

VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

july 2024

cooperation

theory

equilibrium

dilemma

strategy

mathematics

analyzing

game

individuals

psychology

competition

decision

negociation





Holiday privilege; is what summer vacation truly is. Not everybody has the chance to rest that long or to plan a two-week vacation on an island in Yemen or a road trip in Eastern Europe to discover the Circassians' unique ways of life.

Holiday at home; is also a luxurious option. Not for Parisians this month, though! Hosting the Olympic Games in the capital city will crowd it even more, and organizing this 1500-year-old celebration has been a true relay race: offering the best options to athletes and tourists without jeopardizing the inhabitants' wellness is a true sport. This human puzzle pictures the strategic process of decision-making on a global level, where competition and collaboration have to play on the same court.

Holidays for our brains; would be a good break from what society or our inner judge is expecting from us. Taking a rest from our habit circles is essential for stimulating our creative sides: how could we listen to our new American music composer if there was no silence? Where could our fictional circus character go, if our imagination could not take him on an adventure?

Holidays on an adventure, at last, are no longer my favorite. Feeling the atmosphere of an environment, deeply connecting to its people, and having a new favorite local yogurt recipe are some life pleasures that I cannot achieve in two weeks - but maybe during the month of July in Macedonia...

Among my mental peregrinations about holidays, I have included clues to some of the topics we wanted, as happy writers from VCS, to include in VOICES this month. You have plenty of reading choices for your holidays in July!

Zoé Marilier

Привилегија - тоа, навистина, е летниот одмор. Не секој има шанса да одмора долго или да планира двонеделен одмор на остров во Јемен и патување во Источна Европа за да го открие уникатниот начин на живот на Черкезите.

Одмор дома: и тоа е луксузна опција. Особено за парижаните во текот на следниот месец! Олимписките игри дополнително ќе го преполнат главниот град на Франција, а организирањето на овој настан стар 1500 години е како штафетна трка: да им го понудиш најдоброто на натпреварувачите и на туристите, притоа, водејќи сметка за самите жители е спортска дисциплина. Оваа човечка загатка го прикажува стратешкиот процес на одлучување на глобално ниво, каде конкуренцијата и соработката треба да играат на истиот терен.

Празник за нашиот мозок би бил добар одмор од она што општеството или нашиот внатрешен судија го очекува од нас. Да се одмориме од оковите на навиките е од суштинско значење за стимулирање на нашите креативни страни. Како би можеле да го слушаме новиот американски музички композитор ако немаше тишина? Каде би можел да отиде нашиот измислен циркуски лик, ако нашата имагинација не можеше да го одведе во авантура?

Мене лично, авантуристичките одмори веќе не ми се омилен. Чувството на атмосферата на околината, длабокото поврзување со луѓето и имањето нов омилен локален рецепт за јогурт се некои животни задоволства што не можам да ги постигнам за две недели, но можеби во текот на месецов тука во Македонија...

Меѓу моите ментални стресови за празниците, вклучив индикации за некои од темите што сакавме (како среќни пишуваачи од ВЦС) да ги вклучиме во ова издание на „Воисес“. Имате голем избор на интересни текстови додека сте на одмор!

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topic of the month

- 4 **Game theory**
Ömer Çakmak
- 26 **Теорија на игрите**
Омер Чакмак

story

- 6 **A clowns tale crafted by your imagination**
Emre Görkem Bolat

erasmus+

- 8 **Gender E+Quality**
Љупка Шалевска и Горазд Коцев
- 14 **Let the silence speak to you**
Georgina Kominovska
- 20 **Breaking the cycle**
Andrijana Stravrevska
- 30 **Make music, not war**
Stefan Nikolovski

sport

- 10 **The baron of the Olympic Games**
Zoé Marilier
- 28 **Македонија низ историјата на ОИ: 2+11**
Goran Adamovski
- 29 **Maqedonia gjatë historisë së LO: 2+11**
Goran Adamovski

reportage

- 12 **Our milky culture**
Fiona Schaumann
- 16 **Who are Circassians?**
Ahmet Yiğit Bircan
- 24 **Socotra Island - The alien landscape on Earth**
Lara Mihajlovikj

music

- 18 **Moondog, the street musical genius**
Augustin Magaud

opinion

- 22 **Summer insecurities**
Dela Dodevska



Game Theory

Game theory is a field that mathematically studies strategic situations in which individuals' decisions depend on the choices of others. Since ancient times, people have been interested in games such as chess and backgammon, and more recently, sports such as football, basketball and tennis have entered our lives. Game theory helps us understand and model such strategic interactions. This theory, which is based on mathematical foundations, is used in many fields like economics, political science, biology, psychology and computer science, allowing us to examine the dynamics of competition and cooperation in depth.

Let's take a look at the most well-known strategy of game theory and social sciences: The Prisoners' Dilemma. The Prisoners' Dilemma is one of the classic and well-known problems of game theory. In this dilemma (its Matrix is listed below.), the two accomplices are kept in separate cells and cannot communicate with each other. Both prisoners must choose between confessing or remaining silent. If both remain silent, each receives a short prison sentence. If one confesses and the other remains silent, the one who remains silent, receives a long prison sentence while the confessor remains free. If both confess, each will receive a medium-length prison sentence. In this case, even if both prisoners individually choose the best strategy, they may jointly face the worst outcome. The Prisoners' Dilemma illustrates the difficulties and paradoxes of individuals cooperating while trying to maximize their own interests. This dilemma reveals that when individuals act rationally and look out for their own benefit, it can sometimes lead to worse outcomes collectively. The dilemma helps us understand how a lack of cooperation and trust can create problems in relationships between individuals and the consequences of strategic decisions.

The place where all the possibilities are collected in a game is known as the Nash Equilibrium. Nash Equilibrium refers to the equilibrium point where players make their strategic decisions in the best way and changing those decisions

		Prisoner A Choices	
		Stay Silence	Confess
Prisoner B Choices	Stay Silence	Each serves one month in jail	Prisoner A serves full year in jail Prisoner B goes free
	Confess	Prisoner A serves full year in jail Prisoner B goes free	Each serves three month in jail

will no longer benefit them. For example, consider two companies: A and B. Each can set a high or low price. If both companies set a low price, both will get the best result and they won't need to change their prices. This is the Nash Equilibrium. Game theory studies how strategic decisions are made. The Nash Equilibrium, on the other hand, shows the situation where these decisions are in balance, that is, everyone chooses the best strategy and does not need to switch to another strategy. This can be applied to many situations that we often encounter in daily life.

Game theory in economics plays an important role in determining the competitive strategies of companies. Companies develop pricing, product launch, and marketing strategies by anticipating their competitors' possible moves. A good example of game theory is when two large retail chains plan discount strategies, and each side tries to achieve the most profitable outcome by taking into account each other's moves.

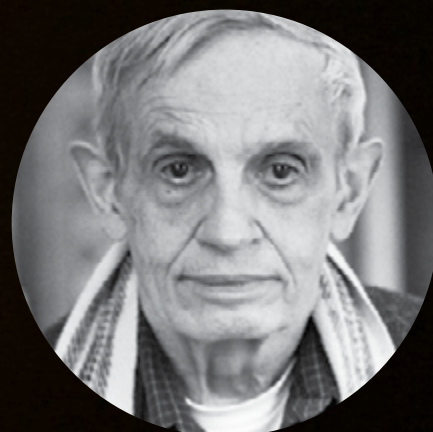
In politics, strategic interactions between political parties or states can be analyzed with the help of game theory. During election campaigns, parties take into account the strategies of their opponents when determining their promises, while states plan their negotiating and war strategies in international relations.

Game theory in biology has a wide range of applications. Animal survival and reproduction strategies, resource sharing, predator-prey dynamics, etc. By using game theory models on topics, strategic interactions in the natural world become more understandable. For example, taking into account the behavior of males when making mating choices of female birds is an application of game theory in biology.

Game theory analyzes how cooperation and competition are shaped in social interactions, how people predict each other's behavior, and how they make decisions accordingly. This, in turn, helps us better understand group dynamics and individual behaviors. The insights offered by game theory help us unravel the complexity of strategic decisions and

interactions. The things that need to be done to browse the content offered by individuals determine the strategies.

Ömer Çakmak



John Forbes Nash Jr.

Picture: Peter Badge, Wikimedia Commons

A Clowns Tale

Crafted By Your Imagination



Dear reader, in this article, I want you to join me to do some brain gymnastics. Forcing our imagination to the upper level. Basically, you are the one who's gonna decide the way to the end, so be prepared.

First of all, I want you to think about a clown. It can be scary, it can be funny, it can have a make up, maybe a blue dress, everything. After that, think of a name for your clown. I am doing the same steps as you while you're reading this, but let's keep it a secret for a while.

Now that you have your clown on your mind let's take a small trip back to their childhood. Imagine your clown as a young child, full of dreams and curiosity. What was their favorite toy? Perhaps it was a juggling set or a pair of oversized shoes. What were their dreams? Maybe to become the best clown in the world. I don't know, you decide. Did they always have a knack for making people laugh or scare, even in kindergarten?

Now, picture your clown's first day at school. They might have worn a little hat with a spinning propeller on top, making all the kids giggle. Were they the class clown, always in trouble for pulling pranks and telling jokes? Or were they shy, only revealing their funny side to their closest friends? My clown was a little shy. He was afraid to tell jokes in public, but he was the funniest among his close friends. But be patient, don't give me any information about your clown. Not just yet. The story continues.

As your clown grows older, think about their teenage years. Did they join the theater club or maybe the circus during summer breaks? Did they have

friends to perform with in the streets? How was their personality? Were they happy, sad? Imagine them discovering their passion for performing, practicing routines in the backyard, and dreaming about being on the top of the clowns.

During these formative years, your clown faced a critical time in their life. Perhaps they had to overcome stage fright, or fear of failure. We all have ups and downs in life and sometimes it gets frustrating. But the way of life is a learning process itself, and we learn about life, about everything day by day.

One summer, they attended a circus camp where they experienced a clown take them under their wing. This mentor helped them build confidence. Taught them not only the ways of clowning but also the importance of life, and the meanings of being a good clown.

Now, let's fast forward to their adulthood. Your clown has graduated from clown college. They've learned everything from pie-throwing to unicycling. They created a unique persona. Complete with a signature make-up, and a colorful costume. They carry with them the powerful lessons they learned from their childhood and teenage years, shaping them into the clown they are today.

Life as a professional clown isn't always easy. Imagine your clown's first big performance, at a local fair. The nerves, the excitement, the thrill of hearing the audience's laughter for the first time. How do they handle the pressure? Did they fail, and proudly laughed at their poor performance, knowing that in life there are also failures and we learn mostly from the failures. Or was it a great performance?

Despite a few hiccups, the show was great! After that, they travel town to

town, knowing that they are on the right path. As they travel town to town your clown encounters great adventures, making new friends, entertaining people along the way and maybe a love story, a little heartbreak too!

One day, on a cold and foggy evening, your clown stumbles upon an old, forgotten circus tent in the outskirts of a town.

As they cautiously made their way inside the tent where they discovered an old, antique treasure chest filled with an old clown costume and its accessories. Motivated, they made the decision to fix the tent and cheer up the locals and kids. As they were getting ready, they noticed an odd rustling sound outside. It's the sound of bells jingling and laughter. When your clown goes outside, he notices another clown approaching.

The clown had a completely different appearance. Its face is painted with a broad white smile and rosy cheeks, and it has a bright nose that seems to glow even in the dark of evening. It's dressed in a green dress with purple polka dots, a frilly, oversized collar, and colorful patches. Its hair is a crazy chaos of orange and gray curls, and a tiny, tipped hat with a sticking feather sits on top of it.

The approaching clown waves enthusiastically and does a playful cartwheel before coming to a stop in front of your clown. They extend a hand and introduce themselves with a voice full of warmth and excitement.

"Hello there, my name is Gorki. I couldn't help but notice this beautiful tent. Are you planning to do something special here?"

Your clown, intrigued by Gorki's energy and charm, shakes their hand and shares their plans to restore the tent and bring joy to the people of the town. Gorki's eyes light up with excitement.

"That's fantastic! How about we join forces? I've got a few tricks up my sleeve, and I'm sure together we can create something truly magical."

Together, they brainstorm several ideas to make the circus tent a place of wonder and

happiness. Now, dear reader, it's up to you to choose the path they take:

If you think they should open a grand circus show, imagine them working tirelessly, practicing new acts and perfecting their routines. The night of the show, the tent is filled with families and children, all eagerly awaiting the performance. The show is a huge success, leaving the audience in awe and spreading joy throughout the town.

If you believe they should turn the tent into a clown school, picture them teaching children and adults the art of clowning. They hold workshops on juggling, face painting, and comedy. The school becomes a beloved community center where people come to learn, laugh, and make new friends. The students' performances bring continuous joy to the town.

If you imagine them creating a circus museum, think of them showcasing the history and magic of clowning. They collect old costumes, props, and posters, turning the tent into a vibrant, educational space. Visitors from all around come to learn about the rich history of the circus and leave with a deeper appreciation for the art of clowning.

As you make your choice, think about how your clown has grown from their humble beginnings to becoming the heart of their community. What have they learned? How have they changed? And most importantly, how have they made the world a better place with their laughter and joy.

In the end, whether your clown put on a grand show, started a school, or created a museum, the true magic lies in their journey. It's not just about the destination, but about the joy, laughter, and connections made along the way. Your clown's story teaches us that no matter where we come from or what obstacles we face, we all have the power to bring happiness to others and make a positive impact on the world.

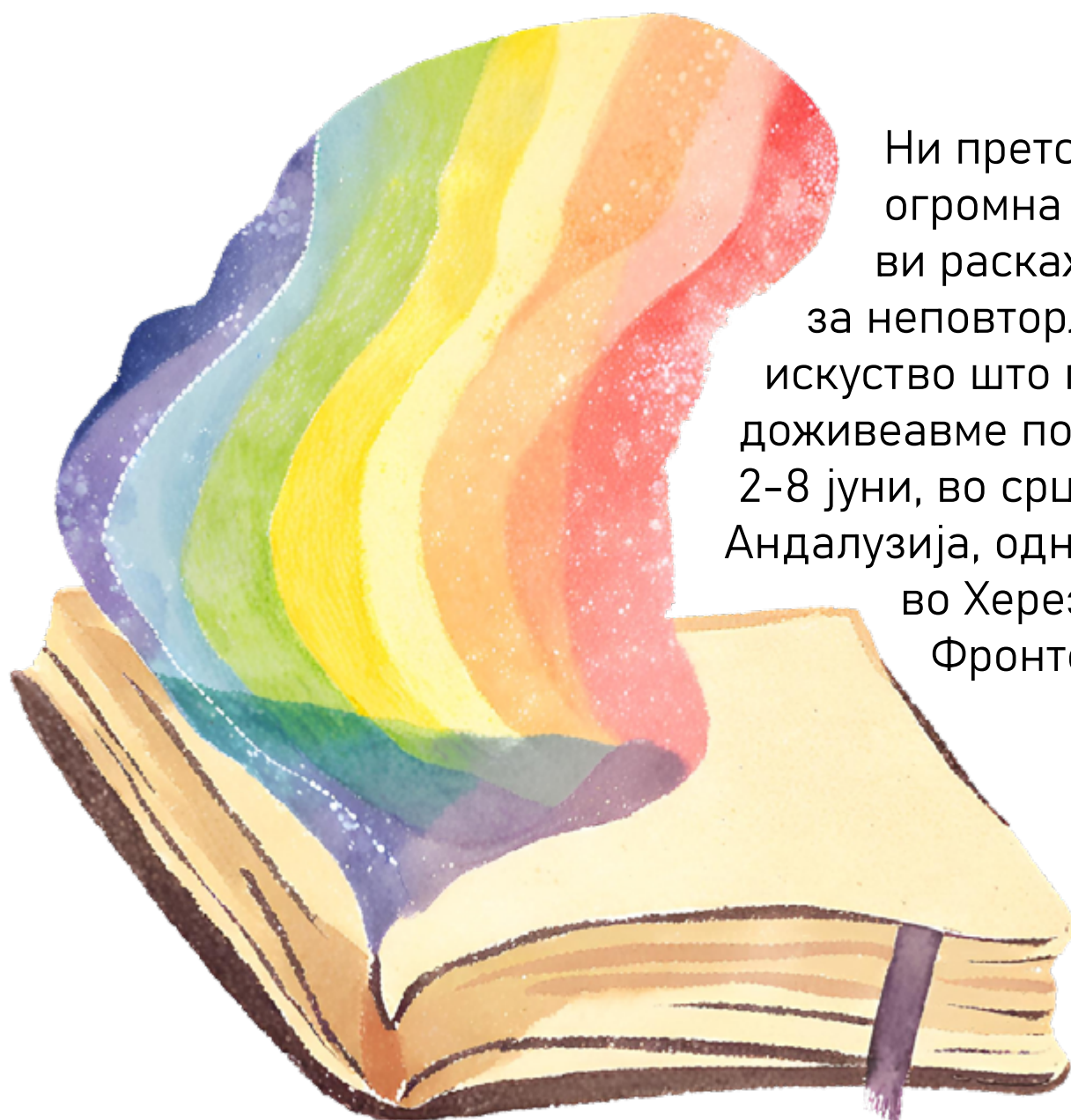
Now dear reader, I reveal my clown.

Emre Görkem Bolat



GENDER E+QUALITY

Обука во Шпанија што ни ги измени животите



Ни претставува
огромна чест да
ви раскажеме
за неповторливото
искуство што го
доживеавме помеѓу
2-8 јуни, во срцето на
Андалузија, односно
во Херез де ла
Фронтера.

Сè започна кога слетавме во прекрасната Севиља, каде успеавме да разгледаме дел од нејзините знаменитости, пред да се упатиме кон Херез. Таму бевме удобно пречекани од волонтери на A.J.C. Demeter (организацијата-домаќин), по што бевме сместени во хотел во срцето на градот. Со претставниците од останатите држави се запознавме во паб, каде што вкусивме локална храна, по што уживавме во кратка прошетка.

Наредното утро, тренери од самата организација официјално не запознаа со програмата, а преку енергичните бустерите пред секоја активност успеавме подобро да се запознаеме.

На гала вечерата, имавме можност и привилегија да ја претставиме нашата држава преку локални деликатеси (ајвар, нормално), грицки со кои израснавме (а, и до ден-денес си ги уживаме), кско и традиционални танци. За возврат, успеавме да „пропатуваме“ низ Европа, вкусувајќи ги деликатесите од останатите држави вклучени во овој проект.

Преку секое заедничко пешачење од хотелот до салата за активности во Centro Social Blas de Infante, во кратко време станавме блиски пријатели со другите учесници. Разговаравме за родова еднаквост, историјата и брановите на феминизмот, родови предрасуди и нивното влијание како на поединецот, така и на целото општество.

Едуардо од Херелез Геј успешно ни го долови значењето на секоја буква од LGBTQIAP+ азбуката, како и позадината на родовите и сексуалните малцинства (GSM). Го видовме и прогресот на LGBTQIAP+ знамето, како и самата историја зад секое од нив (неретко болна), и како актуелното знаме настана да биде официјалното знаме.

Хозе Марија го искористи БаскетБит методот за демонстрација на инклузија и зголемување на самовербата, преку интересна игра со кошаркарски топки. Иако беше несекојдневен начин на работа и иницијално предизвика прашални погледи во многумина од нас, набрзо целта на играта ни стана јасна и успеавме да ја видиме целата ситуација низ нова перспектива.

Даниел се насочи на улогата на мажите и маженствено-презентативните личности како во историјата на феминизмот, така и во сегашноста. Во (според нас) фантастичната игра на линија на согласност, ги разгледавме нашите видувања на одредени искази, по чие претставување и објаснување на истите, видовме промени во мислењето на соучесниците, но и во сопствените.

Ханде беше задолжена да не запознае со брановите на феминизмот, од самиот (ексклузивен) почеток каде борбата генерално се насочувала на белите и богатите жени, до актуелната борба која е поинклузивна, и која зема

предвид позадината на секоја една индивидуа.

Иако значително интензивен, жртвувајќи по некој час сон успеавме да пронајдеме време да се забавуваме, играме, пееме (вклучувајќи и караоке), како и да се поврзиме со останатите учесници за време на паузата за ручек. На самиот крај испративме пораки правејќи инклузивни графити, со што сакавме да покажеме зад што стоиме, како на останатите учесници, на останатите граѓани, така и на целиот свет. Церемонијата за откривање на тајниот пријател и доделувањето на сертификатите ја поминавме со кнедла во грло, бидејќи знаевме во кој дел од проектот активно се наоѓаме. Задоволни од тоа што го искусивме заедно, но и тажни заради самиот крај, се испративме со ветувањето дека ќе се видиме повторно некаде во светот. Веруваме дека како и нас, така и на останатите учесници ова искуство трајно ни ги промени животите, а и вечно ќе остане позитивна трага во нашите сеќавања.

Од се срце, безмерно сме благодарни на ВЦС што ни ја пружи оваа можност. Се надеваме дека успеавме да ја прикажеме не само Македонија, туку и ВЦС во позитивно светло.

Љупка Шалевска
Горазд Коцев



THE BARON OF THE OLYMPIC GAMES



“De Coubertin” is not the most famous French name you might know, I presume. I must admit it is not very well-known in France either. Although without him, hosting the Olympic Games in Paris in 2024 would have sounded like a historical old-fashion joke to most of us.

Let me tell you a little more about the so-called father of the modern Olympics!

De Coubertin, sport and pedagogy

The Baron Pierre de Coubertin, who first opened his eyes in Paris in 1863, was born to be a gainsayer; a man that comes to make a change. With a triple diploma in literature, law and sciences, Coubertin was likely to pursue a military or a diplomatic career - as his aristocratic family would have wished for. However,

Pierre de Coubertin had always been fascinated by sport. From a very young age, he excelled at pistol shooting, and even became French champion on several occasions. His interest then developed in so-called “Anglo-Saxon” sports, which he discovered and practiced during his many stays in England: rowing, boxing, fencing and horse riding. At that time, sport was much more firmly established in the British school curricula than in the French one, and De Coubertin drew inspiration from this pedagogy to carry out a major school reform on his return.

His main motivation was to improve the physical condition of the pupils for their own well-being, but also to “regenerate the French race which had been weakened by the defeat of the war in 1870” (the Franco-Prussian war). The military spirit that mum and dad wished for him wasn’t so far away, after all...

It was this reform, which he had to persevere with in order to make the rigid French academies more flexible, that was to serve as a training ground for the battle he engaged to re-establish the Olympic Games, year after year. His first project was hardly put together in 1889, then supported by the young IIIrd Republic, and finally officially presented in Paris in 1892. He was only 29 at the time!

The rise from the ashes

His idea was to bring the Olympics up to date again, 15 centuries later, modernized and with a cosmopolitan character. Coubertin believed that to make sport more popular, it had to be globalized. The aim was also to promote understanding between peoples, which had been severely damaged by the wars of the century.

Indeed, the original Olympic Games were abolished in 393 by decree of the Christian emperor Theodosius, who put an end to the practice of pagan cults. The Olympics, organized to honor the gods of Olympus, therefore fell into this category and were abolished. Earthquakes have since completely destroyed the sites where the games were held, and not a single building from the period is still visible.

Of course, de Coubertin was not the first to attempt to re-establish the Olympic Games or to create a similar event: the Olympiades de la Republique in Paris, the Zappa Olympiad in Greece, or the Olympian

It is within this very Committee that the various elements that make up the symbols and values of equality and international fair play of the Olympic Games will be invented.

The motto came first: Citius, Altius, Fortius, a Latin expression meaning "faster (athletically), higher (intellectually), stronger (spiritually)". This expression was invented by one of De Coubertin's collaborators.

Then came the credo:

"The most important thing at the Olympic Games is not to win but to take part, because the important thing in life is not the triumph but the struggle; the most important thing is not to have won but to have fought well", written by De Coubertin and inspired by the words of a priest he admired.



The world-famous Olympic rings were designed by De Coubertin himself and have remained virtually unchanged since 1913. They represent the 5 continents and the universality of the Olympic spirit.

The Baron also wrote the Olympic oath: *"On behalf of all competitors, I promise that we will take part in these Olympic Games respecting and following the rules that govern them, in a spirit of sportsmanship, for the glory of sport and the honour of our teams"*, which is now pronounced by an athlete, a judge and a coach from the host country.

The Olympic flame was obviously not invented by De Coubertin. It was already existing during the original Olympics in Greece, permanently burning on the altar of Zeus. The modern flame was lit for the first time in 1932, and little by little the idea emerged that it could be lit directly

by the rays of the sun in Olympia and then transported, still burning, to where the games were being held.

Last but not least, the Olympic anthem Cantata by poet Kostís Palamás, set to music by composer Spýros Samáras in 1896, was also played at the first Olympics in Athens, then in Paris in 1900, Saint-Louis in 1904, London in 1908, Stockholm in 1912, etc. It was not until 1994 that the Games were staged alternately every 2 years.

This story, that created the Olympic Games as we know them nowadays, has not been a fairy tale from the beginning, and all editions were not models for the collaborative and inclusive spirit that was to underpin their resurrection. Some editions tried to set up "anthropological days", reserved for "representatives of wild and uncivilized tribes", while others wanted to involve only jury members of the same nationality. De Coubertin himself, although being part of a better global collaboration, spoke against female's sport, being "impractical, uninteresting, unaesthetic", and no women were allowed on the olympic sport fields for the very first edition. The paralympic athletes, at last, had to wait until 1948 to be able to participate, after De Coubertin's death in 1937. So is humankind, like the Olympics: after ban comes inclusion!

Zoé Marilier

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Games in England, were held for a few editions. But it was Coubertin's tenacity and enthusiasm that enabled his Games, unlike other similar sporting events, to endure over time.

The International Olympic Committee

In 1894, when all the hand-shakings and endless speeches eventually rewarded him, De Coubertin founded the International Olympic Committee to provide practical assistance to his project, to bring everything together under a single umbrella and to decide where the Olympics would be held. Dimitrios Vikelas, a Greek businessman and writer (his nationality was purposely sorted) was to hold the presidency of the Committee, followed by the Baron himself from 1896 to 1925.

OUR MILKY CULTURE

Did you know that people in many parts of the world get sick when drinking milk or eating yoghurt? Is pasta and yoghurt a normal or a weird meal for you?

Food and drinks are a big aspect of culture, and it is only logical that one specific thing is different in every country. Sometimes we are so deep in our own cultural kitchen that we do not know what other people's kitchens look like. Dairy products are different in every part of the world, even though it all starts with the same thing: MILK

Humans started drinking milk around 6,000 years ago. Many people survived hunger with the help of milk, which contains many nutrients like calcium and vitamin D. Especially for the people in the northern hemisphere, milk was a game changer since there is not that much sun. But there was a problem. Milk contains a special type of sugar called lactose. To get energy from milk and to ensure that the body can digest milk properly, lactose has to be broken down into glucose and galactose. The body needs a special enzyme called lactase to do this. Children have this enzyme, but many adults do not. The body gets rid of it since adults usually do not drink milk (from their mothers) anymore. People without this lactase have lactose intolerance and get sick when they drink milk or dairy products. When people started drinking milk in the past, evolution gave some of their descendants lactase persistence. They have lactase and can consume milk products without any problems.

Some populations have a higher frequency of lactase persistence than others do. Even though India is the largest milk consumer in the world, Europe is THE place for milk and yoghurt. Only 28% of the population has lactose intolerance. In places like Africa, Asia, and South America, around 90% of the people are lactose intolerant. One reason for this is the higher temperatures. Dairy products last longer in colder temperatures than in warm ones. Another reason is that nomadic groups didn't have the capacity to store milky products. Since there were many of those in Africa and Asia, they did not consume as much milk and therefore do not have the gene that produces the enzyme lactase.

In places like in Europe where many people have high lactase persistence, dairy products get consumed the most. But even within Europe, there are many different ways in which people eat dairy products.

A white cream, which can be thick or fluid, salty or neutral, depending on where you are in the world, the experience can be very different. We are talking about the one and only yoghurt.

"I think the whole concept of yoghurt is different within cultures." -says Ece, our former Turkish volunteer. *"I cannot think of a meal that I could not eat without yoghurt."*

When you add specific bacteria to milk and store it for many hours at warm temperatures, you get a thickened milk that we call yoghurt. During the fermentation process, lactic acid is produced, which changes the protein structure of the milk. The new texture makes the yoghurt longer-lasting.

In Denmark, the yoghurt is liquid enough so it can flow out of a tetra package. Yoghurt in Germany has a solid consistency, so you can eat it with a spoon together with cereal, etc. Other different milk products, like Quark, Frischkäse, or Skyr, are also very common. They have different ingredients, and people eat them on bread or as ingredients in cakes. In Germany, you mostly only find solid yoghurt, which is similar to pavlaka here in Macedonia.

Other concepts of yoghurt were strange to me before I came to Macedonia. For me, a German, is it unusual that you drink yoghurt or eat it as a sauce for dishes? While I was in Germany, I ate pasta with yoghurt and tomato sauce. A Turkish person made it for me, and I was convinced that that was the

weirdest way to eat yoghurt. That is different in the Mediterranean region. With hot temperatures, it is nice to add something light and cold to the meal.

"We eat Yoghurt with basically everything. It is an essential ingredient for sauces or the sauce itself. Everyone eats pasta with yoghurt as a sauce." -says Ece.

Consuming milk started as a necessity to survive. Back in the day, people were lactose intolerant and got sick from drinking milk, but with time, people gained the ability to digest lactose properly. Especially in Europe, the majority consume milk and yoghurt. Dairy products are now an important part of many culinary experiences. I looked into other people's kitchens and I would say it definitely brightened my horizon. I like drinking yoghurt now, but I am still uncertain about the pasta with yoghurt. And who knows, maybe someday yoghurt will take over the world.

Fiona Schaumann

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Let the silence speak to you

INSIGHTS FROM LAGUÉPIE, FRANCE

Discussions about shaping young minds has been a significant topic in recent years, especially in areas related to education.

Allowing space for creative exploration, emotional expression, and the freedom to joyfully immerse yourself in activities seem to be at the heart of effective youth development.



Fortunately for me, I was given the opportunity to explore these concepts during a training course I attended, "Youth exchange: From the idea to the project" held in the charming town of Laguëpie, France. This project came at a very significant time in my life, as I am starting to delve deeper into putting these concepts into practice that will have an impact on the lives of youth.

The training lasted five days and was filled with interactive exchanges, games, activities, and icebreakers. I believe that it was the perfect mix of cultures from all parts of Europe, which created a dynamic and engaging learning environment. One of my favourite aspects was the diversity of the participants, which added so much richness to the discussions and collaborative efforts; having the privilege to hear such profound stories from people with rich personal histories simply elevated the entire experience in a way that was unexpected for me.



I am grateful that I had the chance to reflect on my personal style as a facilitator and mentor to youth. This opportunity was incredibly valuable for me, as it helped me understand my strengths and areas for improvement. I had the opportunity to facilitate my own creative workshop, aimed to inspire participants to step out of their comfort zone, which in the end, was both challenging and rewarding. Making sure that all instructions are clear and each participant feels comfortable and included is no small task. Luckily for me, the facilitators of the course and my fellow participants were constant sources of inspiration. Their dedication, creativity, and enthusiasm for youth development were their guiding light in every interaction and activity. Learning from their experiences and observing their approaches contributed a lot to my understanding and provided me with new strategies to implement in my own practice.

The element that sowed the entire experience together was the natural beauty of southern France, which provided such a serene and calming atmosphere, perfect for moments of introspection and peace; the charming town of Laguëpie offered the perfect setting for our learning journey, and a holistic approach that nurtured both the mind and the spirit.

Lastly, I want to share one of the most meaningful lessons I learned over those 5 days: how to sit comfortably in silence. When we are immersed in an activity and look to always achieve a positive experience, sometimes, we forget that the most valuable lessons are learned in silence, in moments where we can sit comfortably with ourselves and others, not feeling the need to fill the air with unnecessary statements. This becomes especially relevant when working with youth, when we can learn to allow emotions and thought to exist all around us, not being overwhelmed with thinking of the best reply.

I will be forever grateful for this experience and training, which has equipped me with valuable insights and skills that I am eager to apply in my work with youth, hoping to create an environment where they can thrive and reach their full potential.

Georgina Kominovska

Georgina represented Volunteers Centre Skopje in the training course "Youth exchange: From the idea to the project" organized by Solidarités Jeunesses between the 1st and the 6th of June in Laguëpie, France.



Who are Circassians?





Who are Circassians?

Circassians are one of the indigenous people of the Northern Caucasus. The ancestors of today's Circassians are known as the Sind-Meot tribes. Findings revealed as a result of archaeological research show that the Sind-Meot tribes are the indigenous people of the Caucasus. There are 9 surviving Circassian tribes and they are Abzakhs, Besleney, Bzhedug, Chemirgoy, Hatuqway, Kabardian, Natukhaj, Shapsug, Ubykh. Also there are 11 destroyed or barely existing Circassian tribes and they are Ademey, Chebsin, Guaye, Hakuchey, Khatug, Khegayk, Makhosh, Mamkhegh, Yegerugway, Zhaney. Circassians' homeland is Circassia and it is located in the northwest of the Caucasus, between the Caucasus Mountains, the Kuban River and the Black Sea. Circassians speak Northwest Caucasian languages like Adyghe and Kabardian.

What is Xabze?

Xabze is a name used to express the unwritten rules of the Circassians. Xabze culture, which is responsible for all behaviors including greetings, constitutes the spiritual environment of the Circassian society. According to Circassians, there are rules that must be followed in daily life. Complying with these rules means preserving the essence of being a Circassian. An old Adyghe saying actually supports this idea. "Even in the afterlife there is Xabze. Even if the world goes down, do the right thing".

For Adyg people, Adyghe Xabze means their way of living and thinking. Adyghe Xabze; The birth of Adyghe is its morality until it leaves the world. The complexity of the Adyghean Xabze; It has permeated the life of all Adygheans, taking part in the understanding of all generations, at all levels, and in the behavior of all ages, for both genders, regardless of their social status.

Circassian Genocide:

Circassians resisted the attempts of Tsarist Russia to invade their lands for nearly 300 years. On May 21, 1864, the resistance of the Circassians was broken and Tsarist Russia destroyed all the resisters by committing the crime of genocide. The following years continued with forced exile, which was the continuation of the crime of genocide. According to historical records, nearly 2 million Circassian population were subjected to forced exile from their homeland, the North Caucasus. For those who want to stay in their places, Tsarist Russia changed their language, culture and beliefs; Assimilation and exile within the Tsarist lands were imposed.

Religion among Circassians:

- Sunni Islam (y. 1600s–1864)
- Roman Catholicism (y. 1300s)
- Eastern Orthodoxy (y. 700s–y. 1600s)
- Judaism (y. 652–y. 968)
- Circassian paganism

Where are Circassians now?

Nowadays, there are Circassians living in approximately 40 countries, including the US, Türkiye, Israel, Syria, Lebanon, and various European nations.

Türkiye is home to about six million Circassians, making up nearly 80% of their population.

10 percent or so reside in what was once known as Circassia. However, the Republic of Adyghe, the Republic of Kabardino-Balkaria, the Republic of Karachay-Cherkessia, and Krasnodar Krai are the four administrative regions that currently make up this region.

Ahmet Yigit Bircan

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Picture of Circassian prince: Miner Kilbourne Kellogg, Wikimedia Commons

Moondog

the street musical genius

Have you ever heard of Moondog? Probably not. But if you know this story you should know how crazy it is. And if you don't know it, I'm going to tell you a true story about an almost legendary guy: Moondog.

Our story takes place in the USA during the first part of the 20th century. Louis Thomas Hardin, the real name of Moondog, was born in 1916 in the state of Kansas. He's the son of a pastor but he quickly became atheist and he was fascinated by Nordic Mythology. Also at the age of six years, he assisted at a traditional amerindian "Dance of the sun". It's a traditional ritual during which some amerindian tribes dance and play during many days. It was for him an important experience and music and rhythms have left a strong impression on him. Another life-changing experience was when a stick of dynamite blew up to his face at the age of sixteen. This accident made him totally blind for the rest of his life. These two events marked him for the rest of life and music became his greatest passion and hobby. He started by playing organ with his father and then he came to a school for the blind where he continued to learn music. After the school for the blind he obtained a scholarship for studying music at the Memphis university.

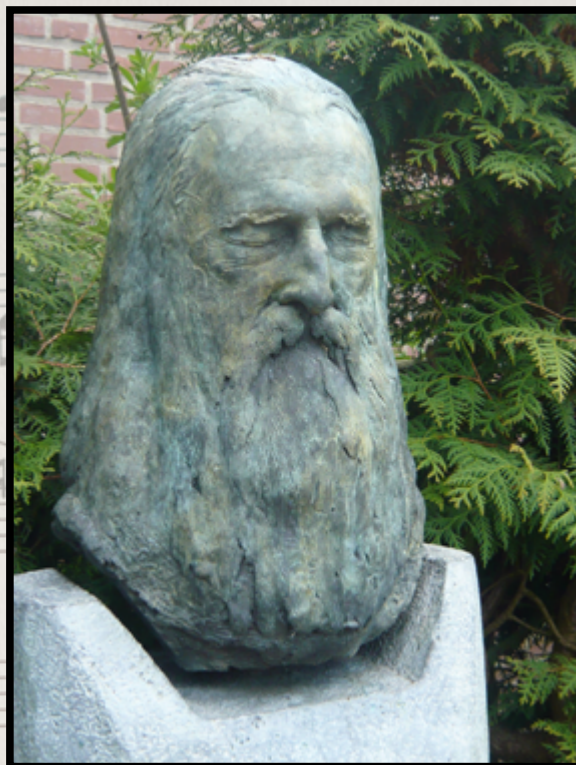
He arrived at New York in 1944 with the dream to become a great composer and even the best in the world. So he started to play music and his compositions in the street. He was composing music, poems and even creating new instruments specially for his compositions. He met during this period the most important musicians and composers of his time. He was soon recognized as a music genius by the other musicians.

He became friends with a lot of them and with the director of the New York Philharmonic, Arthur Rodzinski. But his appearance and his dress style, and also the fact that he was living and sleeping in the street, became a problem for some people and he was refused entry to certain places. Indeed, because he was an anticonformist and refused to follow trends and rules, he was wearing a big beard and long hair. For these reasons a lot of people compared him to Jesus Christ. But he didn't like it because he was atheist and his goal was to look like a Viking chief. So he started to dress himself like this, with homemade clothes and a horn helmet. It's at this moment that the people started to call him "the Viking of the Sixth Avenue".



He lived for 30 years in New York, sometimes at the hostel, sometimes in the street and sometimes at his friends house. He became friends with a lot of great American musicians and all the New York musical scene knew him as a great musician. But he decided all his life to stay a marginal guy. He composed many musical scores, for all kinds of instruments and all kinds of orchestras, and everything in Braille. He was able to create so many different kinds of music, to play many different instruments (especially percussion, and homemade instruments) and to sing. His compositions are known to be pretty complex, to be written in the same way as the classical composers like Bach or Mozart and to be minimal classical music, avantgarde jazz and American neoclassical music. But just a few of them were recorded. In 1967, Janis Joplin made a cover with one of his songs. This was a huge publicity for his work and made him again more famous. But he was, during his life, known only by musicians and insiders, not by the general public.

During the last part of his life, he lived in Germany. In 1974, he was invited to play his music during a concert in Frankfurt. He decided to never come back to America. He felt better in Europe, specially in Germany, lands of his greatest idols, the classical German composers. He felt himself more intellectually close to Europe and he met his wife here, a German music student. She hosted him at her parents house in Münster, where he lived during the rest of his life. He continued to publish different albums in Germany and Europe and became more famous. He died in 1999 in Münster at the age of 83 years, after writing several hundreds of songs, musical score and symphony. It's after his death that he became very famous and is known today as the father of "minimal music" and one of the most leading figures of American classical music.



Picture: HAL-Guandu - Wikimedia Commons

This article is a pretty short reporting of his life, which is really more full than what I told you. So, I invite you to go to find out more about him because his life is even more incredible than a movie and so many crazy things happened. And above all, I invite you to go to listen to his music, his songs are amazing and inspiring for contemporary music. Because he inspired, and to this day is still inspiring so many famous musicians of our time.

Augustin Magaud

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Breaking the cycle



During this program we learned a lot of techniques that we can use to improve our understanding of ourselves and our behavior. From sessions focused on attachment and trauma to bubble sessions that encourage us to let our inner child out, and enjoy the stress free environment.

Our experienced organizers Laura and Maja knew how to transfer their knowledge to us and make us feel safe. Opening up to a group of strangers wasn't easy, it was definitely a challenge. It can be very scary to talk to people about topics that are considered taboo in a lot of cultures. However, with everyone's loving and accepting approach, by the end of the program, it wasn't strangers that you're opening up to, it was family. Surrounded by beautiful nature everyone felt at peace and connected to their soul. Our days consisted of three sessions inside or outside (depending on weather conditions) and meal and coffee breaks in the amazing nature, followed by evening activities which we would organize ourselves.

One of the first sessions we had was very memorable. Each one of us had to go in a circle and share with everyone one thing they like and dislike about themselves. After that, that person would sit in the middle, and with closed eyes they would welcome the kind first impressions everyone had. It was an amazing beginning to the bonding process between all of us. It really is a strange experience when you realize that you are not the only one dealing with those thoughts and problems.

We continued our week with different sessions. Firstly we would hear the theoretic of the topic that was about to be discussed. Afterward, we had questions that we had to answer and share with the group, if comfortable. Hearing everyone's stories was truly priceless. You get to see a situation through a different perspective; you get to experience and learn through someone else.

The topics were different every day. One of my favorites was a session where we talked about parts work. Parts work was a session dedicated to understanding that there are different parts within yourself. Parts which sometimes can contradict each other

and have different needs, very often resulting in doubt and confusion about what it is that you truly want or need. For example, there could be one part of you that feels guilty for leaving a bad situation, while simultaneously a different part within you feels happy and relieved that you are no longer in that situation. It helped me realize that there is more to me than I was aware of. Every session led to a new discovery. Every session brought you one step closer to healing your inner self.

A lot of focus was also put on us connecting with our bodies. We managed to do that with breath working, morning rituals (such as yoga and meditation), dance sessions and much more. It was all about letting go of all the assumptions and critics and letting your body do as it wishes. It was about feeling free. We were encouraged to express ourselves. We would sometimes do that through art as well. It was truly a safe space with no judgment. Every single person was supportive and understanding.

As it was my first project, I went with zero expectations. My perspective was that I'm going to a new country; I'm going to meet some new people and come home as if nothing had happened. I was proven wrong in so many ways. As it was a really deep topic, I believe that everyone went back home with a new realization. By the end of the project you could feel the connection and openness all around you. It was an amazing and unforgettable experience. We left the place with new perspectives and beliefs, new ways of looking at the world and most important, amazing connections. I am not able to express my gratitude enough, for having the chance to participate in a project like this, and of course, I am extremely grateful to the organizers for truly helping me change my outlook on life.

I would strongly encourage everyone to take part in the Erasmus+ projects. Aside from the memories and connections with people from different cultures, you will have the opportunity to learn so much about yourself, as well as, the opportunity to learn a spectrum of different techniques that can help you in your daily routine.

Andrijana Stavrevska

"Breaking the cycle" was a training course held in Daugirdiskes, Lithuania focused on bettering the understanding of our mental health. It was a seven day program filled with sessions, all of which focused on different issues that have a lot of impact on our day-to-day life. "Breaking the cycle" helps and encourages people to embrace and work on their mental health and build up emotions.



SUMMER INSECURITIES

The summer season is nearly here and many people associate it with sunny days at the beach and lots of outdoor activities with friends and family. However, a significant number of people have other feelings creeping into the back of their minds: anxiety and insecurity. Especially when it's time to wear shorter and more revealing clothing, these feelings may dominate and ruin their fun.

As temperatures rise, so do feelings of self-consciousness. While many people consider it the most relaxed season, summertime can be challenging for people who are struggling with negative body image or body dysmorphic disorder (BDD). BDD is a mental health condition where a person spends a lot of time worrying about flaws in their appearance, which are most of the time unnoticeable to others. This condition may cause a downward spiral in a person's life, leading to depression and suicidal thoughts.

Truth is, it is quite normal that a person feels as if their body is not enough, or that it is too much. But, this is only normal when it happens every once in a while. So if you find yourself checking every small detail of your body in every mirror or car window you pass, you may want to talk to someone about it. The symptoms can be quite vast from being extremely preoccupied with your appearance and your "flaws", which leads to the constant thought that you are deformed and ugly, to avoiding social situations and big events, not to compare yourself to every beautiful person there.

This problem with body dissatisfaction originates from long ago. We are all aware of the medieval high society trend with corsets, as well as the famous fashion shows from the 90s. The historic fashion standards and constantly changing trends have all led to this.

The causes of this condition are not exactly known. Still, scientists associate it with a chemical

imbalance in the brain, genetics and it can often appear as a result of a past traumatic experience, especially if a person was teased, bullied, or abused as a child. Sometimes, other problems may cause you to feel dissatisfied with your body, and as the feeling of discomfort grows, it also may trigger the rise of problems differing from a feeling of shame because of an eating disorder, the size of certain body parts, or constantly trying to hide self-inflicted scars.

But, another reason for this condition can be the one and only, the origin of all our insecurities: social media. It is the main platform for unfair comparisons between the real and the fake. Every day we are flooded with thousands of pictures of pretty young women and good-looking men who seem to have perfect hair, a symmetrical face, and not one stretch mark. Then you open up their profile and drown in their perfection and end up thinking to yourself "How can someone be so flawless, if only I could look like that". Everyone tries to look so happy, healthy, and perfect online when in real life none of that is real. Even the loveliest beauty gurus pose for the camera sucking in their stomachs and spending hours editing their pictures before they post them. This has caused an enormous rise in body negativity throughout the years. There are 12-year-old kids, who are not even teens yet, comparing their not fully developed bodies to fitness gurus in their late 20s. That's why they start dressing more and more grown up, because social media has taught them they have to be skinny, but also have muscles, yet also be curvy. It is impossible. Even more so, as time passes we completely detach from the image of a normal human being. The population wants more and more and more. Recently I saw a tweet commenting that Margot Robbie was "definitely mid". According to Urban Dictionary, "mid" is a form of insult used to label something as average. It is totally absurd that the actress that played the lead role in last year's "Barbie", a movie that even more so sheds light on women's struggles with their body image, was called "mid". This is a definite result of society's detachment from

reality and the inability to differentiate between the real and the imaginary.

This brings us back to summer. Temperatures are high and you have to wear shorter clothing, which can make it harder to hide your imperfections. Some people have a crisis before going to the beach, because of how intimidated they are by wearing a swimsuit. Still, quite frankly they have to wear one. Or if they go on a hike during the summer and get all sweaty. They feel so ashamed of themselves, when in reality that's completely normal. In their mind everyone is staring at them and silently judging the way they look. So, people suffering from this may find themselves in a spiral of different excruciating diets and disordered eating before the beginning of summer.

Is there an end to this everlasting feeling of insecurity and shame? If these thoughts are interrupting your day-to-day life, you might want to talk with someone you trust about it or seek professional help. In case you're too shy for that, you should try to make small changes in your everyday life. It is advised that you can start with unfollowing all of the toxic beauty standard profiles that flood your feed and surround yourself with more supportive people, in real life as well as virtually. One of the most important things in life is to be kind to yourself. So, why not look in the mirror and instead of saying all the bad thoughts out loud, try to see the bigger picture objectively? Imagine you are looking at a friend instead of yourself. Learning to love yourself is a long and scary road, but once you collect the courage to start, no one can make you feel worthless. So yes, this summer enjoy that extra slice of cake and wear your swimsuit without any shame!

Dela Dodevska

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Picture: Unsplash - Kristaps Grundsteins

Socotra Island

The alien landscape on Earth

Socotra island, also known as the “Jewel of the Arabian Sea”, is home to many rare and endangered plant species that grow only on this island. UNESCO has also designed Socotra as a World Heritage Site in 2008 since it has many endemic plant species and is globally important for biodiversity conservation because of its rich and rarely found flora and fauna.

So where is this island located?

This island is located in the Indian Ocean specifically between the Arabian Peninsula and the Horn of Africa. It is an island belonging to Yemen but is apart from Africa. Socotra is the biggest island of the four islands in the Socotra archipelago. It has neighboring islands like Abd Al-Kuri, Samha and Darsa.

Socotra island has over 3,650 square kilometers and is characterized by its uneven rocky surface, sharp mountains and its crystal clear beaches. The island's most iconic feature is undoubtedly the Dragon's Blood Tree (*Dracaena cinnabari*), with its famous umbrella shape and extraordinary looking. These ancient trees, along with other endemic plant species, create a surreal and alien-like landscape unlike anywhere else on Earth.

Socotra's flora and fauna

Socotra is home to a wide range of flora and fauna found nowhere else on the planet. In addition to the Dragon's Blood Tree, the island boasts over 700 endemic species of plants, including the cucumber tree, the Socotra Desert Rose, Socotran pomegranate, *Aloe perryi* and *Boswellia Socotrana*. It is also home to endemic bird species such as the Socotra Starling, Socotra Warbler, Socotra Sunbird, Socotra golden-winged grosbeak and many others making it a paradise for bird lovers.

Did you know that bats are the only mammals native to this island?

Yes, bats are the only mammals native to Socotra. The Socotran pipistrelle (*Hypsugo lanzai*) is the only species of bat, and mammal in general, thought to be endemic to the island. Marine life

Beneath the crystal-clear waters surrounding Socotra lies a vibrant and diverse marine ecosystem. Coral reefs with colorful fish, sea turtles and rays on the island's shores make opportunities for snorkeling and diving. The waters of Socotra are also home to dolphins, whale sharks and even the elusive dugong.

Does anybody live on this island?

Surprisingly, yes. The island's inhabitants, known as the Socotri people, have a distinct language, the Socotri language which is related to other modern south Arabian languages on the Arabian mainland. These people have rich culture and a way of life that reflects their unique island home. Traditional fishing villages dot the coastline while ancient ruins and archaeological sites offer glimpses into Socotra's storied past.

Despite its remote location, Socotra faces numerous conservation challenges, including habitat loss and the impacts of climate change. In recent years, unsustainable development and tourism have also threatened the island's delicate ecosystem. Conservation efforts are on their way to protect Socotra's unique biodiversity and cultural heritage for future generations to enjoy.

In conclusion Socotra Island is a place of incomparable beauty and biodiversity, a true gem of the Arabian Sea. From its breathtaking landscapes to its unique flora and fauna, the island offers a glimpse into a world untouched by time. As efforts to protect Socotra continue, it is our collective responsibility to ensure that this natural wonder remains untouched and safe for our future generations.

Lara Mihajlovikj

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A Dragon's Blood Tree in Socotra Island

Теорија на игрите

Теорија на игрите е област која математички ги проучува стратешките ситуации во кои одлуките на поединците зависат од туѓите избори. Уште од многу одамна, луѓето се интересираат за игри како шах и табла, а од неодамна, и спортови како фудбал, кошарка и тенис станаа дел од нашите животи. Теоријата на игри ни помага да ги разбереме и да ги моделираме таквите стратешки интеракции. Оваа теорија, која има математички основи, се користи во многу области како економијата, политичките науки, биологијата, психологијата и компјутерските науки, дозволувајќи ни подлабоко да ги истражime динамиките на конкуренција и соработка.

Да ја погледнеме најпознатата стратегија на игри и општествени науки: Дилема на затворениците. Ова е една од класичните и добро познати проблеми на теоријата на игри. Во оваа Дилема, двајцата соучесници се сместени во посебни ќелии без можност да комуницираат меѓу себе. Двајцата

затвореници мора да изберат дали ќе признаат или ќе молчат. Ако и двајцата молчат, добиваат кратка затворска казна. Ако едниот признае, а другиот сè уште молчи, оној кој молчи добива долга затворска казна додека исповедникот останува на слобода. Доколку и двајцата признаат, секој добива затворска казна со средна должина. Во овој случај, дури и ако двајцата затвореници поединечно ја изберат најдобрата стратегија, тие може заеднички да се соочат со најлошиот исход. Дилемата на затворениците ги илустрира тешкотиите и парадоксите на поединците кои соработуваат додека се обидуваат да ги максимизираат своите интереси. Таа открива дека кога поединците се однесуваат рационално и се грижат само за себе, понекогаш тоа може да донесе најлоши исходи на колективно ниво. Дилемата ни помага да разбереме како недостатокот на соработка и доверба може да создаде проблеми во односите помеѓу индивидуалци и последиците од стратешките одлуки.



Местото каде сите можности се собрани во една игра е познато како Нешовиот еквилибриум. Нешовиот еквилибриум се однесува на точка на еквилибриумот каде играчите ги донесуваат своите стратешки одлуки на најдобар начин и менувањето на тие одлуки повеќе нема да им користи. На пример, замислете две компании: А и Б. Секоја може да постави висока или ниска цена. Ако двете компании постават ниска цена, и едната и другата ќе добијат најдобар резултат и нема да треба да ги менуваат своите цени. Ова е Нешовиот еквилибриум. Теоријата на игри проучува како се донесуваат стратешките одлуки. Од друга страна пак, Нешовиот еквилибриум ја прикажува ситуацијата во која овие одлуки се во рамнотежа, односно, секој ја избира најдобрата стратегија

и нема потреба да се префрли на друга. Ова може да се примени во многу ситуации со кои често се соочуваме во секојдневниот живот.

Теоријата на игрите во економијата игра важна улога во одредување на конкурентните стратегии на компаниите. Компаниите развиваат стратегии за цени, лансирање на производ, и маркетинг предвидувајќи ги можните чекори на конкурентите. Добар пример за теорија на игрите е кога два големи трговски синџири планираат стратегии за попуст, и секоја страна се обидува да го постигне најпрофитабилниот исход така што ги земаат предвид меѓусебните потези.



John Forbes Nash Jr.

Picture: Peter Badge, Wikimedia Commons

Во политиката, стратешките интеракции помеѓу политичките партии или државите може да се анализираат со помош на теоријата на игри. За време на изборните кампањи, партиите ги земаат предвид стратегиите на нивните противници при утврдување на нивните ветувања, додека државите ги планираат своите преговарачки и воени стратегии во меѓународните односи.

Теорија на игрите во биологијата има широк спектар на апликации. На пример, во стратегии за преживување и репродукција на животните, споделување ресурси, динамика предатор-плен итн. Со примена на модели на теорија на игрите во различни теми, стратешките интеракции во природниот свет стануваат поразбирливи. На пример,

земањето предвид на однесувањето на мажјациите при изборот на парење на женските птици е примена на теоријата на игри во биологијата.

Теоријата на игрите анализира како соработката и конкуренцијата се обликуваат во социјалните интеракции, како луѓето го предвидуваат меѓусебното однесување и како тоа влијае на нивното однесување на одлуки. Ова, пак, ни помага подобро да ја разбереме групната динамика и индивидуалните однесувања. Увидете што ги нуди теоријата на игри ни помага да ја разоткриеме сложеноста на стратешките одлуки и интеракции. Работите што треба да се направат за да се прелистаат содржините понудени од индивидуалци е она што ги одредува стратегиите.

Омер Чакмак

Превод: Теодора Димитријевска

МАКЕДОНИЈА

НИЗ ИСТОРИЈАТА НА ОИ: 2+11

Скромно и без поголеми очекувања, спортска Македонија се подготвува за престојните летни Олимписки игри што ќе се одржат во Париз. На пат во главниот град на Франција, засега се подготвува е д и н с т в е н о атлетичарот Дарио Ивановски, кој ќе трча маратон на 10 август. Тој ја потврди олимписката виза со победата на неодамнешната трка „Скопје трча“ и ја потврди д о б р а т а форма во која се наоѓа. Покрај него, на вајлд-карта (покана) од страна на домаќинот се надеваат уште неколкумина спортисти во индивидуалните спортови со цел да се оправда олимписката д е в и з а : „Важно е да се учествува“.

Но, во минатото не било секогаш така, па Македонија, самостојна или како дел од поранешната држава, може да се пофали со освоени вкупно 13 олимписки медали. Последниот медал е среброто на Дејан Георгиевски во теквондо на минатата Олимпијада во Токио. Интересно, Георгиевски не успеа да се квалификува за игрите во Париз со што нема да добие шанса да го брани олимпискиот медал.

Претходно, одличје (бронза) на ОИ во македонски дрес освои и борачот Магомед Ибрагимов и тоа во категоријата слободен стил до 85 килограми на ОИ во Сиднеј што се одржаа пред 24 година. Тој е натурализиран Македонец, бидејќи е роден во Дагестан, но неговото име е запишано со златни букви во историјата на македонскиот спорт.

Останатите 11 медали биле освоени од македонски спортисти што се натпреварувале во дресот на поранешна Југославија. Фудбалскиот голман Благоја Видиниќ е сопственик на сребро (1956 година, Мелбурн) и злато (1960, Рим). На ОИ во Монреал (1976 година), кошаркарот Благоја Георгиевски – Буштур освоил сребро, а боксерот Аце Русевски – бронза. Четири години подоцна, борачот Шабан Сејдиу завршил како трет во слободен стил.

Во 1984 во Лос Анџелес, борачот Шабан Трстена станал првак во суперлесна категорија, а освоил и бронза во слободен стил до 67 килограми, боксерот Реџеп Реџеповски освоил сребро во суперлесна категорија, додека Милко Ѓуровски со своите фудбалски колеги стигнал до третото место. Последните медали во дресот на СФРЈ ги освоиле Стојна Вангеловска (сребро, кошарка) и Шабан Трстена (сребро, слободен стил до 52 килограми) на Олимпијадата во Сеул во 1988 година.

ОИ во Париз започнуваат на 26 јули и ќе траат до 1 август. Ова е третпат летни олимписки игри да се одржуваат во француската метропола (1900 и 1924 година). Освен Париз, единствено Лондон бил трипати домаќин на летни ОИ: 1908, 1942 и 2012 година.

Освен во Париз и неговите предградија, одредени спортски натпревари ќе се одржат и на други локации. Ракометни натпревари ќе се одржат во Лил, едрење во Марсеј, сурфање на островот Тахити во Француска Полинезија, додека фудбалските натпревари ќе се одржуваат низ цела Франција. На Олимпијадата во Париз, за првпат ќе бидат одржани натпревари во брејк-денс.

Горан Адамовски

Извори:

Олимписки Комитет на С. Македонија:
Потврда на Олимпиското учество на ОИ
ПАРИЗ 2024

– НОВА ПОБЕДА НА ДАРИО ИВАНОВСКИ
Кајгана: Кои македонски олимпијци
досега

имаат освоено медали?

Википедија: Летни олимписки игри 2024

MAQEDONIA

GJATE HISTORISE SE LO: 2+11

Në mënyre modeste dhe pa pritshmëri të mëdha Maqedonia sportive po përgatitet për Lojërat e ardhshme Olimpikë Verore që do të mbahen në Paris. Rrugës për në kryeqytetin e Francës, tani për tani është duke u përgatitur vetëm atleti Dario Ivanovski, i cili do të vrapojë në maratonë më 10 gusht. Ai konfirmoi vizën e tij olimpikë duke fituar garën e fundit “Shkupi vrapon” dhe konfirmoi formën e tij të mirë. Përveç tij, edhe disa sportistë të tjerë të sporteve individuale shpresojnë në një uajlld-kartë (ftesë) nga mikpritësi për të justifikuar moton olimpikë: “Me rëndësi pjesëmarrja”.

Por në të kaluarën nuk ka qenë gjithmonë ashtu, kështu që Maqedonia, e pavarur apo si pjesë e shtetit të mëparshëm, mund të mburret se ka fituar gjithsej 13 medalje olimpikë. Medalja e fundit është medalja e argjendtë e Dejan Georgievskit në taekwondo në Olimpiadën e fundit në Tokio. Interesant është fakti se Georgievski nuk arriti të kualifikohet në lojërat e Parisit, kështu që nuk do të ketë mundësi të mbrojë medaljen e tij olimpikë.

Më parë, mundësit Magomed Ibragimov në Lojërat Olimpikë me fanellën e Maqedonisë, në kategorinë e stilit të lirë deri në 85 kilogramë, në Lojërat Olimpikë në Sidnej, që u zhvilluan 24 vjet më parë, fitoi medalje (bronzë). Ai është maqedonas i natyralizuar, sepse ka lindur në Dagestan, por emri i tij është shkruar me shkronja të arta në historinë e sportit maqedonas.

11 medaljet e mbetura i fituan sportistët maqedonas të cilët garuan me fanellën e ish-Jugosllavisë. Portieri i futbollit Blagoja Vidinić është pronar i medaljes se argjendtë (1956, Melburn) dhe medaljes se artë (1960, Romë). Në Lojërat Olimpikë në Montreal (1976), basketbollisti

Blagoja Georgievski - Bushtur fitoi medaljen e argjendtë, dhe boksieri Ace Rusevski - bronzë. Katër vjet më vonë, mundësi Shaban Sejdiu përfundoi i treti në stilin e lirë. Në vitin 1984 në Los Anxhelos, mundësi Shaban Trstena doli kampion në kategorinë super të lehtë, dhe fitoi bronzë në stilin e lirë deri në 67 kilogramë, boksieri Rexhep Rexhepovski fitoi medaljen e argjendtë në kategorinë super të lehtë, ndërsa Milko Gjurovski me kolegët e tij të futbollit arriti në vendin e tretë. Stojna Vangelovska (argjendi, basketboll) dhe Shaban Trstena (argjendi, stil i lirë deri në 52 kg) fituan medaljet e fundit në fanellën e RSFJ-së në Lojërat Olimpikë në Seul në vitin 1988.

Lojërat Olimpikë në Paris fillojnë më 26 korrik dhe do të zgjasin deri më 1 gusht. Kjo është hera e tretë që Lojërat Olimpikë Verore mbahen në metropolin francez (1900 dhe 1924). Përveç Parisit, vetëm Londra ka pritur tri herë Lojërat Olimpikë Verore: 1908, 1942 dhe 2012.

Përveç Parisit dhe rrethinave të tij, gara të caktuara sportive do të zhvillohen edhe në vende të tjera. Ndeshjet e hendbollit do të zhvillohen në Lille, lundrimi në Marsejë, surfimi në ishullin Tahiti në Polinezinë Franceze, ndërsa ndeshjet e futbollit do të zhvillohen në të gjithë Francën. Në Olimpiadën e Parisit do të zhvillohen për herë të parë garat e “break-dance”.

Goran Adamovski
Përktheu: Fjolla Lecaj

Burimet:
Олимписки Комитет на С.
Македонија: Потврда на
Олимпиското учество на ОИ ПАРИЗ
2024 – НОВА ПОБЕДА НА ДАРИО
ИВАНОВСКИ
Кајгана: Кои македонски
олимпијци досега имаат
освоено медали?
Википедија: Летни
олимписки игри 2024



Music evokes many beautiful feelings at each and every one of us. At times, those feelings are joyous and delightful, even nostalgic, while at others, they serve as a real good remedy for when having the blues. Only a month has passed since the end of the project, but our symphony of feelings is still resonating within our hearts. It was a truly life changing experience that we had the privilege to be part of. "Make Music Not War" is a multinational youth exchange project that welcomes young people from 8 different conflicting countries, with the hope of having a try at resolving some long-lasting disagreements by using the power of music. Turning a cacophony into the most beautiful symphony - in the quite literal sense. Being surrounded by that many ingenious, talented, and madly passionate musicians was truly an

uplifting and inspiring experience that certainly leaves a mark on you. We had the chance to unleash our creativity and with the many brilliant minds combined, compose original songs about peace, with friendship and love serving as our muses. I had the most amazing time within those 11 days we spent there, without a care in the world, just doing what I love. It was an irreplaceable experience, which quite frankly changed some of my perception of life, for the better of course, and I will always remember to cherish that. Among all the beautiful souls I met and the incredible vibe of the whole project, I must admit it managed to exceed my expectations. Instead of only taking my word for it, here are the impressions of my friends from the Macedonian team as well:

**MAKE
NOT
WAR**



““Make Music Not War” was a lifetime experience. Something that every musician should experience at least once. The hanging out with people from 10 different countries and jamming together is a step closer to uniting the world. When you think of music you don’t have time to think about the problems.”

Martin Spiroski

“In a world often divided by conflict and misunderstanding, the Erasmus+ project “Make Music Not War” is a project that gives hope, unity, and an opportunity to unleash your creativity. My experience on this project was astonishing, seeing people putting their country’s conflicts aside and making music, or should I say making magic happen, really opened my eyes to see how easy it may be for us to fix these problems, but we just can’t seem to listen.”

Jana Slavevska



“Make music, not war, a message that was truly felt and done on this project. The whole thing felt like an inner puzzle of getting to know yourself, on how you and others work and think under certain circumstances. From meeting people with different backgrounds and cultures to working and collaborating together on the project. The atmosphere was very friendly walking around the house, there was always something to do, as in being extra help in the kitchen or checking on others on what they are doing. Overall, I had plenty of fun in this project, and plus I was proclaimed the king of foosball so there’s that. The final days where we had to say goodbye to each other gave us a reality check on the regular days that are upon us. Even though the project was to make music not war, I believe that we made much more than that. The friendships, experiences and memories that we made along the way, all sum up to an involvement that I would highly recommend to others.”

Filip Pavlovski



“My time at the “Make Music Not War” project was nothing short of transformative. From the very first session, I was struck by the unique blend of fun and purpose that defined our activities. It wasn’t just about honing our musical skills, although that was certainly a big part of it, it was about coming together with a diverse group of individuals, many of whom I now consider very special. This project taught me so much about the power of music as a universal language and reinforced the idea that when we come together, we can overcome any barrier. It was an experience that I will carry with me always.”

Trajche Stankov



And it’s the truth, it’s an experience we’ll all carry with us, always. Despite our differences in culture, in language, in customs, we managed to unite with the help of a language which we all knew well – the language of music.

“Ah, music,” he said, wiping his eyes. “A magic beyond all we do here!” — J.K. Rowling, “Harry Potter and the Philosopher’s stone”

Cannot argue with that, Rowling, the most powerful magic indeed. And I really hope that this is not the end of it. I hope that our musical journey doesn’t stop here, but rather begins. Wherever it takes us next, regardless of time or place, I am certain that we’ll once again have the most unforgettable experience!

Stefan Nikolovski



Stefan represented Volunteers Centre Skopje at the training course: “Make Music Not War 3” that took place in Garlstadt, Germany from May 21 to 31, 2024. The training was organized by our partner: NaturKultur.

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**

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We can provide you with a **certificate** if you become a writer for VOICES magazine





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VOICES to Hear



