

VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

august 2024





Since you are reading these lines, I congratulate you because it means you are reading "something". Increasingly, people have renounced themselves from reading books. It has become a complicated movement for people to pick up a book and read it.

People prefer to watch short videos instead of reading written sources such as books, magazines, newspapers, etc. The answer to the question "Excuse me, would you like to read a few lines?" is usually that books are a thing of the past, that you cannot improve by reading books, and that reading books does not help anything, we only read the author's imagination. However, reading is not such a simple process. There are 4 phases of reading a book. Then, evaluating what we read, passing it through an analytical thinking process, and recording it in our memory improves the capacity of our brain a little more each time. Of course, there are a few tasks we need to do to get the most out of this process. We need to take notes while reading or studying, we need to do sports to help with the last part of the process, and finally, we need to have a good sleep both before and after reading. In addition, the source you are reading must be tangible because reading from a physical source helps the human brain to work diagonally.

Texts read from physical sources convince the human brain more that they are reading something. If you want to read something from a physical source, here is the August edition of VOICES.

Ömer Çakmak

Штом ги читате овие редови - ви честитам затоа што тоа значи дека читате „нешто“. Сè повеќе луѓето се откажуваат од читање книги. Стана комплицирано движење - луѓето да земат книга и да читаат.

Тие претпочитаат да гледаат кратки видеа наместо да читаат пишани извори како што се книги, списанија, весници итн. Одговорот на прашањето: „Извинете, дали сакате да прочитате неколку редови“? е вообичаено дека книгите се минато, дека не можеш да се подобриш со читање книги и дека читањето книги не помага ништо, бидејќи ја читаме единствено имажинацијата на авторот. Сепак, читањето не е толку едноставен процес. Постојат 4 фази на читање книга. Потоа, оценувањето на она што го читаме, пренесувањето низ процес на аналитичко размислување и запишувањето во нашата меморија го подобрува капацитетот на нашиот мозок. Се разбира, има неколку задачи што треба да ги направиме за да го извлечеме максимумот од овој процес. Треба да правиме белешки додека читаме или учиме, треба да спортуваме за да помогнеме во последниот дел од процесот и конечно, треба да имаме добар сон и пред и по читањето. Покрај тоа, изворот што го читате мора да биде опиплив, бидејќи читањето од физички извор му помага на човечкиот мозок да работи дијагонално.

Текстовите прочитани од физички извори повеќе го убедуваат човечкиот мозок дека чита нешто. Доколку сакате да прочитате нешто од физички извор, еве го августовското издание на „Воисес“.

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Erasmus+

VOICES magazine is coordinated, designed and created by ESC and local volunteers with support of Erasmus+ program.

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THE ZOOLOGY OF FESTIVALS

Going to Dojran's D-Festival for the first time is a life-long memory that one cannot forget easily. Amongst all the activities that you can enjoy during a festival, I wonder if you ever tried one of our favourites. If your secret wish was to become a wildlife reporter, you here have a chance to realise it and sneak perfectly discreetly into the amazing life of the festival fauna.

But we must warn you: this job is clearly not an office job where you can take it easy. Camping for three days in the middle of the merciless wilderness with the sun beaming down on your body all day long, being constantly on the alert for your own safety and hoping to take the best shot of one of the famous endemic species is not a resting holiday.

As two wildlife reporters wandering around D-Fest in Dojran, we wanted to do some research about animal species that we could present to you.

Zoé has experimented with several types of festivals over the years. "It has been quite a while since I have heard about D-Fest and I was very curious about it. You know, when you have travelled for long, you kinda get the "knows-it-all syndrome" where all animals tend to look alike. And I have also some fellow colleagues that tried to investigate there but I kinda have no

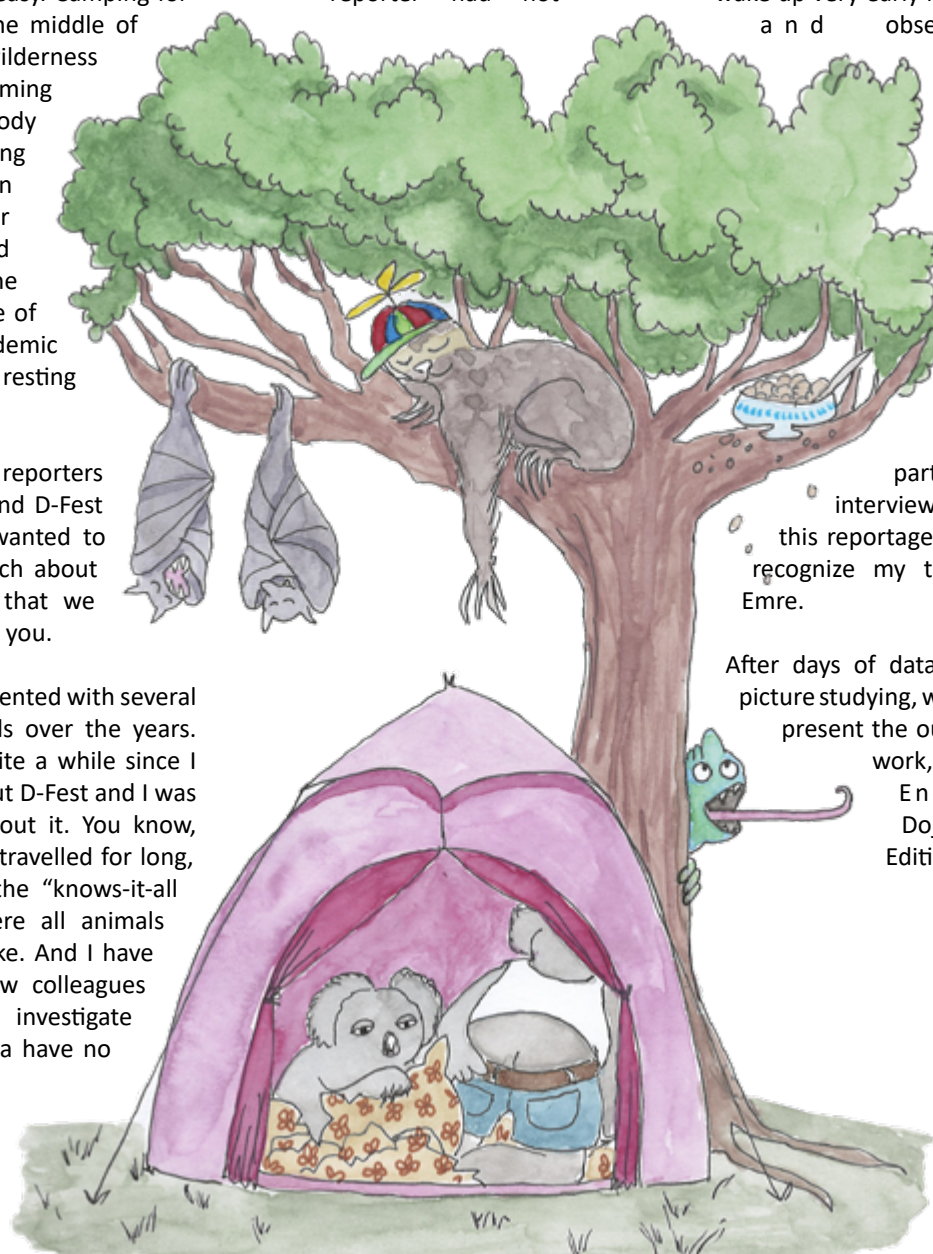
news about them since they went there. But in Skopje, I met people who taught me a little more about Dojran's fauna and its unique peculiarity. I had to see it by myself, Emre and I were clearly not disappointed. We have a contact with National Geographic and they said if we do a good job, they might dedicate a full reportage about this yet undocumented animal kingdom."

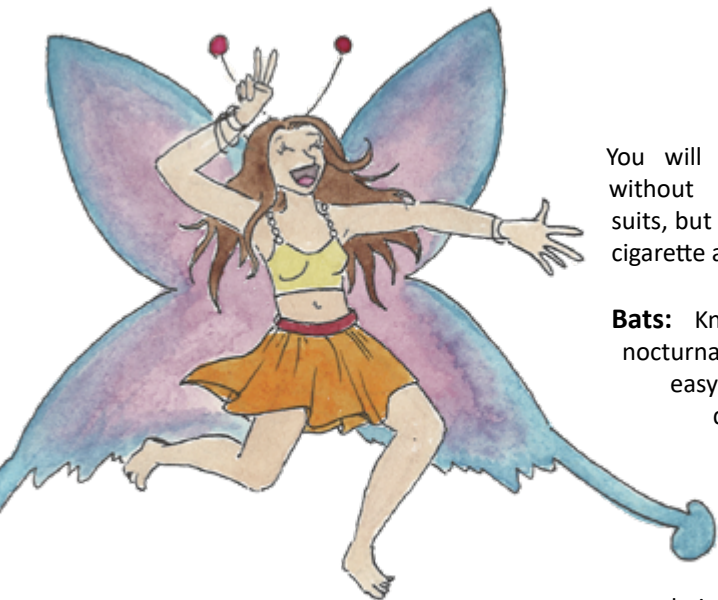
Emre used to work in the office, but his dream for being wildlife reporter had not

been extinguished, that is why Zoé took him in. "When I stepped into the festival grounds for the first time, a rush of excitement and curiosity washed over me. Curiosity of finding new species as an inexperienced wildlife reporter. It took me a while to adapt. After a day I spent alone, observing the surroundings of lake Dojran, I was ready to do some research. Besides that, I had difficulties getting enough sleep because my tent was in the sun all day long. But it gave me the opportunity to wake up very early in the morning and observe rare

animal species. Also, I was clearly not paid enough for this job. (I guess I shouldn't have said that. Can you cut this part from the interview?) I hope after this reportage someone will recognize my talent" - says Emre.

After days of data analysis and picture studying, we are proud to present the outcome of our work, our "Wildlife Encyclopedia: Dojran Special Edition".





Butterfly: This species shows its best pair of wings during that particular time of the year. The elegance of their non-feathery flying devices can be observed in a great diversity of colours and shapes. The butterfly girl can take a lot of time and dedication to recreate the pattern of her wings with specialised tools every morning or afternoon, when the previous night could have damaged it. They have difficulties staying in the same spot; they try to catch the pollen of activities, concerts, and other individuals. Male version: appears with no t-shirt at all, preferably with big chest tattoos. The sound volume of its voice pitch is naturally pretty loud, but it likes to utterly increase it.

Koalas or sloths: The koala/sloth genes feature a special genome that maintains its energy stock at a very low level through the day. Hence, he has a very sleepy and tired personality, but somehow still gathers every year with the rest of the animal kingdom in Dojran. The tent is his favourite sleeping spot, but you can also easily find him lying on the grass, enjoying the nice shadows that a tree can offer.

Lizards: Hot blooded, the lizards must stay for a considerable time under the sun to maintain body high temperatures. Lakesides, grass fields, playgrounds and even benches are its favourite places to fill their biological needs. The lizard can be equipped with a various range of tools: blanket, sunglasses, sunscreen are the usual panoply.

You will very rarely lay down without shorts or swimming suits, but sometimes with a spent cigarette aside his hand.

Bats: Knowing that bats are nocturnal animals, it is not always easy to spot them during the day. To increase your chances to observe them, look for a rather big tree with big shadowy leaves. Do not get fooled by their diurnal sleep though: the bat gets very active at night and attempts almost all concerts from the moment they do not take place under the daylight.

Roosters: Stay awake during the day but still able to wake everyone up with their shouting at 7am and are very punctual for yoga class.

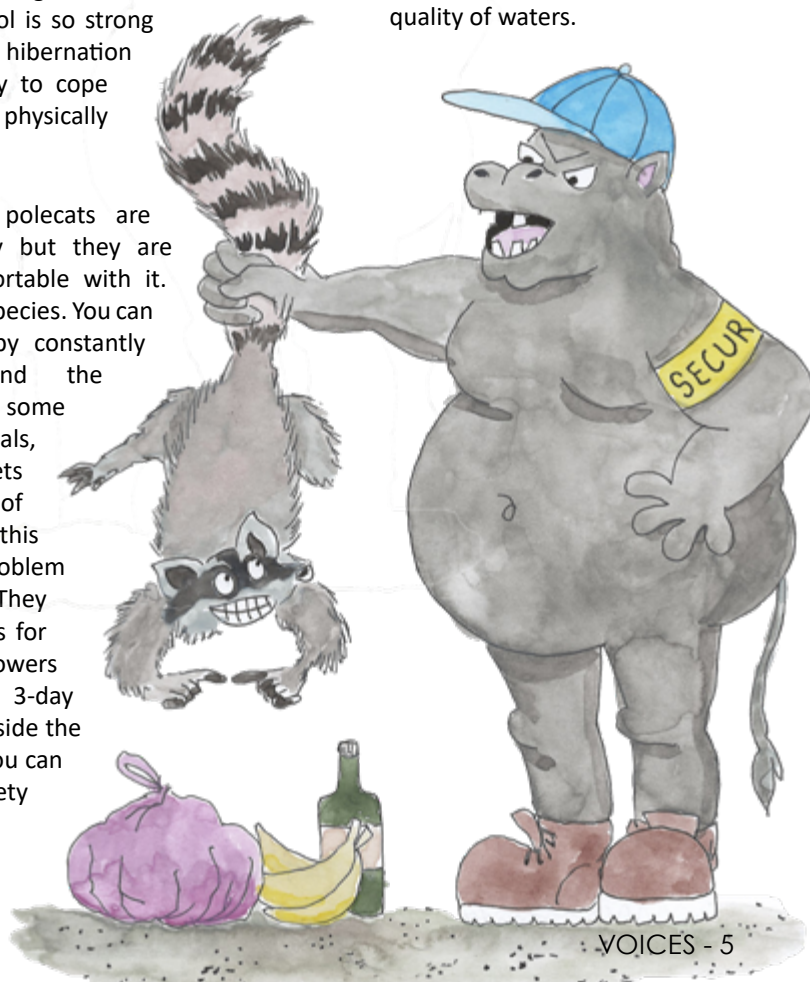
Bears: Not bothered by outrageous mixing of food and alcohol. Constantly looks around if someone left food over, or can even ask other campers if he can finish their food. They can experience partial depression when the festival is over: the regret of ingesting too much food and alcohol is so strong that getting into hibernation is the only way to cope mentally and physically with it.

Polecat: The polecats are naturally stinky but they are perfectly comfortable with it. Very common species. You can inspect them by constantly walking around the toilets. For some types of animals, portable toilets can be a bit of nuisance. But this is never a problem for a polecat. They are also famous for not taking showers during the 3-day festival time. Inside the camping site, you can see a wide variety of animal species

questioning polecats and looking at them strangely.

Lovebird: That specific type of bird enjoys the festival almost exclusively with his/her lover, and you hardly see them without their pair. Holding hands permanently, walking at the exact same pace, not getting away further than a few steps from each other, glancing at least 30 seconds per minute, sharing absolutely every food, drink, activity they can encounter are signs you should pay attention to if you want to strictly recognize the lovebirds. Attention: do not confuse them with other types of birds that can be very close physically to each other due to the atmosphere of the festival and their consumption of mixed ethanol.

Sea turtle: If you are lucky, you might spot a few individuals of this very old species. Friendly with strangers as with their own peers, they enjoy the festival period at their pace. Comfortable with the ground, they do need to refresh from time to time in the lake and unlike more urban species, they do not complain about the quality of waters.





Beaver: Very organised animal, trying to maintain a normal routine despite the mess of the festival. For a 3-days long festival they brought a lot of gear. For them, it is a perfect way to feel at home. They mostly spend time in their tents, which can accommodate approximately 6 to 7 beavers.

Raccoon: Raccoon moves very quietly and carefully. After thoroughly inspecting the campsite they identify the areas where food can be smuggled in and think about putting that plan to work. But sometimes, because they

didn't plan it well enough, they get caught and have to get out of the camping area. But they never give up. After making plans after plans, they finally manage to smuggle the food in. But the job is not finished yet. They have to wash the food in a very secretive way without being seen by any guards. Then, they find a shady spot, enjoy their meal and continue to appreciate the festival. Very common species!

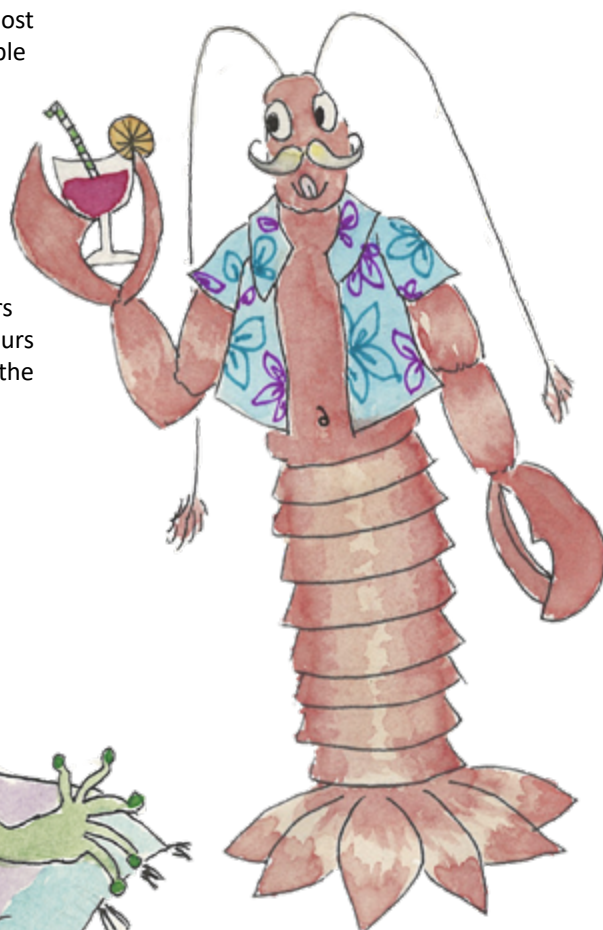
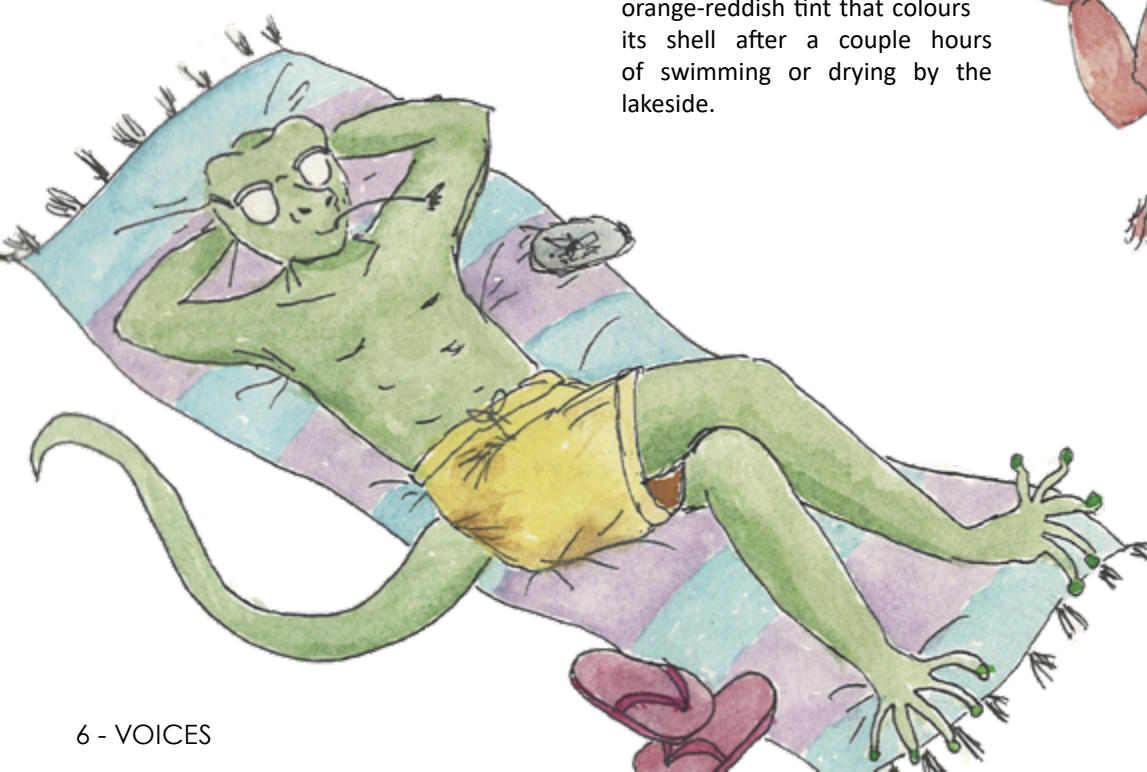
Hippopotamus: Also a common species in Dojran, although very rare within the borders of the festival and during all of this period. The "party hippopotamus" steps out of its habits and abandons the waters where you can usually observe it. We thought we would see some but we did not.

Lobsters: The lobster feels most of the time more comfortable in water. Although its inner body is protected with a solid shell, the lobster, unlike the hippopotamus, does not naturally produce sunscreen. You can easily recognize this species by the orange-reddish tint that colours its shell after a couple hours of swimming or drying by the lakeside.

Seal: The naturally cold environment in which the seal usually evolves makes its resistance to Dojran's heat pretty difficult. Its body produces a remarkable quantity of sweat that it uses to glide easier on the ground. You can sometimes discover them trying to sleep on children's slides.

The question is now yours to be asked: what animal did you observe yourself during the festival? What kind of species are common at your local festivals? Please help us with your future contributions: Emre and I would really like to appear in the National Geographic and become the next Bear Grylls! (We also would love to get paid enough to do more crazy discoveries). Don't forget to send us an e-mail and tell us what species we should observe.

Zoé Marilier
Emre Görkem Bolat



Отворена врата за Собрание за млади

На почетокот од минатиот месец го започнавме широкиот консултативен процес околу формирањето и функционирањето на Националното Собрание за Млади, во кој се очекува секоја организација што е дел од Регистарот на младински организации, да земе активно учество. На јавната дискусија одржана во Скопје, Граѓанските организации од младинскиот сектор разговараа и споделуваа различни идеи како да допринесеме кон поактивно младинско учество.

Одбравме три теми, за кои веруваме дека ќе бидат клучни при основањето на идното Национално Собрание за Млади.

Првата тема беше насловена како: Какво Национално собрание за млади е потребно за силен младински сектор? Втората имаше наслов: Како да се обезбеди ефективно Национално советодавно тело во процесите на одлучување и креирање политики? Во, третата, пак, се бараше модел „Како Министерство за социјална политика, демографија и млади да обезбеди суштинска поддршка на младинскиот сектор?

Настанот беше поддржан од проектот „Младинско учество за силен и одржлив развој на заедницата“, финансиран од Европската Унија, а реализиран од Коалицијата на младински организации СЕГА во партнерство со СОС Детско село, Волонтерски Центар Скопје и Здружението „Женски форум“ - Тетово. Проектот има за цел да ги подобри квалитетот на имплементацијата на младинската политика заснована на структурна соработка и суштинско учество на вмреженото граѓанско општество.



Правата на девојчињата преку нови вештини

Неодамна ја реализиравме Националната обука од проектот: „Акција за правата на девојчињата за еднаквост, мир и безбедност“ во рамките на програмата „Smart Balkans“. Обуката беше поделена во два дела. Тимско вмрежување, разбирање на улогите во секојдневието, пол и родови улоги, како и асоцијации за жените и за мажите беа на агендата во првиот дел. Сесиите ги водеа обучени волонтери од претходните обуки што минатата година се одржаа во Скопје и во Врање, а целта беше

учесниците да стекнат знаења и вештини, преку кои ќе допрат до младите луѓе, особено до девојките да го зајакнат и да ги инспирираат развојот на локални иницијативи.

Вториот дел се однесуваше на врсничките обуки и едукација, а учесниците се стекнаа со практични знаења и вештини како да организираат и структурираат работилници и обуки преку кои понатаму ќе го пренесат знаењето на своите врсници.

Преку методите на неформалното образование, нашите обучувачи ја пренесоа успешно целта на овие обуки: подигнување на свесноста на младите за толеранција, антидискриминација, родови прашања како и спречување на родово базираното насилство.

„Let's get mental“



ИСКУСТВОТО НА ЕДНА СРАМЕЖЛИВА ДЕВОЈКА



Отсекогаш сум била човек, кој одлуките ги носи интуитивно. Веќе некое време (неколку години) размислував за тоа да се пријавам и да отидам на младинска размена преку програмата „Еразмус+“, но никако не се решавав... знаев дека ќе биде искуство кое ќе биде предизвик за мене и ќе ме извлече од мојата зона на удобност. Но, оваа година, односно ова лето во 2024 година, решив дека ќе биде полно со искуства и започнав да ги разгледувам огласите за проекти на страната на Волонтерски Центар Скопје. Во умот си имав зацртано дека сакам да одам на проект во Австрија, со цел повторно да ја видам Виена. Но, не најдов таков проект. И потоа одлучив, како и секогаш, да оставам на времето и случајноста и верував дека проектот кој е за мене, самиот ќе ми се открие. Еден ден на инстаграм, постот за „Let's get mental“ се појави пред мене. Проект во Словенија, во чиј фокус би биле менталното здравје и уметноста. Како студент на книжевност што во голема мера уметноста ја користи за да се справи со предизвиците во животот (воглавно предизвиците во однос на менталното здравје), си помислив: Каде да се пријавам?

Така беше одлучено кој ќе биде мојот прв „Еразмус+“-проект. Случајно, без да очекувам такво нешто, бев избрана за тим лидер, што значеше дека пред размената ќе учествувам на подготвителна средба со другите тим-лидери што ќе трае 3 дена, на 3 недели пред размената (дознав дека ова не се случува на сите проекти, но на овој беше така) на истата локација на која би се одвивала и размената. Ми беше страв да патувам сама, но тоа што патував сама до Словенија (14 часа во автобус), всушност, ме ослободи. Бидејќи сум срамежлива околу нови луѓе, за мене беше предизвик да се опуштам и да се дружам со другите тим лидери, или барем мислев дека ќе биде. Но, тие беа многу дружељубиви и љубезни, и ми поставуваа интересни прашања за мојот живот, бидејќи се интересираа за одговорите, а не само како проформа. Клара, организаторката на проектот, беше одличен домакин. Нè прошета

во околината на Горенје, селото каде се наоѓа одморалиштето во коешто бевме сместени. Природата таму е прекрасна и останав без здив. Таков мир и тишина не сум нашла на друго место досега (имаше и многу убави белокафеави крави насекаде).

Како што се приближуваше времето на размената, јас станував сè поанксиозна. Имав стравови во однос на запознавање на нови луѓе - странци. И навистина, кога отидов таму, на местото на кое веќе еднаш бев на подготвителната средба, се чувствував изместено, како да се гледам себеси од страна. Првата вечер ја поминав во ресторанот спроти одморалиштето со неколку девојки од хрватскиот тим, и таа дружба ми помогна да ми стане малку поудобно. Наредниот ден по пристигнувањето започнаа активностите, кои за мене претставуваа уживање. Дел од нив беа: неформално претставување на темата ментално здравје од студентки по психологија, правење колаж со цел претставување на нашата моментална благосостојба, истражување на себеси во однос на она што ни дава мир или ни го нарушува истиот, пронаоѓање на она што ни се допаѓа и не ни се допаѓа на глобално и локално ниво, а исто така мошне впечатлива беше терапијата преку уметност, т.н. art therapy. Круна на сите овие активности беше поделбата и создавањето уметност обработувајќи теми кои го опфаќаат менталното здравје, во рамките на три групи: филм, театар и ликовни уметности. По игра на случајноста се најдов во групата за ликовни уметности и создадов три надреалистични фотографии со помош на менторот во нашата група, Ника, фотограф по професија и која имаше многу убав енергија, така што поттикнуваше креативност. Исто така, секој ден имавме одреден дел од крајот на денот кога имавме можност да пишуваме, секој за себе во свој дневник и да извршиме рефлексива на активностите во денот кој поминал и тоа беше навистина од помош за да не дојде до чувство на преплашеност. Преку активностите успеав да се запознаам со сите учесници во размената и на тој начин ми беше полесно да се впуштам во дружба со нив попладне, по завршувањето на активностите. Времето во вечерите го поминувавме во гледање на тарот, пеење песни покрај оган под ѕвездите, играње друштвени игри, гледање филмови... Имавме и т.н. културни вечери, каде секоја држава ја претставуваше својата култура

преку специфична храна и обичаи, како и споделување на интересни податоци. На овој начин се запознавме со шпанската, турската, словенечката, хрватската, литванската, секако и со македонската култура. Лично, особен впечаток ми остави културната вечер на литванскиот тим каде тие ни испеаа народна песна, и ни покажаа нивни народни танци во кои сите учествувавме. За време на размената имавме и еден слободен ден што го искористивме за планинарење во Рогла и ги видовме езерата.

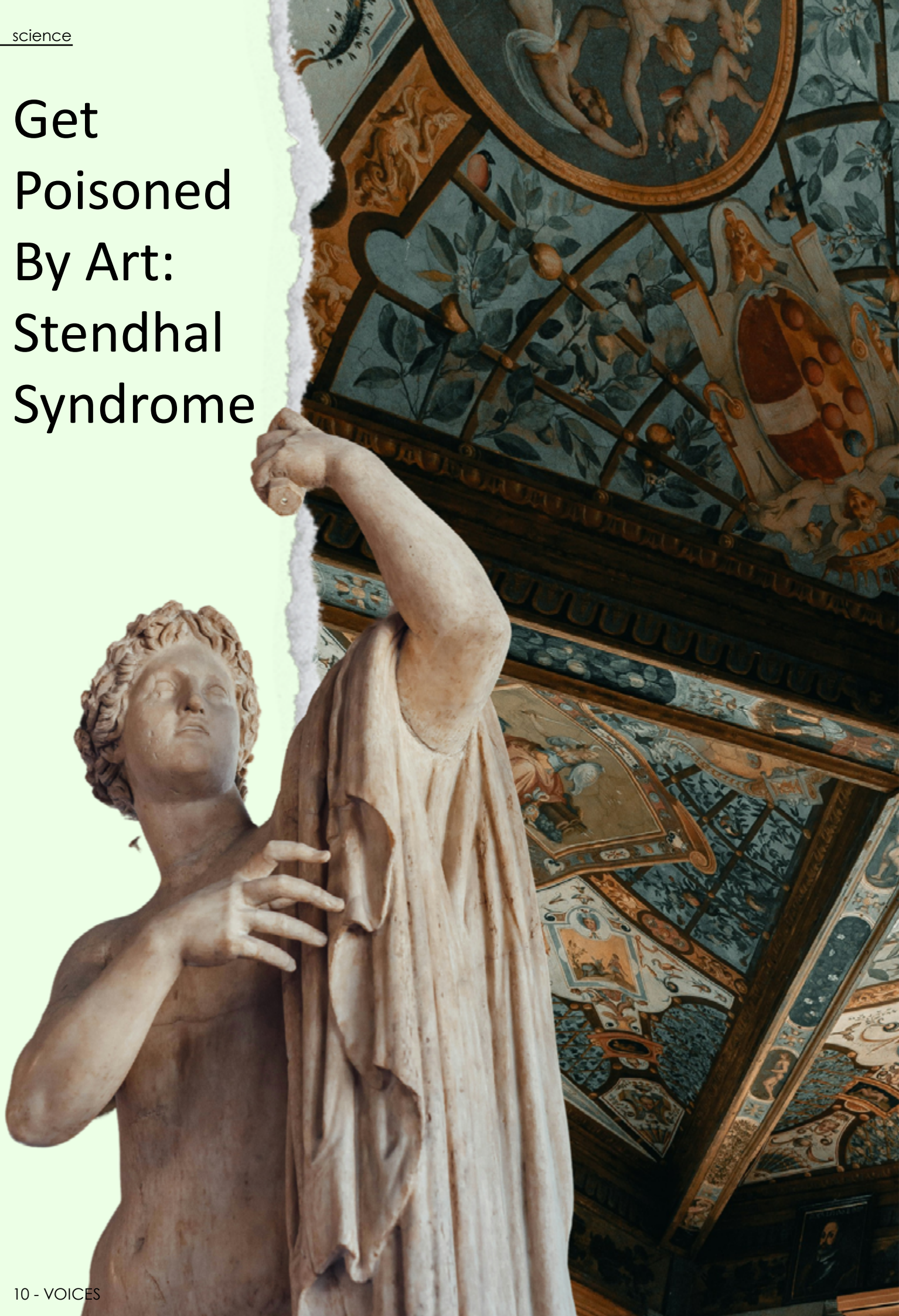
Кон крајот на размената се спријателив со неколкумина и на подлабоко ниво и си разменивме адреси за да си праќаме писма и на таков интересен начин да ја продолжиме комуникацијата. Исто така, кога дојде време за разделбата не очекував, но пуштив и солзи зашто помислата да се разделам од луѓе со кои се поврзав и кои се навикнав да ги гледам секој ден, ми беше премногу тажна.

Сега, откако помина недела по завршувањето на размената можам да кажам дека ми недостасуваат активностите, како и учесниците и дека ова беше искуство кое вредеше да се има, дури и ако ми причини непријатност при излегувањето од зоната на удобност. Но, за моја среќа, додека патував накај Словенија за размената, слушнав епизода од подкастот на „Медуза“ насловен „Останувајќи со нелагодноста“ и токму тоа беше моето мото за време на размената, кое ми донесе најголема сигурност дека она што го правам ќе ми донесе убаво искуство: преку останување со нелагодноста, или она што во одреден миг ни е нелагодно, на пример запознавање и прилагодување на нови луѓе, може да се дојде до многу убаво искуство кое ќе се памети.

Дафина Веселинска



Get Poisoned By Art: Stendhal Syndrome



People can be poisoned by the food they eat. When the right chemicals do not enter the body, our body tries to create a reaction to this and fights the poison. So, what happens to us if the food we feed our souls is poisonous? Art is food for the soul. In other words, any art element is food. Music, paintings, architectural structures, sculptures... However, the disease that arises from a chemical disorder in food poisoning is due to the fact that the food here becomes almost perfect. Stendhal Syndrome, which is a psychological disease, causes rapid heartbeat, fainting and hallucinations when exposed to works of art or magnificent and aesthetic phenomena.

The real origin of this syndrome dates back to Florence, Italy. In the most shocking of many cases, a tourist suffers a heart attack while looking at Sandro Botticelli's painting "The Birth of Venus" in the Uffizi in Florence. In the same way, he suffers an epileptic seizure while looking at "Spring", another Botticelli's painting in the Uffizi. In 1979, Italian psychiatrist Graziella Magherini conducted research on the syndrome, observing that such cases were very common, and reached important results. Magherini reveals this interesting syndrome by studying foreign tourists who present to the emergency room with symptoms such as dizziness, fainting, etc. Then, through a series of experiments and observations, he checks whether this disorder really exists. Visitors to the Medici Riccardi Palace in Florence are observed. In the Medici Riccardi Palace, tourists visiting the chapel decorated with frescoes are asked to record the images of the visitors looking at the frescoes after examining their heart rate and breathing rate, blood pressure, eye and muscle movements, and write down how they feel while looking at the works. In the experiment, it was determined that some visitors' facial muscles relaxed, their pupils shrank, and their heartbeat, breathing rate and blood pressure changed while looking at the artifacts. When visual artworks were accompanied by auditory stimuli, it was observed that the activity in the brain increased even more. Some of the visitors described their feelings as "overly emotional" and "sweetly tired". As a result of these findings, scientists said that Stendhal Syndrome is a real psychosomatic disorder (the naming used for physical diseases of psychological origin) and

passed this disease into the literature as Stendhal Syndrome. They have determined that 1 out of every 100 people in the world has this syndrome.

The main reason why this syndrome is called Stendhal syndrome is as follows: Stendhal, who is a true art lover, went to Florence, Italy on a horse from France. During this visit in 1817, Stendhal visited the Basilica of Santa Croce, where the tombs of Galileo Galilei and Machiavelli are located, and when he saw the basilica covered with Giotto's frescoes, he wrote that he experienced weakness and rapid heart palpitations, just like the subjects of the experiment.

"I was overwhelmed to be in Florence, to walk around the graves of those wonderful people. The thought of this sublime beauty held me in the palm of my hand. For a moment, I was immersed in divine feelings. At that moment, everything began to speak to my soul with authenticity. Oh, I wish I could forget. My heart was racing. Life had receded from my eyes. I was afraid of rolling down and walking away."

There is evidence that other artists, not just Stendhal, have had this syndrome. For example, it is said that Fyodor Dostoevsky, an epilepsy patient, was ecstatic while looking at Hans Holbein's painting "Dead Christ" during his visit to Basel. It is also known that Sigmund Freud observed and worked on this syndrome. In many parts of the world, there are people who are taken to the emergency room with this case. Such cases have been found in the Louvre Museum in France, the Hagia Sophia Museum in Türkiye, the Museum of Contemporary Art in Macedonia, and the Vienna Museum of Art History in Austria.

In addition, this syndrome was the subject of a movie of the same name in 1996. Directed by Dario Argento, the film tells the story of a serial killer with Stendhal Syndrome. It is obvious that the impact of art on people is at an unpredictable level. It is also a good thing that the effect of art on human beings has been scientifically proven. This interesting syndrome is a very good example of how art can deeply affect the human psyche.

Ömer Çakmak



Tako Mako - The Gemstone of the Old Bazaar

Interview with Nazim Asani for
VOICES

Sometimes, when you least expect it, you meet kind people who invite you to share a meal. This happened to me when my aunt visited Skopje in March. After the sun had set, we walked from the Kale Fortress to the Old Bazaar, searching for a coffee place. To our surprise, the streets were empty.

Just as we were about to give up, we spotted a group of friends gathered for Iftar. Among them was Nazim Asani, a local jeweller whose family owns a jewellery store in the Old Bazaar.

Macedonian ruby

What role does family play in the Old Bazaar?

Nazim and his six siblings grew up learning the craft from their grandfather and father. Now he and his Brother Selajdin own the store “Tako Mako”. “Everything started with our grandfather. He and our father taught us how to make jewellery with our hands, and now we continue with the family business” - Nazim tells me. “It was always clear for me and my brother to take over someday. We were involved from day one”. There are many family-owned businesses in the Old Bazaar. The Albanian family is one of them. Nazim himself has been there for about 40 years. “Family plays an important role in our business and the Old Bazaar community. Many families own businesses here, and their children often continue like me and my brother”.

Where does the name “Tako Mako” come from?

To stick out among all the other jewellers, you have to have a catchy name so people are drawn to you. “The name “Tako Mako” comes from my brother’s childhood. He used to love these little cakes called “Tako” and he was saying it constantly. So that name just stuck with us, and somehow “Mako” was added because it rhymes”.

There are many jewellers in the Old Bazaar. What makes “Tako Mako” special?

“Tako Mako is special because everything we sell is made with our hands. We make our jewellery with silver, gold, and most stones like the Macedonian ruby. It is pinker than the known ruby and comes from Prilep”.

What are some of the most memorable experiences you had while working here?

The Old Bazaar is a special place where people from all over come. Some politicians, like



Federica Mogherini, have visited the shop. “Yes, it was unique when Federica Mogherini was in the Old Bazaar in 2018. We heard that she would come here, and my brother made a brooch to give her a gift. When we gave her the brooch, it was very memorable” - Nazim remembers. The visit of the former vice president of the European Commission opened the door to the Old Bazaar for others and also decorated the shop door of “Tako Mako”. “I think it meant a lot to her as well. She is the reason why we have the “Europe Street” sign next to our shop”. Right next to the door is the sign that says “Europe Street by the European Commission” in Macedonian and Albanian. The thank-you letter hangs inside the shop and underlines how the brooch is more than a simple gesture but a symbol of

generosity and tradition. One year later, German Federal President Steinmeier stepped inside the door and got a personal brooch for his tie. “I have met many people in my shop, and I’m always happy when we can give them a gift”.

What impact does your ability to speak multiple languages have on your work?

Not just politicians from Europe experience the kindness of the Asani Brothers. Tourists from every corner of the world come. Nazim and Selajdin speak half of the languages that they speak. “People at first are surprised when I approach them in their language. They are interested. It helps with the business to be able to speak multiple languages. It’s fun as well”.

How has the Old Bazaar changed since your childhood?

“The Old Bazaar has changed a lot in 40 years. Many stores don’t exist anymore and some family businesses didn’t continue. I would say that it has lost a bit of the charm that it used to have. With time it was also modernised in some ways” - Nazim says. “Now there is less hand craftsmanship. That is why it’s so important to us to keep that alive. Our community in the Old Bazaar is special. I work here among so many people who share the same values as me. Although many things have changed around us they stayed the same”.

“Tako Mako” is right in the heart of the Old Bazaar and preserved with their hand craftsmanship and their openness towards people to keep the charm and traditions of the Old Bazaar alive.

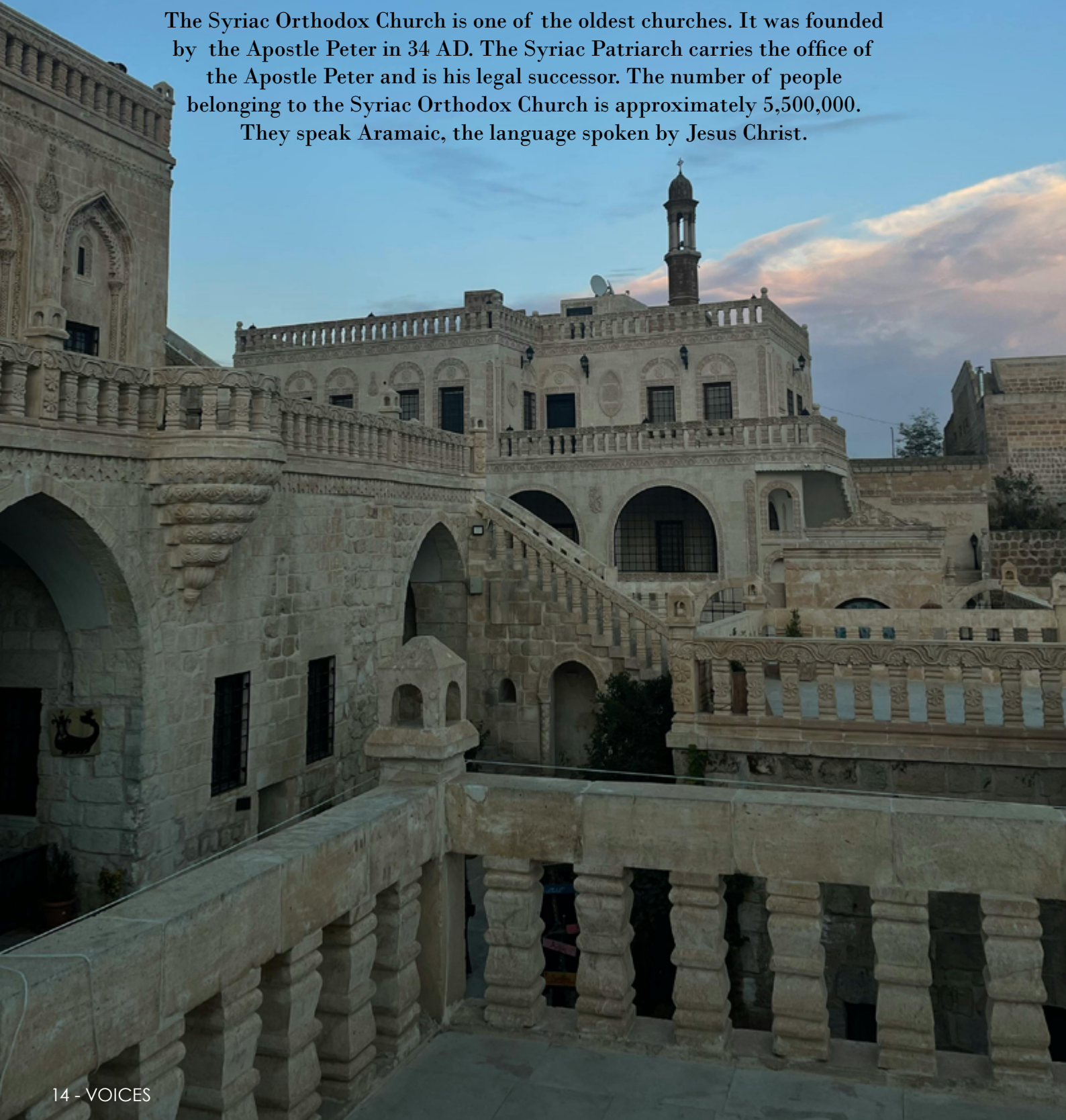
Fiona Schaumann

This Interview was held in German.



SYRIAC ORTHODOX CHURCH

The Syriac Orthodox Church is one of the oldest churches. It was founded by the Apostle Peter in 34 AD. The Syriac Patriarch carries the office of the Apostle Peter and is his legal successor. The number of people belonging to the Syriac Orthodox Church is approximately 5,500,000. They speak Aramaic, the language spoken by Jesus Christ.



The Syriac Orthodox Church is Oriental Orthodox and recognizes the first 3 councils. These councils are as follows: First Council of Nicaea, First Council of Constantinople and First Council of Ephesus. However, they reject the belief of the council held in Chalcedon in 451. Cyril of Alexandria developed the christological perspective known as miaphysitism, or occasionally henophysitism and Syriac Orthodox Church accepts this view. This viewpoint holds that Jesus is a single structure, with both human and divine natures. Put another way, as the word "mia" attempts to convey, it has a singular essence that does neither mix with, nor separate from, one another but rather exists together and so keeps its divine and human characteristics.

Assyrians used to worship the sun and had temples. Today, the old sun temples are used as monasteries and churches. In the Syriac Orthodox Church, resource transfer is traditionally done by monks in monasteries.

In the Syriac Orthodox Church, worship begins with sunrise and is repeated 7 times a day. However, due to secularization, worship during the day has decreased to 3 times nowadays. Worship is performed in congregation and includes prostration. Sections from the Psalms are read during prayers and there are different voice modes in worship. Prostration is not performed on Sundays and holidays. In addition, prostration is not performed during the 50-day period between Easter and Pentecost. All prayers are made standing.

The highest official of the Syriac Orthodox Church is the patriarch and the clergy are divided into three categories.

First one is Bishopric and it includes Bishop, Metropolit, Mafiryan and Patriarch.

Second is Priesthood and it includes Monk (Ebuna) and Horebishop.

Third is Diaconate and it includes Murenim (Mzamrono), Reader (Koruyo), Typesetter (Afodyakno), Archdeacon (Deacon with the Gospel) and Arhedyakno (Head of the Deacons).

Syriac priests have different subjective situations in their monastic lives. Hbishoye: Imprisoning oneself for the purpose of worship.

- Estunoye: Imprisoning oneself in high towers.
- Abile: Constantly being in a state of mourning.
- Hinvoye: Being constantly busy with worship.
- Madbroye: Living in deserts for worship purposes.
- Nugrite: Self-forgetfulness, self-alienation.

Nineveh Fast

The legend goes that Prophet Yavnon, also known as Jonah, was sent by God to warn the inhabitants of Nineveh to repent, but instead he boarded a ship and traveled for Tarshish. Later, the ship that the Prophet stepped onto met with calamity. Casting Prophet Yavnon into the water was the only way out of this mess. After spending three days and three nights in the stomach of a huge fish, Yavnon was spat up on the beach by the fish. Following the 7th century, Syriac Orthodox Christians also began keeping this fast, and they still do so today.

The Nineveh Fast, also known as the death fast, lasts three days during which no food or liquids are consumed. Following the Nineveh Fast liturgy done in Syriac Orthodox churches at the end of the third day, the fast comes to an end.

Mor Gabriel Monastery

The monastery is located in the Midyat district of Mardin city in Türkiye. Mor Shmuel and Mor Simon placed the monastery's foundations in 397. Byzantine and Roman emperors helped to complete the construction of the monastery and the building was finished quickly. Both inside and outdoor additions were completed on various dates. The monastery was invaded during the Mongol period and the gold and silver on its ceiling were looted. The monastery is still active today and 60 people live there. Syriac language education is provided to students living here. In the monastery, there are the Virgin Mary Church, the Church of the Apostles, the Church of the Forty Martyrs, and the Mor Shmuel Temple.

Deyrulzafaran Monastery

It is a monastery built on an ancient sun temple in the 4th century. It is called Deyrulzafaran today due to the saffron plant grown around it. The Arabic terms "deyr" (meaning monastery) and "zaferan" (meaning saffron) are the source of the name. With extensions made at various times beginning in the 5th century, the three-story monastery took on its final appearance in the 18th century, after serving as the home of the Syriac Orthodox patriarchs for 640 years until 1932.

Comparison between Macedonian Orthodox Church and Syriac Orthodox Church

They are members of two distinct communions: Eastern Orthodox and Oriental Orthodox. Despite attempts at mutual understanding and ecumenical cooperation, their liturgical and theological traditions remain separate. Even though there is no direct relationship between these two institutions due to their geography and theological differences, the roots of both traditions are the same (Early Christian Church).

Ahmet Yiğit Bircan

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Small winged miracles on earth

Butterflies have existed in the world for centuries. With their many varieties, we think of their beauty but also their short lifespan. However, there are a lot of interesting facts about butterflies that we do not know.

There are approximately 150.000 species of butterflies known in the world. More than 100 types of butterflies live in Macedonia. Of the 77 species of butterflies in Matka, the most famous type is White Butterfly. Butterflies go through a process we call metamorphosis. First process for the butterfly is the egg. The second stage is when it becomes a larva, that is, a caterpillar. The third stage is the pupal. The last to come is adulthood. Cocoons form on leaves as it is a food source for the caterpillar in the pupal stage. Pupal period may vary. For some species it takes two hours, while for others it can take one or two years. The adult butterfly can meet its food needs from leaves, flower nectar and various liquids. Butterflies do not have mouths, they have two tubes that look like proboscis. They feed by grinding leaves into small pieces with the help of their jaws. Since they get all the vitamins they need from food, they do not need to drink water.

There is still a lot we don't know about butterflies. Some species that we know as short-lived actually live for several years. The wings of these small-looking butterflies are very strong and some can fly up to 5000 km away. Butterflies that can see ultraviolet rays can see the UV patterns on their wings and distinguish their species. They need to emit a scent to mate, so males and females have different scents. Contrary to popular belief, females either have no scent or smell bad, thus avoiding being hunted. Their sense of taste is in their feet. They check the food with their feet before taking it. Some hairy-winged butterflies use ants to care for baby caterpillars, thanks to the butterflies they secrete. Ants that cannot resist chemicals protect the caterpillars they take to their nests by feeding them. Even when butterflies become adults, they continue to consume the food of ants. Some butterflies can grow up to 25 cm. There is an organ called the false head right next to their wings, they use it to avoid being hunted. Another way to avoid being hunted is to use the poison they absorb from plants. For example, monarch butterflies use milkweed toxins to reduce their own palatability. When swallowtail butterflies perceive a threat, they put out their snake tongue-like organs, which have a pungent odor, thus providing a strong defense.

There are many types of butterflies that can live in different conditions all over the world. Contrary to general information, they all have rare features. If we talk about the endemic species found in the world, the black-veined white butterfly species, which was known to have become extinct 100 years ago in England, has been observed again today. The butterfly, known as Rose's multi-eyed butterfly, can only fly in Van due to the climatic conditions. The largest butterfly in the world is the Atlas butterfly, and the smallest butterfly is Tongeia Minima.

We just opened a book full of wonders with random yet interesting facts about butterflies. How much did you know and what can you add? It seems like there are as many answers as there are butterflies in the whole planet.

Menşure Zeynep Koçak

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Mrekullitë me krahë të vogla në tokë

Fluturat kanë ekzistuar në botë prej shekujsh. Me varietetet e tyre të shumta, ne mendojmë për bukurinë e tyre por edhe jetëgjatësinë e tyre të shkurtër. Megjithatë, ka shumë fakte interesante për fluturat që ne nuk i dimë.

Janë të njohura rreth 150.000 lloje fluturash në botë. Në Maqedoni jetojnë më shumë se 100 lloje fluturash. Nga 77 llojet e fluturave në Matkë, lloji më i njohur është Flutura e Bardhë. Fluturat kalojnë një proces që ne e quajmë metamorfozë. Procesi i parë për fluturën është veza. Faza e dytë është kur ajo bëhet një larvë, domethënë një vemje. Faza e tretë është pupali. E fundit që vjen është moshja e rritur. Në gjethe formohen fshikëza pasi është një burim ushqimi për vemjet në fazën e pupës. Periudha e pupës mund të ndryshojë. Për disa specie duhen dy orë, ndërsa për të tjerët mund të zgjasë një ose dy vjet. Flutura e rritur mund të plotësojë nevojat e saj ushqimore nga gjethet, nektari i luleve dhe lëngjet e ndryshme. Fluturat nuk kanë gojë, ato kanë dy tuba që duken si proboscis. Ata ushqehen duke bluar gjethet në copa të vogla me ndihmën e nofullave të tyre. Meqenëse të gjitha vitaminat e nevojshme i marrin nga ushqimi, nuk kanë nevojë të pinë ujë.

Nuk dimë ende shumë për fluturat. Disa lloje që ne i njohim si jetëshkurtër jetojnë në të vërtetë për disa vjet. Krahët e këtyre fluturave me pamje të vogël janë shumë të forta dhe disa mund të fluturojnë deri në 5000 km larg. Fluturat që mund të shohin rrezet ultravijolcë mund të shohin modelet UV në krahët e tyre dhe të dallojnë speciet e tyre.

Ata duhet të lëshojnë një aromë për t'u çiftuar, kështu që meshkujt dhe femrat kanë aroma të ndryshme. Në kundërshtim me besimin në popull, femrat ose nuk kanë aromë ose kanë erë të keqe, duke shmangur kështu gjuetinë. Ndjesia e tyre e shijes është në këmbët e tyre. Ata e kontrollojnë ushqimin me këmbët e tyre përpara se ta marrin atë. Disa flutura me krahë fijesh përdorin milingona për t'u kujdesur për vemjet e vogla, falë fluturave që ato sekretojnë. Milingonat që nuk mund t'i rezistojnë kimikateve mbrojnë vemjet që i çojnë në foletë e tyre duke i ushqyer ato. Edhe kur fluturat bëhen të rritura, ato vazhdojnë të konsumojnë ushqimin e milingonave. Disa flutura mund të rriten deri në 25 cm. Ekziston një organ i quajtur koka e rreme pranë krahëve të tyre, ata e përdorin atë për të mos u gjuajtur. Një mënyrë tjetër për të shmangur gjuetinë është përdorimi i helmit që thithin nga bimët. Për shembull, fluturat monark përdorin toksinat e qumështit për të reduktuar shijimin e tyre. Kur fluturat e bisht dallëndyshe perceptojnë një kërcënim, ata nxjerrin jashtë organet e tyre të ngjashme me gjuhën e gjarprit, të cilat kanë një erë të fortë, duke siguruar kështu një mbrojtje të fortë.

Ka shumë lloje fluturash që mund të jetojnë në kushte të ndryshme në të gjithë botën. Ndryshe nga informacioni i përgjithshëm, të gjitha ato kanë veçori të rralla. Nëse flasim për speciet endemike që gjenden në botë, sot është vënë re sërish specia e fluturës së bardhë me venat e zeza, e cila dihej se ishte zhdukur 100 vjet

më parë në Angli. Flutura, e njohur si flutura me shumë sy të Rozës, mund të fluturojë vetëm në Van për shkak të kushteve klimatike. Flutura më e madhe në botë është flutura Atlas, dhe flutura më e vogël është Tongeia Minima.

Sapo hapëm një libër përplot me mrekulli mbi faktet interesante për fluturat. Sa keni ditur deri tash dhe çfarë mund të shtoni më shumë? Duket sikur ka po aq përgjigje sa ka flutura në të gjithë planetin.

Menşure Zeynep Koçak
Përktheu: Dora Arifi

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Art and Activism in Abandoned Railway Stations in Greece

The abandonment of train stations in Greece invites reflection on the country's socio-economic transformations and infrastructural challenges. Once bustling hubs of activity, many of these stations have ceased operations, creating a stark contrast between their vibrant past and desolate present. This has sparked discussions among local communities about the underlying causes. Key factors include the severe economic crisis of the 2010s, a shift towards road transport, urban migration, and insufficient investment in rail infrastructure. These issues contrast with neighbouring countries that have maintained functional rail systems through consistent investment and modernization.



Despite this trend, the Alexandroupolis railway station remains a significant hub in Northern Greece. Its establishment and continued development have played a crucial role in the region's economic and social growth, ensuring vital connections with the rest of Greece and neighboring countries. This underscores the importance of sustained investment in rail infrastructure. Moreover, the abandoned stations, rich in history and architectural beauty, present unique opportunities for creative reuse. These spaces are being transformed into vibrant centers for artistic and cultural activities, engaging local communities and revitalizing the stations through performances, exhibitions, and other events. This creative repurposing highlights the potential for art to breathe new life into public spaces, fostering social cohesion and cultural expression.

The idea of uniting countries through UNESCO buildings typically refers to UNESCO's efforts in preserving and promoting cultural and historical landmarks of significance. While UNESCO does not directly build or create train stations, the concept of connectivity and cultural exchange facilitated by transportation infrastructure, including train stations, aligns with UNESCO's mission to foster international cooperation and understanding through heritage preservation. The slogan about uniting countries through train stations has resonated from the early days of railway development to the present. Initially, train stations served as pivotal nodes connecting regions within countries and facilitating international travel and trade. They symbolized progress, modernity, and the ability to overcome geographical barriers.

The abandoned train stations of Greece stand as silent witnesses to an era when railways were the primary mode of transportation. Today, these once-bustling hubs have been revitalized as vibrant centers for artistic and activist activities. Their rich history and architectural beauty inspire artists and activists who transform these spaces with graffiti, murals, and installations that convey powerful social and historical messages.

The stations come to life through theatrical performances, music concerts, and photography exhibitions, drawing interest from both the local

community and visitors. These artistic endeavors highlight the importance of preserving and restoring these historical sites, thereby enhancing cultural life and fostering social cohesion in the region. As a result, the abandoned railway stations of Greece are being transformed from neglected relics into dynamic centers of creativity and community engagement, illustrating the profound impact of art in revitalizing and redefining public spaces.

The first railway lines passing through Alexandroupolis were constructed in the 1870s, linking the city to Constantinople and Thessaloniki. The completion of the Thessaloniki-Alexandroupoli line in 1896 transformed Alexandroupolis into a key transport and commercial hub. Today, perceptions of a country's railway system encompass various elements, including the state of train stations, wagons, tracks, security, and surveillance. When problems arise, especially political ones, public discourse often centers on broader systemic issues rather than just the trains. Questions frequently arise about whether city officials, including mayors, have neglected citizen concerns due to political interests, with speculation about political motives affecting railway operations.

A compelling vision for revitalizing abandoned railway stations in Greek villages is to establish Integrated Multipurpose Centers for Culture, Tourism, and Education. These centers could host a diverse range of activities, providing enriching experiences for both locals and visitors. Transforming an abandoned railway station into such a multifunctional hub could yield substantial benefits for the local community, enhancing cultural engagement, boosting tourism, and providing educational opportunities. This initiative would not only rejuvenate these historical sites but also attract visitors from Greece and abroad, turning the railway stations into vibrant, bustling centers of activity once again. It appears that discussions surrounding abandoned train stations in Greece often become entangled with political dynamics or frustrations. Every year, I find myself eagerly anticipating action to address these neglected stations, only to see little progress. While politics inevitably influences these matters, I believe it's crucial to focus on what truly matters: revitalizing these stations for the benefit of our communities and

preserving their historical significance. Despite the complexities involved, my priority remains practical solutions that can make a tangible difference in restoring these important landmarks.

On the contrary, can we really separate the issue of abandoned train stations across different countries from political influences? Citizens not only represent themselves but also their national interests, inherently intertwining political considerations into these discussions. While assessing the current political climate is complex, historical context suggests it's been more stable. Yet, the predominant issue remains the excessive focus on politics. Since I first became aware of these issues, it's been a constant. Time-traveling to an idealized past isn't feasible, nor do I wish for it personally. Instead, I acknowledge the progress made, particularly the commendable efforts aimed at revitalizing abandoned train stations and advocating for their importance within our communities.

The pace of change in our world, much like the evolution of train travel itself, is swift and transformative. It seems that abandoned train stations have reached a critical juncture, and only time will reveal their path forward. Can we now discern what truly holds significance? Amidst these shifts, it is vital to clarify our priorities: preserving cultural legacies, revitalizing communal spaces, and promoting sustainable development. The future of abandoned train stations depends on our collective ability to appreciate their historical value and envision them as dynamic centers of activity and connection. By focusing on these core values, we can shape a future where these stations not only reclaim their place in our communities but also contribute meaningfully to our shared heritage and identity.

Tania Karaouli

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Fierce struggle in cool water



We know that water is life and we can see it everywhere. 70% of Earth is water. But did you know that there are more than 50 water sports in the world? Some of them are done in pools, but some of them in natural waters, like rivers, lakes, seas or oceans. Let's investigate open-water swimming and its challenges.

Swimmers can swim distances called 7 ocean courses. These are the North Channel, Cook Strait, Molokai Channel, English Channel, Catalina Channel, Tsugaru Strait and Strait of Gibraltar. The marathon swimmers, and their teams, determine one of 7 different courses and then set out towards that goal with a boat and two kayaks.

Although open water swimming is known as a freestyle branch, it is a sport with many rules and is followed meticulously. If we talk about the rules, first of all, the swimmer entering the water is prohibited from touching the boat next to him until he reaches the target he has determined. Since swimming distances are generally around 30 km or more, swimmers have to swim for more than 10 hours. It is forbidden for them to get help from anywhere to rest during these difficult hours. Naturally, another rule is that it is forbidden to leave the water unless the goal is reached. You may ask, how will he meet his nutritional needs during such long hours? Since swimmers cannot get out of the water, they get their energy while swimming on their backs with liquid food left in the water by the boats following them every half hour.

Of course, there are a few questions that this sport brings to mind. How do they stay in the water for that long? How do they swim at night? How do sea creatures and the coldness of the water affect the body?

First of all, swimmers, of course, prioritize their health, think about everything in advance and prepare

accordingly. They apply a mixture of petroleum jelly and lanolin all over their bodies to protect the body from the salt in the water and the damage caused by living things. The oily texture of this mixture serves to protect the epidermis. The temperature of the water depends entirely on how durable the swimmer is and how much he has trained. We can say that the temperature of the water varies between 13 and 19 degrees. A swimmer can increase his or her endurance through training, but no matter how much preparation is made, there may be athletes who suffer from hypothermia in the water and have to get out. Another issue is that if we consider sea creatures, jellyfish, fish, or sharks, they need to be careful as there are, for example, poisonous types of jellyfish. Swimmers who may have an allergic reaction may have to get out of the water. To clarify, every swimmer needs to check their allergic conditions. But what about the sharks? There is a special beam-reflecting device for sharks. The crew on the boat tries to deter the sharks by reflecting the light on the swimmer while he is in the water. Apart from these, there are no special precautions taken against living creatures.

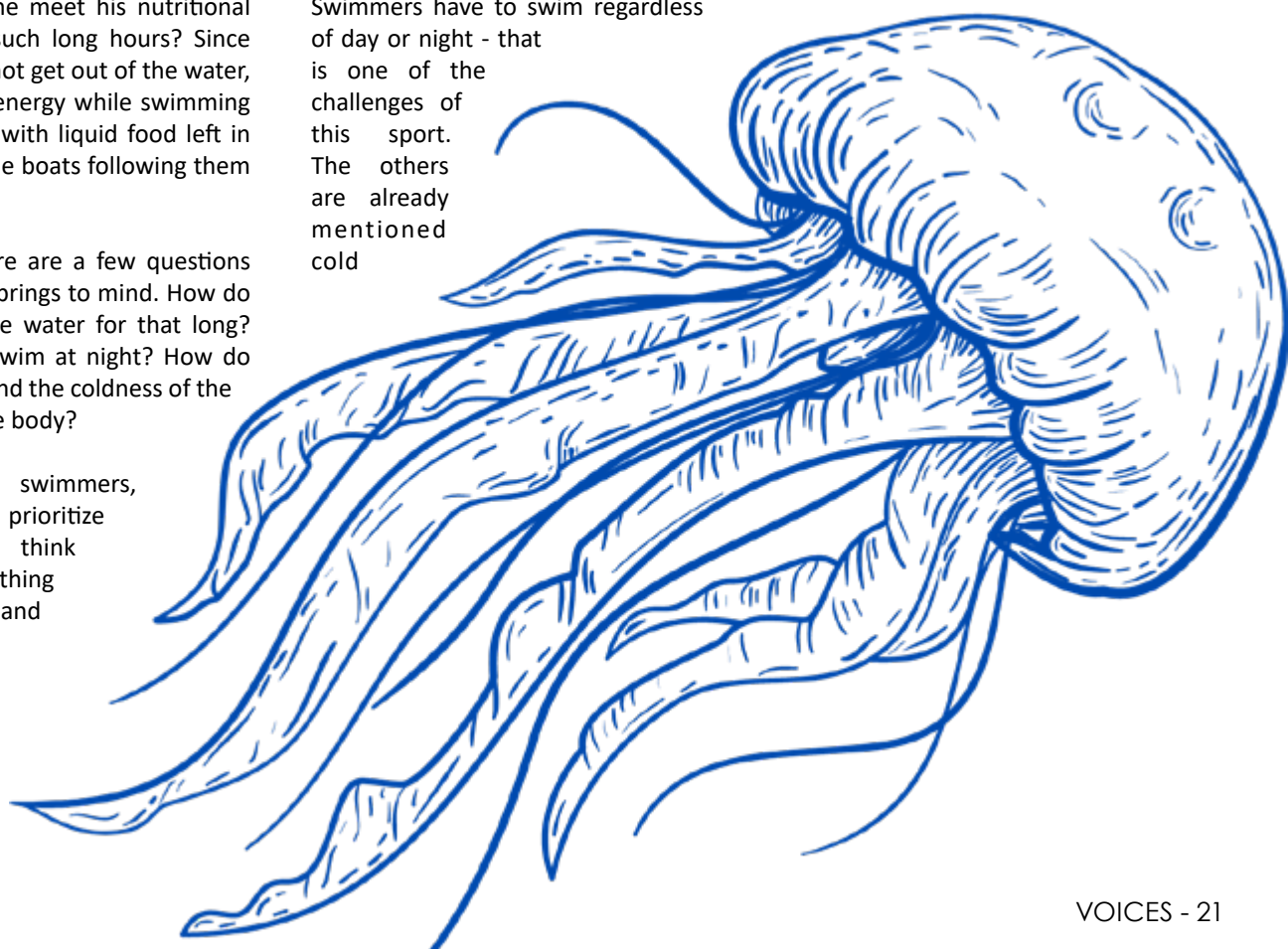
Swimmers have to swim regardless of day or night - that is one of the challenges of this sport. The others are already mentioned cold

water and poisonous sea animals, but also big waves and reverse current.

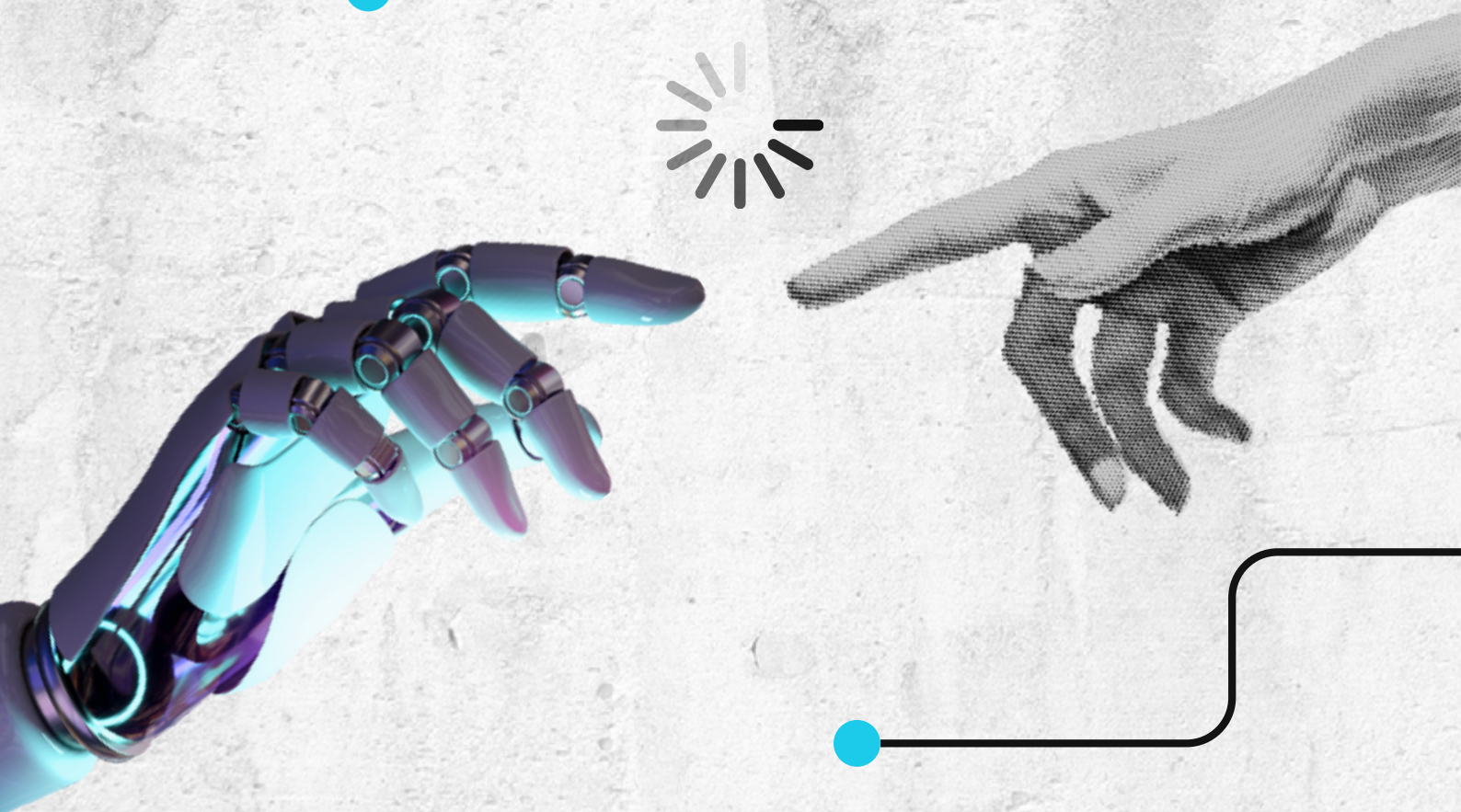
So what do swimmers who brave these difficult conditions aim for? When we look at the motivation of many swimmers, we see their love of adrenaline and their desire to achieve difficult things in line with the skills they have developed. One of these people is Aysu Türkoğlu. She is Turkey's youngest athlete to cross the English Channel. She crossed the North Channel and Cook Strait in 2023. Aysu has been interested in swimming since childhood and she decided to cross the English Channel. She thought that she could do more by participating in the 6 km open swimming race, while she was a regular track swimmer. In the end, she crossed the English Channel and she achieved this success with 3 years of preparation.

Open water sport is a sport that is not widely known and has countless difficulties. Looking from another perspective, the happiness that comes from achieving something so difficult is priceless. It is impossible not to appreciate all the athletes and their teams who work hard for their success in this sport.

Menşure Zeynep Koçak



INTO THE UNCANNY VALLEY



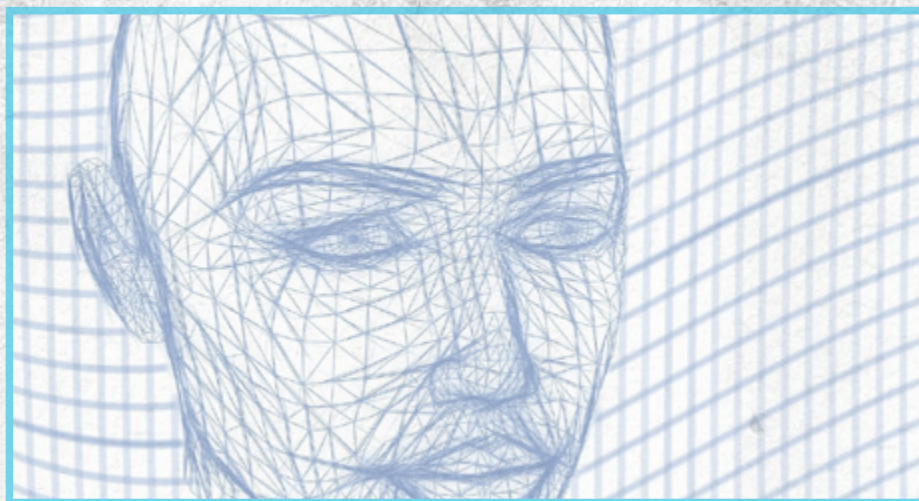
Imagine watching a high-budget movie, where animated characters are almost indistinguishable from real actors, yet something about their movements makes your skin crawl. Maybe you've seen those eerie human-shaped robots that try to mimic human behavior, but end up feeling more alien than familiar. Or a face with too much botox that seems normal, except it doesn't move at all while the person is speaking. Even dolls or wax statues with their lifeless eyes can evoke this strange discomfort. Has this ever happened to you? Well, this is what we're talking about today – a phenomenon called the uncanny valley, a place where the almost-human becomes strangely unsettling.

What is it all about?

The concept of the uncanny valley was introduced by Japanese roboticist, Masahiro Mori, in 1970. He noticed that when a robot or animated character becomes more human-like, we start to feel more positive and empathetic about it. Think about a small personal robot that you can keep on your desk, with a simple animated face and LEGO-like arms waving at you – you'll probably find it very cute, right? However, when we make the robot more realistic and it starts looking almost exactly like a human (but with small, noticeable flaws), it makes us uncomfortable. This sudden drop in comfort is called the "uncanny valley". Once the realism increases even more and something looks perfectly human (or, basically, IS a human), our comfort level goes back up.

Probably the most mentioned moment in uncanny valley's history was the release of the movie "The Polar Express" in 2004. It was the moment when animation reached very realistic levels, and it turned out... we don't necessarily like it. Lots of people associate watching this movie with a weirdly unsettling feeling.

Interestingly, even though this term was around for many years, recently describing things as "uncanny valley" has suddenly become popular in social media comments. Not to mention the trend of doing "uncanny valley makeup" on TikTok at the end of 2023 – you don't want to look it up, trust me...



Why do we feel like this?

Despite the fact there's been a lot of research done about uncanny valley – as you would expect for a phenomenon known for 50 years – we're still not sure why it happens. One of the speculations says that it's related to our evolution and avoiding diseases. The discomfort might be a defensive reaction from our brains, assuming that "something being off about this individual" might mean they are sick, so it's better to avoid them.

Uncanny valley may also be triggered by cognitive conflicts it creates. For example, if we see a robot looking like a human, we expect it to act and move like a human, but we notice slightly unnatural, robotic movements instead. The mismatch between expectations and reality confuses our brain. Some researchers suggest that human-shaped robots can make us think they have feelings, which makes us uncomfortable because we consider this a unique characteristic of humans. There are many more potential causes of uncanny valley, but so far we can't tell what the main reason is.

For me, the uncanny valley phenomenon is a fascinating example of how our brains struggle with quickly developing technology. Some people say that younger generations are already more "immune" to this feeling, as they are surrounded by technology from a very young age. I wonder what will come first – robots and animations that look so realistic that they don't freak us out anymore, or being resilient to an uncanny valley because we'll get so used to seeing human-like creatures that aren't necessarily perfect?

Anna Wojdziak

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GALIČNIK WEDDING



A TIMELESS TRADITION

After driving through the curvy roads of Mavrovo, you can find yourself in one of the oldest villages in Macedonia. The Mijaks (Мијаци) first founded Galičnik, which was one of their main towns, but traces of them can be seen all over the country. They were known for their craftsmanship, especially their talent for wood, their architecture, and their traditions. One of these traditions is the wedding on St Peter's Day.

This small village, hidden deep in the mountains of western Macedonia, is the venue of the country's biggest wedding festival. "Галичка свадба" (Galičnik wedding) is a combination of rituals, traditional clothing, and dances over two days. Saturday begins with decorating the Macedonian flag and inviting the musicians. Traditional dances like "Тешкото" ("the hard one") are being performed. The day ends with the bride visiting three fountains. On Sunday, the celebrations include inviting deceased ancestors. The groom is shaved, symbolising separation from his family. The bride then rides a horse to the church. Many welcome rituals follow before the couple and their close family enters the church for the ceremony.

Usually, weddings are celebrated with the closest family and friends. At the Galičnik wedding, there were about 5000 strangers there as well. Everything is captured on camera, broadcast, and shown on a big screen for all to see. "They've always been part of it. I don't like them too much, but I think it's nice that people who can't make it can still watch from afar," says Jelena Mihajlovska for Voices. Her family is from Galičnik as well. She lives and studies in Skopje.

All year round Galičnik is a very quiet place. Most of the people whose families came from Galičnik now live in bigger cities. Many come back once a year for the wedding. "Everybody started moving out in the 1970s because of the rise of industry. The population of Galičnik has gone down since the 1940s. There used to be 5,000-8,000 people, but now there are only 4 people here all year round", says Jelena. The Wedding gives people a common reason to visit and to celebrate many traditions.

To get married at the Galičnik Wedding, the marrying couple has to fulfil some requirements. At least one of the couples must have roots in the village, it should be their first church wedding and they should have taken part in previous weddings. Every year many couples apply to be married in the Galičnik style.

This year Stefana Dimitrova and Darijan Koczosi were the lucky couple. But it wasn't always like that. "In the 50s, there weren't new couples for the wedding every year, so sometimes it was just a performance. Now everything is authentic: the bachelors, the costumes, the dancers".

Once a year, the quiet village of Galičnik hosts Europe's most traditional wedding festival. People come from all over to experience the culture. "I think it brings people closer together. Especially the people who used to live here and come to the wedding". This wedding festival brings people together to experience traditions, love and their culture.

Fiona Schaumann

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Embracing A Healthy Lifestyle: A Simple Guide

Living a healthy lifestyle means making choices that help you feel good both physically and mentally. Being healthy doesn't only mean eating good or exercising, it has a lot more to it. It's physically and mentally important to stay healthy, it also has a lot of benefits.

Here's how you can do it in a few simple steps.

1. Eat well

Eating a variety of foods helps your body get the nutrients it needs. Include lots of fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet. Try to limit sugary snacks, salty foods and junk foods. Avoid smoking, if you drink alcohol, drink in moderation. Drinking plenty of water every day is also important to keep the body hydrated.

Multivitamins: Taking supplements and vitamins can be beneficial to support your overall health. Supplements and vitamins that are recommended are:

- Vitamin C, D and E
- Omega 3
- Probiotics

A regular checkup with a doctor is needed and important even when you feel healthy. With a checkup you could see what supplements and vitamins are possible to take for you to balance your health.

2. Stay Active

Regular exercise is key to stay in a healthy weight, strengthens your muscles and bones, and keeps your heart in good shape. Aim for at least 30 minutes of activity, like walking, running or dancing, most days of the week. Adding some exercises that build strength, like lifting weights, can also be very beneficial. Find a hobby or a sport you like, engage in activities and engage with people in general. Spend time outside in nature to boost your mood and energy level.

Stay moving: Try to stand up, stretch, or take a short walk every hour if you sit a lot during the day.

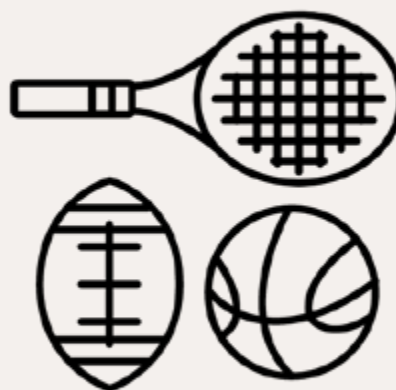
3. Get enough sleep

Good sleep is crucial for your health. Adults should try to get 7-9 hours of sleep each night. To improve your sleep, go to bed and wake up at the same time every day to help your body get into a rhythm, make your bedroom comfortable, and avoid using screens right before bed. Quality sleep helps your body recover and your mind stay sharp.

4. Take care of your mind

Your mental health is just as important as your physical health. Practice mindfulness techniques like meditation, deep breathing, or yoga to reduce stress. Spend time with friends and family, do things you enjoy, and take breaks when you need them. If you're feeling down or stressed for a long time, don't hesitate to talk to a professional. Having clear, achievable goals can give you direction and purpose.

Celebrate Successes: No matter how small, celebrate your achievements to stay motivated.



Conclusion

Living a healthy lifestyle doesn't have to be complicated. By making small changes to your diet, staying active, getting enough sleep, managing stress, and staying positive, you can improve your overall well-being. Start with one or two tips and gradually build up to a healthier, happier you.

Ilayda Uz, Gabriela Jabro and Lisa Metin

Different Olympic sports in Paris

The 2024 Summer Olympic Games started on the 26th of July in Paris. 206 countries and more than ten thousand athletes are taking part. In total, there are 43 different disciplines but some of them come from the same sport. If we say that one international federation (like FIFA for football) represents one sport, there are actually only 32 sports at these Olympic Games. For example, cycling is represented by only one international federation, the UCI. But for this sport, four disciplines are on the program: BMX, mountain biking, track cycling, and road cycling. And for each discipline, different trials can be present. For example, for athletics there are a lot of trials: jumping (height, length, pole vault, triple jump), running (many different distances), walking (two different distances), and throwing (shot-put, javelin throw, disc throw, and hammer throw). Some disciplines are divided into totally different trials, like athletics, and some are divided depending on the weight or the size of participants, like judo or boxing. Finally, there are a lot more than 43 trials. If we also count the women's and men's disciplines (and mixed too) as different trials, there are in total 329 of them planned. Now let's talk about different sports.

For each edition, there are some sports imposed by the International Olympic Committee and additional ones which are chosen by the hosting country. For this edition, four additional sports were chosen: surfing, climbing, skateboarding, and breakdancing. Among them, breakdancing is totally new and it's the first time that it's been represented in Olympic Games. The other three were already present in some of the previous Olympic Games. Breakdancing is a style of street dance that comes from New York. The dancers perform figures to mostly hip-hop music.

The IOC selects compulsory sports according to certain criteria: the most important one is universality. The sport needs to be practiced, at least, on three continents and in 35 countries for women and 50 for men. Also, the sport needs to be represented by a federation which is a member of the IOC. But some sports which meet all these criteria are not represented in the Olympic Games. This is the case for mechanical sports (Formula 1 or MotoGP), some team sports like cricket, squash, baseball, or American football, skill sports like pool, and some nature sports like trail or paragliding. The traditional Olympic sports present

since the beginning of the modern Olympic Games (first edition in Athens in 1896) are athletics, gymnastics, fencing, wrestling, rowing, swimming, equestrian, and sport shooting.

To finish, this is the list of disciplines present at the Olympic Games 2024 in Paris: athletics, rowing, badminton, 5-a-side basketball, 3x3 basketball, boxing, breakdancing, canoeing-kayaking road race, canoeing-kayaking slalom, BMX, mountain biking, track cycling, road cycling, horse riding, climbing, fencing, soccer, golf, artistic gymnastics, rhythmic gymnastics, trampoline, weightlifting, handball, field hockey, judo, wrestling, swimming, artistic swimming, diving, water polo, modern pentathlon, rugby sevens, skateboarding, surfing, taekwondo, tennis, table tennis, shooting, archery, triathlon, sailing, beach volleyball, volleyball. What is your favorite? If you don't have one I encourage you to watch the Olympic Games this summer, maybe you'll discover a new passion.

Augustin Magaud



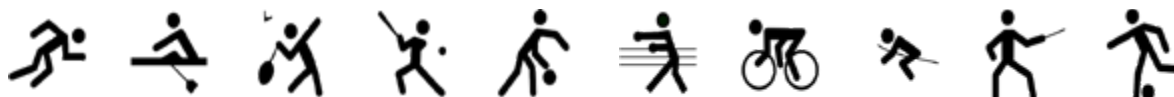
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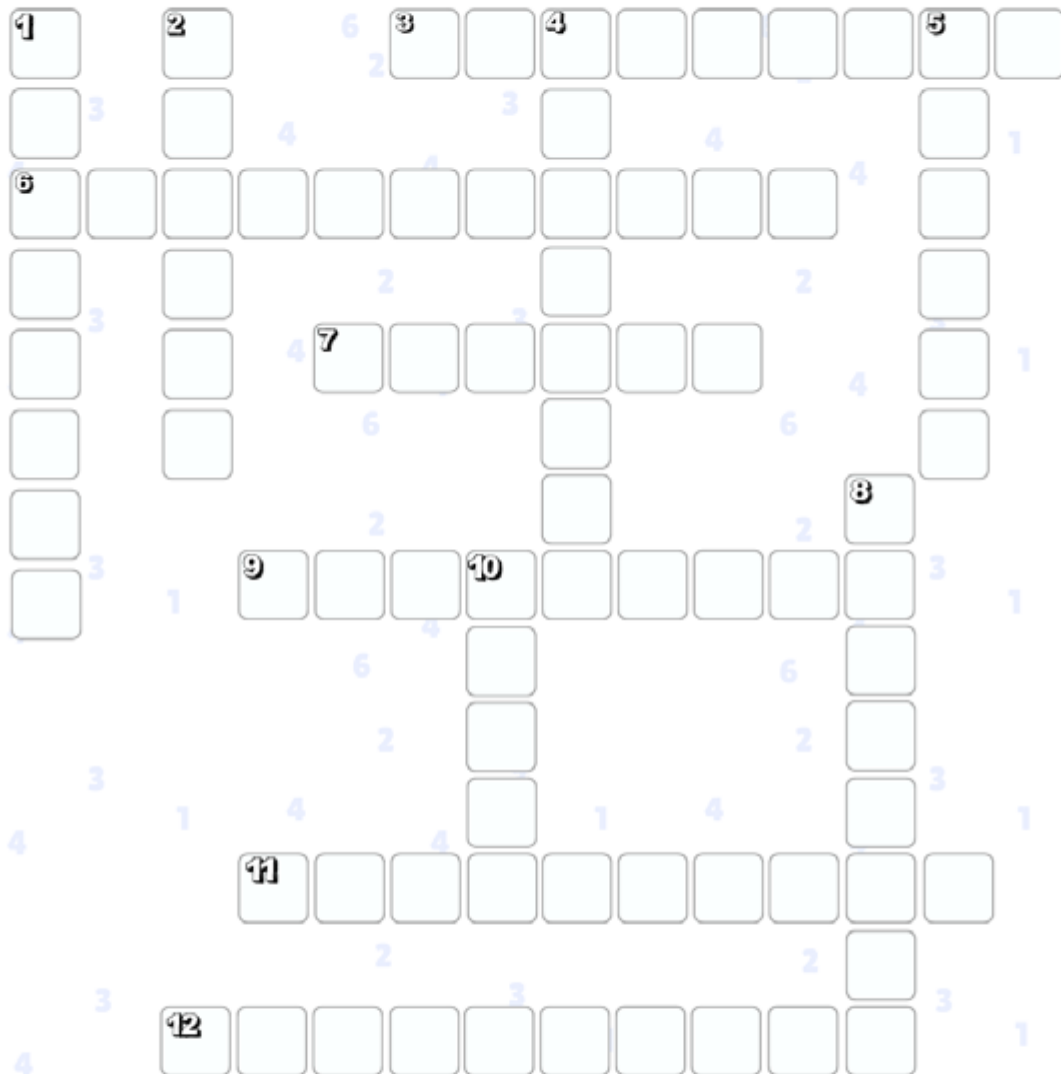
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Breakdancing



Voices Crossword

Read the clues at the end of the page and guess the answers to this crossword



Clues

Across:

3. decorative objects worn on your clothes or body that are usually made from valuable things
6. a branch of theology that concern Jesus
7. the condition of the body and the degree to which it is free from illness
9. a type of insect with large, often brightly coloured wings
11. something that exists and can be seen, felt, tasted, etc.
12. a particular area of study, especially a subject studied at a college or university

Down:

1. an arrangement in which students, artists, or other people from one country visit another country
2. a narrow area of sea that connects two larger areas of sea
4. animals and plants that grow independently of people
5. a way of doing something in which the same actions are done in the same way every time
8. mental condition
10. row of wagons

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



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VOICES to Hear



