

VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

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With April being the second month of spring, flowers start blooming and trees start turning green. Mother nature slowly but surely comes back to life as plant buds open. That's also how the name of the month April came about, because in Latin 'aperire' means 'to open'. April is the month of the birth of flowers daisy and sweet peas. It's also the month in which we bring awareness to autism and celebrate Art Day, Health Day, and Poetry Month.

In honor of poetry month, here's a poem I wrote...

a love letter to April.

the fourth month of the year
the second month of spring
where flowers reappear
and birds start to sing

the sun comes into sight
there are colors all around
and with those stars in the night
I feel safe and sound

you allow me to thrive
I no longer need to pretend
you make me feel alive
I feel so free again

your beauty is so divine
a true work of art
your tones are so benign
April, you have my heart

Tara Richardson

Со оглед на тоа што април е вториот месец на пролетта - цвеќињата почнуваат да цветаат, а дрвјата стануваат зелени. Мајката природа полека, но сигурно оживува додека се отвораат пупките на растенијата. Така настанало и името на месецот април, бидејќи на латински „aperire“ значи „да се отвори“. Април е месец на раѓање на цвеќињата маргаритка и слаткиот грашок. Тоа е, исто така, месец во кој ја подигаме свеста за аутизмот и го славиме Денот на уметноста, Денот на здравјето и месецот на поезијата.

Во чест на месецот на поезијата, еве една песна што ја напишав...

љубовно писмо до април.

четвртиот месец од годината
вториот месец од пролетта
каде што повторно цутат цвеќиња
и птиците почнуваат да пеат

сонцето доаѓа на повидок
наоколу има бои
и со тие ѕвезди во ноќта
се чувствувам безбедно и здраво

ми дозволуваш да напредувам
повеќе нема потреба да се преправам
правиш да се чувствувам жива
повторно се чувствувам толку слободно

твојата убавина е толку божествена
вистинско уметничко дело
твоите тонови се толку бенигни
април, ти го подарувам моето срце.

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The Origins of the Indo-European languages

French sounds romantic, German aggressive, Italian passionate – we associate a lot with languages. Our mother tongue is part of our culture, our childhood and our customs. Language shapes our identity, it influences our way of thinking. It creates community and a sense of belonging. Even within the same language, dialects and slang reveal your background or even political views.

European languages are as diverse as the European people, nevertheless, they still share history. It is unknown how exactly the Indo-European languages evolved. Some say they originate from the Pontic-Caspian steppe, located in today's south Russia and southeast Ukraine. In this theory, the language was spread by mounted nomadic tribes around 5000 years ago. Some others say it originated in Anatolia around 9000 years ago and was spread by agrarian cultures.

In any case, there is the idea of a “Proto-Indo-European” language, one from which all the Indo-European languages

evolved, including Romanic, Slavic, Germanic, and Iranian languages. There is no written proof of “Proto-Indo-European”, meaning it is a reconstructed language. It was traced back from the similarities found in modern and dead or extinct Indo-European languages, which have written proof such as Latin and Gothic, an east-Germanic language.

Until today, the Indo-European languages share many similarities, even if it might not be obvious at first glance. The more closely the languages are related, the more similarities they have, both in grammar and vocabulary.

More closely related languages can be considered as a branch of the Indo-European languages. Some branches, like the Anatolian, are extinct. Today, there are **Germanic**, **Romanic**, **Balto-Slavic**, **Greek**, **Albanian**, **Armenian**, **Indian**, **Iranian**, and **Celtic** languages (see picture above).

In the same branch, similarities are quite obvious, for example in the Romanic languages, which developed out of Latin. Therefore, there are similar words like the French word “frère” and the Italian word “fratello”. On the other hand, the English word “brother” resembles the German word “Bruder”.

There are also lots of words that are “borrowed” from old Greek or Latin, which occur in many Indo-European languages. For example, the Macedonian word “автомобил” („avtomobil“), the German word “Auto” and the old French word “automobile” are nearly the same, all originating from Greek.

The word “brother” is also a good example of similarities between different branches, in this case Germanic, Slavic, and Romanic languages, even if the words look different at first.

Germanic: “broth er”, “Bruder”, “broder”

Romanic: “frater”, “fratello”

Slavic: “brat”, “брат”

Compared between the Latin “frater”, the English “brother”, and the Russian “брат” (brat), the biggest differences are the letters “f” and “t” in the Romanic, versus “b” and “t”, “th” and “d” in Germanic and Slavic languages.

This can be explained through the various vowel shifts that happened in the Indo-European languages. This first vowel shift happened during the Latin vowel shift, where the Latin languages changed the letter “b” to “f”. On the other hand, during the Germanic vowel shift, the letter “t” changed to “th”. Later in German, “th” became “d” because of the German vowel shift.

There are also grammatical commonalities between the Indo-European languages. For example, there is a widespread passive form, built with a linking verb and the past participle.

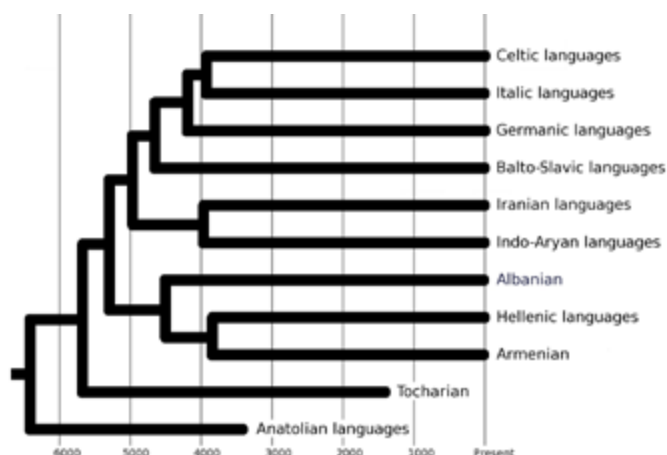
English: The wall is painted.

Polish: Ściana jest pomalowana.

French: Le mur est peint.

Albanian: Muri është piktuar.

This kind of passive is commonly and only used in Indo-European languages like Romanic, Germanic, Slavic, some Indic, Iranian and Celtic and other languages of the Balkans like Albanian.



Despite all the similarities, the different Indo-European languages divide the cultures. Sometimes, speaking the same language brings more together than national borders. There are languages spoken in more than one country and countries, where more than one language is spoken within. Speaking or not speaking a language can determine power, which is why it is important to recognize the languages of minorities.

Romani for example is spoken in a lot of countries. Nevertheless, it is only employed as an official language on a local level in the Šuto Orizari Municipality within the administrative region of Skopje and in Kosovo. Otherwise, it is often recognized as a minority language.

Languages show us how cultures go beyond borders. This way, they also show us history like the Romanic languages, which were spread because of the Roman Empire. A “European” language was never established. And while “Proto-Indo-European” might sound like a way to overcome the divisions within Europe, there are good reasons not to force an Indo-European language. Besides the logistical part, no constructed language ever developed into a widely spoken language. The best attempt was “Esperanto”, a language invented in Poland, which was designed to be easy to learn for everyone, based on a lot of, mostly European languages. It was supposed to be a neutral, second language for everyone to communicate. This way, no one has the advantage of a native speaker. Today, there are between 30.000 and 2 million speakers: even this concept wasn’t good enough to break through, because it was never an official language. Instead, English is the most spoken traffic language.

Nevertheless, Indo-European languages share more than we might think. This is something to remember.

Johanna Krautkrämer

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Потеклото на индоевропските јазици



Францускиот звучи романтично, германскиот е агресивен, италијанскиот страствено – навистина се идентификуваме со јазиците. Нашиот мајчин јазик е дел од нашата култура, нашето детство, нашите обичаи. Јазикот го обликува нашиот идентитет, влијае на нашиот начин на размислување. Создава заедница и чувство на припадност. Дури и во рамките на истиот јазик, дијалектите и сленгот го откриваат вашето потекло, па дури и политичките ставови.

Европските јазици се разновидни како и европските луѓе, но, сепак, сè уште ја споделуваат историјата. Не е познато како точно еволуирале индоевропските јазици. Некои велат дека потекнуваат од понтичко-касписката степа, лоцирана во денешна јужна Русија и југоисточна Украина. Според оваа теорија, јазикот бил раширен од номадски племиња пред околу 5.000 години. Некои тврдат дека потекнуваат од Анадолија пред околу 9.000 години и се ширеле преку аграрните култури.

Во секој случај, постои идејата за „прото-индоевропски“ јазик, од кој еволуирале сите индоевропски јазици, вклучувајќи ги романскиот, словенскиот, германскиот и иранскиот јазик. Нема писмен доказ за „прото-индоевропски“, што значи дека е реконструиран јазик. Тоа беше проследено наназад од сличностите пронајдени во современите и мртвите или изумрените индоевропски јазици, за кои има пишани докази како што се латинскиот и готскиот, источно-германски јазик.

До денес, индоевропските јазици споделуваат многу сличности, дури и ако тоа не е очигледно на прв поглед. Колку поблиску се поврзани јазиците, толку повеќе имаат сличности, како во граматиката, така и во вокабуларот.

Поблиските јазици може да се сметаат како гранка на индоевропските јазици. Некои под гранки, како Анадолискиот, се изумрени. Денес, постојат **германски**, **романски**, **балтички**, **словенски**, **грчки**, **албански**, **ерменски**, **индиски**, **ирански** и **келтски** јазици.

Во истата гранка, сличностите се сосема очигледни. На пример во романските јазици, кои се развиле од латинскиот, постојат слични зборови како францускиот збор „frère“ и италијанскиот збор „fratello“. Од друга страна, англискиот збор „брат“ наликува на германскиот збор „Bruder“.

Исто така, има многу зборови кои се „позајмени“ од старогрчки или латински, кои се појавуваат во многу индоевропски јазици. На пример, македонскиот збор „автомобил“, германскиот збор „auto“ и стариот француски збор „automobile“ се речиси идентични и сите потекнуваат од грчки.

Зборот „брат“ е исто така добар пример за сличности помеѓу различни гранки, во овој случај германски, словенски и романски јазици, дури и ако зборовите на почетокот изгледаат различно.

Германски: „brother“, „Bruder“, „broder“

Романски: „frater“, „fratello“

Словенски: „brat“, „brat“

Во споредба меѓу латинскиот „frater“, англискиот „brother“ и рускиот „брат“ (brat), најголемите разлики се буквите „f“ и „t“ во романскиот, наспроти „b“ и „t“, „th“ и „d“ во германскиот и словенските јазици. Ова може да се објасни преку различните поместувања на самогласките што се случиле во индоевропските јазици. Првото поместување на самогласките се случи за време на промената на латинските самогласки, каде што латинските јазици ја сменија буквата „b“ во „f“. Од друга страна, за време на поместувањето на германските самогласки, буквата „t“ се сменила во „th“. Подоцна на германски, „th“ стана „d“ поради промената на германската самогласка.

Има и граматички сличности меѓу индоевропските јазици. На пример, постои широко распространета пасивна форма, изградена со **глагол** за поврзување и **минато партицип**.

Англиски: The wall **is painted**.

Полски: Ściana **jest pomalowana**.

Француски: Le mur **est peint**.

Албански: Muri **është pikuruar**.

Овој вид пасив најчесто и се користи само во индоевропските јазици како романскиот, германскиот, словенскиот, некои индиски, ирански и келтски и други јазици на Балканот како албанскиот, на пример.

И покрај сите сличности, различните индоевропски јазици ги делат културите. Понекогаш, зборувањето на ист јазик зближува повеќе отколку националните граници. Постојат јазици што се зборуваат во повеќе од една земја и земји, каде што се зборува повеќе од еден јазик. Зборувањето или неговорењето јазик може да ја одреди моќта, поради што е важно да се препознаат јазиците на малцинствата.

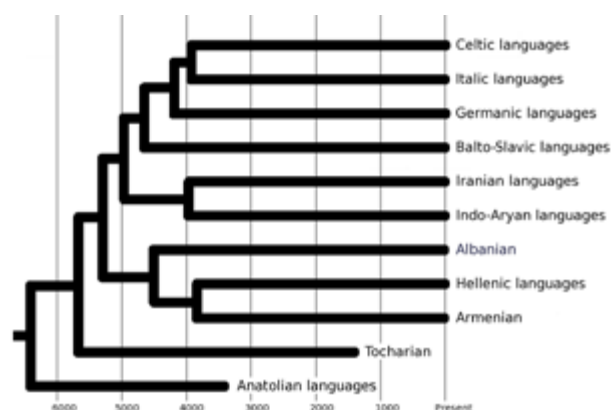
Ромски, на пример, се зборува во многу земји. Сепак, како официјален јазик се користи само на локално ниво во општина Шито Оризари во административниот регион Скопје и во Косово. Инаку, често се препознава како малцински јазик.

Јазиците ни покажуваат како културите ги надминуваат границите. На овој начин ни ја покажуваат и историјата како, на пример, романските јазици, кои се рашириле поради Римската империја. „Европски“ јазик никогаш не бил воспоставен. И додека „прото-индоевропскиот“ може да звучи како начин да се надминат поделбите во Европа, постојат добри причини да не се форсира индиско-европски јазик. Покрај логистичкиот дел, ниту еден конструиран јазик никогаш не се развил во широко говорен јазик. Најдобриот обид беше „есперанто“, јазик измислен во Полска, кој беше замислен да биде лесен за учење врз основа на многу, главно европски јазици. Требаше да биде неутрален, втор јазик и сите да го користат. Денес, овој јазик го зборуваат најмногу 2 милиони говорници, па заклучокот е дека овој концепт не беше доволно добар за да се пробие, бидејќи никогаш не бил официјален јазик. Наместо тоа, англискиот е најзборуваниот јазик во светот.

Сепак, индоевропските јазици споделуваат повеќе отколку што мислиме. Ова е нешто што треба да се запамети.

Јохана Крауткрамер

Превод: Горан Адамовски



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Wikimedia Commons - Indo-European branches map
 Wikimedia Commons - Indo-European language family relations chart

To find beauty in the chaos



I'm sitting here, drinking my coffee while thinking of a topic for my next article. I want it to be different from my last. I want it to be completely personal. It's a little scary at first, to write an article, filled purely with my own ideas and thoughts, which will later be visible to the whole world. Especially if it's surrounding a sensitive topic. In my last article I used many different sources. In this article I want the only source to be me. I think that the most powerful articles are the ones that come from within. I still have no clue what this article will turn into but let's see where my thoughts lead me...

Life is chaotic. I think most of us can agree on that. It's a rollercoaster of emotions and experiences. One moment you're the happiest person on earth and the next you're questioning what the point of all of this even is. Your mind is extremely powerful. Your mindset is completely in control of how you experience life on earth, as a human being. That can be dangerous, but also beautiful. If you're someone who doesn't have a naturally positive mindset, it's so easy to get dragged down by your own thoughts. That's because sometimes it's easier to just give up, than to search for a proper solution to a problem. Because when we do find a solution, we struggle to permanently implement it into our lives. The key to implementing a new habit is patience and consistency. And patience is something a lot of us do not have. We often give up before we even see how much progress we're making. So we end up falling back into our old patterns. And as a result, let the negative thoughts consume our minds.

If you truly want to live a happy life you have to work on building a positive mindset. Because once you've achieved that, even when something unfortunate happens, you'll naturally have a tendency to look at the bright side. Let's look at an example. You're walking home from work and a car drives through a puddle and splashes you with dirty water. As someone with a negative mindset you might associate this experience with all the other bad experiences you had that day. Now you're also thinking about how you burnt your toast this morning and how you said something stupid to your coworker. And how you actually suck at socializing and no one wants to be friends with a loser like you. Conclusion: the world hates you. On the contrary, someone with a

positive mindset will be annoyed in the moment but knows that things like these happen sometimes. They accept what happened and move on with their day.

There's different things you can do to build a positive mindset. You can try journaling

boost your mood? Do you treat yourself kindly? If you answered no to any of those questions, it's time to make a change. Because even small things like those can have a huge impact on your wellbeing. I downloaded an app a few months ago that sends me positive messages throughout the day and I can already notice a difference in my way of thinking.

It's important to keep in mind that changing your mindset is not something that will happen overnight. So don't get discouraged when you don't see instant changes. And of course, what works for one person might not work for another, so try to figure out what works best for you. Once you've found something that works, try to stay consistent and keep believing in yourself.

Tara Richardson

and meditation for example. Journaling helps you process negative emotions in a healthier way. There's something therapeutic about journaling because it allows you to write down whatever it is that's going on in your mind, without having to worry about judgment from others. It feels very relieving and prevents you from lingering over your negative thoughts for too long. Meditation can help you reprogram your way of thinking. Through meditation you can learn to ignore the negative thoughts and focus on the positive ones. It also helps calm the chaos in your mind. What I like to do sometimes is listen to positive affirmations while I sleep.

Something that can also change your mindset is your environment. Think about the people you surround yourself with for example. Do they make you feel good about yourself? Does the music you listen to

Të gjesh bukuri në kaos...

Po rri ulur këtu, duke pirë kafënë teksa mendoj për temën e shkrimit tim të rradhës. Dua që të jetë ndryshe nga shkrimi i kaluar. Dua që të jetë krejtësisht personal. Duket pak sa e frikshme në fillim, të shkruash një artikull përplot me ide dhe mendime të mija, të cilat më pas do jenë të qasshme për gjithë botën. Sidomos nëse ka të bëjë një temë e ndjeshme. Në artikullin tim të fundit pata përdorur shumë burime, ndërsa në këtë dua të jem unë burimi i vetëm i tij. Mendoj që shkrimet më të fuqishme janë ato që vijnë nga brenda. Ende nuk ja kam idenë se çfarë do të dalë ne fund ky shkrim, mirëpo le ta shohim se ku po më çojnë mendimet e mia...

Jeta është kaotike. Mendoj që shumë nga ne pajtohemi për këtë. Është një tren i shpejtë që na çon poshtë e lartë me ndjenja dhe përvoja të shumta. Në një çast je personi më i lumtur në botë, ndërsa në tjetrin pyet veten se ç'është kuptimi i gjithë kësaj. Mendja jote është jashtëzakonisht e fuqishme. Mentaliteti yt ka nën kontroll të plotë atë se si e përjeton ti jetën në Tokë, si krijesë njerëzore. Kjo mund të jetë e rrezikshme, por edhe e bukur. Në qoftë se je person i cili nga natyra nuk ka mendime pozitive, është shumë e lehtë të të bëhen barrë mendimet tua. Kjo është ngaqë ndonjëherë është shumë e lehtë thjesht të dorëzohesh, sesa të kërkosësh zgjidhje për ndonjë problem. Sepse kur ne gjejmë një zgjidhje, ne mundohemi që ta zbatojmë vazhdimisht në jetët tona. Çelësi i zbatimit të shprehive të reja është durimi dhe qëndrueshmëria. Durimi është diçka që shumë nga ne nuk e kanë. Ne shpesh heqim dorë madje edhe para se të shohim se sa shumë kemi përparuar. E kështu i rikthehemi hapave të vjetër, dhe si rezultat i kësaj, lejojmë që mendimet e këqija të sundojnë mendjet tona.

Nëse me të vërtetë dëshiron të jetosh një jetë të lumtur ti duhet të punosh me mentalitetin tënd që ta kthesh atë në pozitiv. Sepse, sapo ta arrish atë, edhe nëse ndodh diçka jo e këndshme, ti vetvetiu do kesh nxitje për ta parë atë në anët e mira të saj. Le të shohim një shembull.

Po ecën nga puna për në shtëpi dhe një veturë që kalon sipër një grope me ujë të spërkat ty me ujë të pisët. Si një person me mentalitet negativ ti mund ta mendosh këtë përjetim me gjithë përjetimet e këqija që ke patur atë ditë. Do e mendosh edhe si e dogje bukën teksa e pëgatish, e si u solle keq me kolegun tënd të punës. Si nuk të ecën socializimi me njerës dhe se askush s'do të rrijë me një dështak si ti. Përfundimi: bota të urren. Nga ana e kundërt, personave me mentalitet pozitiv sigurisht që do t'i pengojë ajo gjendje në fillim por ata e dijnë që këto gjëra ndodhin ndonjëherë. Ata e pranojnë atë ndodhi dhe vazhdojnë përpara me ditën e tyre.

Ka disa gjëra të ndryshme që mund të bësh për të bërë një mentalitet pozitiv. Mund të provosh të mbash një ditar dhe të meditosh, për shembull. Ditari ndihmon ti përpunosh në mendje ndjenjat negative në një mënyrë të shëndetshme. Të shkruash në ditar është diçka terapeutike sepse ke mundësinë të shkruash çfarëdo që të kalon nëpër mendje, pa u brengosur nëse dikush do të të gjykojë. Të bën të ndjehesh i lirë dhe të ndalon nga të menduarit e gjërave negative për shumë gjatë. Meditimi ndihmon ta riorganizosh mënyrën e të menduarit. Përmes tij ti mund

të mësosh se si t'i injorosh mendimet e këqija dhe të përqëndrosh vetëm ne ato të mirat. Gjithashtu me të mund ta qetësosh kaosin në mendjen tënde. Çfarë preferoj të bëj unë është të dëgjoj fjalë pozitive afirmuese para se të flej.

Diçka që mund të ndikojë në mentalitetin tënd është rrethi. Mendo rreth personave me të cilët je i rrethuar, për shembull. A të bëjnë ata të ndihesh mirë për vetveten? Muzika që dëgjon a të disponon? A sillesh mirë me veten tënde? Nëse përgjigja e ndonjë prej këtyre pyetjeve ishte jo, është koha të ndryshosh diçka. Sepse edhe gjërat më të vogla si këto, mund të kenë ndikim shumë të madh në mirëqenien tënde. Unë e shkarkova një aplikacion para disa muajsh, i cili më dërgon mesazhe pozitive përgjatë ditës dhe veçmë mund ta shoh ndryshimin në mënyrën se si mendoj sot.

Është e rëndësishme të mbahet mend se të ndryshosh mënyrën e të menduarit nuk është diçka që do të ndodhë brenda natës. Kështu që mos u demotivo kur nuk do të shohësh rezultate të shpejta. Si dhe gjithsesi, diçka që kryen punë për dikë mund të mos kryejë për dikë tjetër, kështu që mundohu të gjesh se çfarë të përshtatet ty më së shumti. Kur ta kesh gjetur mënyrën e duhur, mundohu të jesh i qëndrueshëm me të dhe të kesh besim në vetvete.

Tara Richardson
Përktheu: Faton Qerimi

Bystander Effect Empathy to Apathy



While the Bystander Effect exists, it remains largely unnoticed by the public. Understanding the Bystander Effect empowers people to overcome the tendency to passively witness harmful situations and encourages active intervention, potentially preventing tragic consequences for those in need.

The Bystander Effect is a social-psychological theory that states that people are less likely to help a victim in the presence of other people. The concern lies in the uncertainty of whether someone else will intervene if we refrain from taking matters into our own hands. This doesn't necessarily mean putting ourselves in life-threatening situations, but it does emphasize the importance of a response, such as calling for help from the police.

Social psychologists Bibb Latané and John Darley popularized the Bystander Effect concept following the infamous 1964 murder of Kitty Genovese in New York City. The 28-year-old woman was stabbed to death outside her apartment, and it was reported that dozens of neighbors who witnessed the incident failed to assist or call the police. According to Latané and Darley, there was a diffusion of responsibility, which occurred when more observers were present, reducing the sense of personal responsibility for action. They also emphasized social influence, stating that people frequently look to the behavior of those around them to determine how to act.

People react differently to given situations. When confronted with danger, some people naturally freeze, which is a fear-based reaction. Overthinking can also play a role, as one may feel too overwhelmed to offer assistance or may misinterpret a threat, leading them to believe that intervening may pose a risk when, in fact, there is no imminent danger. It emphasizes the complexities of human responses and the potential difficulties in determining and reacting to various situations.

Bystanders can actively intervene to cease bullying and other crimes. Developing awareness or even participating in training to address such situations can help overcome social and behavioral paralysis. One technique is to act as if there are no witnesses present and accept responsibility. When one person takes action, such as loudly announcing, "Hey, the cops are on their way!" it can encourage other witnesses to become more involved. So, in a crisis, don't rely on other people to act first. Even a simple shout from you directed at the offender can cause stress and potentially prevent accidents. Furthermore, giving instructions to others and encouraging collective action can be essential.

Very often we operate on autopilot and don't have time to collect our thoughts. If we want to change this we should use the SQUID method. This is another solution to a crisis situation that increases mindfulness and allows you to make the right choices. **SQUID** includes 5 steps: **Stop, Question, Understand, Imagine and Decide.**

1. Stop when something feels wrong. It's important to be able to deactivate our autopilot. The sooner we notice signs of trouble, the faster we may be able to assist.

2. Question. Ask evaluative questions about what we've noticed, and question our own assumptions.

3. Understand the situation. We can make better decisions about what to do next if we take a few moments to look beyond our first impressions and consider the bigger picture. Look for more than one perspective about what is happening and why.

4. Imagine your choices. As we try to improve on our understanding, we can consider our options. One of the reasons we act without thinking is that we don't consider what might happen next.

5. Decide what we want to do next. Even if we choose to remain passive and follow our instincts, we will have practiced wise self-questioning before making that decision. Waiting for clarification or avoiding involvement may be the best option at the moment.

When we feel a threat, our first reaction may be to avoid the situation by running as far away from the incident as possible. However, we should keep in mind that we can sometimes prevent threats by responding appropriately. That is why, before running away, it is important to consider whether it is a good choice. Let us put ourselves in the shoes of the victim. How would we feel if we were in their position? We have the ability to positively impact someone's life.

Aleksandra Szumielewicz

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EXPLAINING HUMOUR

Sometimes we are in situations where we think: How can people find this funny? Am I just too stupid or too smart to not understand? Or why is no one laughing at my joke? It was funny. That has multiple reasons, so let me try to explain humour to you.

“I hate Russian dolls. They are so full of themselves. You know it’s funny because-”

“Stop! A joke is not funny anymore when you have to explain it.”

“Exactly.”

So many still search for an explanation for humour. Laughter most likely started as an evolutionary superiority because it helped with building stronger bonds and recognizing in what mood others were (if they were joking or being serious). Even though laughing probably sounded more like grunting back then, it was one of the signals for being safe. It gave permission to relax and to stop being in a state of alertness. Those who could not detect the unserious in situations and were always serious did not build as many strong relationships. Our funny ancestors did, and they passed down the genes, and their children did too. Nowadays, having a sense of humour is still a desirable trait in friends and partners, since the initial purpose is still the same: Humour builds relationships.

“What do you call a fat person? He eats, eats, and eats, but forgets to shit.”

“Don’t you think that’s a bit offensive?”

“It’s a Turkish joke.”

“Then it’s probably true what they say: Humour doesn’t travel.”

As we humans evolved, so did our humour. Over the course of history, different things were considered funny depending on the culture and time, and now we have many styles of humour that are specific to a place on earth. In today’s age, there are jokes that are hilarious in one corner of the world, but in another, they are not even remotely funny. One of the main reasons for that is

the perception of humour. Western cultures, like those in America or Europe, view humour as something positive and a desirable trait. Everyone is able to joke with most of the people. Humour is welcome in the workspace and other more serious environments. In the East, specifically China, humour is something you can only do with specific people and about particular topics. Politics is inappropriate, finances are too serious, and family and relationships are too personal. That leaves only a handful of topics to make fun of. Unlike Western culture, jokes cannot be cracked with everyone. To joke with someone like a boss or teacher would be considered disrespectful. Apart from the conditions for joking, the style is also very different. The cold Chinese humour makes you question if it is a joke or reality. For example, this joke: “There was a hide and seek club at my high school. The president still hasn’t been found.”

“Why does an orphanage have 363 days?”

“Tell me.”

“Because they have no Father’s or Mother’s Day.”

“I don’t like your sense of humour.”

The same language and the same culture do not guarantee that you will find others within those groups funny. Often funny moments happen spontaneously, but there are also planned jokes, like in stand-up comedy. Whether it is planned or spontaneous, humour can be divided into four different types.

- **Affiliative humour** tries to bring people together with jokes about everyday life. It mostly creates a nice atmosphere since the majority can relate to the jokes and no one is attacked.

- **Aggressive humour** targets a specific group of people or one person and makes fun of them. Racist jokes and sarcasm fall under this type of humour. People who use aggressive humour have their focus on the entertainment of the listeners and not on the consequences of their jokes. Bullies often use this kind of humour to diminish their targets.

- **Self-enhancing humour** is when someone makes fun of himself or herself in a positive way, and they become the object of the jokes. The phrase could be like, “I’m probably too stupid to understand.” It is a way of coping with stress.

- **Self-defeating humour** is when people make fun of themselves in a more aggressive way. They would say something like: “I’m ugly.” Psychology Today says, “Psychologically, this can be an unhealthy form of humour and is sometimes used by targets of bullies to try to avoid attacks—making oneself the butt of jokes before others put you down.”

“Do you understand it now?”

“I’m not sure. I think I still won’t understand a lot of jokes.”

“I think that’s the point: accepting that you won’t understand every joke and that everyone has a different taste in humour.”

Everything and everyone can be funny, but not everyone will necessarily laugh. We tend to laugh at things that are actually funny to us, and it makes us feel closer to the person who told the joke. Humour is different around the world, and the environment for making fun of some things and the people you can joke with varies depending on where you are in the world. Even if the culture and language align, there are still different types of humour that people use. Humour cannot be explained sometimes. Either we find it funny or we do not. When we find a group of people with the same humour, laughing together is one of the best ways to spend your time.

Fiona Schaumann

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FROM CA

I think the distinction between the things I like and the things I don't like keeps my life in good order. At least, I can say that this distinction makes my life easier. When I explain it in such simple sentences, I feel like I'm straying from the topic. Sometimes there can be a difference between what I write or what I want to write. Anyway, back to the title. By the way, I just wrote the title. Exactly as in the example here, what they call "freewill" must really be real. It was at that exact moment that I decided and wanted to write. For some reason, I love reading description books. When I read them, I feel like I understand them more easily. "Books are a door to a different world." Said someone I knew from before. I think description books describe the place, characters, events and everything else in detail in our minds. I think I feel more eager and curious.

Although I don't mean to say that every person can experience this situation only in description books. Everyone shapes and characterizes the object they create in their mind according to their wishes. I think I like the description because it makes me feel a little more involved in the story. Sometimes we find our own thoughts, ideas and personal characteristics in the books we read, as if we were wandering in a different life. I think that's why people internalize books. Something like this happened to me too. After reading the book "Trainspotting", for some reason I started to see myself as a more polite and sharp-edged person. While reading the book, it was as if the things I had said and thought before had already been written. I think every person gets lost in the same sea of thoughts and ideas. I think we can at least say that every

AR WINDOW

person has a period like this. It is as if the time given to everyone is the same, but everyone lives in a different dimension.

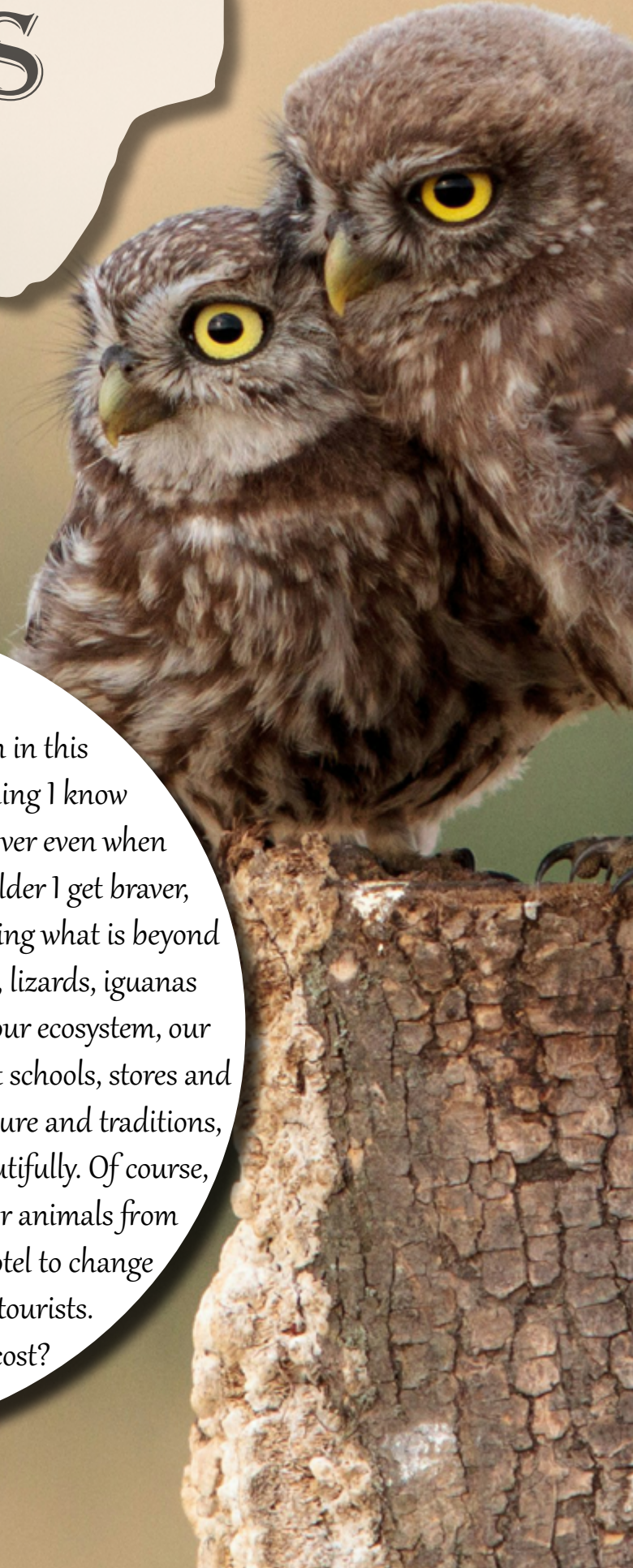
Think of your brother. Even though we have the same background, the same house, the same family and sometimes even the same room, we can be very different from each other. When you think about it, doesn't it seem a little ridiculous? So how could it be? When I put myself in this example, I seriously realize that it is true. Even though I was very patient in almost every aspect of my life, I guess I couldn't be patient with my brother. We are very different, and it continues that way, but we have time to fix some things after all. At least I wasn't late.

As I said, how did we become so different from other people when we shouldn't have such differences? I sometimes feel these feelings when I look out of the car window. I watch people on the street as if I were reading the characters in the book from a third perspective. When I look out the car window, I realize that each person has a different story. I sometimes wonder what it would be like if I knew them. When I look at other cars, I imagine myself in that car for some reason...

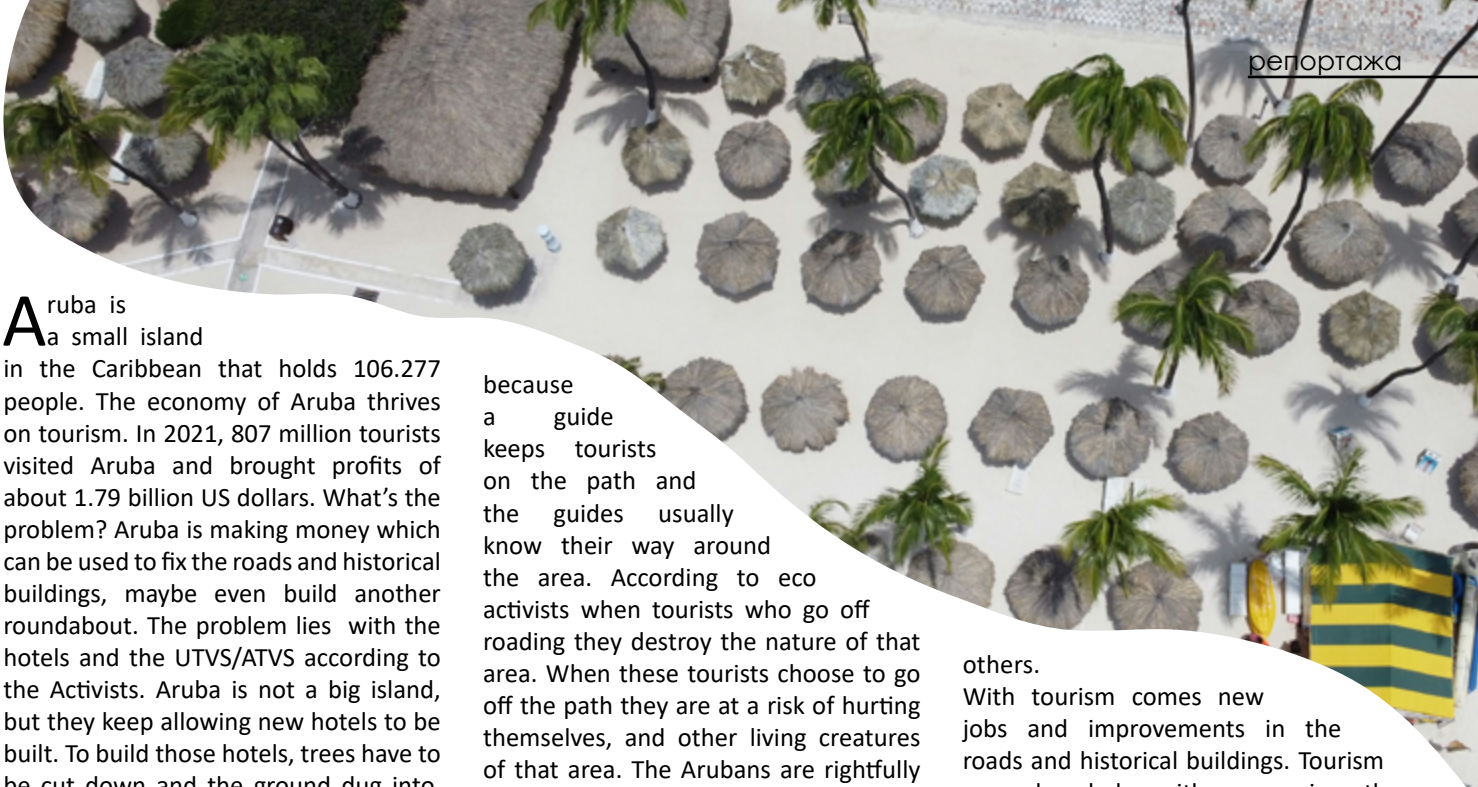
What a difference it could make in my life. Actually, if I think about it, I think many things would be different. When I look at people from a third perspective, I feel like I'm reading a book and I'm the author. Actually, I'm writing the life book of a specific person. It's nice to at least dream, give people some of my time and pay attention. I think every person deserves this.

İsmail Eren Demirtekin

AN OWL'S NEST

A photograph of two brown owls perched on a tree trunk. The owl in the foreground is looking towards the left, while the one behind it is looking towards the right. Both have bright yellow eyes and are perched on a rough, textured tree trunk.

I was born in an owl's nest. As a little baby owl, I learned to walk and run in this nest. I learned to speak and to sing, everything I know I learned in this nest. The nest is my home forever even when I leave I will have a home in this nest. As I grow older I get braver, more curious and prettier. I start going out and seeing what is beyond my nest. Other owls but not just owls but parrots, lizards, iguanas and snakes. I grew up with these animals. This is our ecosystem, our home. We all serve a purpose on this island, we built schools, stores and authentic restaurants. We show each other our culture and traditions, building a community. Our island is growing beautifully. Of course, we would wanna show our island off to the other animals from different islands and countries. It took one hotel to change everything. We saw the value of visitors, tourists. They help our economy but at what cost?



Aruba is a small island in the Caribbean that holds 106.277 people. The economy of Aruba thrives on tourism. In 2021, 807 million tourists visited Aruba and brought profits of about 1.79 billion US dollars. What's the problem? Aruba is making money which can be used to fix the roads and historical buildings, maybe even build another roundabout. The problem lies with the hotels and the UTVS/ATVS according to the Activists. Aruba is not a big island, but they keep allowing new hotels to be built. To build those hotels, trees have to be cut down and the ground dug into, destroying the soil and ecosystem that lived there. Since most hotels are by the beach the hotels built cabanas (a hut usually found by the beach), and only the people who are staying at the hotel can use them. Making the beaches crowded and harder for the Arubans to enjoy the beach on their own island. It makes room for an environment that does not welcome the locals but the visitors. The people have started speaking out about all the hotels being built, there is an organisation in Aruba who has been speaking out about the negatives of tourism. Aruba birdlife conservation. They have started spreading awareness of the over tourism in Aruba, and talk about many issues that tourism causes (mentioned before). They ask for more responsible tourism.

UTVS and ATVS. These are vehicles used mostly for off-roading, they have bigger wheels and are usually more open than normal cars. They are a fun way to explore Aruba without having to walk or risk your car breaking down. In Aruba, there are places where these vehicles can be rented. The preferred way to go off-roading would be with a group and a guide, but some do go alone. Going with a guide is safer

because a guide keeps tourists on the path and the guides usually know their way around the area. According to eco activists when tourists who go off roading they destroy the nature of that area. When these tourists choose to go off the path they are at a risk of hurting themselves, and other living creatures of that area. The Arubans are rightfully upset watching their island that they love get destroyed by these vehicles and the riders.

In certain tourist hot spots such as Barcelona and Venice, the locals were so fed up with the tourists in their countries that they protested. It reached the point where the local authorities finally had to listen and increased fees and refused to issue permits for tourist-focused businesses. It was a small win for the locals, but that didn't fix their problem completely. Sadly though in Aruba, they can't just stop with tourism. Tourism is the reason the economy has not crashed, so what can be done to fix the damage that tourism is causing? The activist of Aruba (Aruba birdlife conservation) suggests 'a more responsible tourism for the children'. They ask for regulations, rules and laws that prevent over tourism on the island. Less focus on building new hotels and more focus on the nature of Aruba. They ask for an island where the locals are welcomed everywhere, and the children have somewhere to go. Focus on the beauty that is already there and preserve it.

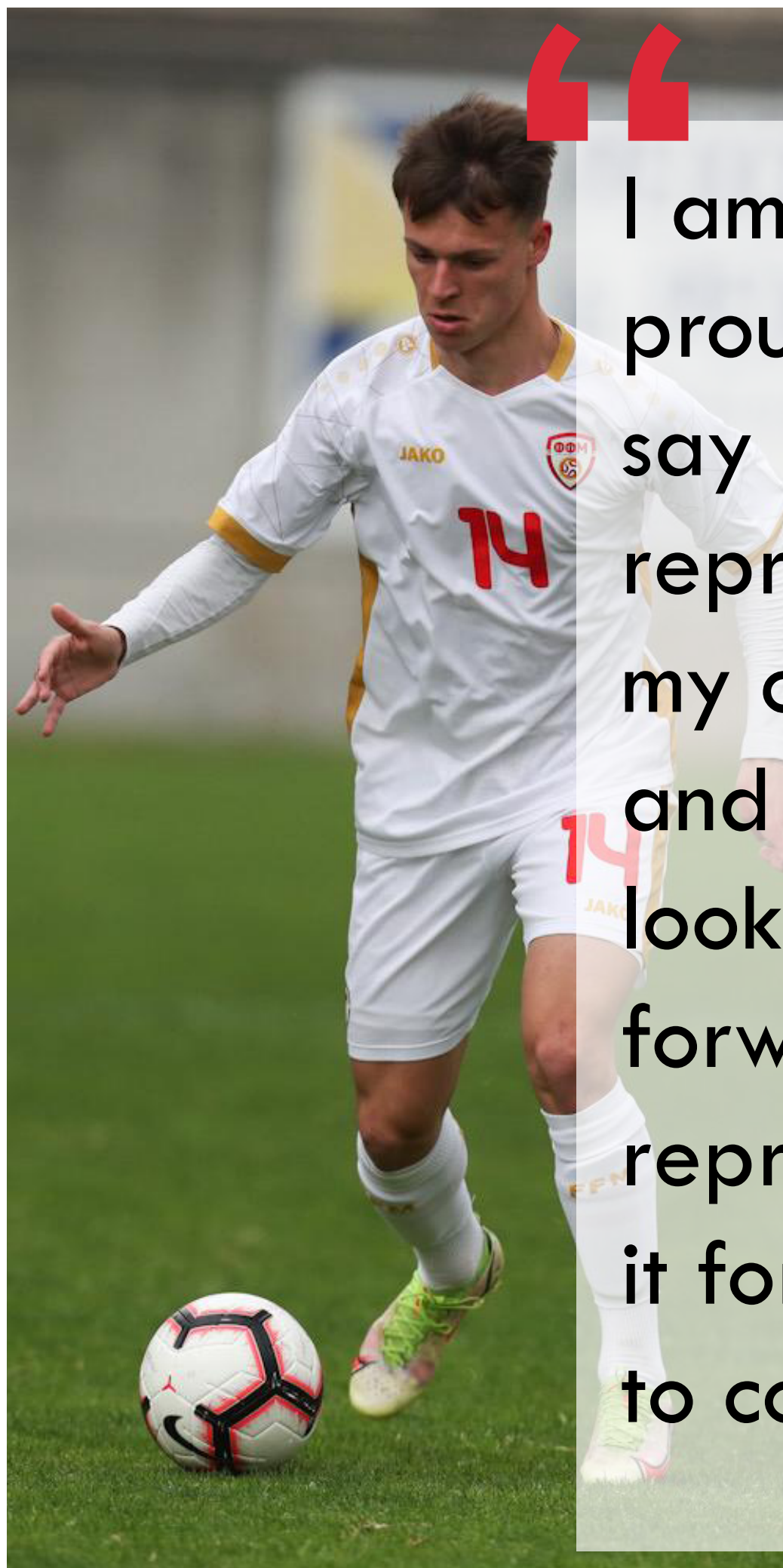
Now that isn't to say tourism doesn't have its perks. There are good and bad sides to things. Tourism can help the economy of Aruba, and in some cases, it helps improve the lives of

others.

With tourism comes new jobs and improvements in the roads and historical buildings. Tourism can also help with preserving the Aruban culture. When tourists go to Aruba, some do choose to stay all day at the beach, but many enjoy learning the culture and history. Because of those people who show interest, those historical sites and events get more funding. These are great things that can come out of regulated tourism. But it seems as though Aruba has given a lot of itself to tourism. There is a whole strip in Aruba that is just hotels. The prices in that area will make any local very upset, especially since they are in dollars and in Aruba the currency is florins (1 dollar = 1.75 florins). So it's not an area most locals go to eat or shop. In a weird way, it has become a place not made for the locals but for visitors. At Least they get local discounts in certain areas. Tourism is an industry that can help bring jobs and financial prosperity, but can also cause serious damage if not dealt with properly. The Aruban citizens ask for a more responsible tourism for not only them but for the future children, animals and Aruba's national animal, the owl.

Kimberly Heronimo

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I am very proud to say that I represented my country and I'm looking forward to representing it for years to come.

I'm living my dream as a football player

Interview with Igor Janevski



To become a professional football player, you have to be completely focused on the goals you have set. Among other things, our last interview guest, Igor Janevski (20), will talk about it. He has practiced this discipline regularly since his early childhood and so far he has managed to play 14 times for various youth Macedonian national teams. Some time ago, he signed a long-term contract with first-division Macedonian club Sileks Kratovo where he is trying to give his best by showcasing his skills and return to his full fitness after his quite severe injury as well.

Have you always wanted to become a professional footballer?

- Yes, my dream of becoming a professional football player started when I was 4 years old. My inspiration then and also now is my family. You took your first football steps in the local capital's club Rabotnicki Skopje.

How was it for you?

- It was great, that's when I first got a sense of teamwork and it is a place where I learned the basics of football. I loved my time there because we had a great team and we went on to win a lot of tournaments. Both taught me a lot and I loved every second of it, but Vardar had a new training facility and a lot of the guys that I was with in Rabotnicki went to Vardar and we had a lot of fun and successful years there together and that is a period that I will never forget.

Tell me, what's the main and the most noticeable problem around the Macedonian football tiers? I mean especially organizational matters like the quality of the turf or quite a low level of conducting trainings by coaches for instance.

- In my opinion, there are more than a few things that need to be fixed to up the level of Macedonian football. There are a lot of talented players in Macedonia. But they need to have the right conditions to succeed. For example, good training turfs, renovated or new stadiums, floodlights for playing, and training in the nighttime time just to name a few.

How and what did you feel when you got a call-up to the youth Macedonian national team for the first time?

- Getting my first youth call-up was a big moment for me. I was very happy and excited. Playing against other strong national teams really helped me improve. I am very proud to say that I represented my country and I'm looking forward to representing it for years to come.

How do you like your stay at Sileks Kratovo so far? Why have you decided on a permanent transfer there?

- Sileks took me when I was 17 years old and they were in the second tier.

That's where I got my first taste of professional football and in my first year, we got promoted to the first tier. That is when I signed my first professional contract. I decided to do that because they believed in me and gave me a chance to prove myself and I am thankful for that. I grew up a lot there not only as a football player but as a person too. I would like at some point to continue my career abroad, because as you said, the Macedonian football league isn't ranking high and I want to try new and better leagues.

Unfortunately, for a long time, you suffer from a back injury. How do you recover yourself to get healthy as quickly as possible?

- I have had a back injury since May 2023 and I have been struggling with my recovery as I have tried a couple of different therapies that didn't fix the problem. Now I am doing special therapy and I am doing exercises to fix this problem and get back to the football pitch as soon as possible.

Could you choose the most important advantages of being an athlete? Tell more about how your healthy life as an athlete looks like, what are your typical daily habits and what solutions influence everyday various life challenges.

- In my opinion, by becoming an athlete or just getting involved in sports you will learn a lot of things and acquire habits that are going to stick with you for your whole life. I make sure that I sleep well, eat healthy, get some sun, and prepare myself in every way possible so that I can give my maximum on the pitch every day.

Do you have a football player you look up to?

- Yes, I do. Cristiano Ronaldo is the player I look up to. His work ethic, mindset, and dedication to the sport is something I am trying to achieve.

Marcel Mańkowski

Beyond the Mainstream

Diving into Turkey's Unique Film Festival Scene

Photo by J.R.Eyerman/The LIFE Picture Collection @ Meredith Corporation

International film festivals propose the best season for cinephiles around the world. These festivals usually vary according to the region, the subject of movies, or the type of movies such as independent movies, experimental ones, animation, etc. They are cultural and interactive events where actors, directors, producers, and cinephiles come together. They also have the power to contribute to the local economy where the festival is organized and attracts tourists. Since the 2000's, new perspectives within film studies indicate that film festivals are composed of complex and diverse situations leading to the development of independent cinema. This development proposes a parallel improvement in the reclaiming of film festivals by feminists, LGBTQ+, ethnic minorities, and activists and their increasing visibility.

Directors from all around the world can apply with their documentaries, short movies, feature-length, or any type of media considered a "moving image" related to, for instance, the subject of the festival. Some film festivals are very well-known and popular in Turkey such as Antalya Golden Orange Film Festival or Istanbul International Film Festival. However, in this article, I am going to dive into some international film festivals that are subject-specific and less known in comparison to the ones that are held in Antalya and Istanbul.

Flying Broom International Women's Film Festival

A festival that only women directors can apply for, the Flying Broom International Women's Festival has been organized by the Flying Broom Foundation since 1998. Flying Broom started its journey in 1996 as a non-profit organization, aiming to connect women's organizations alongside raising awareness on

concerns such as violence, harassment, forced marriages, equal visibility, and representation. Since its first year of organization, this film festival itself has been strengthened alongside the women's movement in Turkey. The overall aim is to make women's labor more visible, establish a communication and cooperation network among women in the film industry, and ensure the visibility of films by women directors.

Based in Ankara, the festival brings short films, feature films, or documentaries by women filmmakers together with the cinephiles. Among its sponsors, there are embassies, municipalities, and ministries. In 2023, it was the 26th anniversary of the festival and it was held in the first week of June. I had the chance to participate in it and watched a documentary called "The Silent Majority Speaks" by the Iranian director Bani Khoshnoudi. It focuses on the social movement and revolt culture of modern Iranian history while exploring the concepts of collectivity, patriarchy, and authority further. The festival proposes many documentaries and films such as this one, from South Korean to Chilean women directors.

International Labor Film Festival

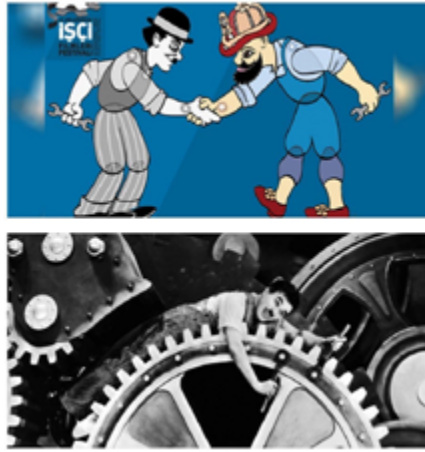
1 May is known internationally as Labor Day, and it is a celebration of laborers and working classes around the world. International Labor Film Festival has been organized since 2006 in Istanbul, Ankara, and Izmir every year starting on 1 May and it lasts until the end of the year, travelling in various cities of Turkey. Its headline is "No Sponsorship, No Competition, Free and Alternative Festival!", and it is organized by a volunteer community valuing independent and alternative cinema, thinking that cinema can be used as a tool to increase awareness and social

memory. It is a free festival, ticketless, non-competitive, and focuses on the international working class, aiming to describe their life and struggle, connecting individuals and groups who have experiences in making films about this struggle, disseminating the films showing the lives of unemployed, peasants, and students.

What I admire about this film festival is that it does not belong only to movie theatres, movies are also shown in labor unions, factories, and community centres in small neighborhoods around Turkey. So, in some ways, this film festival can become grassroots rather



than belonging to a small intellectual circle since it is inherently against the commercialization of cinema. It tries to break the monopoly of mainstream movie theatres by screening alternative, marginalized movies that could not find a place in mainstream cinema, making the movies accessible for low-income earners as well. It has the potential to fill a social space where the predicament and hardship of workers can be discussed and shown through movies and documentaries.



diasporas. I find it fascinating that the festival opens some space for non-Western queer voices, hosting various films and documentaries made by queer artists alongside highlighting key topics of concern such as discrimination and violence.

In this article, I briefly covered three international film festivals in Turkey that can be considered as subordinated by the mainstream film festivals. These are subject-oriented festivals, trying to increase the visibility of issues related to women, working class, and LGBTQ+ respectively. It is my wish to witness the improvement of independent cinema through film festivals focusing on especially marginalized and disadvantaged communities.

Ece Nur Özkaya

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Iff - Hakkımızda
FilmFreeway - Pink Life QueerFest
Pembe Hayat - About Us
FilmFreeway - Flying Broom International Women's Film Festival
Flying Broom - Flying Broom International Women's Film Festival

Poster Credits

Irmak Durukan
Kibele Yarman
Bella Demhat

Pink Life QueerFest

Pink Life is an LGBTQ+ solidarity association founded in Ankara, in June 2006. It is the first transgender rights association in Turkey and they organized the QueerFest for the first time in 2011, marking it the first and only queer festival throughout the country. It is not merely a film festival since during its time, various interviews, Q&A sessions, workshops, and panels take place, creating wider environments for discussing current issues regarding queer cinema and art. I still find it very crucial to cover this festival because it has been indicated that queer film festivals as growing markets tend to be dominated by Western queer cinema since Western productions always get wider exposure and visibility. QueerFest in Turkey proposes a great example in which Western models of movies and LGBTQ+ identities can be intertwined with local and non-Western perspectives.

QueerFest is a festival organized by a very small team with the help of independent and international NGOs and cultural institutions. Sometimes it was organized simultaneously in Berlin and Amsterdam with the collaboration of LGBTQ+



ENTERING THE FIFTH DIMENSION



In today's fast-paced world, where the hustle and bustle of daily life often consume our attention, there's been a buzz about something quite extraordinary - a shift to the fifth dimension (5D). Now, before you start imagining images of intergalactic travel and parallel universes straight out of a sci-fi movie, let's set the record straight: this isn't about packing our bags for an otherworldly adventure sadly. Instead, it's a profound transformation in how we perceive and experience the world around us. So, what exactly is this 5D shift all about? Imagine it as a wake-up call - a gentle nudge to shift our focus from the mundane to the magical. You see, in our current reality, we're often preoccupied with the mundane aspects of life - jobs, possessions, and societal expectations. But the 5D shift urges us to redirect our attention towards something far more enchanting: love, kindness, and the interconnectedness of all things. It's in a way awakening to a new dawn - a dawn where our worth isn't measured by our possessions or social status, but by the depth of our compassion and the authenticity of our hearts. Instead of constantly striving to impress others or comparing ourselves to unattainable standards, it's about embracing our true selves and extending the same courtesy to everyone and everything around us. But how do we embark on this transformative journey? Well, it begins with a simple yet profound act: getting to know ourselves better. This involves carving out moments of solitude, reflecting on our values, and learning to be fully present in each passing moment. You might have heard whispers of

practices like meditation or yoga, which offer gateways to inner peace and self-discovery. And while these practices may seem reserved for the spiritual elite, they're accessible to anyone seeking a deeper sense of fulfillment and joy in life. Now, the notion of the 5D shift isn't exactly hot off the press. In fact, it's been a big part of ancient wisdom and esoteric teachings for eons, often cloaked in mystical terms like the Age of Aquarius or prophetic visions. But strip away the mystique, and you'll find a simple truth: we're awakening to a reality where love reigns supreme, and kindness is the currency of choice. As we journey forward, let's remember this: the 5D shift isn't about escaping to some distant magical dimension, it's about infusing that magic into our daily lives. Some say it has already begun so can you feel the strange yet exciting vibes in the air? So let's embrace this cosmic dance of awakening and make our world a brighter, kinder, and more beautiful place for all beings.

Tomi Gosev

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Youtube

The Age of Aquarius - The Exciting Hidden Meaning by Infinite Waters
7 Symptoms You Are Shifting From 3D To 5D by Dolores Cannon
The New Earth: Moving Into 5D Consciousness by Samantha Jones

Thrace oil wrestling

There are many legends about Thracian oil wrestling. The most common of these is as follows: During the conquest of Rumelia, Orhan Gazi's brother Suleyman Pasha captured Domuzhisari Castle and several castles with his 40 soldiers. While this unit was returning, they wrestled during their break in Samona, which is within the borders of Greece today. Thracian wrestling is often performed at local festivals or special events and is considered a traditional folk sport. This type of wrestling has an important place as a part of the culture of the Thrace region.

After the Balkan War and World War I, Thracian oil wrestling was moved from the Thracian Meadow, located around the Samona village within the borders of Greece today, to the Viran lodge location on the Edirne-Mustafa Pasha Road. After the declaration of the Republic, wrestling was held in the Sarayici region of Kirkpinar Edirne Turkey.

Wrestling squire

In the past, wrestling was held under the supervision of the squire. The most interesting aspect of Thracian wrestling is the wrestling "Aga". He is the official who calls the wrestlers, organizes the competitions, hosts the guests, provides food and sleeping, ensures the places that the wrestling is held in accordance with the customs and traditions, gives prizes and takes security orders.



Juggler

In oil wrestling, the person who introduces the wrestlers to the audience and starts the wrestling is called "Juggler" or "Prayer". Juggler introduces the names of the wrestlers paired by the referee committee, their titles and their skills in games with appropriate verses and prayers.

Oiling

In order to make the wrestling difficult to grasp, the wrestlers are greased around the cauldrons filled with oil and water in suitable places of the wrestling square. The wrestlers first apply oil on the left shoulder, chest, arm and kispet with the left hand. After the wrestling starts, the wrestlers can take oil and water from the pitchers in the meadow whenever they wish.

Overture

Overture is a warm-up and cultural-physical movement. These movements performed in a harmonious way, caress the pleasure of the spectators and raise the morale of the wrestler (pehlivan). With overture, the wrestler prepares his breath, muscles and heart for the fight that will start soon.

Kispet

“Kispet” is the primary wrestling equipment of every wrestler who competes in oil wrestling. The waist of the kispet, made of buffalo and calf leather, is four fingers wide and thick. A thick rope is threaded to wrap the waist, this part is called “Pulley”. The place below the kneecap of the kispet is called “Leg”. A felt called “Pacabent” is placed between the leg and the calf, the leather part is pulled over the felt and tied tightly with twine.

Zembil

Kispets are carried in a bag made of reeds called “Zembil”. When the wrestling is over, the kispet is cleaned, oiled to prevent the skin from drying out, and placed on the zembil to prepare for the next wrestling. The wrestler who quit wrestling wants to explain that he will not wrestle again by hanging his zembil on the wall.

Drum and Zurna

In Thrace Edirne drum and flute playing is auctioned to certain groups. Accompanied by drums and horns, the wrestlers are called to “Tutus\Grip” and both the wrestlers and the audience are excited with the wrestling atmosphere.

Red Bottom Candle

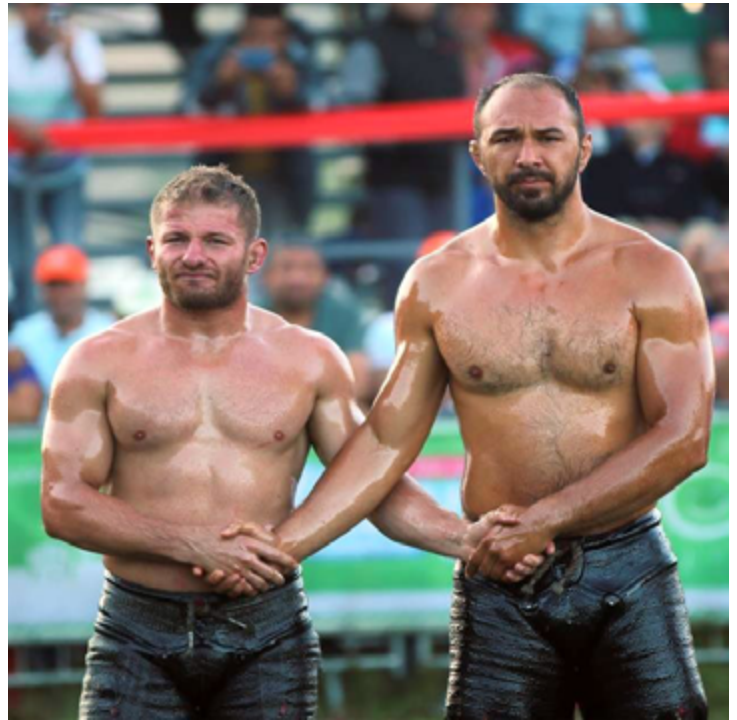
A red bottom candle is a paraffin candle with red dye applied to its bottom. People who assumed the title of Edirne lord would send “Sealed red bottom candles” to villages, towns and cities starting from the beginning of March, informing them when the fair would open and on what date the wrestling would take place. Red bottomed candles were hung high in the cafes of villages and towns, so that everyone would know that they were invited to Edirne.

Oil wrestling games:

According to their purposes as standing games and ground games, elene, inner scythe, goose wing, standing wrestling, tying, pruning, leg, stake, scoop, reverse scoop, sword throwing, buttres, fiddle, fiddle pulling, arm pressed, foxtail. Dog tail dragging on the ground, shackle, kunde (seat hogtie, foot hogtie, oriental hogtie, waist hogtie), yoke, wolf trap, sideways and combined games can be listed as leg stakes, clasping hands, wrapping, Algerian wrapping.

Penalties in oil wrestling

Actions that require punishment are as follows: insulting the opponent, the referee or the audience with words or gestures, arguing during wrestling, not complying with other oil wrestling rules and not listening to the referee’s warnings. Competitions are held by the elimination method; the loser is eliminated and the winner continues.



Wrestling is not only a sport, but also a culture, a tradition and a way of life. In this respect, the spirit and heritage of wrestling will never be forgotten. This special sport, which has enabled people to come together, compete and respect each other for thousands of years, holds an important place in human history.

This organisation is located in the city where my university is located. Many people from Thrace and Balkan countries come to watch. By participating in these wrestling activities, I had the opportunity to improve myself both physically and spiritually. This experience gave me the chance to not only play sports but also to learn important values such as discipline, endurance and determination.

İbrahim Pütrü

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Website of the ministry of culture and tourism:

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The Clown of the Sea



Did you know that the Atlantic puffin is also known as the clown of the sea? You will definitely see why once you see this bird!

This is the puffin that lives on the island in the Atlantic and it is the only species of puffin bird that lives in the Atlantic. A bird with a multi-colored beak of yellow, orange and grey and a clown-like face is surely a bird to be amazed by.

This bird spends its whole life at sea. They are excellent swimmers and also divers as they can dive up to 60 meters underwater in search of fish. They literally “fly” underwater. The Atlantic puffin builds its nests on cliffs where the female puffin takes care of its chick in the nest while the father puffin searches for food. They live in large colonies on coastal cliffs or islands. Their nests are built between rocks or cliffs between thousands of other puffins.

Did you know that the puffins have a mate for life?

These puffins are known for having long-lasting bonds with their mates for life. The mates often return to the same place as they search for each other year after year. As a loving sign the partners tap each other’s beaks together. That is a sign of a loving bond and affection between the two birds. They perform this as a literal performance called “billing” or “bill rubbing”.

Can you guess what a puffling is?

A puffling is the baby chick of a

puffin. Isn’t that such an adorable term for a baby chick? They are such cute, small and fluffy balls of grey and brown feathers. Pufflings usually stay in nests on the cliffs until they are ready to fly at sea. In some regions, mostly islands since it has the highest population of Atlantic puffins, many local people participate in so-called “puffling rescue” helping lost pufflings find their way to the ocean as they can be attracted to the city lights instead of moonlight.

Puffins are also known for the loud growling noises they make!

They are quite vocal birds, they use their calls for many purposes. For example: to defend a territory or when attracting a mate. What is interesting is that they make a deep noise when they are underground in the nest, which may sound like a rumbling chainsaw. They make this noise to communicate between the pair. They also make melodious whistles which are used to communicate between the colony and family members. During breeding season they make specific rhythmic clicks with their beaks as a sign of a healthy bond within the pair.

As everything mentioned above we can surely see that it is not an ordinary species. The Atlantic puffin has many amazing characteristics which makes it special and gives us a reminder of the Earth’s miracles. We also have to protect these species and prevent climate change from making a threat to the one and only Atlantic Puffin!

Lara Mihajlovikj

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The impact of youth workers on young people

As young women who work with young people, we want to say that **working with young people is one of the most beautiful jobs that someone can do.** We feel very good spiritually and mentally when we deal with young people, helping them in different fields to overcome problems, learn new things, deal more with different projects and activities, and be as active as possible. To work with young people, we must first understand their world and their preferences, what they like the most, and what they want to do so that we can find activities based on their interests.



Anesa and Remzije represented Volunteers Centre Skopje in the training course "Totally Understanding" that took place from the 22nd to the 29th of February in Lublin, Poland.

Youth workers represent an indisputable source of energy and innovation in the labour market. With our fresh skills and minds open to creation, we have the potential to transform sectors and organizations in new and innovative ways. The role of young workers in the workforce is varied but essential in creating a productive and successful work environment. One of the main roles of young workers is their contribution to improving productivity and innovation in their workplaces. With a fresh approach and natural creativity, they bring new perspectives and fresh solutions to work challenges and tasks. This freshness of ideas and interactions inspires the development of innovative products and services, helping organisations grow and compete in a changing market.

In addition to contributing to innovation and productivity, motivating young workers is a key aspect of their overall performance in the workplace. Because of their willingness to learn and succeed, they are often willing to take on new responsibilities and develop their skills. While a motivated work environment affects the performance and productivity of the entire team, new employees also benefit from this motivation for personal and professional development. To help motivate new workers, organizations need to offer attractive development and advancement opportunities, such as training, mentoring, and opportunities to take on new responsibilities. A work culture where the contribution of each worker is valued and the sharing of knowledge and ideas is encouraged also improves the motivation and engagement of new workers.

Young workers represent a valuable asset to the workforce and to society as a whole. With their unusual potential for innovation and their boundless energy, they play a critical role in improving the productivity and success of organizations. By creating a motivated and encouraging environment for young workers, organizations can benefit from their contribution to improving performance and achieving business goals.

The youth work profession focuses on helping, working, and supporting young people. Our understanding of youth work is that it is about empowerment and

advocacy on behalf of young people. We want to be youth workers who make a difference. This means putting one hundred percent into the work we do with young people.

Youth workers play a vital role in the lives of young people, providing guidance, support, and opportunities for growth. As youth workers, we have a passion for helping young individuals navigate the challenges they face and empowering them to reach their full potential. A great youth worker is someone compassionate, patient, and understanding. We try to create a safe and inclusive space where young people feel heard, valued, and supported. It's a rewarding and impactful role that can make a positive difference in the lives of young people because they are our future. Maybe we cannot build their future, but we can prepare them for it.

What key skills does a youth worker need?

Reliability Multilingualism
Open-mindedness Integrity
Confidentiality
Communication skills
Interpersonal skills

What are youth worker values?

- Young people are voluntarily participating.
- Utilizing young people's view of the world.
- Treating young people with respect.
- Helping young people develop stronger relationships and collective identities.
- Respecting and valuing differences.
- Promoting the voice of young people.

Volunteering is an amazing way to give back to the community and make a difference in the lives of others. It shows a person's selflessness and their desire to contribute to a cause they care about. Whether it's volunteering at a local shelter, helping out at a charity event, or dedicating time to mentorship programs, someone's voluntary experience can be incredibly fulfilling and rewarding. It allows them to connect with others, develop new skills, and create positive

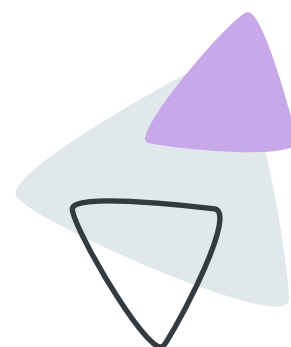
change. It's truly inspiring to see someone's commitment to making the world a better place through their voluntary efforts!

Let's not forget that working with young people is sometimes challenging, and there are obstacles, of course, because we don't know all young people well and who comes from which background, and we have to find the best way to bring them closer to our positive circle. We must help them to become better, wiser, develop their critical thinking, be ambitious, creative, open-minded, and many other things, because if we, as youth workers, do not fulfil these things and do not try to change something in our society, then I think that everything is in vain and that we do not deserve the job we have.

In conclusion, we would say that our hearts are full of pride, passion, and motivation when we see young people trying to make a good impact, first in their lives, then in other people's lives, and our community. But definitively, working with young people is one of the best, most interesting, and most motivating jobs. It is a very good feeling to work with young people because we don't know what they are going through in their lives, and the moment they engage in different activities and try to do something, it means that they try to get rid of some thoughts from themselves and become the best possible version of themselves, and this is also a success for them and us.

Anesa Miftari & Remzije Abazi

Sources:
Indeed.com
Council of Europe European Union
National Youth Agency (NYA)



Shall We Try.?



Come and see what's there,
Come, look at yourself in the mirror,
You won't find the same feeling in the person you leave behind,
Come and see what's there.

Though I may call myself a wanderer,
Even if you tell yourself lies,
Even if I say I'd do anything for you,
What will remain in my hand is a thought, a sorrow, a grief.

A distance as sharp as 'maybe' between us,
No matter how confident you are,
Even if months and days chase each other,
As impossible as 'I wish',
That we drift apart from each other.

A soul unaware of what it wants,
Equally confident yet,
Even if you lose yourself with me,
We both know the end
In this world where there is no trust.

Night slowly approaches my throat,
Day, however, seems distant from my eyes,
Though I'm not afraid of you,
The time has come closer than necessary.

When did life become so precious,
Was it when people started making art?
Or was life more precious before?
Because the last eyes I saw were yours.

Stand in front of me and wait,
There's a memory in front of me,
Something I need to engrave in my mind,
Something I must remember again.
How can you expect me to miss it?

Different tones I notice in your voice,
Resonating in my mind,
A pleasant murmur fills my head,
How can I express myself better?

Would you remember me again?
Or was I just a breeze?
Passing swiftly from your window,
Refreshing you on a warm summer day, freeing you from your fears.

Every color carries its own meaning,
Your voice echoes in my ears,
No matter how far I drift from you,
Wherever I go, I still see you

But what matters is,
What's precious to me in the end,
Even if I wanted to learn to love,
Even if you refuse to help me,
Shall we try to find our words again?

Withdraw yourself,
Don't look at me with such depth,
When I see the meaning in you,
I'll sleep next to you with all my worries.

I want to forget what I've experienced,
Even if I want to remember,
I don't even want to know myself,
When I regain consciousness.

I alienated myself,
No matter how close I feel to myself,
People come and go,
No one waits where they are.

I guess that's the reality of life,
Even if you remember the beginning of memories,
Even if you rebel against what remains in your hand,
The past is gone and the future will be loved.

Ismail Eren Demirtekin



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





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FARVEL

ZAI JIAN

IAO