

VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

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LABELS
TRADITIONS
DREAM
TIME
ECOLOGY
CLIMATIC
GEN Z
MUSIC
CHANGE
FUTURE
MENTAL
HEALTH



Time is passing so fast. I feel like it's speeding up. I don't know if it's the same for you, but sometimes the world seems to change faster than before. Maybe it's because I'm aging. Maybe it's also because information systems work faster, social media are always more instant and you can be connected with the other side of the world in a few seconds. The future looks dangerous, climatic change and impact of human activity on the environment presses us to change our habits and to think from today to tomorrow. I feel that we live more in urgency. The urgency to find solutions for our future, because we are seeing right now the consequences. And these consequences will be assumed by the future generations. "Gen Z", and then "Gen Alpha" are already among us. You are surely from these generations, like me. So we can say that our future is at stake now.

These words may sound pessimistic, but we also should be optimistic for the future. Because a lot of innovations are created and solutions proposed. The new generation really wants to change things and doesn't want to stay here and just watch their future be consumed. We have so many ideas and the possibility to share them in the world. So yes, maybe the world is speeding up, and problems come faster but solutions too.

I think we need to find a happy middle, between the reality of a fast world and our need to breathe. To find our space, where time is stopping, and where we can take the time to enjoy what the world can give us: culture, nature, friends, family, or knowledge. Technology gives us the possibility to meet people from all over the world, listen to new music, gain new knowledge, and above all find and share solutions. It's our responsibility now to use this speed well.

Augustin Magaud

Времето минува толку брзо. Се чувствувам како постојано да се забрзува. Не знам дали и вие го мислите истото, но понекогаш се чини дека светот се менува побрзо од порано. Можеби тоа е затоа што стареам. Или, пак, затоа што информациските системи работат побрзо, социјалните медиуми се на „копче“ и може да се поврзеш со другата страна на светот за неколку секунди. Иднината изгледа опасно, климатските промени и влијанието на човековата активност врз животната средина не притискаат да ги промениме нашите навики и да размислуваме од денес за утре. Чувствувам дека живееме повеќе во итност. Итност да се најдат решенија за нашата иднина, бидејќи токму сега ги гледаме последиците. И овие последици ќе ги преземат идните генерации. „Gen Z“, а потоа и „Gen Alpha“ се веќе меѓу нас. Сигурно припаѓате на овие генерации, исто како мене. Пс, можеме да кажеме дека нашата иднина е загрозувана сега.

Овие зборови можеби звучат песимистички, но треба да бидеме и оптимисти за иднината. Затоа што се создаваат многу иновации и се предлагаат решенија. Новите генерации, навистина, сакаат да ги променат работите и не сакаат само да гледаат како се троши нивната иднина. Имаме толку многу идеи и можности да ги споделиме во светот. Така што, можеби светот се забрзува, а проблемите доаѓаат побрзо, но, исто и решенијата.

Мислам дека треба да најдеме среќна средина, помеѓу реалноста на брз свет и нашата потреба да дишеме. Да го најдеме нашиот простор каде времето застанува и каде можеме да одвоиме време за да уживаме во она што светот може да ни го даде: култура, природа, пријатели, семејство или знаење. Технологијата ни дава можност да запознаеме луѓе од целиот свет, да слушаме нова музика, да стекнеме нови знаења и пред се, да наоѓаме и споделиме решенија. Наша одговорност е квалитетно да ја користиме оваа брзина.

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THE WEIGHT OF SI

LENCE

In this complex global world, our collective journey towards destigmatizing mental health, despite our efforts, often feels like we're stuck in a cycle of two steps forward, one step back. As we navigate this difficult path, we encounter numerous challenges that threaten to obstruct our noble efforts.

We find ourselves at a crossroads. On one hand, there's toxic positivity that constantly denies the existence of certain mental conditions and promotes smiles as the solution to our problems. Although its advocates may push for motivational messages of resilience and optimism, the basic principle is that we should "think positively" and our problems will magically disappear. On the other hand, there's the alarming trend of self-diagnosis, where individuals search the internet for symptoms that match their experiences and then proudly claim to have this or that disorder. It's like playing mental illness bingo, ticking off boxes as if collecting badges of honor. In reality, they trivialize the experiences of those truly struggling, reducing the pain and suffering of many to nothing more than a fleeting trend.

Did you know that suicide rates are rising in Macedonia, with more people taking their lives each year? This is a truly alarming statistic, yet we continue to sweep this problem under the rug, indirectly suggesting that mental health is no one's priority. We live in a society that values appearance over authenticity, where we'd rather put on a brave face and pretend everything is fine than admit we are suffering. We live in a society where mental illness is seen as a sign of weakness, rather than a medical condition.

Caught in a cycle of comparison, constantly looking over our shoulders at what our neighboring countries have, we are left feeling inadequate and foster a sense of dissatisfaction in the community, especially when combined with economic issues like poverty and unemployment. It's no wonder that some feel the need to leave in search of better opportunities elsewhere.

With this absence of a cohesive community, how can we navigate through this crisis? I suggest a shift in focus - a change in our approach to mental health that emphasizes positive coping strategies and resilience-building techniques, stress management techniques, and cultivating healthy habits for a healthy lifestyle that encourage individuals to take control of their well-being.

Each of us needs to amplify our voice in unity, and we must also amplify the voices of those who have triumphed over adversity, sharing their stories as hope and inspiration for others. But storytelling alone is not enough - we need to provide access to accurate statistics, resources, and support networks to guide individuals in the right direction.

Collaborate with schools, workplaces, and community organizations to implement programs and resources related to mental health education, write letters to elected officials, and participate in forums to advocate for increased funding for mental health services and programs. Support legislation and policies that prioritize mental health education, prevention, and treatment at local, national, and international levels.

By advocating for mental health, we strike at the root of all societal evils, laying the foundation for a fairer and more compassionate future.

Perhaps the most shocking of all is that we have the power to change this. It's about rolling up our sleeves and starting to work on solutions that will actually make a difference in people's lives. We have the power to demand better from our leaders, demand better from our healthcare system, and demand better from ourselves.

Dorotea Grkovikj

Dorotea represented Volunteers Centre Skopje at the "Keep Dreaming" youth exchange that took place from May 7th to 12th in Giardini Naxos, Sicily.

Keep
Dreaming

[illegible]

Во овој сложен глобален свет, нашето колективно патешествие кон дестигматизирање на менталното здравје, честопати (и покрај нашите напори) изгледа како да сме заглавени во циклус од два чекори напред, еден чекор назад. Додека се движиме низ овој тежок пат, наидуваме на огромен број предизвици кои се закануваат да ги попречат нашите благородни напори.

Се наоѓаме себеси на крстосница. Од една страна, токсичната позитивност која постојано го негира постоењето на одредени ментални состојби и промовира насмевки како решение на нашите проблеми, служи како бариера, а неговите поддржувачи може да се залагаат за мотивациони пораки за издржливост и оптимизам со основниот принцип: дека треба вистински да размислуваме позитивно и нашите проблеми магично ќе исчезнат. Од друга страна, вознемирувачкиот тренд на самодијагностика, оние кои го пребаруваат интернетот за симптоми кои се совпаѓаат со нивните искуства и потоа гордо изјавуваат дека го имаат ова или она нарушување. Како да играат бинго за ментална болест, штиклирајќи ги полињата, небаре собираат значки за чест. Но, во реалноста, тие само ги банализираат искуствата на оние кои навистина се борат, минимализирајќи ја болката и страдањето на многумина како ништо повеќе од минлив тренд.

Дали знаевте дека стапките на самоубиства се во пораст во Македонија, при што секоја година се повеќе луѓе си го одземаат животот? Тоа е навистина загрижувачка статистика, а сепак продолжуваме да го криеме овој проблем под тепих, индиректно наведувајќи

дека менталното здравје не е ничиј приоритет. Живееме во општество кое го цени изгледот пред автентичноста, каде што повеќе би сакале да покажеме храбро лице и да се преправаме дека сè е во ред отколку да признаеме дека страдаме. Живееме во општество каде што менталната болест се гледа како на знак на слабост, а не медицинска состојба како што е.

Фатени во циклус на споредување, констатино гледајќи преку нашите раменици што се има во соседните земји. Ова не остава да се чувствуваме неспособни и поттикнува чувство на незадоволство во заедницата, особено кога се комбинира со економските проблеми како сиромаштијата и невработеноста. Не е ни чудо што некои чувствуваат потреба да заминат во потрага по подобри можности на друго место.

Со ова отсуство на кохезивна заедница, како би можеле да се движиме низ оваа криза? Предлагам промена во фокусот - промена во нашиот пристап кон менталното здравје со што ќе ставиме фокус врз позитивни стратегии за справување и техники за градење отпорност, техники за управување со стрес и култивирање на здрави навики за здрав начин на живот кои ги поттикнуваат поединците да преземат контрола над нивната благосостојба.

Секој од нас треба да го зајакне својот глас во единството, а мораме да ги засилиме и гласовите на оние кои триумфирале над неволјата, споделувајќи ги нивните приказни како надеж и инспирација за другите. Но, само раскажувањето не е доволно - треба да обезбедиме пристап до точни статистики, извори и мрежи за помош за да ги водат

поединците во правилна насока.

Соработувајте со училиштата, работните места и организациите во заедницата за да имплементирате програми и ресурси поврзани со едукација за менталното здравје, пишувајте писма до избраните функционери и учествувајте на форуми за да се залагате за зголемено финансирање за услуги и програми за ментално здравје, поддржете го законодавството и политиките кои даваат приоритет на образованието за ментално здравје, превенција и третман на локално, национално и меѓународно ниво.

Зашто, бранејќи се во име на менталното здравје, ние удираме во коренот на сите општествени зла, поставувајќи ги темелите за поправедна и сочувствителна иднина.

Можеби најшокантно од се, е тоа што навистина, имаме моќ да го промениме ова. Треба да ги засукаме ракавите и да почнеме да работиме на решенија, кои, всушност ќе направат разлика во животите на луѓето. Имаме моќ да бараме подобро од нашите лидери, да бараме подобро од нашиот здравствен систем и да бараме подобро од себеси.

Доротеа Грковиќ

Доротеа го претставуваше Волонтерски Центар Скопје на младинската размена „Keep Dreaming“ што се одржа од 7-ми до 12-ти мај во Цардини Наксос, Сицилија.



Keep Dreaming

GEN-Z WITH AVOCADO TOAST & TIKTOK DANCES



Silence everyone! There is a new sheriff in the town. Gen-Z is here to take over the whole world. The Gen-Z population on Earth is almost one-third of the all population. And we are coming with our smartphones in one hand and avocado toast in the other. From dank memes to TikTok dances and everything in between. We are known for being addicted to our phones, overly dramatic about mental health, etc. But, anyway... Let's dive into Gen-Z life.

First thing first, memes. Memes are basically our love language. We speak in SpongeBob references, use Kermit sipping tea pics and any kind of funny sounds to express our deepest thoughts. Because why use actual words when we can use memes to communicate at all, right? I mean, if you haven't seen or laughed at a "distracted boyfriend" or "trollface" meme, are you even living in the 21st century and consider yourself as Gen-Z?

And our biggest playground, TikTok. It's our playground, our stage, our own way to explain ourselves in a -mostly-sarcastic way. With TikTok life we've mastered the art of lip-synching (Mine, "if only you were mine"), dancing (A Bar Song), and comedy sketches in 15 second snippets. TikTok dances are our best friends, and we're not ashamed of doing it or to admit it. So what if we spend hours perfecting our "Renegade" (by Aaryan Shah not Taylor Swift) routine? It's called effort, it's called dedication, okay?

And of course, our biggest pride, fashion. Thanks to Gen-Z, us, you finally get rid of the millennials' skinny jeans. But our fashion is like Russian roulette, one day you're sporting neon socks with sandals and the next you're layering so many oversized hoodies you could smuggle a family of small marsupials in there undetected. Forget about matching, clashing is the new black, thanks to Gen-Z. Who even needs symmetry, matching when you can rock mismatched socks like a fashion revolutionary? And the pièce de résistance: accessories that we can use with anything, anywhere, "I was digging in my grandma's closet and found these 'vintage' sunglasses from the '70s, now I'm gonna use it and say it's vintage." So in short terms, the only rule in the world of Gen-Z fashion is that there are no rules - I mean, maybe you should not wear Crocs unironically.

I hear you're asking about work. Yeah about that, side gigs, freelancing, gig economy - you can name it, we're doing it. Why stick to one job when you can juggle five at once? We're out here grinding on Fiverr, Depop and Instagram, hustling for that coin while sipping on our oat milk lattes.

And let's not forget about our activism game. We're passionate about social justice. Climate change, racial equality, gender equality - we're fighting for it all. Sure, we might indulge in some guilty pleasures like fast food, but hey, we're all about balance, right?

So, there you have it folks! Gen-Z with all its glory, meme-loving, TikTok dancing, Y2K fashion, hustle grinding. We're living our best because you live your life once. Keep slaying! Peace!

Tahir Furkan Saridiken



TRANSPORTATION IN THE FUTURE

Which kind of transportation do you use? How do you go to your work or your school? Do you have a car or a bicycle? All these questions are an essential part of our future. The evolution of the transport modes is an imperative thing for the following times.

Our planet needs this evolution because the global change is due, in a main part, to our transport modes which produce too much greenhouse gas. But to move and to have the possibility of traveling, exchanging, is also an essential requirement for people and for the new generations. So we have to find new ways and new technologies to get around. Green technologies and more respectful environment solutions are the solutions. We don't have the choice to trust in innovation if we want to expect a better future for the world. In this article we are gonna present a few of these innovations and check which solutions exist to continue to have the possibility to move fast and far. Because exchanges between peoples in the world are also essential for all of us.



INNOVATION #1

The first innovation to be presented in this article is also the most widespread at the moment: it's the electric car. You must know the brand Tesla, but today a lot of traditional car constructors make this new type of motors. The main advantage of electric cars is that their motor doesn't produce any carbonic gas. That's why it's a good solution against the pollution in the cities and global warming. But they also have some inconveniences. First, electricity can be a green energy but it's not if we use fossil energy to produce it (like in the coal-fired power station). And then, to make electric cars, and especially their batteries, we need a lot of chemical products and rare metals and this makes the fabrication of electric cars a really polluting process. But another solution exists to make the cars less polluting, the hydrogen car. This type of motors use hydrogen, a non polluting fuel, to produce their own electricity. So we don't need batteries anymore and hydrogen gas is not a greenhouse gas (actually, it's just water). The only problem is that it's costly and difficult yet to produce a lot of hydrogen gas.



INNOVATION #2



Concerning boats, the new innovation is actually not really an innovation, but an evolution of an old technology: the sail. The idea came from France and the first prototype of a sail liner was developed in the shipyards of Saint-Nazaire. The project is named "Solidsail" and the idea is to create a new sail technology to use the wind's force to tow big boats without using fossil energies. Wind is a green energy, infinite and emits no CO2. The first of this boat should be finished in 2026.

INNOVATION #3

The next interesting innovation is concerning trains. Trains are already a non-polluting way of transportation (when they are electric). But the future of trains is speed, huge speed. The goal is that they become a serious alternative to the plane, which is really polluting. And this alternative is called the Maglev train. Maglev trains use magnetic suspensions to float on rails. This technology gives the train the possibility to reach high speeds, faster than the classic ones. These kinds of trains already exist across the world and some lines are operational in Japan, in China or in South Korea. But the next step for this technology is called Vactrain. Vactrain is a Maglev train but inside vacuum tubes. This reduces air friction and makes the speed higher again. Different prototypes already exist, the most famous is the "Hyperloop" from Elon Musk. But no lines are already operational today. These trains will reach speeds between 6 000 km and 8 000 km!



INNOVATION #4

The last innovation to be presented in this article is also an upload of an old technology, the airship. This technology is well known in air transport. It was used a lot before World War II but it was abandoned after several serious accidents. The problem came from the gas used to make the airship float, the hydrogen. It's a very flammable gas and a lot of airship fires happened in the past, and caused a lot of deaths. After this, they were abandoned and nobody uses this technology today. But a British company is developing a new prototype, with a new gas, the helium, which is non flammable. The project is named Airlander and is developed by Hybrid Air Vehicles. The general principle is the same as before. This kind of vehicle is much slower compared to planes, but far more ecological because it needs less gasoil to make distances. Moreover, the flight autonomy is increased because Airlander will be able to stay 4 days in the sky and to browse 7000 kilometers.



We have just seen a few of the innovations for the future of transportation but there exist many others too. We need to find new ideas to reduce our carbon impact and to continue to get around the world. And often, the best innovations come from the past and the simplest ideas can be the better. That's why we also shouldn't forget the solutions which already exist and which just need to become more generalized. The future is also in the simple things, like bike, walk or, in general, soft mobilities. So we have to not forget that a lot of solutions exist and that they just need our interest to change things. Future is already in front of us and above all in our hands!

Augustin Magaud

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GJENERATA Z ME VALLËZIMET E TIKTOKUT DHE TOSTAT ME AVOKADO



Qetësi, që të gjithë! Era tani fryn kah ana tjetër. Gjenerata Z është këtu për të pushtuar të gjithë botën. Popullsia e gjeneratës Z përbën thajse një të tretën e të gjithë popullsisë, dhe ne po vijmë me telefonat e menjëherë në dorë dhe me tastat me avokado në dorë tjetër. Prej meme-s e deri tek vallëzimet e TikTokut. Ne njihemi për varësinë ndaj telefonave tanë, për të qenit dramatik rreth shëndetit mendor, etj. Por, gjithsesi... Le të zhytemi pak në jetën e Gjeneratës Z.

Gjëja e parë, memet. Memet janë në thelb gjuha jonë e dashurisë. Ne përdorim ato duke e referencuar SpongeBob, përdorim fotot e bretkosës Kermit duke pirë çaj, dhe çdo lloj tingulli qesharak për të shprehur mendimet tona më të thella. Sepse pse të përdorim fjalë, kur mund të përdorim meme për të komunikuar gjithsesi, apo jo? Dua të them, nëse nuk keni parë asnjë meme me "trollface" ose me çiftin e hutuar, a mendoni se jetoni në shekullin 21 dhe e konsideroni veten si pjesë e Gjeneratës Z?

Dhe këndi ynë më i madh i lojërave, TikTok. Ai është skena jonë, mënyra jonë për të shpjeguar veten në një mënyrë - kryesisht-sarkastike. Me jetën e TikTokut ne kemi zotëruar artin e sinkronizimit të buzëve, kërcimit dhe skeçeve komedi në 15 sekonda. Kërcimet në TikTok janë miqtë tanë më të mirë dhe ne nuk kemi turp ta bëjmë ose ta pranojmë. Po fakti që kalojmë orë të tëra për të përsosur rutinën tonë "Renegade" (nga Aaryan Shah jo Taylor Swift)? Quhet përpjekje, quhet përkushtim, mirë?

Dhe sigurisht, krenaria jonë më e madhe, moda. Falë Gjeneratës Z, ne, ju më në fund shpëtoni nga xhinset e ngushta të mijëvjeçarëve. Por moda jonë është si ruleta ruse, një ditë jeni duke bërë sport me çorape ngjyrë neon, ndërsa tjetërën keni aq shumë shtresa nën bluzë sa mund ta fshihni një familje marsupialësh pa u zbuluar. Harrojeni përputhshmërinë, klaikja e zezë u zëvendësua me përplasjen e ngjyrave, falë Generatës Z. Madje kujt i duhet simetria, përshtatja, kur mund të dukeni kull me dy çorape të ndryshme? Si dhe elementi më karakteristik: aksesoret. Ato mund ti përdorim kurdo dhe kudo. "Po kërkoja në dollapin e gjyshes sime dhe gjeta këto syze dielli 'vintage' të viteve '70, tani do t'i përdor dhe do të them se është 'vintage'." Pra, thënë shkurt, i vetmi rregull në botën e modës së Gjeneratës Z është se nuk ka rregulla - dua të them, mos vishni Crocs për seriozisht.

Më pyete për punën time? Punë të pavarura, punë në internet, biznese të vogla, biznese përmes rrjeteve sociale, të gjitha i bëjmë. Përse të mbetemi me një të vetme, kur mund t'i bëjmë pesë të ndryshme njëkohësisht? Ne keni këtu duke kërkuar punë në Fiverr, Depop dhe Instagram, duke e ndjekur çdo qindarkë të mundshme që ta blejmë tërshërën tonë me qumësht.

Dhe të mos harrojmë lojën tonë të aktivizmit. Ne jemi të apasionuar pas drejtësisë sociale. Ndryshimet klimatike, barazia racore, barazia gjinore - ne po luftojmë për të gjitha. Sigurisht, ne mund të harrohemi me disa shprehje të këqija si ushqimi i shpejtë, por hej, ne të gjithë kërkojmë një ekuilibër, apo jo?

Pra, ja ku e keni! Gjenerata Z me gjithë lavdinë e saj, meme-dashëse, kërcime TikTok, moda Y2K, ndjekja e disa punëve. Ne po e jetojmë më të mirën, sepse jeta jetohej vetëm një herë. Vazhdoni të punoni!

Paqe!

Tahir Furkan Saridiken
Përktheu: Faton Qerimi



CLIMATE ACTION

A Journey to a Healthier Tomorrow

In a world where the weather can't decide whether to be hot or cold, where even polar bears are considering investing in sunscreen, where the penguins are giving side-eye to humans, we find ourselves struggling with a social problem bigger than deciding what to watch on Netflix. Each decision we make, and every step we take, contributes to our planet's future. If we don't address climate change, the only icebergs left will be in our drinks. The polar bears will become excellent surfers, but I doubt they'll enjoy riding waves made of melted ice caps. It's like the Earth is sending us a text message saying, "Hey, can you not turn up the heat so much?". If we keep going at this rate, soon the only snowball fights we'll have will be in the fridge of the supermarket. Let's not wait until penguins start wearing sunscreen and palm trees migrate north for the summer. It is high time to save the planet before we all have to explain to our grandkids what a snowman used to be. Everyone from policymakers to everyday individuals plays a crucial role in this. The planet is OURS!

Climate change is a global issue that is a result of long-term alterations in temperature, precipitation patterns, and atmospheric conditions primarily caused by human activities like burning fossil fuels, deforestation, and excessive use of pollutants. It has a big impact on society through rising sea levels, extreme weather events, and mess in ecosystems, leading to threats to livelihoods, food security, and public health. I assert that addressing climate change is not only an environmental concern but a complex social challenge. Proactive societal engagement, policy changes, and sustainable habits are essential to reduce the effects of climate change and build a resilient future for all.

First, I will outline the causes of climate change, highlighting human activities, then, I'll emphasize the urgency of addressing these issues by illustrating the potential consequences, and finally, I will propose solutions.

Climate change is a grave threat to our planet's well-being; it has been increased by a great number of human activities that have changed the balance of our environment. The main reasons for this issue are firmly connected to societal habits, burning fuels, and deforestation, as major contributors to the problem. The burning of fossil fuels, such as coal, oil, and natural gas, releases a lot of carbon dioxide into the atmosphere, making the greenhouse effect more intense, and raising global temperatures. This habit is driven by our constant need for energy and has led to a sharp increase in carbon emissions, pushing our planet towards a dangerous point. Deforestation, the clearing of forests for agriculture, logging, and other reasons, is another key player in the climate issue. Forests act as carbon sinks, absorbing CO₂ and playing a crucial role in maintaining the ecological balance. However, with forests being cleared, the capacity to absorb carbon lessens, making the greenhouse effect stronger. About 15% of all greenhouse gas emissions are a result of deforestation. The excessive use of pollutants further makes the problem worse. Plastic production, for example, not only adds to the release of greenhouse gases when it's being made but also causes serious problems for ocean life when it's thrown away incorrectly.

The Ellen MacArthur Foundation warns that if we keep doing things the usual way, there could be one ton of plastic in the ocean for every three tons of fish by 2050. Likewise using too many harmful chemicals, like the ones in perfumes and industries, harms the environment. It makes the air and water quality worse. For example, some people avoid swimming in the sea after showering at home with shampoo containing lots of chemicals. They know it makes the water dirty and harms the fish's home. So, it's important to be careful about these things. Another warning from The Union of Concerned Scientists is that if we don't act quickly to decrease emissions causing global warming, the impacts will worsen, become more extreme, and affect the entire planet more seriously. Habits such as throwing garbage anywhere, air pollution from factories, and cars and trucks making too much smoke, all these things cause a huge problem. In a world where nature is being harmed a lot, climate change paints a black picture. Imagine cities struggling with extreme weather events, really fast heat waves, constant hurricanes, and rising sea levels destroying coastlines. Biodiversity loss makes a mess in ecosystems, impacting agriculture and threatening food sources. Air pollution becomes an everyday challenge, affecting respiratory health. Wildlife becomes smaller, and iconic species face disappearance. The once vibrant Earth transforms into a damaged, struggling planet. However, there's hope if we act now. By adopting sustainable practices, investing in renewable energy, and embracing eco-friendly lifestyles, we can steer away from this issue and create a healthier society. There are still key solutions for a greener, more sustainable future.

One everyday example of adopting sustainable practices is reducing single-use plastic consumption. You can bring your reusable bag to the grocery store instead of using plastic bags provided by the store. As the environmentalist, Jane Goodall, wisely stated, "You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." It suggests that we all have the power to make a difference, whether through small everyday choices or larger life decisions, the message is to be aware of the influence we hold and strive to contribute positively to the world around us. By choosing reusable alternatives and minimizing waste, we collectively contribute to a healthier planet. Secondly, investing in renewable energy sources is crucial for fighting climate change. Evolving to solar and wind power not only reduces carbon emissions but also drives innovation and

economic growth. You don't have to do anything with the sun and the wind, they just work... Moreover, embracing eco-friendly lifestyles involves aware human choices, like choosing sustainable products. Each mindful act becomes a step towards a sustainable future - for example, using a reusable water bottle. Instead of buying and throwing away lots of plastic water bottles, you can get a cool reusable one. This helps the environment because you're not creating more plastic waste. Plus, it saves you money in the long run, and you always have water on hand when you need it. It's a small change, but it makes a big difference for our planet! And most important, to enact change, society must unite. Governments, businesses, and individuals must collaborate. By working together, we can foster a world where harmony between humanity and the environment wins.

Overall, in facing the threat of climate change, we, as a global community, stand at a very important spot. The harmful impacts of our actions on the planet are undeniable, from increasing temperatures to biodiversity loss and plastic pollution. However, in recognizing our shared responsibility, a sparkle of hope appears. Through united efforts, such as reducing single-use plastics, investing in renewable energy, and making eco-conscious choices, we can redirect our course towards a sustainable future. Together, united as a global society, we have the power to lessen the consequences of climate change and foster harmony between humanity and the environment. It's not just a call to action, it's an invitation to shape a better world for generations to come.

Ana Angelovska

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FILLUS DE ANIMA

Sardegna, the small island where I was born, yet one of the biggest in the Mediterranean sea, known for its breathtaking coastlines, hides a tradition that I myself found out about only last year: fillus de anima.

Literally “soul’s child”, fill’e anima is a kid, usually between ten and fourteen years old, unofficially adopted by someone who’s wealthier than their biological family and can provide for them.

Michela Murgia, writer and feminist activist born and raised in Sardegna, in one of her novels she writes “fill’e anima are the kids born twice, from one woman’s poorness and from the infertility of another one”. Murgia herself was a fill’e anima, entrusted by her biological family to another one, who took care of her as their own daughter. Later in life she did the same, unofficially adopting four children who are now her heirs, after she passed away. In her latest book she tells how people often couldn’t understand the relationship she had with the four of them, since jurisdictionally they weren’t her children.

The thing is, I guess, that sometimes we forget minors in need are a community issue. In Polynesia, for example, caring for the kids in the community is an act of compassion, which some Polynesian adults say western people lack.

We got stuck in the idea that nuclear families are the only families existing or even the only type of family that should exist. As T. W. Osher says each family defines itself, meaning a family is a group of people who see themselves as one. Isn’t family the people who love us and whom we love? The people we trust and the ones who teach us what’s wrong and what’s right? Or, at least, isn’t that what family is supposed to mean? Bell Hooks, American author, says “Love is nurturance and care and nothing else, and that love is the core of a family.”



Street in Alghero, Sardinia.

Going back to Murgia, in an interview the writer says that fillus de anima are the only kids who are asked to be born, since they actively give their consent in being entrusted to someone else. Adults and kids choose each other, in a voluntary act of trust. Meanwhile the community testifies and approves the new situation, working almost as social services.

Nowadays things have changed. Bureaucracy came along and as Murgia said a piece of paper has now more value than the consent of an entire town. Which is not that wrong, but still, adoption as we know it would mean getting a new family and getting separated by the biological one, while fillus de anima still spend time with their original parents, siblings, relatives.

Some cultures stick with “it takes an entire village to raise a child”, which Hooks sees as revolutionary as it stands in opposition to the idea that parents, especially mothers, should be the only “child rearers”. Imagine having such a big safety net that you feel free and confident to experience, challenge yourself, because you know someone is going to help you, someone is going to be able to help you if things go wrong. Something that not every family has the means to do.



I myself have different families, each of them took care of me in different moments of my life and I will forever be grateful. It definitely took a village to make me who I am today.

Ilenia Pisano

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Frontiers | It Takes a Village to Raise a Child: Understanding and Expanding the Concept of the “Village”

Queen of Melancholy Lana Del Rey



Lana Del Rey, real name Elizabeth Woolridge Grant, was born in New York on June 21, 1985, as the third child. She started her music career with singles that were not included in her early albums and made a name for herself in 2010 with her single Video Games. It was quite difficult for Lana to build her music career.



She struggled with the difficulties in the music industry in her youth and decided to give up and quit music for a while. However, she could no longer suppress her passion for making music and made a strong comeback with her album "Born To Die", introducing the audience to her characteristic musical style and dark romanticism. Then she released the album "Ultraviolence" and created a large following among listeners. Lana, whose works are dominated by numerous melancholy and deep feelings, shaped her musical career with these characteristics. Lana Del Rey is one of seven people who can feel it through all the bad times she's been through. It seems that her career was shaped by a broken life thinking about learning to be a good musician.

Certainly! If you have an emotional creativity, most of the time creativity is fueled by the depths of your emotions. While creating a work, you reveal an inner purity, thought, doubt, fear or a complete emotion divided by anger, and if you have this emotion, you reflect it in your work. But such naivety is not easy to understand. When you find them, you not only continue to process them, but you also encounter the difficulties that come with experiencing them too often. It's clear that Lana Del Rey is feeling her feelings really intensely. Especially on Friday evenings, she feels the feeling of loneliness very intensely, sometimes stuck, sometimes shapeless, sometimes worthless, sometimes ordinary. All of their songs seem to revolve around these themes. "Off to the Races" describes it like the worthlessly clingy side of a relationship. "Dark Paradise" tells the story of a woman who cannot get over her breakup and kills herself. Del Rey's songs are full of pain. And this seems to be a preference she hides. But somewhere, at some point, she seems to choose not to work in order to stay happy, like the majority of people. What I see and what is in the lines is that life is like a dirty game that takes you deeper every time you stay happy. It's really hard to be happy. Working is even harder. Especially since this continues to be what makes up your personality.



You can see that with the "Honeymoon" album, the heavy melancholy effect in her music decreased, but she never lost it, and as she gained experience in the industry, she started to do aesthetic works in the industry. Lana Del Rey's unique style, blending retro vibes with nostalgia, has made her a standout in both music and fashion. Her iconic look and memorable performances have bridged the gap between these two worlds, solidifying her status as a true trendsetter. One way or another, Lana Del Rey, who achieved serious success in her career, won a total of 40 awards from more than 100 candidates in 2024. She is currently an artist known worldwide and loved by large audiences.

Ayşe Berfin Göçtü

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Why are we so obsessed with labels?

The shirt you're wearing is 80% acrylic, 20% cotton. The online test told you that you're 80% extrovert, 20% introvert. Are we really that simple?

People have a strange habit of putting others into groups based on random things, giving them labels, and then... judging them because of these labels. Boomers, Millennials and Gen Z. Zodiac signs. MBTI personality types. Samsung versus Apple users. Console versus PC gamers. Don't even get me started on alpha and beta males thing... Why do we love labels so much? Let's talk about whether it's a good or a bad thing, and jump into our brains for a second!

The problem with labels

The more "boxes" we create, the more we divide people. The more people are divided, the more conflicts arise... However fun being a part of a club is, we really don't need any more "us versus them" situations in our society.

And the thing is, labels are never 100% accurate. They oversimplify complex personalities, kill the uniqueness and work as self-fulfilling prophecies. In everyday rush we forget about it, and start to think through stereotypes. It's fun to joke around about zodiac Scorpions being a bit crazy or Leos always wanting attention. But when the jokes go a bit too far...

Let's take generations as an example. Whether you're a Millennial, Gen Z or something else is based on your date of birth. Yes, living during a specific time period and experiencing particular historical moments defines our lives in some way. But this innocent distinction somehow turned into seeing Boomers as entitled know-it-alls, Millennials as a definition of cringe, and Gen Z as



chronically online individuals with no social skills. The truth is that in every generation you can find people that fit in every single one of these stereotypes. If you meet someone, and the only thing you know is their age, you still know nothing about their behaviour and personality. People are way too diverse to judge a specific person based on a general group they belong to. Unfortunately, sometimes people take things to extreme – that's where making harmful assumptions and discrimination starts. It's annoying, damaging, and stops us from really getting to know each other.

Why do we do this?

Is the thought of something simply just existing without any definition... scary? Why? Well, from a practical point of view, it makes a lot of sense.

Our brains are constantly bombarded with tons of information – now more than ever. It's not surprising that they try to make processing all of it easier. Labels help us organize complex information by grouping similar things together. This way it's easier to understand or remember it. Imagine going back to biology classes. Learning about the characteristics of every single animal that exists would be a nightmare, right? By categorizing them into groups such as mammals, reptiles or birds, you're able to simplify the information. For instance, when you learn that all mammals give birth to live young and nurse their offspring with milk, it becomes easier to remember the traits of specific mammals like cats, dogs, and humans.

But labels help not only our brains, they also play an important role in our communication and social life!

For example, by grouping people according to their occupation or personality traits, it's easier to assume what skills they have or how they're going to behave. When someone is labelled as "a painter" in your mind, it's likely that you can ask them for advice about the type of paint to use for your new project. While planning a hangout with your friend, you'll remember that they're an introvert, so a chill movie night at home will be a better idea than going to a crowded party. Unfortunately, this can quickly lead to harmful stereotypes, which I mentioned before. Making assumptions is in human nature, but don't rely solely on them – it's always a great idea to ask about someone's capabilities and preferences.

Finding a category to put yourself into has one more, important benefit – it gives you a sense of belonging, feeling a part of a group. It's something that most of us strive for, and the reasons are very primal. Going many, many years back in time, living in a group always meant more safety, easier access to food, and better chances of passing your genes to next generations. It might not seem as relevant in current times, but it's still deeply coded into our instincts. Plus, being a part of a group helps us define who we are and get the approval from like-minded people. Let's say you took the MBTI test and you turned out to be an ENTJ (Extraverted, Intuitive, Thinking, Judging). You might not agree with the whole description of this personality type, but there are a few points that are surprisingly true, and you haven't thought about them before. This taught you more about yourself and maybe made you feel less alone in your differences, because hey, there are other ENTJs out there, who see the

world from your perspective. There's just something so satisfying about having 'that's so me' moment, even if it's just from looking at memes about typical behaviours of different MBTI types or zodiac signs, right?

So, what's the solution?

I have a love-hate relationship with labels. They are useful, and I don't think we're going to lose a habit of using them any time soon. But some part of me feels like we're a bit too obsessed with trying to define everything. Some things just exist. And I believe that we, people, should simply just exist in the first place too.

I'm not going to tell you "just be yourself!" – I know you've already heard it a million times. Instead, I'm asking you to notice the labels you put on others and yourself. Whenever you think about someone by classifying them as a part of some group – and maybe automatically assigning them a specific trait or behaviour because of that – just stop for a moment and note it in your mind. Don't be hard on yourself, just notice this fact. With time, you'll get more mindful about the way you think, and – hopefully – you'll realize that we are much more complex than not-so-accurate labels we tend to give ourselves.

Anna Wojdziak

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THE POINT OF NO RETURN

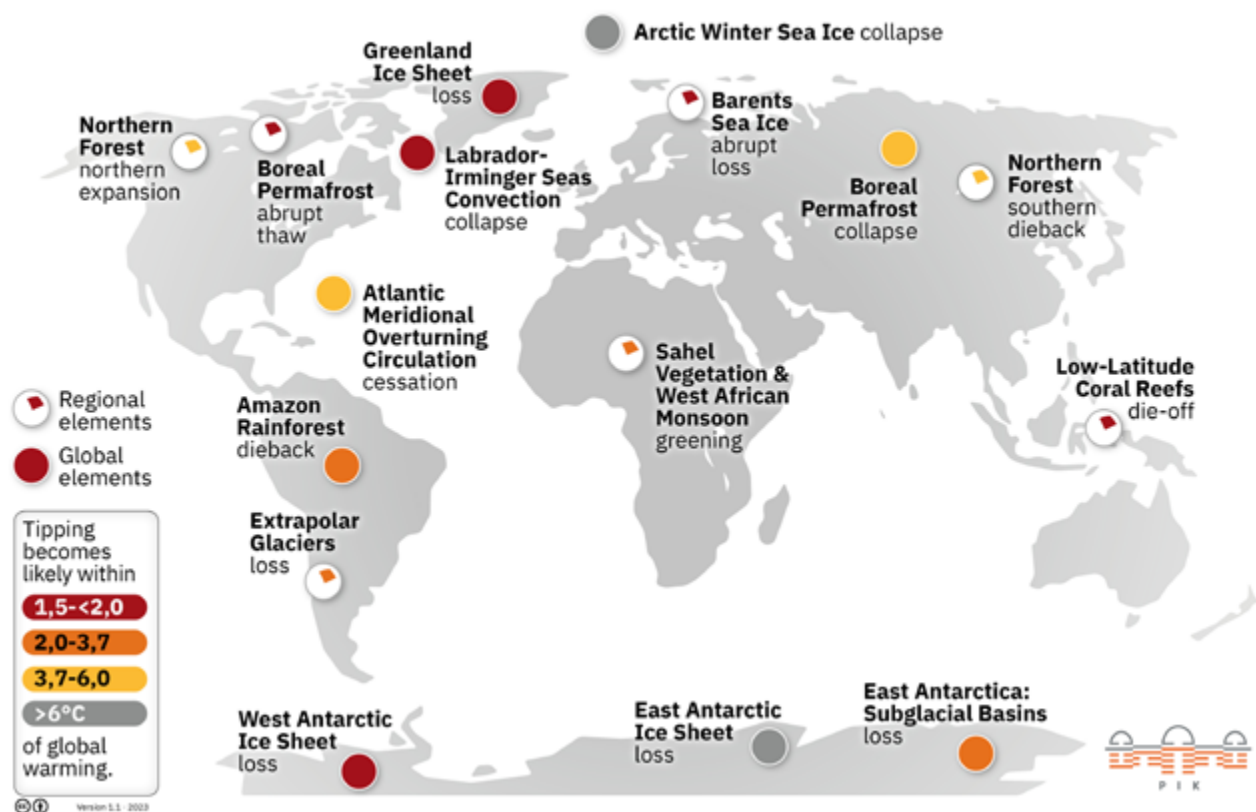


Figure 1: The geographical distribution of global and regional tipping elements, colour-coded according to the best estimate for their temperature thresholds, beyond which the element would likely be 'tipped'. Figure designed at PIK (Potsdam Institute for Climate Impact Research, under cc-by licence), based on *Armstrong McKay et al., Science (2022)*.

The risk of tipping points in the climate system

As the climate is changing, the Earth gets hotter and hotter. This leads to an increase in natural disasters, health problems, and displacement. However, this gradual change isn't the only threat we face. There are also tipping points in our climate system. Once passed, there is no going back. Tipping points are various events, like the melting of the Greenland ice sheet, which, once started, cannot be stopped anymore. The triggers of the tipping points all correlate with a different rise in the average temperature on Earth. The higher the temperature, the more likely they get.

As seen in Figure 1, there are a lot of different tipping points. They can be categorized as ice masses, ecosystems, and circulation. To understand the impact of tipping points better, we are taking a closer look at one of each category.

Greenland Ice Sheet

One of the tipping points in the climate system is the melting of the Greenland ice sheet. Greenland is covered with a three-kilometre-thick and permanent ice sheet. Due to the warming temperatures, this ice is melting already.

Once a critical threshold is passed, there is no going back. Even if there would be no temperature rise anymore, the ice would melt fully and inevitably. It is also self-amplifying because the melting exposes more and more cold ice layers to the warmth, accelerating the process of melting. The critical threshold is around 1,5°C (possibly between 0.8°C and 3°C) of average global warming since the industrial revolution.

If the Greenland ice sheet melts, there will be a sea level rise of seven meters. It also affects other tipping points.

Atlantic overturning circulation

The Atlantic overturning circulation is one branch of Earth's global overturning circulation, which can be imagined as a great stream in the ocean. It transports warm water of the ocean's surface to the north, where it cools and sinks, or overturns, to 2000 m – 3000 m depth. There it flows back south. This process takes up to 2000 years. The whole circulation is extremely important for the stability of the climate system. As seen in the past, a change in the circulation leads to drastic climatic changes.

The circulation works because of the differences in temperature and salinity between the water of the subtropics and the North Atlantic. The salty water is denser and heavier. As a result, it sinks in the north, where the surrounding water is less salty. It is a self-amplifying circle since it flows because it is salty, and it is salty because it flows.

Through global warming, this process slows down. The main reason is a decrease in the current's salinity, either because of rain or meltwater. As a result, the water is less dense and sinks more slowly in the Northern Atlantic. This is called the "transportation feedback". Beyond a critical threshold, the tipping point, it also becomes a self-amplifying system, leading to a vicious circle.

This tipping point is a good example of how the different tipping points influence each other. If the Greenland Ice Sheet is melting, it will also destabilize the overturning circulation. The exact tipping point is hard to define, there are too many factors which influence it. Still, there are different climate models, which predict different tipping points. Research suggests a threshold around

4°C (1.4-8°C) For example, in NASA's climate model for a global warming of 3°C, the Atlantic overturning circulation collapses in two of ten simulations. In the others, it manages to recover after severe weakening. There is also the possibility of a circulation collapse in just one region.

As predicted by climate models, one effect of a slower circulation would be a "cold blob" in the Atlantic Ocean. Everywhere, the ocean will get hotter. Only south of Greenland, it will get colder since the circulation doesn't transport as much warm water as it used to. The theory of a "cold blob" is consistent with observations (Figure 2). This suggests that the Atlantic's overturning circulation is already slowing down.

A collapse of the Atlantic current would lead to a massive increase in temperature, sea level rise and even the exchange of dry and wet seasons in the Amazon.

Coral Reefs

Coral reefs cover only a small part of the Earth's surface, nevertheless, they support a quarter of all life in the ocean. They are one of the most biodiverse places on Earth and are essential for the marine food web. They are also critical for human economies, i.e. tourism and coastal protection.

Even without global warming, coral reefs are threatened by human activities like overfishing. But a certain temperature is overcrossed, they are abandoned by their symbiotic algae and bleach. After a while, they die.

Coral reefs have a critical temperature threshold of 1.5°C (1-2°C). If the tipping

point is passed, there would be a total die-off. Around 40% of the coral reefs died, mostly during three heat waves in the past years. If the global temperature warming stays below 1.5°C, there is a chance to save 10%-30% of coral reefs, over 2°C, it will be lost forever.

What can we do?

Since all of the thresholds correlate to the warming of the global temperature, we put all efforts into keeping the temperature rise as low as possible.

With the Paris Agreement in 2015, an international, legal-binding contract was made to keep the average temperature rise under 2°C, ideally under 1.5°C. This agreement was signed by 194 states and the EU. But even if this will be achieved, and it doesn't look that way, there are at least seven tipping points which are still likely to happen. Maybe it already happened. Some thresholds are uncertain, but the risk of hitting them is too big to take.

"It would be irresponsible, even foolhardy, if policymakers, business leaders, and indeed the voting public continue to ignore those risks."

– Stefan Rahmstorf

Johanna Krautkrämer

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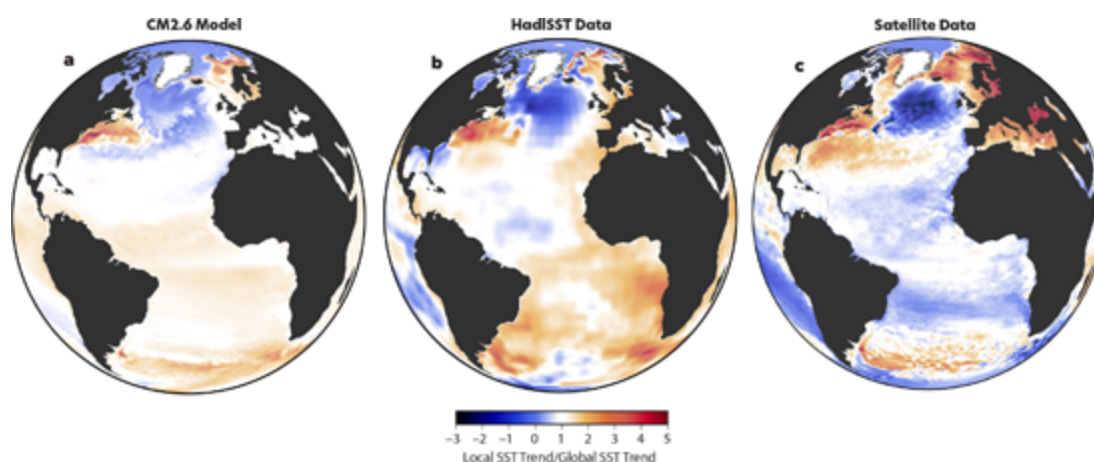
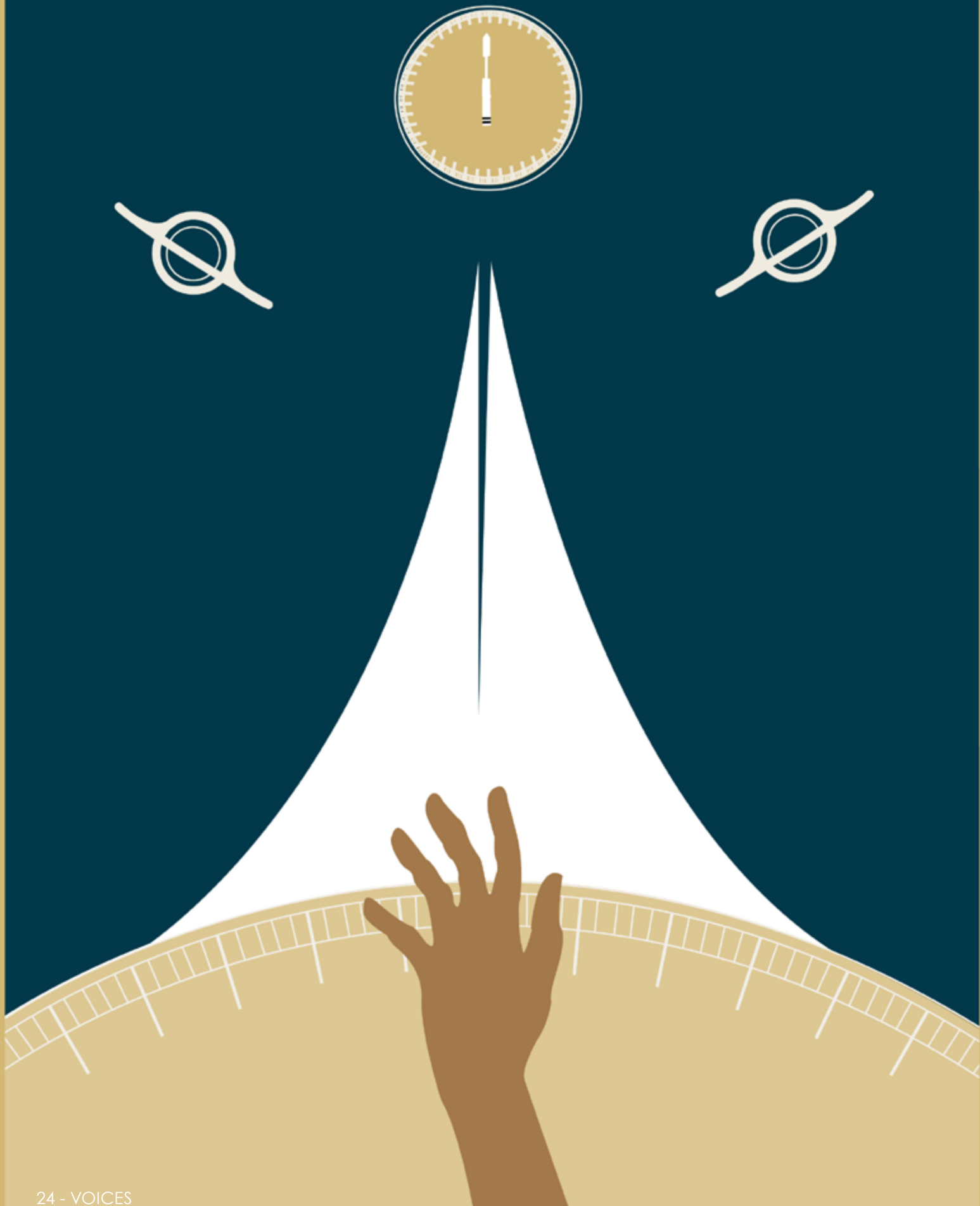


Figure 2: (a) Result of the CM2.6 climate model (b) shows the observed trend over 1870–2016, and (c) plots data from the Copernicus satellite collected during 1993–2021. (a) and (b) from Caesar et al. (2018). (c) Courtesy of Ruijian Gou.

TRYING TO GRAB TIME



If you had to explain what 'time' is, how would you do it? Well, you would start by saying that time is measured and that we have clocks to tell us what time it is. We have years, which are divided into months, weeks, days, minutes, seconds and so on. Perhaps you would mention that the time on the clock is different in different parts of the world because we have different time zones. If that was all you would mention, I am here to tell you that time is much more than that.

Time has always fascinated mankind. It has always been present, but difficult to grasp. We cannot see, feel or hear time itself. Yet it has surrounded the whole universe and us since the beginning. It is a physical quantity and is often referred to as the fourth dimension. The other three dimensions make up the space around us with at least three points (coordinates). But what has time got to do with space?

You have probably heard of Albert Einstein and his famous statement that "time is relative". But what does that mean? Relative to what? Time is relative to where you are in the universe. Einstein found that space and time are linked together. Like a woven fabric, that surrounds the whole universe. This space-time fabric can be stretched. It is stretched when it is around a large object, such as a planet or a black hole, or when there is a massive object nearby. If you take a shirt or any other kind of fabric and pull on it, you can feel how it is stretched where you are pulling. You can see the individual threads. The fabric is still there where you are not pulling, but there is less tension in those places. Space and time are similar to the fabric in your hand. The stretched fabric means that the two physical dimensions - time and space - are also stretched. So time moves more slowly in the places where you pull.

We can measure this phenomenon called "time dilation" with clocks. If you send a clock into space and another clock with exactly the same time stays on the ground, the space clocks will have a different time when they return to Earth. Less time will have passed for the space clock than for the earth clock. We saw this in the science

fiction film "Interstellar" (spoiler). The protagonist, Cooper, goes into space at the age of about 40. He gives his teenage daughter a watch and keeps one for himself. When he returns, his daughter is over 85 and dying, and he has hardly aged at all. The clocks tell different times. Technically, he is 124 years old according to Earth time, but for him it has only been a few months.

Can we call this time travel? When we think of time travel, we think of travelling to the past or the future and returning from where you started. There are many unknown facts about time, but scientists are sure of one thing: time can only move in one direction. Physicist Stephen Hawking explains in his book "A Brief History of Time: From the Big Bang to Black Holes", many phenomena about the universe and everything related to it. These include the arrows of time. Yes, plural. For Stephen Hawking, there are three different arrows of time: the thermodynamic, the psychological and the cosmological. The thermodynamic arrow of time explains why we cannot see something that is shattered, like a glass, put back together again. The psychological arrow of time tells us why we cannot remember the future. The cosmological arrow of time points in the same direction as the expansion of the universe. They describe different things, but they all move in the same direction and cannot go backwards.

In the next chapter, he talks specifically about time travel and wormholes. Wormholes look like black holes from the outside, but they are not quite the same. Wormholes are "a special type of structure that some scientists think might exist, connecting parts of

space and time that are not usually connected" (Cambridge Dictionary). To get a visualisation, we need our space-time fabric again. If you fold one side of the fabric over and create a tunnel connecting the two opposite sides, it could look like a wormhole. Scientists believe that it could theoretically be possible to travel through a wormhole because different parts of space-time are connected. Wormholes are based on Einstein's theory of general relativity, but we do not really know if they exist because no wormhole has ever been discovered. Therefore, the time travel into the future that we see in "Interstellar" may be the only time travel that humans will be able to experience when the technology is advanced enough.

It is difficult to understand time. Every day you see clocks on walls and watches on wrists and you think that is what time is. After tapping one foot into the topic, you realise that everything is related to time. Things that we see in some science fiction films that seem impossible have the possibility of coming true one day.

Fiona Schaumann

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Never give up &
Keep Dreaming



Keep Dreaming

We all live in this fast-paced world that's run by a clock and capitalistic values that determine how we must live our day-to-day lives to keep up with some imaginary ideal. While striving to reach this ideal we often neglect our true needs and wants, the things that keep us healthy, happy, and really fuel our minds and souls, the things that are the core of our motivation. This is why the number of people who feel depressed and anxious keeps growing, because we forget that to feel content and keep growing as people, we need to nurture what our bodies and minds really need.

I was fortunate enough to be a part of a project that did just that. It helped me look in a mirror and do a self-check on my mental and emotional state and guided me through fun and creative projects to reconnect with the positivity inside. As May is the international month of mental health, "Keep Dreaming" was the perfect project for it and although brief, it hit all the keynotes that affect me and my peers. On the first activity day, we talked about social participation and volunteering. By engaging ourselves in activities that involve interaction with our community, we not only work on our social well-being but can also help to reduce social problems or at least offer our support and listening ear. By engaging ourselves in the world outside of us, we can interact with different points of view and adapt to new and healthier mindsets. I feel that this is exactly what we all gained from each other as a group. Having met such amazing people with different perspectives allowed us to be open-minded to the differences that we all carried individually, but, no matter what, we valued

inclusion and we all had a strong team spirit that made us inseparable. Together, through the activities we worked on breaking mental health stereotypes and training our emotional intelligence. To achieve that, of course, we had to develop active listening skills and create a warm and supportive environment where everybody felt welcome. Towards the end of our training course, we devoted time to stress, as it's the most common cause of psychosomatic illnesses. We talked about the most common stressors in today's age and how to avoid them. One of the creative activities was making a self-help guide through stressful situations as a way of learning how to cope with them. As fostering empathy was a great part of this project, we also talked about providing help and support to people who are close to us or are going through a similar situation. And finally, while keeping our minds healthy is important, physical well-being should also be a priority. These two things are deeply intertwined and without one the other can't function properly, therefore to reach the best state we need to take care of our body and mind.

This project helped us better understand ourselves and each other. It connected us with beautiful and amazing people who felt like we had known each other for lifetimes. Being located by the sea, eating tasty food, welcoming people, and colourful landscapes helped us reach at least half of the goal of the project, which was achieving mental well-being. As the sea was washing away at the beach so too was the foggiest in our mind and I am very grateful for the opportunity to be a part of something as amazing as this.

Simona Soleva

Simona represented Volunteers Centre Skopje at the "Keep Dreaming" youth exchange that took place from May 7th to 12th in Giardini Naxos, Sicily.

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.

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