич
- 28** **Dragon dreaming – How to awaken that little creative beast within and make the most of it**
Marija Marinkovikj

opinion

- 14** **The Magical Influence of the Sounds Around**
Eniola Aertgeerts

erasmus+

- 20** **Seven days to understand "Human Diversity!"**
Youen Le Bris
- 24** **Живеење во странство за прв пат**
Нина Петревска

sport

- 30** **Extraordinary world of martial arts**
Marcel Mańkowski



Leaving and saying goodbye: the inevitable step in volunteering

Saying goodbye, that inevitable step that we all have to take at various times in our lives, why we do it, why some of us avoid it like a virus. You all say it every day: when we walk into a shop and then leave, we say “bye”; when we’re with friends and at the end we go our separate ways, well, we also say “ciao, see you”. Because yes, we all know that with these goodbyes it’s not forever, it’s a see you later; isn’t it? What happens when you leave a country where you’ve lived for a year? At that moment, I think all ends become sacred.

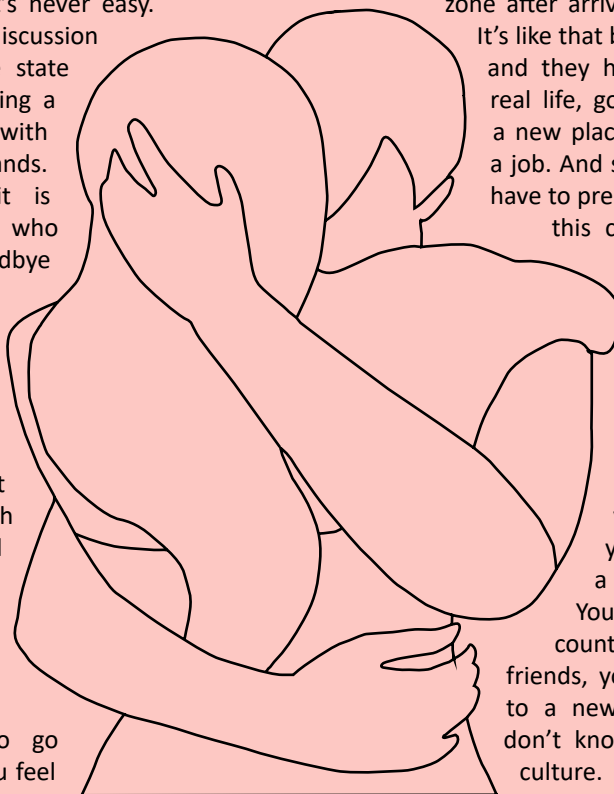
That’s what I want to talk to you about today. I’ve been a volunteer in Macedonia for five months now, and I’ll be staying for another five; but since I’ve been here, I’ve had to say goodbye to a few friends, and it’s never easy. So, let’s start this discussion about the inevitable state of volunteering, leaving a country and dealing with the farewells it demands. In this situation, it is not only the person who leaves who says goodbye but also the people who stay behind. It is difficult from all points of view, but avoiding it is not the solution. It’s important to accept to say it, for our growth and our personal development. When something ends, it’s a new step in our life.

When you have to go through this step, you feel different emotions, you are confronted with conflicting thoughts; this psychological weight, people deal with it in different ways. They think that it will be the last time they have a coffee in their favorite

place, that this party will be the last one in this club, that they will not be able to have a drink with this friend. They’re leaving a daily life that they’ve built for themselves, a new zone that has become their comfort zone after arriving in this country.

It’s like that bubble finally bursts and they have to go back to real life, go to university, find a new place to call home, get a job. And so, in one case they have to prepare themselves for this change, and we all have our own way of doing that, according to our level of stress for change and our personality.

When you volunteer abroad, you’re faced with a lot of new things. You’re leaving your country, your family and friends, your habits to come to a new place where you don’t know anyone and the culture. The first thing you have to do is find a way to adapt and then rebuild your daily life. It’s a challenge, it’s leaving your comfort zone to find your growth zone and create your comfort zone in this new step of



your life that you're going to have for six months or more.

Also, when you're abroad and you're coming back, you can be stressed that everything is changing while you're on your adventure or you can be anxious and have FOMO (fear of missing out). But what we have to remember is that yes, of course things change, we miss events, parties, family gatherings, life goes on even when you are two thousands kilometers away from your own city.

This anxiety and stress, I was talking to a friend of mine who came back from France after six months, and he told me that at the end you are afraid that everything has changed but nothing has happened, just life goes on and when you come back you just plunge into this everyday life that didn't wait for you. And everything changes, but you change too.

The hardest step is to prepare yourself for these goodbyes and farewells, and sometimes you have several weeks to think about it, or not, when something unexpected makes you come home early. When I ask my friends how they managed to say goodbye to everyone in one or two weeks they tell me about the schedule to see everyone, it can be a good way if you have a lot to do before you leave; and, when you come back. Or for some it was just going with the flow. The main thing was the big party with everyone. For some of them, it was also a good

way to go on a trip before leaving. Because of course, for a well-rounded ending, some studies have shown that good closure goodbye is associated with positive effects with fewer regrets and an easier transition back into your life.

The transition to the next step after your return can be difficult in many ways. For a friend of mine it was learning how to live with her parents again after living alone for a year. It is difficult to

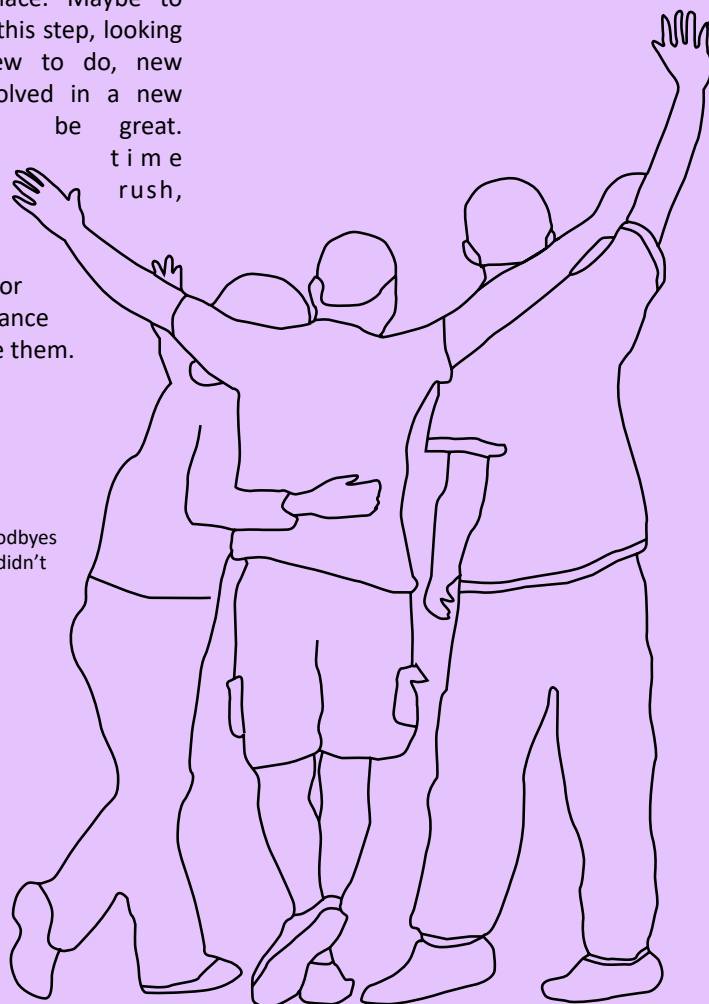
accept losing your autonomy. For another friend, it was accepting that she had changed and that things that used to fit her didn't fit her anymore. But trusting in time can help, that one day everything will

fall into place. Maybe to help you adapt to this step, looking for something new to do, new goals, getting involved in a new environment can be great. In any case, time is the key, don't rush, and accept this new step. The goodbyes are for that, it's an acceptance to move on, so face them.

Chloé Le Cair

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Psychology Today – Goodbyes are important, but we didn't know to say goodbye.

When you volunteer abroad, you're faced with a lot of new things. You're leaving your country, your family and friends, your habits to come to a new place where you don't know anyone and the culture.



KALEIDOSCOPE OF SLAVIC LANGUAGES



The Slavic languages trace their roots back to the disintegration of the original Proto-Slavic language. To begin our exploration, let's focus on the first group of Slavic languages: the Eastern European group. One distinguishing feature of this group is the use of the Cyrillic across multiple countries in the region. This collection includes Russia, Ukraine, and Belarus. As a Polish individual, I have noticed that these languages bear striking similarities, with shared words and expressions that are well-known among the people of these nations.

Moving on to the second class within the Slavic set, we encounter the Western European group, which I am most familiar with due to my Polish descent. This group comprises Poland, Slovakia, and the Czech Republic. As a Polish speaker, I can confidently say that Slovakian have a closer resemblance to my native language compared to Czech. For instance, while the Polish phrase for "Good morning" is "Dzień dobry," in Slovakian, it is "Dobre rano." Interestingly, the word "rano" in Polish also means "morning," making it instantly understandable to Polish speakers. Many other words along the Polish-Slovakian line sound remarkably similar to one another. Czech, although somewhat different, is still understandable to Polish speakers.

The time has finally come for Balkan language groups within the Slavic family. The Southern Slavic group takes center stage, beginning with its eastern part, comprising Macedonian and Bulgarian. After spending a few days in Skopje, I can say that this language is not as similar to the Western Slavic languages. However, I can sometimes understand a few words, such as "welcome." To be honest, I am eager to immerse

myself in Macedonian to a greater extent. Similar to the Eastern Slavic group, this Balkan subgroup also employs the Cyrillic script, but with subtle differences.

The final group within the Southern Slavic group includes Serbia, Slovenia, Croatia, Montenegro, and Bosnia, spoken by approximately 25 million people across the Balkans. These countries share common linguistic roots and have historically been influenced by various cultural and political events.

While each nation has its distinct dialects and linguistic variations, the Southern Slavic languages form an important part of the regional identity and communication in the Balkan Peninsula. The commonalities among these languages allows for a certain level of understanding, facilitating intercultural exchange and cooperation among the countries.

The Slavic languages have remarkable similarities within their respective groups. As a result, individuals from the mentioned countries often have no difficulty understanding one another. The linguistic kaleidoscope of the Slavic language world is a great mix of words and expressions that both unite and celebrate the diverse cultures of these nations.

Marcel Mańkowski

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PSYCHOLOGICAL FIRST AID AFTER EARTHQUAKE



There are many natural disasters that affect people's lives and are a fact of life. People live by accepting the existence of these natural disasters and sometimes ignoring them. We can understand the coming of many disasters, albeit a very short time ago, but we do not know exactly when an earthquake will happen, although some geoscientists predict it. An earthquake can strike us suddenly at home, at work, at school, in our sleep, or anywhere else. This situation develops suddenly and rapidly and also causes a destruction. It increases the level of fear and anxiety by shaking the feeling of safety in people. In other words, the earthquake does not only damage the buildings but also our mental health to a great extent.

When you go to an area damaged after the earthquake, we immediately try to help the physically injured and suffering people around, sometimes there are people who have no physical wounds, but who are mentally suffering inside and we cannot understand it from the outside. At this point, psychological first aid is as important as physical first aid. Therefore, after the earthquake, both mental health professionals and those working in the earthquake area, like many professions, have a great job. On the other hand, being more conscious about the psychological first aid that should be applied not only after the earthquake but also after the traumas that we call the breaking point will affect the public health better.

Psychological first aid is not a psychotherapy session. There are certain points that separate the two. Psychotherapy is usually done in a quiet place in a specific room and has a fixed duration, weekly, so it is continuous. But there is no set room or time limit for psychological first aid. Can be applied anywhere as long as the environment is SAFE. Continuity is not always possible. You do not need to be a doctor to give physical first aid, nor do you need to be an expert in psychological first aid. Psychotherapy is done by mental health professionals, but psychological first aid can be practiced by anyone with a little training. Although it is done at very short intervals, it is a great method and the application of psychological first aid helps the survivor of trauma not to experience or be less affected by psychological disorders such as post-traumatic stress disorder, which is very common in his future life.

The first aim of psychological first aid is to make the person feel safe again and move on with his life. Psychological first aid has three basic principles. **Watching, listening and connecting.** In the monitoring part, you must first observe the environment and ensure the safety of both the person to whom we will apply first aid and yourself as much as possible. Sometimes people are not in a position to ensure their safety, so you need to help them. Afterwards, you should observe the person medically and if he or she needs medical intervention, you should help as much as possible in this regard and other basic needs. After these steps, we need to identify people who show serious stress reactions. From here we can move on to the listening part. This principle can be called the most important point. We need to listen to the person with empathy, we can listen by asking simple questions without asking too difficult questions. Forcing them to talk about the moment of trauma is

not a good idea as it could cause them to relive it. You can start with questions such as how are you, do you need something, and ask questions in line with what the other person has told you, but paying attention to cultural differences and speaking will also make your communication better. We need to help them express themselves and express their feelings. It is normal for the person to feel emotions such as anger, fear, anxiety, hopelessness after the trauma, and the expression of these emotions shows that the first aid you have given is correct. Sometimes people don't want to talk, at this point, you shouldn't be forcing them, just standing next to that person will give them a sense of security and may help them want to talk after a certain period of time. At this point, it is important that we listen with empathy and be supportive. But being supportive is not giving hope. We should never tell what we cannot do, and we should not give false information to give hope. We must always make sure that the information we share is correct, otherwise sharing false information will undermine trust in you and prevent connection. In the bonding part, we need to try to get the person social support, that is, to bring them together with people such as family members, relatives, friends. If this is not possible, we can direct them to the social support centers set up after the earthquake. In addition, we should be guided by where to find help for their basic needs. At the same time, sentences such as I will always be with you and support you, should not be said to the person, as the practitioner may need to meet with other people or change places at this stage. We need to provide and prepare the person with the information and condition that they can handle on their own as much as possible. We only help them in dealing with problems.

Practicing psychological first aid is not difficult, but it is effective. Since it is not clear when the earthquake will come, being prepared both physically and psychologically in advance will minimize all negative effects.

Elif Akdoğan



The Power of Kaizen

Most of us perceive change as a difficult challenge and usually, it doesn't end the way we want it to. Take, for instance, New Year's resolutions, which tend to result in disappointment more often than not. The average person repeats the same resolution for a decade without achieving success. Those who manage to uphold their resolutions usually do so only after breaking their promises year after year. But despite popular opinion – change doesn't have to be fatiguing or unsuccessful. It doesn't need to be done in a dire situation. We can do it at every moment in our lives and improve constantly.

The Kaizen is about small steps to accomplish our goals. It's an ancient philosophy captured in Tao Te Ching's powerful statement: "The journey of a thousand miles begins with a single step." Even though it's old wisdom, it's still practical and useful in modern times. We can use it to change our bad habits, like smoking or unhealthy eating, and start making good habits, like exercising or reading books. It takes time, but this is how we're learning to be more patient and disciplined. You can't see the changes right away, but they're happening. In the end, it's rewarding and worth all of our efforts.

Kaizen is a Japanese term that means "good change" aka "continuous improvement". It has its roots in Japan's post-World War II era, when the country was trying to rebuild its economy and find ways to increase productivity and quality. It was first incorporated into a manufacturing system by Toyota, and many other industries have since followed this path. Masaaki Imai wrote a book "Kaizen, The Key to Japan's Competitive Success" which was the first publication to introduce the Lean philosophy to the world and reveals the secrets behind the success of Toyota and other Japanese companies. Although it was used for companies, you can implement it in your daily life and I will explain to you how.

We are talking about really small steps that seem trivial at first, but they're actually effective. And you have to keep in mind for Kaizen to work, we should be seeking out continual improvement. Let's start with the first strategy, which is asking small questions. Our brain loves questions. For example, you want to start writing. Ask yourself "Where do I prefer to write, on a computer or paper?". The answer will appear, and then another question comes to mind: "What would I like to write about?". Maybe you want to write about your hobby and share your experience or a fictional story. More and more questions will appear, and you can work with that. Also, remember to not make the question big, like "How to become a famous writer?". It triggers fear, and it's making you quit what you were planning to do. Another thing is to try not to discourage yourself when the answer doesn't appear immediately. It's normal that sometimes it takes a few days or more. At that moment, just try to write about anything every day and start doing it small. What I mean is, write for 1 minute, the next day for 2 minutes, and day by day increase your time. Try not to quit; you will always find a short amount of time in your life to do something you want to be good at. It's very important to take small actions instead of big ones. Your appetite will increase more for continued success. Notice every small problem that may appear along the way. It's better to work on the smallest one than the biggest. Analyze and correct it. You can ask your friends, family, or anyone for their point of view. And the most important thing

is to do it systematically. Don't underestimate the little things. Believe me, it's much easier this way. If it's difficult for you to start, try to imagine yourself doing it and bring positive feelings into it. Day by day, let your thoughts go in this direction: how worth it would be to start doing what you want to include in your life. See the possibility of the great effect it could bring you and how proud it can make you. Don't let negative thoughts get in your way; change doesn't have to be scary. Try to think of it as a great opportunity to develop.

The philosophy of Kaizen also teaches you how to enjoy the small moments in life. It's letting you slow down for a bit, which makes you feel more at peace. Without rushing things, you are more capable of continuing what you started. And remember, Kaizen is a process that is never done. Once your goal has been reached, you can expand your potential. And it's not only about improving your skills. It can help you change the way you feel or think. So, any changes you want to put into your life, Kaizen is here to help you out.

Aleksandra Szumielewicz

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Mending Hearts:

Sashiko's Artistic Healing in Japanese Culture

In a world where whispers of ancient wisdom are blended with the vibrant hues of existence lies a tapestry of wonder threaded by the delicate artistry of Sashiko. And within this unique fabric piece resides the heartbeat of Japanese culture that echoes through time, captivating the soul with its delicacy and shining the path to deeper understanding.

Sashiko, rooted in the soil of ancient Japanese culture during the Edo period - is a traditional form of Japanese stitching. Originally used by the working class to make stronger and more practical workwear as well as to reuse and repair clothing and fabrics. The word itself means “little stabs” referring to the technique of repeatedly stabbing the needle through the fabric to create designs.

There are several types of sashiko patterns, including asanoha (hemp leaf), seigaiha (blue ocean waves), shippo-tsuna (seven treasures), and nowaki (windblown grasses). Asanoha being the most popular design, was threaded onto swaddling fabric as a blessing for the baby's growth and health. Seigaiha represents wave patterns of good luck. Shippo-tsuna features a repeating diamond pattern and is associated with Buddhist symbolism. Nowaki pattern was most likely developed from coastal fishing communities, representing resilience, and the strength of one's roots. All these patterns are traditionally created using white thread on indigo fabric.

Sashiko is still popular in Japan today and is now being used to promote sustainable fashion and reduce textile waste. By repairing damaged clothing or giving new life to old garments, Sashiko contributes towards a more environmentally friendly approach to fashion. But, Sashiko goes beyond the technique of needle and thread; it embodies a philosophy that resonates with a deeper connection to the world around us.

It breathes the spirit of “wabi-sabi,” finding beauty in imperfections, simplicity, and the short-lived essence of existence. In the tapestry of Japanese culture, Sashiko finds its place alongside other sacred practices that offer glimpses into the depth of the Japanese soul.

The exquisite tea ceremonies, with their attention to detail, the art of bonsai that shapes miniature worlds, and the profound poetry of haiku - all united by a common thread of harmony and reverence. Through this traditional embroidery technique, the profound connection between humanity and the natural world is unveiled. The intricate patterns capture the essence of gentle rivers cascading through mountain peaks and serene landscapes, threaded onto the fabric that adorns your body. As I sit in silence, the needle becomes an extension of my heart, guiding me on a trip to self-discovery and connection. Sashiko has taught me to embrace my imperfections and to find comfort in them. Threading through the fabric, we encounter knots and tangles that mirror the knots and tangles within ourselves.

In our earnest attempts to untangle them, we discover the power of patience and the beauty of acceptance. Just as a painter finds beauty in the unexpected brushstrokes on their canvas, we find beauty in the unplanned twists and turns of our stitches. We realize that perfection lies not in flawless execution, but in the vulnerable authenticity that comes from embracing our humanity. With each needle puncture, we learn to forgive ourselves for the misplaced stitch, the uneven line. We come to understand that the true magic lies not in flawless mastery, but in the journey itself—a journey that teaches us compassion and self-acceptance.

Love, like the threads that intertwine, becomes an invisible force that binds the creator, the creation, and the recipient in a profound and tender embrace. Sashiko speaks to the essence of love—its transformative power, its capacity for healing, and its ability to create beauty from fragments. As we thread the needle through the

fabric, we embrace the challenges and scars that love often brings. Sashiko reminds us that love, like life itself, is not always smooth and flawless. It requires patience, perseverance, and the willingness to mend what is torn. Just as we mend the fabric, we mend our hearts, stitching together the pieces with love's gentle touch.

In the realm where the ethereal meets the tangible, Sashiko beckons us to embrace the threads of our existence with unwavering acceptance. Just as the Sashiko artisan finds joy in the unfolding of their creation, so too shall we find fulfillment in the tapestry of our lives. Let the needle be our guide, and the fabric of our existence be our canvas. With every stitch, we breathe life into our dreams, aspirations, and innermost desires. For in the art of Sashiko, we learn that the true masterpiece lies not in attaining perfection but in the courage to thread our authentic selves into the fabric of the world. So, let us thread our way to self-acceptance, stitching together the fragments of our being with love, resilience, and an unwavering belief in the beauty of our imperfectly perfect souls.

Dorotea Grkovikj

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A vibrant outdoor cafe scene. A red umbrella is at the top. The background is a blue wall with a mural of colorful balloons. In the foreground, there are yellow and blue wooden chairs and round tables. A stone wall separates the seating area from the blue wall. A small potted plant is on one of the tables.

THE MAGICAL INFLUENCE OF THE SOUNDS AROUND



On my third day in Skopje, I was asked to explore the city and focus on the sounds I hear. I've come to a point when I realized that sounds can have a big influence on our life and personal growth. Let me give an example of the influence.

Before crossing the road, you should always look left and right, but that's not always enough. That's where the part about hearing comes in – you will find yourself in a situation where you look left and right but suddenly 2 seconds later, there comes a car from a side street, which you haven't seen at first. But, because of the noise made by the car, you will be able to find a way to get out of the situation safely, if it's not too late, of course. What I mean by this is that your hearing ability is a gift that can influence your life in many ways. I must say that while I was exploring the city, I didn't really expect to hear much more different sounds than those that I'm already familiar with.

Then later in the day, there it was – the sound that I didn't hear before. It was the sound of traditional Macedonian music playing on a square. The next thing I noticed was that the audience was clapping in a certain rhythm along with the music. The beauty of sounds is that they can make you feel a certain way and so that's what happened that day. I felt a warm feeling not because of the weather, but because of how strong the love and connection between people was. Sounds are not just things you hear – it's way more.

Another example, is a person yelling at you can make you feel scared or even angry. But when you're listening to one of your favorite songs or the stillness of nature, the things you will feel are happiness, relief, positive energy, love...

And that's what I felt when I was standing there watching those people dance, come together, and listen to music. If you're not used to reflecting on things, then I recommend you start with it. Or if you're already doing it then you can try to reflect on smaller details and situations that happen in your life. Reflecting on certain sounds can help you understand yourself more, and by understanding yourself, the more you will grow. Because when you know exactly what makes you feel good, you will strive after to have that feeling again. And so that also means that you will try to avoid the things that make you feel bad. By doing that you will see that life will feel like life more. So, notice and follow the sounds that have a positive impact on you and others, from there your journey will begin.

Eniola Aertgeerts

7 MILLION YEARS OF CULTURE

After a long road of the weirdest consequences, we're here. Living, doing art, working, singing, chilling. A fairly long time ago, we weren't the only humans going around. Why is our species so successful, that we're able to drive others extinct and eventually threaten our own survival?

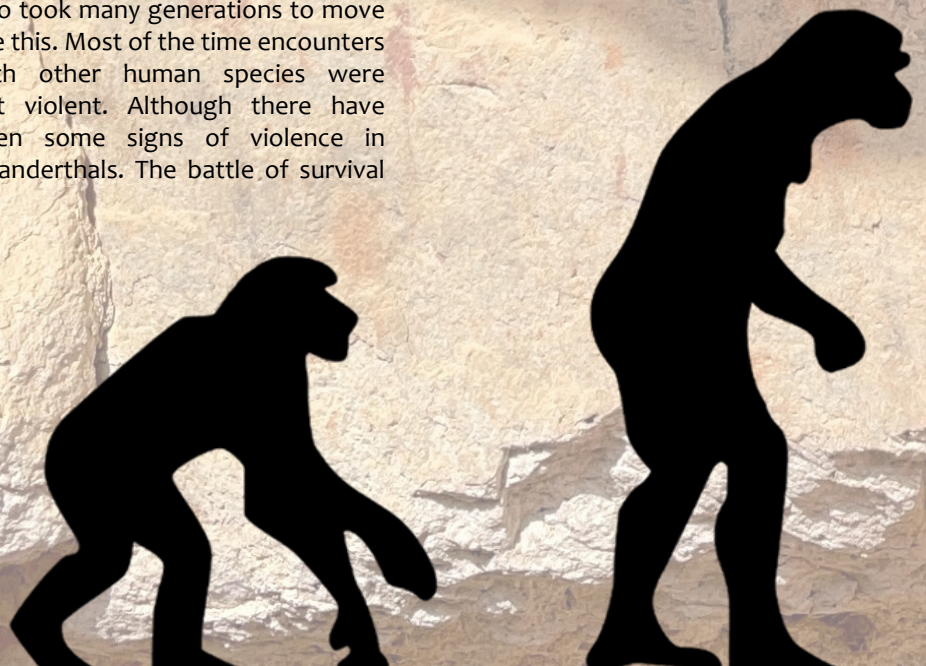
Primates started being around about 55 million years ago. The apes have been here for about 20 million years. That's when it was humans' turn, somewhere between 5 and 7 million years ago.

Many of us learned in school that "humans developed from monkeys" to more and more intelligent species and eventually, to us. However, recent studies have shown that it wasn't the case. Until now, we've learned that there were at least 15 other human-species. Most of their basic living habits were not so different from each other. Even the early signs of culture were pretty much the same. Although compared to others, Neanderthals were a bit stronger physically.

It's a common thought that Homo Sapiens evolved because we were more intelligent. It's been found that for hundreds of thousands of years, there were at least 4 human species living at the same time with sapiens,

like Homo Naledi, Homo erectus, Homo Heidelbergensis for example. Currently it looks like the first species started to spread from somewhere around Africa. The first wave was approximately 300 thousand years ago. When Homo sapiens reached Europe, Neanderthals had been there for 100 thousand years already. It was a bit slow to move during those times because of ice-age, the pressure of population and before boats were invented, the routes were long. It also took many generations to move like this. Most of the time encounters with other human species were not violent. Although there have been some signs of violence in Neanderthals. The battle of survival

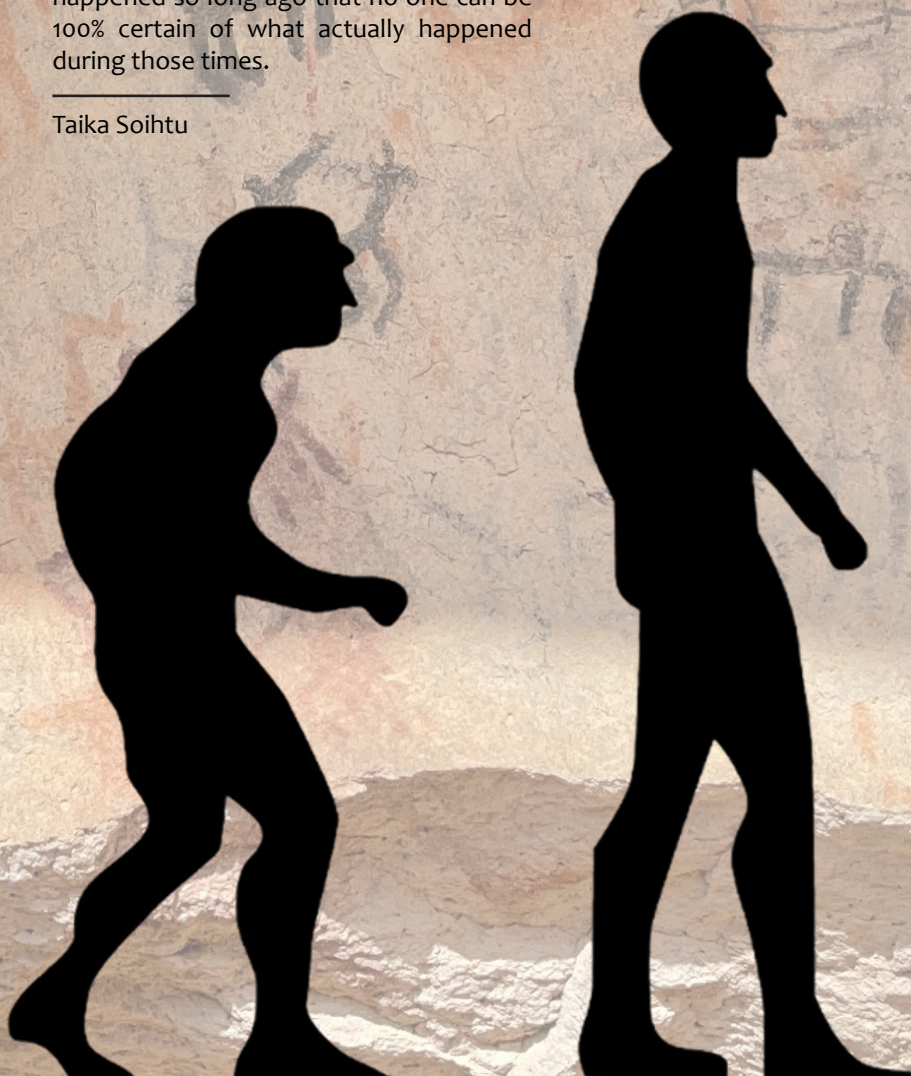
was more about who made most children that are able to continue reproducing. Also there might have been some competition about natural resources. And as nature works, they mixed some genes and reproduced with other human species. In genetic studies, you can find that humans today have a lot more Neanderthals than sapiens. Whatever the mix of species was, it's now defined as us Homo Sapiens. Interesting fact that has also occurred in the genes



of Homo Sapiens, is that we're the only one's with a gene that allows autism and schizophrenia to occur. At least Neanderthals or Denisovans didn't have that gene. Many of them also used symbolic language, which has been previously suggested to be one of the reasons why Homo Sapiens survived. There's also been other signs of culture. There's proof that at least the Naledis and Neanderthals were burying the deceased and even throwing in some bones and objects in the graves. This indicates that they may have been already concerned about what happens after death. Around 40-70 thousand years ago something in either our brain, or in our culture happened. Humans started to view the world as something they can build, rather than just be at the mercy of nature. One big feature in human survival is the ability to adapt. The mind started to get more creative, which allowed more efficient tools. We were also able to build kayak-like boats to move easier. Not to forget cave paintings. Maybe it's the early start of cognitive revolution. The ability to tell stories and share ideas and plans was changing the way to organize life a bit more.

Although modern life allows us high technology and a lot of understanding, it's good to remember that these things happened so long ago that no one can be 100% certain of what actually happened during those times.

Taika Soihtu



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Controversies and the Nobel Prize

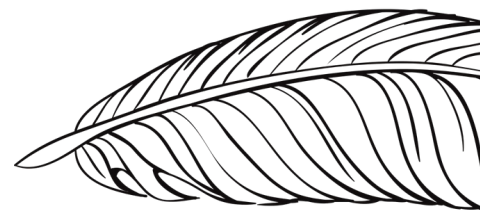
The Nobel Peace Prize, an esteemed recognition of individuals and organizations striving for peace and progress, has long held a position of utmost prestige. However, recent years have witnessed growing controversies and debates surrounding both the laureates and the nomination process. As the world eagerly awaits the announcement of the 2023 laureates, questions are being raised about the legitimacy and value of this prestigious award. Past recipients' actions, coupled with the evolving criteria for selection, have led to intense scrutiny and challenges to the prize's credibility. Moreover, issues of gender representation and the long-term commitment to peace by some laureates have sparked further discussions about the prize's relevance in today's complex global landscape. In this reexamination of the Nobel Peace Prize, we delve into the controversies, debates, and the quest for ensuring that the award continues to inspire and recognize genuine efforts towards a more peaceful world.

The 2022 Nobel Peace Prize focused on promoting the protection of citizens fundamental rights by awarding the Belarusian Ales Bialiatski, the Ukrainian NGO Centre for Civil Liberties and the Russian NGO Memorial. The former winners and the nomination process are increasingly coming under fire. The laureates for 2023 will be announced on 9 October, and then rewarded on 10 December, the anniversary of Alfred Nobel's death in Oslo. When he died on 10 December 1896, he asked in his will for the creation of an institution to reward personalities who had rendered service to humanity or enabled progress in five fields: peace and diplomacy, literature, physics, chemistry, physiology and medicine. In October each year, the Nobel Peace Prize is awarded to "the individual (up to three individuals or institutions) who has made the greatest or best contribution to bringing people closer together, to abolishing or reducing standing armies, to assembling and spreading progress for peace". The nomination process is as follows: each year, members of national parliaments, former laureates, judges specializing in

international law, special advisers to the Nobel Committee and members of circles of university professors in geopolitics, law or political science have the opportunity to send (until spring) detailed, well-argued nomination proposals. All the proposals are then studied by the committee, which selects 199 to submit to the jurors. The jurors then select five nominees (a nominee may correspond to a name, a group of names or a structure).

The debates, discussions and vote are concluded in October at the unveiling ceremony in Oslo. As the nominations were secret for 50 years, only the

personalities nominated between 1901 and 1973 are known today. The revelation of these nominations has led to much debate and controversy about the identity of the nominees, and in particular the legitimacy of the actions for which they were nominated. These have included Adolf Hitler in 1939 (by Swedish parliamentarian Erik Brandt, who later retracted his proposal), Benito Mussolini in 1935 and Joseph Stalin in 1945 and



Reexamining Its Significance

Questions and debates about the legitimacy of the winners.

In 2019, Ethiopian Prime Minister Abiy Ahmed was awarded the Nobel Peace Prize for his efforts to achieve reconciliation with Eritrea, the country's historic enemy. He described the war as an "incarnation of hell". However, a few months later, Abiy Ahmed launched a war against the Tigrayan rebels in northern Ethiopia, resulting

Muslim minority, the Rohingya. However, the rules governing Nobel Prizes do not allow them to be withdrawn at a later date.

This raises questions about the credibility and value of the award.

By awarding prizes along these lines, the past is not necessarily taken into account, and the candidate's future behavior has on several occasions proved to be at odds with the values promoted by the prize. For example, this prize for commitment to peace has been awarded three times to a former president (Jimmy Carter in 2002), former vice-president (Al Gore in 2007) and current president (Barack Obama in 2009) of the United States, a country with a strong military commitment. To alleviate these problems, the Nobel Committee decided in 2005 that the prize would now only be awarded to "individuals, groups or organizations that have committed their lives to the service of human rights, the promotion of the democratic model and the defense of diplomatic channels". This

measure is also intended to respond to criticism of the absence of certain personalities whose work has been unanimously acclaimed by the general public, or to criticism that the Nobel Prize rewards personalities whose efforts have been deemed minimalist, futile or sterile, as was the case, for example, with former UN Secretary - General Kofi Annan, who won the prize in 2001.

Fahim Bounoua

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Your Questions about the Nobel Peace Prize!
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1948. Similarly, the gender of the prize-winners also gives rise to debate: since its creation in 1901, and although it has been awarded to 109 individuals and 27 organizations, only 18 women have received it. This figure raises the more general question of the proportion of female Nobel Prize winners in general. Despite this low figure, the Nobel Peace Prize remains the Nobel with the most women represented.

in the death of many civilians and the displacement of more than a million. These actions raised questions within the international community as to the veracity of his speech, and the credibility of the prize he was awarded. Another example is that of Aung San Suu Kyi, a non-violent opposition activist to the military dictatorship in Burma (now Myanmar), who won the prize in 1991. However, while she has been head of government since 2016, the international press has criticised her for inaction in the face of discrimination and massacres described by the UN as genocide committed by the Burmese army against the country's



Seven days



to understand

“Human



Diversity!”

This project was created and led by VCS' Project Manager, Andrej Naumovski. According to him, *"There is a need for more conversation about these topics. We are all facing an influx of information with mass media, and everyone can be easily oversaturated with it, especially young people due to their place on social media. The goal of this project is not about creating a universal truth or a new outline of the world, but to provide a deeper understanding of the basics of diversity and inclusion to young people that may take something good out of it and use it in their communities."* Indeed, the participants agreed about the issues that should be dealt with in their communities: *"There's a lack of talk about diversity, and about civic engagement in general"*. Others added that *"there is a need to be more aware of the threats that can arise from a lack of inclusivity."*

From the 28th of June to the 6th of July, Volunteers Centre Skopje organized an Erasmus+ training course "Human Diversity!" about religious tolerance and human diversity in Struga, Macedonia. The project brought together a diverse group of participants from Macedonia, Romania, Slovenia, Spain, and Poland, as well as people from the Somali community living in the Netherlands, Denmark, and Finland. With a focus on various thought-provoking topics, participants had the opportunity to learn from one another, fostering inclusion and promoting tolerance throughout Europe.

A week to remember

The initial days of the training were filled with engaging activities designed to foster connections and explore our own personal identities. The activities were meant to give us tools to define ourselves and recognize certain aspects of our identity. By initially emphasizing the unique qualities that contribute to the overall diversity of the group, we were able to, through discussions, debates, and reflections, bring attention to our shared similarities. Starting from there, the participants formed small groups to explore projects and ideas centered around the promotion of tolerance and diversity, with the intention of implementing them in the future.

As the week progressed, we dived deeper into our core values and examined our perspectives on more specific issues. The first few days were also crucial for breaking the ice and creating a safe space to discuss heavier

topics. This enabled our group to explore "hot topics" such as the role of religion in society, its impact on women, marriage, and attire — particularly the headscarf — and even its relation to science. The portrayal of the woman in the stories of Creation in different holy books, and her place in society became for example one of the "hottest topics", not only in the workshops but in the discussions during the breaks.

Training connected to the place

Struga was the right place for exploring the topic of human diversity. As one of the local Macedonian participants said, "This city is a living example of living together beyond religious differences". Indeed, Macedonian, Albanians and Turkish inhabit the town while sharing different faiths and languages. In the middle of the training, the group also went to

visit Ohrid, a highly religious place marked by historical changes. This place was the starting point of the Slavs' conversion to orthodoxy which was impelled by emissaries of Byzantium. However, following the Ottoman conquest, a lot of places were turned into mosques, while the highest church authority was allowed to stay in the city. Beyond the beauty of the city, its history was a contribution that fed the debates among the participants.

A valuable experience to share abroad

Beyond the mutual learning and understanding fostered during this project, the ultimate goal was to equip participants with the necessary tools to spread future initiatives across Europe. In addition to the set of various insightful workshops meant to reflect and raise awareness about human diversity and collaboration, participants worked on their own social actions. Drawing upon their diverse backgrounds, they brainstormed several ideas, including educational programs in schools and companies, social media campaigns to promote civic participation, and initiatives aimed at fostering increased exchanges between communities.

Youen Le Bris

"This project has been funded with support from the European Commission. This publication [communication] and all its contents reflect the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein."



7 MILIONË VJET CULTURË



Pas një rruge të gjatë të pasojave më të çuditshme, ne jemi këtu - jetojmë, bëjmë art, punojmë, këndojmë, qetësohemi. Shumë kohë më parë, ne nuk ishim të vetmit njerëz përreth. Pse specia jonë është kaq e suksesshme, saqë ne jemi në gjendje t'i çojmë të tjerët drejt zhdukjes dhe përfundimisht të kërcënojmë mbijetesën tonë?

Primatët filluan të paraqiteshin rreth 55 milionë vjet më parë. Majmunët kanë qenë të pranishëm për rreth 20 milionë vjet. Atëherë filloi të ishte radha e njerëzve, diku midis 5 dhe 7 milion vjet më parë.

Shumë prej nesh mësuan në shkollë se “njerëzit u zhvilluan nga majmunët” në specie gjithnjë e më inteligjente dhe përfundimisht tek ne. Megjithatë, studimet e fundit kanë treguar se nuk ishte kështu. Deri më tani, ne kemi mësuar se kishte të paktën 15 lloje të tjera njerëzore. Shumica e zakoneve të tyre themelore të jetesës nuk ishin aq të ndryshme nga njëra-tjetra. Edhe shenjat e hershme të kulturës ishin pothuajse të njëjta. Edhe pse në krahasim me të tjerët, Neandertalët ishin pak më të fortë fizikisht.

Është një mendim i zakonshëm që Homo Sapiens evoluoi sepse ishin më inteligjentë. Është zbuluar se për qindra mijëra vjet, ka pasur të paktën 4 lloje njerëzore që jetonin në të njëjtën kohë me sapiens, për shembull si Homo Naledi, Homo erectus, Homo Heidelbergensis.

Aktualisht duket sikur specia e parë filloi të përhapet diku rreth Afrikës. Vala e parë ishte afërsisht 300 mijë vjet më parë. Kur Homo sapiens arriti në Evropë, Neandertalët kishin qenë atje për 100 mijë vjet tashmë. Lëvizja ishte pak e ngadaltë gjatë atyre kohërave për shkak të periudhës së akullit, presionit të popullsisë dhe para se të shpikeshin varkat, rrugët ishin të gjata.

U deshën edhe shumë breza për të ecur kështu. Në shumicën e rasteve, takimet me specie të tjera njerëzore nuk ishin

të dhunshme. Edhe pse ka pasur disa shenja dhune te Neandertalët. Beteja e mbijetesës ishte më shumë për atë se kush lindte shumicën e fëmijëve që ishin në gjendje të vazhdojnë të riprodhohen. Gjithashtu mund të ketë pasur një konkurrencë për burimet natyrore. Ndërsa natyra funksionon, ata përzienin disa gjene dhe u riprodhuan me specie të tjera njerëzore. Në studimet gjenetike, mund të zbuloni se njerëzit sot kanë shumë më tepër Neandertalë se sapienët.

Cilado qoftë përzierja e specieve, ajo tani përkufizohet si Homo Sapiens. Fakti interesant që ka ndodhur edhe në gjenet e Homo Sapiens, është se ne jemi të vetmit me një gjen që lejon shfaqjen e autizmit dhe skizofrenisë. Të paktën Neandertalët apo Denisovanët nuk e kishin atë gjen. Shumë prej tyre përdorën edhe gjuhë simbolike, e cila është sugjeruar më parë të jetë një nga arsyet pse Homo Sapiens mbijetoi. Ka pasur edhe shenja të tjera të kulturës. Ka prova që të paktën Naleditë dhe Neandertalët varrosnin të ndjerin dhe madje hidhnin disa eshtra dhe sende në varre. Kjo tregon se ata mund të kenë qenë tashmë të shqetësuar për atë që ndodh pas vdekjes. Rreth 40-70 mijë vjet më parë ka ndodhur diçka në mendjen ose në kulturën tonë.

Njerëzit filluan ta shohin botën si diçka që ata mund të ndërtojnë, në vend që të jenë thjesht në mëshirën e natyrës. Një tipar i madh në mbijetesën e njeriut është aftësia për t'u përshtatur. Mendja filloi të bëhej më kreative, gjë që lejonte mjete më efikase. Njerëzit gjithashtu mundën të ndërtonim varka të ngjashme me kajak për të lëvizur më lehtë. Për të mos harruar pikturat e shpellave. Ndoshta është

fillimi i hershëm i revolucionit kognitiv. Aftësia për të treguar histori dhe për të shkëmbyer ide dhe plane po ndryshonte mënyrën e organizimit të jetës pak më shumë.

Megjithëse jeta moderne na lejon teknologjinë e lartë dhe ofron mirëkuptim, është mirë të kujtojmë se këto gjëra kanë ndodhur kaq shumë kohë më parë sa askush nuk mund të jetë 100% i sigurt për atë që ka ndodhur në të vërtetë gjatë atyre kohërave.

Taika Soihtu

Përktheu: Dora Arifi

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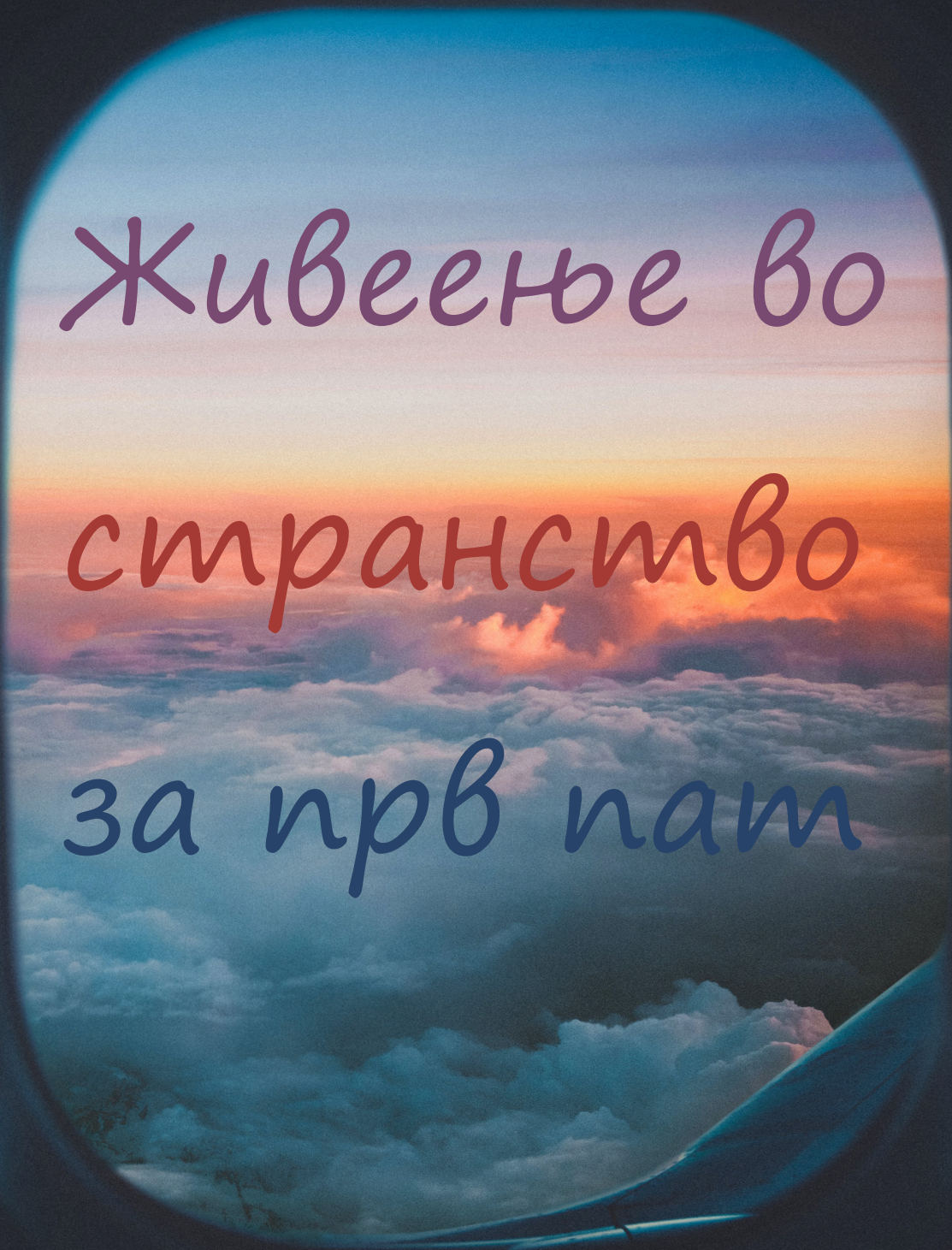
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Yuval Noah Harari - Sapiens



Живеење во
странство
за прв пат

Идејата за живеење во друга држава и тоа сосема сам, може да звучи страшно и предизвикувачки на почеток. Но, во исто време, за неког може да биде возбудливо. Нормално е да се соочиме со некои предизвици на почетокот на нашата авантура. Тоа може да биде културниот шок кога ќе пристигнеме во друга држава, јазикот, јавниот превоз и многу други причини. Јас сум Нина, имам 19 години и се одлучив да го споделим моето искуство со другите, кои можеби се заинтересирани за нешто слично.

Во моето лично искуство, се соочив со неколку од овие предизвици кога се преселив во Германија каде сум на неколкумесечен волонтерски ЕСК-проект. Кога пристигнав тука - не знаев никој кој живее овде и тоа ми беше малку застрашувачки. Не знаев ниту да зборувам германски, ниту да се снајдам во јавниот превоз. Но, ваквите почетоци се добри за нашиот личен развој, и секогаш е добро да имаме нешто што ќе не извлече надвор од нашата удобна зона. Покрај тоа го зголемуваме самопознанието, ги зајакнуваме нашите способности за приспособување и откриваме нови нешта за самите нас. Живеењето во друга држава ни овозможува да научиме многу работи за културата, традициите и начинот на живеење во неа. Оваа прилика ни овозможува уникатен поглед кон светот и ги проширува нашите перспективи, поминувајќи ги границите на она што ние веќе познато. Ваквите нешта секогаш ни носат позитивни резултати.

Едно од најголемите богатства кои можеме да ги понесеме со нас се спомените. Сите тие спомени што ги креираме додека сме таму се непроценливи, и сите пријателствата кои ги ствараме поплатно. Сите искуства кои ги споделуваме, сите места кои ги посетуваме и се она што го учиме и вливаме. Волонтирањето ни овозможува да ги доживееме сите овие нешта на едно место. И тоа е една од причините што го прави ова искуство посебно. Со волонтирањето, исто така, стекнуваме можност да направиме разлика и да го подобриме светот. И не е секогаш нешто големо. Трансформацијата секогаш започнува со нешто мало, и од нас. Ние можеби не ги гледаме промените веднаш, но секогаш има некој кој ќе не потсети дека тоа што го правиме, има некаков придонес. Тоа е едно од многуте нешта кои ги научив тука. Дека секогаш имам некој на кој можам да се потпрам, кој може да го забележи мојот

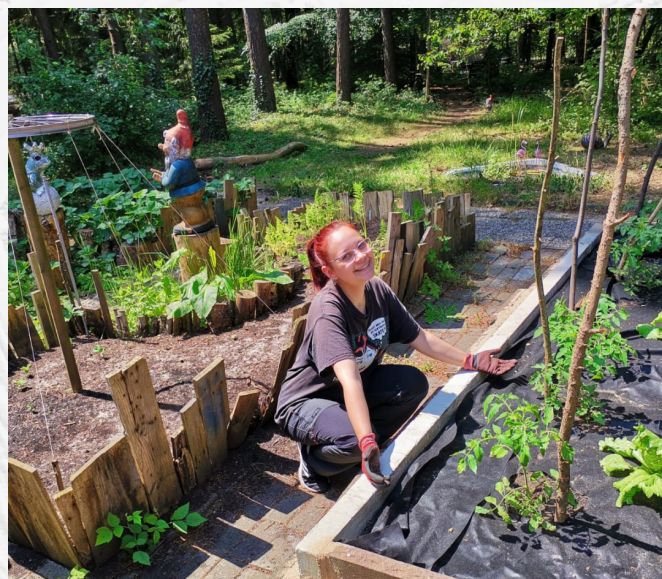
труд кога јас не можам, и да ме поттикне да продолжам понатаму со мојата работа. Волонтерската заедница е вистина нешто кое вреди да се искуси, и да се биде дел од неа.

Ова искуство ни ги отвора вратите кон поголеми нешта и не потсетува да го гледаме светот со поинакви очи. Сите несигурности и стравови кои ги имаме на почетокот, вреди да ги искусиме за да можеме да уживаме во понатамошните нешта кои следат во текот на нашето престојување. И добро е да знаеме дека секогаш имаме некој на кој може да сметаме за било каков проблем, дали е тоа организацијата која не испраќа или онаа што не прима. Исто и волонтерите со кои го делиме секојдневниот живот тука, се одлична прилика да ги споделиме проблемите и да најдеме решение.

Доколку се двоумите за нешто слично на моето искуство, би ви препорачала да се одлучите за тоа, бидејќи нема да згрешите. На сите ни треба нешто да не поттикне и да ни помогне да се одлучиме на почетокот, па се надевам ова ќе ви биде од корист.

Нина Петревска

Нина е наша ЕСК-волонтерка на проектот „KulturHaus and sustainability“ во Бремен, Германија.

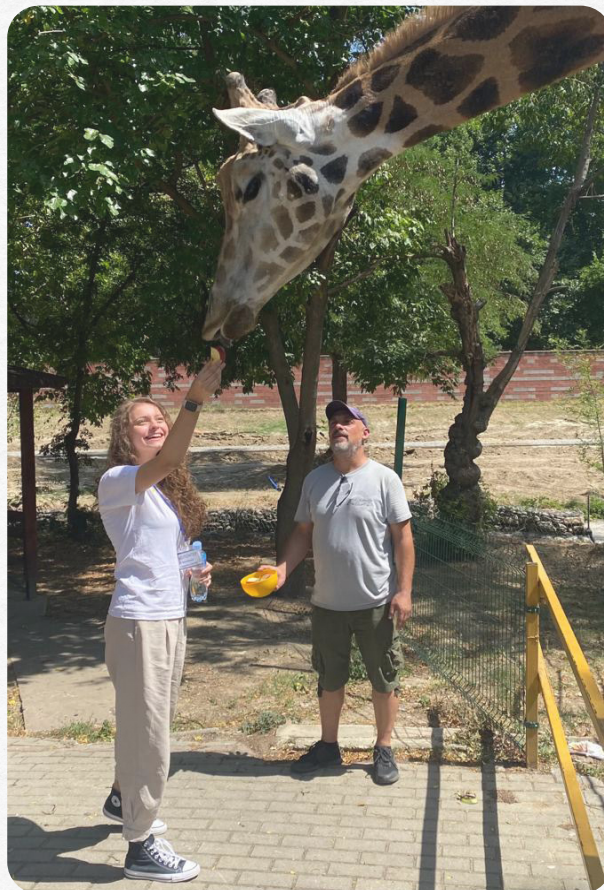


Од 300 Скопје – со љубов

Радоста на родителите и децата што ги гледаат своите омилен животни во живо е постојано чувство што ве следи при посетата на Зоолошката градина во Скопје. И тоа без разлика на денот или времето, кога е студено или неподносливо топло, како што беше во неделата кон крајот на јули. Зоолошката градина во Скопје, чии вработените се трудат да ја издигнат до највисоко ниво, од минатиот месец е „побогата“ за 50-ина локални волонтери кои се пријавија преку Волонтерски центар Скопје за да ја спојат љубовта кон животните заедно со потребата да се волонтира и придонесе за подобра заедница.

Со бреднираните бели маички - волонтерите се лесно препознатливи во ЗОО Скопје. Вообичаено доаѓаат по десетина во смена, на колку што делови е поделена Зоолошката. Период е на летни одмори, а деновите се неподносливо жешки, па бројката се намалува. Работат најмногу за време на викендите, во две смени: од 10 до 14 часот и од 14 до 18 часот. Волонтерите работат во различни области, но нивните задачи се слични. Тие им помагаат на посетителите и чуварите на зоолошката градина со тоа што ги хранат животните, даваат информации на посетителите, внимаваат да не биде загрозен редот и мирот во градината...

Во доцната јулска недела, - во првата сена дојдоа четири волонтери: две млади девојки и мајка со ќерка. Една од волонтерите штотуку ја започнуваше својата авантура во ЗОО Скопје и беше воодушевена што доби шанса да им помага на животните. „Сакам да бидам од корист и да имам добро влијание преку мојата работа, па верувам дека волонтерството ја дава таа можност“, рече таа. Друга причина е што волонтерството им овозможува да растат и да станат поинтересни преку различни активности, кои во иднина ќе им бидат корисни. Мајката и нејзината ќерка работеа во „мини-зоолошката“ градина, хранејќи ги животните и водејќи ги посетителите наоколу. Да волонтира може секој -, без разлика на која возраст сте. Тие беа исклучително ентузијастички настроени, а насмевката не се симна од нивните лица. Местото беше преполно со енергија и можеше да се видат деца наоколу како уживаат во малите суштества.



Своите впечатоци од ова место ги споделија и чуварите на Зоолошката градина. Тие се грижат за животните и сакаат да ги едуцираат луѓето. „Помошта од волонтери е неопходна, бидејќи има многу работа“, посочуваат тие. Вработените со задоволство го споделуваат своето знаење и искуство, па може многу да се научи од нив. За љубителите на животни - ова е неверојатна можност. Понекогаш имаат поинакви активности, како на пример беше да подготвуваат замрзнато овошје за животните, што беше одлична идеја за овие топли денови.

Зоолошката градина Скопје се наоѓа во Градскиот парк. Има околу 495 животни од 96 видови. Основана е во 1926 година, но тогаш била многу помала. Оттогаш расте и се подобрува. Има многу да се види; ќе ви треба време да прошетате наоколу, но вреди. Жирафи, слонови, лемури или најмалиот мајмун на светот. Неверојатно е да се видат овие видови животни во живо.

Ова место е исполнето со љубов и е пример за тоа како можеме да го промениме општеството на подобро и да придонесеме за поздрава животна средина преку нашите сопствени постапки.

Александра Шумјелевич



DRAGON DREAMING

HOW TO AWAKEN THAT LITTLE
CREATIVE BEAST WITHIN AND
MAKE THE MOST OF IT



It is simple to ignore the value of dreaming and creativity in our fast-paced society when efficiency and production are greatly valued. However, a technique known as "Dragon Dreaming" has recently come to light for its distinct manner of project management and community development. The Dragon Dreaming approach gives a novel viewpoint on how to conceptualize, organize, and carry out projects while creating sustainable and peaceful connections with both people and the environment. It is based on Aboriginal Australian wisdom and is inspired by nature.

After learning about this new method, I was even more fascinated. I wanted to learn more. So, I packed my bags and went straight to Romania. There, in the birthplace of many legends, I set out to uncover the "lair" of this new curiosity that set a spark in my mind. By participating in the "DEVELOP YOUTH" training course I was able to learn more about this method and, unlike a greedy dragon, I am excited to share my knowledge with you!

THE HISTORY OF DRAGON DREAMING

Australian community builder and facilitator John Croft created the Dragon Dreaming technique in the late 1980s. Croft sought to develop a new method of project management that is in line with the ideas of cooperation, sustainability, and creativity by drawing on his experiences working with indigenous tribes and old knowledge. The approach is influenced by Aboriginal Australian Dreamtime tales, in which the fabled dragon stands for the power of creation and change.

THE FOUR STAGES OF DRAGON DREAMING

Dreaming: Dragon Dreaming's first phase encourages participants to embrace their creativity and imagination. Now is the moment to dream large, examine options, and consider how the project may seem in its ultimate state. For a complete knowledge of the project's possible impact, this phase highlights the value of listening to all stakeholders, including the environment.

Planning: After the dreaming stage has given ideas room to grow, planning is necessary. Together, the participants come up with precise objectives, assignments, and deadlines. Finding the ideal harmony between creativity and pragmatism is the key to tying the project's goal to concrete steps.

Doing: Teams are urged to take a non-hierarchical and participative approach as the project enters the doing phase. This encourages everyone to feel a feeling of accountability, ownership, and duty. The approach encourages shared leadership, where each person's opinion is respected and taken into account, which results in more dedication and drive.

Celebrating: Contrary to traditional project management approaches, which frequently ignore this crucial stage, Dragon Dreaming places a strong emphasis on celebration. Recognizing

accomplishments, lessons learned, and personal development improves the project's overall performance and fortifies community ties.

The Dragon Dreaming concept is a potent substitute for conventional project management techniques. It offers a comprehensive and inclusive framework for conceptualizing and carrying out projects by fusing indigenous wisdom, teamwork, and sustainability principles. Adopting the Dragon Dreaming approach entails fostering community development, environmental harmony, and personal growth in addition to project success. So why not follow the fabled dragon's example and use the power of our imagination to make our wishes come true?

Marija Marinkovikj

Source:

<https://dragondreaming.org/>

Extraordinary world of martial arts

Martial arts have gained great popularity worldwide. However, not every country exclusively focuses on conventional forms of the sport. Since 2018, Poland has been hosting a unique type of fights known as “Freak Fights”, which had already been seen in other places earlier. Let's explore this intriguing topic and its history.



The name "Freak Fights" comes from the various strange and unconventional conditions that certain federations use during fights. However, the promotion of the fights there didn't receive the warm reception it anticipated, and by the late 1990s, it died down only to return after some time, this time worldwide.

These fights feature different rules and scenarios, such as battles between titled MMA fighters and internet personalities who gained popularity through unrelated content on platforms like YouTube. There are even fights where a 90 kg man faces off against a 272 kg fighter! These matches often characterized by lack of weight class restrictions and vary in terms of the fighters' abilities, unlike professional MMA organizations, although exceptions exist.

Some sports experts believe that freak fights deviate from the professionalism of traditional MMA fights and weaken the true spirit of competition. They argue that these fight organizations draw experienced fighters away from legitimate sports federations, leading to a decline in interest for real and authentic competition.

In Poland, freak fights emerged between May and June in 2018 when two popular YouTubers, Wojciech Gola and Michał "Boxdel" Baron, established the "Fame MMA" freak-fights federation. At the beginning, Polish audiences saw various weird battles, like knights fighting with swords inside a cage or matches based on the "David vs. Goliath" principle. These unusual fights included a 55-year-old man with no prior sports experience gaining fame through controversial public appearances in press conferences and a 32-year-old talented and experienced actor who had a personal conflict with the older man. The actor had fought numerous times against other MMA players, including a professional fighter whom he defeated.

As time passed, the "Fame MMA" organization expanded and became

more professional, with better venue choices and increased fan support. Despite initial skepticism, the federation succeeded through hard work and determination, gaining recognition even from professional athletes who began following and engaging with the organization. Later, other popular YouTubers or singers decided to open their new freak-fights organisations like "High League" or "Prime MMA" and to be honest they got really good in what they do. Recently, a new martial arts federation called "Kingpynboxing" was established in 2023. It



allowed popular influencers to showcase their MMA or boxing skills through fighting. However, the organization faced financial problems and rumors of potential closure after only six months, leading to concerns about its future.

For me, thanks to freak fights, the world of wrestling is now more exciting and recognizable than it was before they began. Although I haven't attended any freak fight events in person, I've watched them numerous times through pay-per-view shows or with friends in special venues they rented. Every time we

watched together, we experienced thrilling and emotional moments. Not only are the fights like an emotional roller coaster, but the press conferences are also intense, often involving heated arguments between fighters who will be rivals in upcoming events. These moments of tension sometimes even lead to unexpected fights between players, which further attracts more viewers. However, despite the excitement and recognition they bring to the world of wrestling, there is growing concern among critics that freak fights promote unsafe and dangerous behaviors. I don't share this opinion because it's a norm in the world of martial arts to have intense rivalries and conflicts. To address concerns about children or young people watching these shows, it is the responsibility of parents to be in control of what their kids watch.

Freak fights may deviate from traditional MMA, but they have carved out a unique niche in the world of martial arts, attracting both enthusiasts and critics alike. As the phenomenon continues to evolve, its impact on the sport and the fighters involved will undoubtedly remain a subject of interest and debate. To join and fight in freak-fight federations, one must be at least a bit popular in the MMA world or on the Internet but the rise of freak fights has encouraged many young people to step outside their homes and engage in boxing or MMA training, which is a positive outcome. It provides an alternative to spending excessive time indoors, especially playing video games, and promotes physical activity and a healthy lifestyle.

Marcel Mańkowski

Sources:
Esporternews-kingpyn boxing ogłasza bankructwo
LoveKrakow - Freak fight - co to jest i na czym polega

Заминување и збогување: неизбежен чекор во волонтирањето

Збогум, тој неизбежен чекор што сите треба да го направиме во различни периоди од животот, но сепак, некои од нас го избегнуваат како вирус. Кога сме со пријателите и на крајот тргнуваме по својот пат, - велите: „чао, се гледаме“. Затоа што сите знаеме дека овие збогувања не се вечни, бидејќи се гледаме подоцна, нели? Но, што се случува кога ќе ја напуштите земјата во која живеете една година? Во тој момент мислам дека сите краеве стануваат свети.

Јас сум волонтер во Македонија веќе пет месеци, а ќе останам уште пет; но додека сум тука, морав да се збогувам со неколку пријатели и никогаш не е лесно. Значи, да ја започнеме оваа дискусија за неизбежната состојба на волонтирањето, напуштањето на земјата и справувањето со збогувањата што таа ги бара. Во оваа ситуација, не се збогува само оној што заминува, туку и луѓето што остануваат зад себе. Тешко е од сите аспекти, но избегнувањето не е решение. Важно е да прифатиме да го кажеме тоа, за нашиот раст и нашиот личен развој. Кога нешто ќе заврши, тоа е нов чекор во нашиот живот.

Кога треба да се збогувате, чувствувае различни емоции, се соочувате со спротивставени мисли; оваа психолошка тежина, луѓето се справуваат со неа на различни начини. Мислат дека последен пат ќе се напијат кафе

во омиленото место, дека оваа забава ќе биде последна во овој клуб, дека нема да можат да се напијат со овој пријател. Тие ја напуштаат секојдневната рутина што ја изградија за себе, нова зона која стана нивна комфортна зона по пристигнувањето во оваа земја. Како тој балон конечно да пукне и тие мора да се вратат во реалниот живот, да одат на универзитет, да најдат ново место, да се вработат.

И така, во еден случај тие треба да се подготват за оваа промена, а сите ние имаме свој начин да го правиме тоа, според нивото на стрес за промена и нашата личност.

Кога волонтирате во странство, се соочувате со многу нови работи. Ја напуштате својата земја, семејството и пријателите, вашите навики за да дојдете на ново место каде што не познавате никого, ниту културата. Првото нешто што треба да направите е да најдете начин да се прилагодите и потоа да го обновите вашиот



секојдневен живот. Предизвик е да се напуштиа зоната на удобност за да ја пронајдете зоната на раст и да ја создадете вашата зона на удобност во овој нов чекор од вашиот живот што ќе го имате во следните месеци.

Исто така, кога сте во странство

и се враќате, може да бидете под стрес дека сè се менува додека сте „надвор“ или може да бидете вознемирени и да имате ФОМО (страв од пропуштање). Но, она што треба да го запомниме е дека се разбираа од работите се менуваат, ни недостасуваат настани,

забави, семејни собири, животот продолжува дури и кога сте две илјади километри оддалечени од сопствениот град. Ова предизвикува вознемирениост и стрес... Разговарав со еден мој пријател кој се врати од Франција после шест месеци отсуство, и тој ми рече дека на крајот се плашиш дека се сменило, но, всушност, ништо не се случило, само животот продолжува и кога ќе дојдеш назад - само се фрлаш во ова секојдневие кое не те чекаше. И се менува, но не менуваш и ти.

Најтешкиот чекор е да се подготвите за овие збогувања и збогувања, а понекогаш имате неколку недели да размислите за тоа, или не, кога нешто неочекувано ќе ве натера да се вратите дома порано. Кога ги прашувам моите пријатели како успеале да се збогуваат со сите за една или две недели, тие ми кажуваат за распоредот да се видам со сите. Тоа може да биде добар начин ако имате многу да направите пред да заминете; и кога ќе се вратите. Или за некои тоа само одеше со тек. Главната работа беше

големата забава со сите. За некои од нив тоа беше и добар начин да се подготват за пат пред да заминат. Бидејќи, се разбира, станува збор за добро заокружен крај. Некои студии покажаа дека доброто затворање збогум е поврзано со позитивни ефекти со помалку жалење и полесна транзиција назад во вашиот живот.

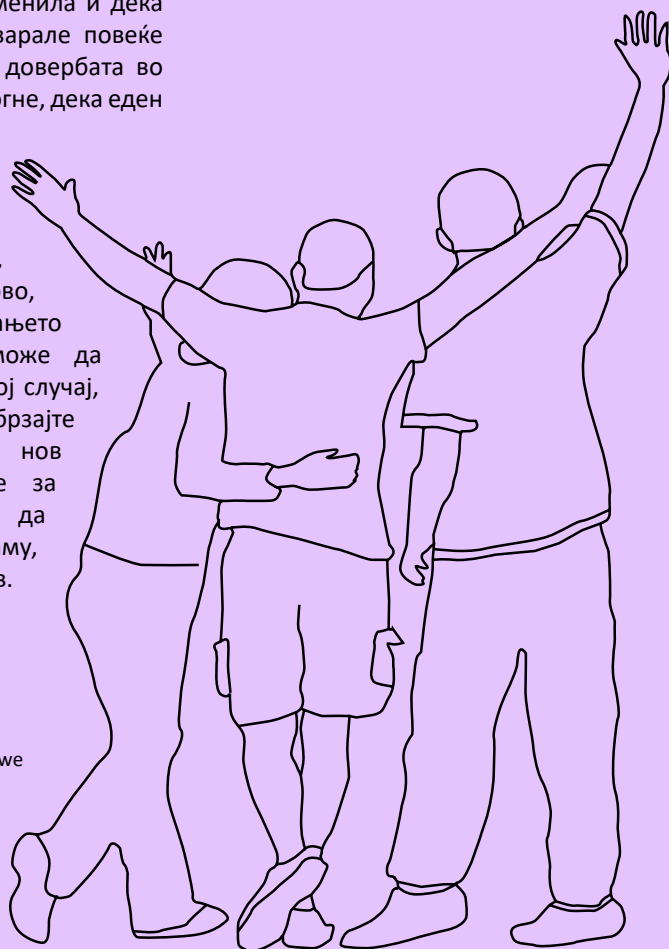
Кога волонтирате во странство, се соочувате со многу нови работи. Ја напуштате својата земја, семејството и пријателите, вашите навики за да дојдете на ново место каде што не познавате никого, ниту културата.

Преминот кон следниот чекор по вашето враќање може да биде тежок на многу начини. За една моја пријателка тоа беше учење како повторно да живее со нејзините

родители откако живееше сама една година. Тешко е да прифатите губење на автономијата. За друга пријателка, тоа беше прифаќање дека се сменила и дека работите што ѝ одговарале повеќе не и одговарале. Но, довербата во времето може да помогне, дека еден ден сè ќе си дојде на свое место. Можеби за да ви помогне да се прилагодите на овој чекор, барањето нешто ново, нови цели, вклучувањето во нова средина може да биде одлично. Во секој случај, времето е клучот, не брзајте и прифатете го овој нов чекор. Збогумите се за тоа, прифаќање е да продолжите понатаму, затоа соочете се со нив.

Клое Ле Кер

Извори: Psychology Today – Goodbyes are important, but we didn't know to say goodbye.



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!



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