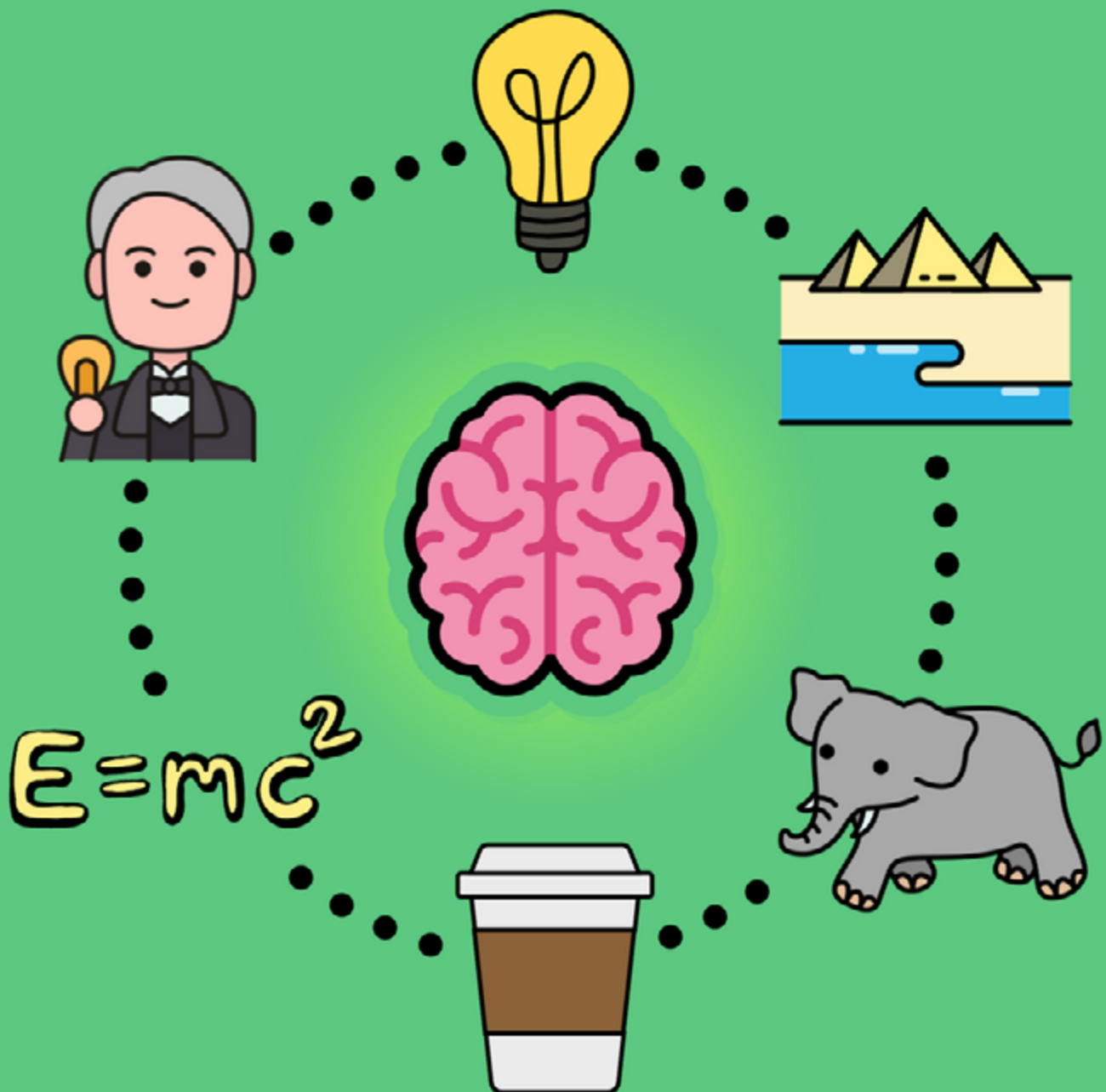


VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

october 2024





Sharing... What is sharing? Before I came to Macedonia I knew that one of the main tasks is writing Voices. It's not my main hobby to write articles but when I found out the importance of writing I was thinking deeply about what sharing is. According to Cambridge dictionary, the definition is "to tell someone else about your thoughts, feelings, ideas, etc.". This is exactly what we are doing here. Everybody has a different background, different mindset, but this is what we have in common, that we want to give the best we have to others.

I met a lot of people from foreign countries during all of my youth exchanges and what I learnt is that sometimes one sentence shared by another person can change your whole mindset. After one project, where I spoke with different people, I decided to completely change my plans and do something else than the popular way for life. Maybe this edition is your sign to change something. Try to be more open to what life offers you.

In the October edition you can find inspiration about going abroad, changing your coffee routine or recycling and more. As you can see, we shared different topics with you, use it freely!

Jakub Pokuciński

Споделување... Што е тоа? Пред да дојдам во Македонија, знаев дека една од главните задачи ќе ми биде пишувањето во „Воисес“. Искрено, пишувањето не ми беше омилено хоби, но кога ја осознав неговата важност - почнав подлабоко да размислувам што значи споделувањето. Според речникот на Кембриџ, дефиницијата гласи: „да му кажеш на некој друг за твоите мисли, чувства, идеи итн.“. Токму тоа што го правиме овде. Секој има различно потекло, различен начин на размислување, но заедничко ни е дека сакаме на другите да им го дадеме најдоброто од нас.

Запознав многу луѓе од различни земји за време на младинските размени на кои сум учествувал. Она што го научив е дека понекогаш само една реченица споделена од друга личност, може да го промени целиот твој начин на размислување. По еден проект, каде што разговарав со интересни луѓе, решив целосно да ги променам моите планови и да направам нешто поинакво од водење традиционален и популарен начин на живот. Можеби ова издание на „Воисес“ е знак да промените нешто. Обидете се да бидете поотворени за можностите што ви ги нуди животот.

Во октомвриското издание ќе можете да најдете инспирација за одење во странство, промена на рутината со кафе, рециклирање и многу повеќе. Како што можете да видите, споделивме различни теми со вас, а вие користете ги слободно!

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Thinking in shortcuts

It's late at night. Rain is pouring. You know you have to catch the next bus, or else you'll be standing soaking wet for the next hour. You see two ways: one that goes through a dark alley and another along a busy street. Without thinking much, you choose the busy street because it feels safer. In just a split second, your brain made a decision that seems smart and quick – but did it really consider all the facts? This is what happens when we use mental shortcuts, or what psychologists call “heuristics”.

What are heuristics?

Think of them as the brain's cheat codes for making fast decisions. They are simple strategies that help us solve problems or make choices without using much time or mental energy. This doesn't mean they always give us perfect answers, though. Let's go through some common types of heuristics and see how they shape our thinking.



Availability heuristic

Many people feel more scared of flying than driving, even though car accidents are much more frequent than plane crashes. This shortcut – called the availability heuristic – makes us think something is more likely or important simply because it comes to mind first. If we hear about an event a lot, like a plane crash on the news, we think it happens more often than it actually does. The same thing might happen if we had a terrible experience with customer service at some store, and now we avoid going there, even though everything was fine several times before.

Representativeness heuristic

Imagine meeting someone who's an introvert, doesn't leave the house a lot and loves video games. If you had to guess their profession, it's likely that your answer would be "IT". This is how the representativeness heuristic works – we judge how likely something is based on how close it is to the "typical example" of some category we have in our mind. While it often works, it also leads to thinking in stereotypes.

Primacy and recency effect

Our brains pay the most attention to the first information we receive and the most recent one. The easiest way to test it is by trying to remember a list of words, for example a shopping list. Let's say you have to buy apples, bread, milk, tomatoes, eggs, flour and cheese. Read this list once, wait a minute and try to say off the top of your head what was on it. There's a high chance the first things that you recall will be apples and cheese. The primacy effect makes you remember apples, because it's the first word you saw. On the other hand, you remember cheese because of the recency effect – it's the freshest information you got, so it's still vivid in your memory.

Familiarity heuristic

Have you ever chosen a product simply because you recognize the brand name, even if you know nothing about it? When something feels familiar, our brains automatically label it as safe or good. It's like picking your favourite candy because you've had it a hundred times before, even though there might be something tastier or healthier right next to it.

Why do we use heuristics?

Our brains love shortcuts because they save time and energy. Think about all the decisions you make in a day – what to wear, what to eat, how to respond to messages. If we analysed every choice in detail, we'd never get anything done. Heuristics help us handle the daily overload of information and make quick decisions when time is short or when we don't have all the facts.

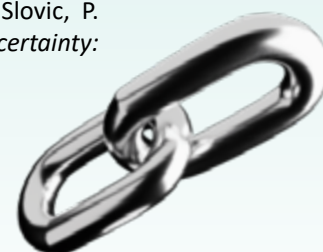
However, they can be risky as well. Sometimes they lead to biased thinking and mistakes. For example, we tend to judge an entire group of people based on a few individuals belonging to it, especially if we've had a bad experience with them. That's a quick way to keep the stereotypes going, which can be harmful and not accurate at all.

Heuristics are not entirely good or bad – it's just how our brains work, and we can't really avoid it. Being aware of their mechanisms doesn't change the fact we're using them, but if you have more time to make a decision or a judgement, you can ask yourself "Am I using a shortcut? And if so, is it the right one for this situation?".

Anna Wojdziak

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Not so long ago we had the opportunity to listen to the poems of talented artists at the Poetry reading we organised at Matica Gallery.

Our volunteer Lukáš hosted the event and invited poets who shared their experiences and their works. In the "open mic" part of the event, we had the opportunity to listen to inspiring poems from the audience. In such beautiful scenery of Matica Gallery, surrounded with paintings of sunflowers and landscapes, and listening to poems in English or in Macedonian, we felt that poetry knows no language barriers when read with tenderness and full heart.

We would like to extend our thanks to Matica Gallery and all the guests that made this evening magical.



Неодамна имавме можност да слушнеме поеми на талентирани уметници на Поетското Читање што ја организиравме во галеријата Матица.

Нашиот волонтер Лукаш беше домаќин на настанот и тој ги повика поетите кои го споделија нивното искуство и работа. Во делот на настанот отворен за публиката, имавме можност да слушнеме инспиративни поеми од публиката. Во вакво прекрасно опкружување во галерија Матица, помеѓу слики од сончогледи и пејзажи, ги слушавме поемите на англиски или македонски јазик и чувствувавме дека поезијата не познава јазични бариери кога се чита со чувства и од срце.

Би сакале да се заблагодариме бескрајно на галерија Матица и на сите гости кои ја направија оваа вечер волшебна.





не е сато волонтирање

Многу често кога зборуваме за волонтирањето - зборуваме за добротворна и неплатена работа со која придонесуваме во заедницата, со додавка дека притоа се стекнуваат различни вештини, искуство и знаења. Но, за разлика од класичната волонтерска работа, ЕСК (Европскиот Солидарен Корпус) е многу повеќе од се претходно наведеното.

А што е поразлично? Па, според моето животно искуство, дури и со оној за кого велиш дека ти е пријател од најмала возраст, сепак, не можеш да создадеш таков однос како со некој со кого живееш 24/7. Тоа креира многу поголема поврзаност.

Јас со моите цимери живеам веќе седум месеци и за тоа време нашите односи се зацврстија толку многу што буквално се работиме заедно. Сето тоа ни создава спомени кои ќе траат цел живот. А, едни од највпечатливите спомени се заедничките патувања. Со моите колеги Каиси и Салем бевме бевме на патување во повеќе места, како

на пример: викенд во Белград, па во Букурешт, во Софија, а на крај и најубавото - во Скопје.

Се здобивме со прекрасни моменти и доживувања. Шетање и разгледување на местата, дружење со други луѓе, посета на забави, вкусни оброци...

Сето ова не можете да го доживеете на ниту кој било кој друг начин. Па, дури и да отидете во странство за да работите - вие ќе заработувате пари, но нема да го имате целото ова искуство, а парите нема да ви значат повеќе од вакви пријателства и прекрасни моменти. Каде и да живеете и колку и да заработувате - парите доаѓаат и си одат. По десетина години можеби ќе имаш повеќе, а си ги потрошил тие што сега ги имаш во џеб, но пријателствата и убавите спомени од денес остануваат и по 50 и повеќе години.

Даниел Шикоски
наш долгорочен ЕСК-волонтер
во Арад, Романија



Скопје



Букурешт



Белград



Софија



WAR OF THE CURRENTS

Who is Nikola Tesla?

Nikola Tesla was a Serbian-American inventor, electrical engineer, mechanical engineer. He was born in 1856, in what is now Croatia, and died on January 7, 1943, in New York City. Tesla is best known for his groundbreaking work in electricity and magnetism, and his inventions and ideas shaped many aspects of modern technology. He held over three hundred patents. Though he didn't achieve great financial success during his lifetime, he is now considered one of the greatest inventors.

Who is Thomas Edison?

Thomas Edison was born in 1847, Ohio. At age 12, Edison convinced his parents to sell newspapers to passengers along the Grand Trunk Railroad. He began publishing his own small newspaper named the Grand Trunk Herald. He also used his access to the railroad to conduct experiments in a small laboratory in a train baggage car. A notable event was when Edison saved a 3 year old boy from being run over by a train, the child's father rewarded him by teaching him to operate a telegraph. In 1869 Edison moved to New York City and developed his first invention. In 1870, he set up his first laboratory and manufacturing in New Jersey. He was granted a patent for his own improved light bulb in 1879. He began to manufacture it. In January 1880, Edison set out to develop a company that would deliver the electricity to power and light the cities of the world.

What is "War of the Currents"?

Starting in the late 1880s, Thomas Edison and Nikola Tesla were embroiled in a battle now known as the War of the Currents. In 1882 Tesla came up with the idea for a brushless AC motor which is Tesla's best known invention. After that year he moved to Paris and got a job repairing Direct Current (DC) power plants with the Continental

Edison Company. And that's how the War of the Current starts. Because Nikola was the supporter of Alternating Current and Edison was supporter of the Direct Current which he developed. Direct Current is a current that runs in just one direction. Tesla thought Alternating Current is better because Direct Current was hard to convert higher or lower voltages while Alternating Current runs in several currents and also can be converted to higher and lower voltages.

Edison didn't like the idea of Alternating Current better than Direct Current. So he started to run a campaign to raise the Direct Current against the other one by saying that Alternating Current is more dangerous. Animals were electrocuted with Alternating Current by Edison to make people believe Alternating Current is dangerous and it was the fastest way to die.

Tesla couldn't get the payment he needed from Edison's company and so he quit his job. He sold his patents to the Westinghouse Electric Company in 1888 and Westinghouse even had Tesla's own lab. This company became Edison's Company's rival immediately. But in the end Edison failed with its smear campaign to AC. Westinghouse and Tesla supplied electricity to the 1893 World's Fair in Chicago. They also received a contract to construct the AC generators for a hydroelectric power plant at Niagara Falls which was the unofficial ending for the War of the Currents.

Kübra Nur Bölükbaş

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BEHIND THE DJ BOOTH WITH ANASTAS

interview with Anastas Kitanovski

**Who is Anastas Kitanovski?
Tell us a bit
about yourself.**

First, I'd like to thank the VCS team for reaching out for this interview, it's always amazing being part of the monthly magazine. Let's dive into my world for a short time!

I'm a 24 years old producer/DJ from Skopje, Macedonia.

Music has always been part of my life since I grew up, and I'm highly grateful that it has stayed with me till this day. On the other hand, I'm graduating and getting my bachelor diploma in Electrical Engineering, which is the non creative side of my character.

How would you describe your music and style? What music genres inspire you?

The music I personally love to create and play during my gigs is a blendfulness of melodies, interesting grooves, captivating basslines and vocals. If I have to qualify it and put it into a genre, it's called melodic techno & house, but the nomenclature it's changing rapidly these days. The genre that inspires me mostly is the genre I personally create and play, but I can also get inspired so easily by different styles, to name a few: organic house, indie dance, progressive house.

I'd have to say my performance at D-Fest this year was such a nice gig with an amazing crowd and people just feeling and dancing to the music.

What do you consider when creating your DJ sets? How do you shape your sets according to your audience?

I always take into consideration the venue I'm playing, and it always depends on the vibe. If the place is closed (such as a club), I can go a bit different than if it's open air.

I also love to experiment, and try out new things and blend different genres. I feel that the audience wants to go on a journey through the whole set, and it's the DJ's job to take them on that journey. So, I always start playing slower bpm, something which has chill vibes, and then take it from there, building the whole atmosphere.

What are your thoughts on the impact of technology on music as a DJ? Where do you think DJing technology is heading?

I personally think that AI and the rapid improvement and growth of technology will shape the music industry in a way that we are still not aware of. As far as the DJ sets and live shows, there has been a great advancement in the visuals, and more people start going to live shows just because there is a full experience, one example is the Sphere in Las Vegas.

Although AI is already doing crazy things, such as creating a track in 6 seconds from scratch, imitating vocals of great artists, I still think that nothing could replace the human voice, touch and feeling when it comes down to creating art. So, it's only left to use it as a tool to be more creative.

How did you decide to become a DJ, and what was that process like?

I never really decided with a clear intention, it just naturally became an interest and passion which was something I started to feel when I was 14. Ever since then, the spark, the obsession and the excitement for creating music and DJing has been growing.

Do you have any other music projects besides DJing? For example, production or remix work?

Yes, I'm also a producer. Have been making music for almost 7 years now, and the style which drives me and I love creating is melodic house & techno.

Have you performed in different venues both nationally and internationally? What differences have you noticed between these venues?

Yes, I have, this summer I performed at a few places in Skopje, and across Macedonia as well. Also, earlier this year I had a little tour across the Balkans, and performed in Sarajevo and Pristina. I feel that each venue has its own story and different vibe, and the music just contributes to that vibe, making it feel more alive.

What advice would you give to new DJs or young musicians who want to enter this field?

I don't consider myself to give advice, but a few things I'd love to share is that you really have to love the thing you're doing. If there is no love and passion throughout the journey, it wouldn't come as real and it wouldn't have any meaning or so. Another thing is that it takes a lot of time and work, consistent perseverance and patience.

Also, having a well defined goal is super important, and being real with yourself about the goal.

When and how did you first get interested in music?

The first burst of interest has been since I was a young kid, listening to my dad's vinyl tape from Kraftwerk (the pioneers of electronic music). Going back to these days, discovering electronic music where it first started and the way it sounded has left a huge impression and interest in me.

How do you connect with your audience as a DJ? What are the essential qualities of a good DJ in your opinion?

I love to just take a glimpse at the crowd at moments and to interact with them in any possible way. I feel that a huge part of being a DJ is just reading the crowd, knowing what they want and giving them just more of that.

It's a journey where there is a huge exchange of energy, and the more you give them, the more they give it back to you. As far as essential qualities, I think that having a well prepared music is super important, but what is more important is to feel the crowd and know which track to play at a certain moment. Another thing is a great set of skills when it comes down to mixing, which is the technical part one must know.

What are the biggest challenges you have faced in your DJ career, and how have you overcome them?

One challenge I can share is the challenge of playing my own music, and seeing the reaction from the crowd in real time. It really speaks for the music itself, and seeing how it works on the dancefloor. I think being both a DJ and producer is a blessing because the things that get created in my studio come to life when I perform, and seeing that happening is truly a blessing. So I don't really know if it's a challenge, maybe the challenge is making the people dance with my own music, that's for sure.

What future projects are you planning? What are your career aspirations?

As far as it goes for the future, I have made a lot of music and I'm sending it over to record labels so that the music gets officially signed, it's a bit of a long process that really takes time, but it really pays off in the end. My career aspirations have always been to learn, grow and get better as an artist. Everything else would just come naturally. I feel that it's a never ending process.

Do you think the artistic side of DJing is more important than the technical skills, or vice versa? Why?

Yes, I personally feel that the artistic side and artist's story is way more important than the technical skills (the DJing itself), because at the end of the day it's the story and the art that people really buy into.

Emre Aydan

A DEEP D(R)IVE TO INDEPENDENCE



Do you know this feeling? Someday, you find yourself looking around the faces of your friends – the people who became your family of choice – and notice that they have grown up to young adults full of enthusiasm for life on the quest for an independent and self-determined life. Between talks about career choices and the most recent driving school gossip you find yourself questioning: How did the time fly by so fast? And how will we face up to our future of autonomy? Sometimes the answers are found to be far closer than they seem...

One of the most important features of autonomy for many of my friends is the good old driver's license. Consequently, I was able to witness more and more of my friends getting their driver's license over the past year. The way to this little plastic card everyone seemed overly keen to obtain followed always a similar path:

First, there are the nerve-racking boring theoretical lessons and the seemingly never-ending amount of practice tasks that manage to reduce even the most excited people's motivation. With the completion of this energy-draining initial phase, the second stage – the stage of desperation – begins. By the evening before the theory exam at the latest, everyone despairs at the sheer volume of materials to be learned. The desperation drives the most so far that they approach the exam with a new nothing-to-lose-attitude. After passing the exam one way or another, the real struggle begins. As soon as the first driving practice starts, the desperation felt before the theoretical exam turns into a mini existential crisis. Every time my friends told me about the horror stories of their driving practices, I wondered silently if this much pain was worth it only to get this overvalued permit.

It wasn't until I saw the uniquely beautiful smiles across their faces when they recounted their first drive completely alone without any driving instructor or parent in the passenger seat that

I understood that this whole driver's license thing was about so much more than the plastic card. Their smiles were beaming but not only out of happiness. All smiled with that wistful tone, the kind that comes when you recall a memory of carefree joy, even though you know about the challenges ahead. It was the smile of a person growing up – a young human being experiencing for the first but by far not the last time the pure beauty and unspoiled gravity of autonomy.

In retrospect, the journey to my friends' driver's license resembles in many ways the process of growing up to independence and self-determination. While the idea of independence sounds at first just as thrilling as the ability to drive anywhere you wish to, one has to learn firstly the many little but quite existential lessons of getting through everyday life. Learning how to wash clothes appropriately and clean the bathroom can be rather boring and annoying and is for sure not less exhausting than having to complete a seemingly infinite amount of practice tasks.

The pure thought of the household-related tasks that one needs to handle all alone is a part of autonomy that bears the potential to cause a similar reaction to the 24 hours before the theoretical exam for the driver's license. The only way out of this time of desperation and self-doubt is to tackle the problem by its roots, to switch to attack mode, to pull out your nothing-to-lose-mindset and just try your best. Now, this method may work better than in a theoretical exam you did not learn for.

However scary and annoying the household side of autonomy can be, it is a lot less overwhelming than the practical level of independence: taking responsibility and assuming accountability. It is only when trying to balance work, education, social life, health and chores that one realizes: autonomy is about independence and personal responsibility. You cannot be independent without being self-

responsible and vice-versa. Balancing life is just as hard and terrifying as practical driving lessons. Still, the hard work of leading an independent and responsible life is equally rewarding as the horror of a driver's license program. Both are processes of growth and growing up may be a pain but beneath the pain lies a very pure kind of beauty called autonomy.

Once experiencing what it means to be independent and self-responsible, it becomes clear that the beauty of autonomy is not of the outstanding kind but rather the quiet type. On the open road of life, obstacles and troubles count to the regular companions. They are loud and easily distract one's attention from the things that count the most. Navigating through the ups and downs of life's journey, the most precious gift is recognizing the value and power of your autonomy. Independence and personal responsibility are the key to understanding your own, peculiar strength and capacity, thus realizing that you can rely truly on yourself. This quietly emerging self-recognition defines the raw beauty and gravity of autonomy. It is this realization about the endless joy of life and the challenges to come that lets my friends smile wistfully.

In the end, the road to autonomy is very much like absolving the driver's license program: While not being by any means the easy way to take, it is the path that will leave you with the most unforeseen possibilities, memorable encounters and unexpected moments of happiness. Even though there is not such a thing like a license program that instructs you how to confront autonomy, life has its own way to teach you how to embrace it. So, take the courage and approach autonomy step by step, challenge by challenge. This way you are sure to find yourself on an incredible drive packed full of surprises and the little wonders of life.

Sophia Abegg

Мислење во кратенки

Доцна е навечер. Врне, истура. Свесен си дека мораш да го фатиш наредниот автобус, инаку ќе се направиш жива вода чекајќи цел час. Забележуваш два правци: еден кој што минува низ темна уличка и еден покрај прометна улица. Без многу да размислуваш, го избираш оној на прометната улица, бидејќи чувствуваш дека е побезбеден. Во таа милисекунда, твојот мозок донел одлука која што изгледала паметна и брза – но дали навистина ги има согледано сите факти? Ова се случува кога ги користиме мисловните кратенки или она што психолозите го нарекуваат “хеуристика”.

Што е хеуристика?

Замисли си го како ливче за препишување на својот мозок за носење брзи одлуки. Тоа се едноставни стратегии кои ни помагаат при решавањето проблеми и носење одлуки без да трошиме многу време и ментална енергија. Но, ова не мора секогаш да значи дека ни го даваат вистинскиот одговор. Ајде да погледнеме некои чести видови на хеуристика и како тие го обликуваат нашето размислување.





Хеуристичка достапност

Повеќето од луѓето повеќе се плашат од летање отколку возење, иако сообраќајните несреќи се многу повеќе чести отколку уривањето на авион. Оваа кратенка, наречена хеуристичка достапност не прави да мислиме дека нешто е многу веројатно да се случи, само бидејќи е првото нешто што ни паднало на памет. Ако слушаме за некои настани премногу од медиумите, како на пример уривање на авион, мислиме дека многу почесто се случува отколку што навистина се случува. Истото нешто може да се случи доколку сме имале некое непријатно искуство со услугата во некоја продавница и сега поради тоа избегнуваме да одиме таму, дури и ако се било супер неколку пати пред тоа.

Хеуристичка репрезентативност

Замислете да запознаете некој кој што е интровертен, не сака да излегува од дома и обожава видео игри. Ако би требало да ја погодите нивната професија, многу веројатно е дека би кажале ИТ. На овој начин, всушност, функционира хеуристичката репрезентативност – проценуваме колку е веројатно нештото да се случи базирајќи се на тоа колку е приближно до „типичниот пример“ на некоја категорија во нашиот мозок. Иако понекогаш функционира, многу често може да доведе до размислувајќи на стереотипен начин.

Примарност и ефект на неодамнешност

Нашите мозоци највеќе придаваат значење на првата информација што ќе ја добијат и на онаа што е најнеодамнешна. Најлесниот начин да ова нешто се тестира е да се обидеме да запаметиме низа на зборови, на пример список за намирници. Да речеме треба да купиме јаболка, леб, млеко, домати, јајца, брашно и сирење. Прочитајте го списоков уште еднаш, почекајте една минута и пробајте да се сетите кои состојки биле на него. Голема е веројатноста дека првото нешто што ќе ви текне ќе бидат јаболката и сирењето. Ефектот на примарност не тера да ги запомниме јаболката бидејќи тоа е првиот збор кој што сме го виделе. Од друга страна, го памтиме зборот сирење поради ефектот на неодамнешност – тоа е најсвежата информација која што ја имаме запаметено и затоа е се уште вивидна во нашата меморија.

Хеуристичка препознатливост

Дали некогаш имате избрано некој производ, само бидејќи го имате препознаено името на брендот, па дури и ако ништо не знаете за него? Кога нешто ни делува познато, нашите мозоци автоматски го етикетаат како безбедно или добро. Исто како кога ги бираме нашите омилен слатки бидејќи сме ги јаделе сто пати до сега, па дури и да има нешто повкусно и поздраво веднаш до нив.

Зошто ја користиме хеуристиката?

Нашиот ум ја обожава хеуристиката, бидејќи заштедува и време и енергија. Замислете ги сите одлуки во текот на еден ден – што да облечете, што да јадете, како да одговорите на пораките. Ако ја анализираме секоја одлука во детали, никад ништо немаше да направиме. Хеуристиката ни помага да се справиме со дневната преоптовареност со информации и да носиме брзи одлуки кога немаме многу време или кога не ги знаеме сите факти.

Како и да е, таа може и да претставува ризик. Некогаш доведува до пристрасно размислување и грешки. На пример, често знаеме да осудуваме цела група на луѓе базирајќи се на неколку поединци кои припаѓаат на неа, особено доколку сме имале некои негативно искуство со нив. Тоа е многу брз начин за поддржувајќи стереотипи, што може да биде штетно и целосно неточно.

Хеуристиката не е ниту целосно добра, ниту целосно лоша – таа е само начин на кој работат нашите мозоци и тоа не можеме баш и да го одбегнеме. Да се биде свесен за механизмите не значи дека ќе престанеме да ги користиме, но доколку имате повеќе време да донесете одлука или нешто да процените, може да се запрашате себе си: „Дали користам мисловна кратенка? И ако да - дали е вистинската во оваа ситуација?“.

Ана Војцак

Превод: Стефан Николовски

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SOFT RESEARCH ABOUT OCD

Obsessive compulsive disorder (OCD), has recognised as a mental issue with obsession and compulsive acts. Approximately 2% to 3% of the population of the world has this disorder and demonstrates a chronic process.

Actually, OCD has a quite bizarre history. First of all, it dates back to the 19th century. However, at that time the knowledge was so limited about definition and treatment of disorders. Later in the early 20th century, **Sigmund Freud** began to examine OCD with other psychoanalysts. Freud tried to explain “obsessive” and “compulsive” with psychoanalyst theories. That improvement was the first step for OCD. However, the modern definition and treatment of OCD has improved

over the years. In 1980, the American Psychiatric Association acknowledged OCD as a separate disease. Then, it defined the symptoms in more detail.

OCD is a mental illness characterized by obsessive thoughts and compulsive behaviors caused by these thoughts. OCD, which can limit daily life functionality, can cause significant problems in work and social life and reduce quality of life. Here are a few basic characteristics of OCD.

Obsessions: OCD patients experience constantly recurring thoughts that they cannot control as obsessions. These thoughts usually disturb the person and cause anxiety. For example, obsessions such as fear

of being dirty, fear of contracting a disease or **extreme perfectionism** are common.

Compulsions: OCD patients repeatedly perform certain behaviors in order to eliminate or reduce obsessions. These behaviors are called compulsions. For example, compulsions such as washing hands excessively, repeating numbers in a certain order or arranging objects are common.

Although the cause of OCD is not fully understood, biological and environmental factors are thought to be effective. Now, let's talk about the causes of OCD. It has, basically, four main causes. The first cause is **genetic factors**. Genetic predisposition may increase the risk of OCD. It is known that this

disorder is more common in people with a family history of OCD. The second factor is biological and neurological. Chemical imbalances in the brain and changes in neural communication can play a role in the development of OCD. The third factor is environmental. Stressful life events, traumas and bad experiences in childhood can increase the risk of OCD. These factors can **trigger** the emergence of OCD symptoms. The last factor is the psychosocial factor. A person's thought patterns, beliefs and lifestyle can also be effective in the development of OCD.

Remember that OCD can vary from person to person and is caused by the combination of multiple factors. For these reasons, there are four very common treatments for OCD: cognitive behavioral therapy,

medication, eye movement desensitization and reprocessing therapy, and cognitive behavioral therapy. Cognitive behavioral therapy focuses on changing negative thought and behavior patterns by addressing obsessions and compulsions. CBT helps patients cope with their obsessive thoughts and teaches them to manage these thoughts. In some cases, antidepressants and anxiety medications can help manage symptoms. Medications that regulate serotonin levels are particularly useful in treating OCD. Eye movement desensitization and reprocessing therapy, addresses obsessions and compulsions associated with traumatic experiences. It can help a person make these thoughts less distressing. Finally, cognitive behavioral therapy is another type of therapy used to

treat OCD: a therapist helps a person identify and manage their obsessions and compulsions.

Many people today suffer from this disorder for various reasons. However, remember that OCD is a lifelong condition and can be treated. It is important to seek professional help when you need it.

Mustafa Gündoğdu

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TURNING WASTE INTO OPPORTUNITY



In today's world, recycling is key to cutting down on waste and saving resources. By collecting, processing, and reusing materials that would otherwise be thrown away, recycling helps the environment and brings economic benefits.

What is Recycling?

Recycling means turning waste into new materials that can be used again. The process includes collecting, sorting, processing, and making new products. Commonly recycled materials are paper, glass, metals, and plastics, each with its own recycling method.

Paper: Recycled paper is turned into pulp, which is cleaned and used to make new paper. This saves trees and uses less water and energy than making paper from raw materials.

Glass: Glass can be recycled endlessly without losing quality. Recycled glass is crushed, melted, and made into new glass items. This saves raw materials and uses less energy, 30% less compared to making new glass.

Metals: Metals like aluminum and steel are very recyclable. For example, recycled aluminum cans can be back on shelves in just 60 days. Recycling metals conserves resources and reduces greenhouse gas emissions.

Plastics: Recycling plastics is harder due to the different types of plastic and potential contamination. Plastics are sorted, cleaned, and turned into pellets to make new plastic products. New technologies are making this process more effective.

Benefits of Recycling

Environmental Protection: Recycling reduces environmental damage by keeping waste out of landfills and incinerators. For example, recycling one ton of paper saves 17 trees, 7,000 gallons of water, and 4,100 kilowatts of electricity.

Energy Savings: Recycling often uses less energy than making products from raw materials. For instance, recycling aluminum saves 95% of the energy needed to produce new aluminum from ore. This helps lower greenhouse gas emissions.

Economic Benefits: The recycling industry creates many jobs and generates significant revenue. In the U.S., recycling supports over 1.1 million jobs and brings in more than \$236 billion annually.

Resource

Conservation: Recycling helps save limited natural resources. For example, recycling one ton of steel saves 2,500 pounds of iron ore, 1,400 pounds of coal, and 120 pounds of limestone.

The Future of Recycling

The future of recycling looks bright, with new technologies and growing awareness about environmental issues. Key trends include:

Technological Advances: New recycling technologies, like automated sorting and improved processes, are making recycling more efficient. For example, robots and artificial intelligence are helping sort recyclables better.

Circular Economy: A circular economy focuses on designing products to last longer, be repairable, and recyclable. This approach aims to reduce waste and keep materials

in use. Many companies are adopting these principles to lessen their environmental impact.

Public Awareness: More people are learning about the importance of recycling and participating in recycling programs. Education and community efforts are helping people understand how to recycle properly.

Policies and Laws: Governments are making rules to encourage recycling and cut down on waste. Programs like Extended Producer Responsibility (EPR) require companies to handle the entire lifecycle of their products, including recycling them at the end.

Conclusion

Recycling is not just about managing waste; it's crucial for protecting the environment, saving energy, and supporting the economy. While there are challenges, advancements in technology and increased public awareness are leading to a more sustainable future. By supporting and improving recycling efforts, we can help create a healthier planet and a better world.

Adalberto Haayen

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A Journey through Egyptian History, Culture and Modernity

Egypt, a land steeped in ancient history and vibrant culture, has long fascinated the world. Nestled in the northeastern corner of Africa, it is a country that straddles the line between antiquity and modernity, offering a unique blend of timeless wonders and contemporary experiences. From the enigmatic pyramids to bustling cities, Egypt is a treasure trove of experiences waiting to be explored.

The Enigma of the Pyramids

No discussion of Egypt would be complete without mentioning its most iconic landmarks: the pyramids. The Great Pyramid of Giza, constructed around 2580–2560 BC for Pharaoh Khufu, stands as a testament to ancient engineering prowess. Originally built as a tomb, the pyramid has puzzled scholars and tourists alike with its precise alignment and the sheer scale of its construction. It was the tallest man-made structure in the world for over 3,800 years, a feat that remains awe-inspiring.

The Pyramid of Giza is part of a complex that includes the Sphinx, a colossal limestone statue with the body of a lion and the head of a Pharaoh, traditionally believed to represent Khufu's likeness. The Sphinx, with its serene yet enigmatic expression, guards the pyramids and continues to captivate the imagination of those who behold it.

The Nile: Lifeblood of Egypt

Central to Egypt's history and culture is the Nile River, the longest river in the world. Flowing from south to north, the Nile has been the lifeblood of Egypt since ancient times, providing water, transportation, and fertile soil to the otherwise arid landscape. Ancient Egyptians revered the Nile, and its annual inundation brought rich silt to the fields, ensuring agricultural abundance.

Today, the Nile remains vital, not only for agriculture but also for tourism. Cruises along the Nile offer a glimpse into Egypt's past, passing by temples and tombs that date back thousands of years. These journeys allow travellers to experience the grandeur of the past while enjoying modern comforts.

Ancient Temples and Tombs

Egypt's temples and tombs are treasures that provide insights into the spiritual and daily lives of its ancient inhabitants. The Karnak Temple complex, located in Luxor, is one of the largest religious complexes in the world. Dedicated primarily to the god Amun-Ra, Karnak's massive columns, towering obelisks, and detailed hieroglyphics illustrate the architectural and artistic achievements of ancient Egypt.

Luxor, often called the world's greatest open-air museum, also boasts the Valley of the Kings. This necropolis on the west bank of the Nile was the burial site of many Pharaohs, including Tutankhamun, whose nearly intact tomb was discovered in 1922 by Howard Carter. The vivid wall paintings and intricate tomb decorations offer a glimpse into the afterlife beliefs and rituals of ancient Egyptians.

The Rich Tapestry of Egyptian Culture

Modern Egypt is a vibrant blend of traditional and contemporary influences. Cairo, the bustling capital, is a city where the ancient and modern worlds collide. Its markets, such as the Khan el-Khalili bazaar, offer a sensory overload of sights, sounds,





and smells, where visitors can shop for spices, textiles, and handcrafted goods.

Egyptian cuisine is another reflection of its rich cultural heritage. Dishes such as *koshari*, a hearty mix of rice, lentils, and pasta, and *ful medames*, a fava bean stew, are staples of Egyptian gastronomy. The use of fresh herbs, spices, and vegetables highlights the country's diverse culinary influences.

The Impact of Islam and Coptic Christianity

Islam and Coptic Christianity have profoundly shaped Egyptian society. Egypt is predominantly Muslim, and Islamic traditions are deeply embedded in the country's culture. The Islamic architecture of Cairo, including the Citadel of Saladin and the Al-Azhar Mosque, showcases the artistic and architectural achievements of the Islamic world.

Coptic Christianity, which dates back to the early centuries

of Christianity, also plays a significant role in Egyptian life. The Coptic Church has a rich heritage, and its monasteries and churches, such as the Hanging Church in Cairo, offer a window into the early Christian period in Egypt.

Modern Challenges and Opportunities

While Egypt's ancient heritage is a source of immense pride and global fascination, the country faces modern challenges. Economic issues, political instability, and environmental concerns are pressing problems that impact daily life and the tourism industry. Efforts to address these issues include initiatives to promote sustainable tourism and improve infrastructure.

Despite these challenges, Egypt remains a land of opportunity and potential. The government's focus on developing new tourist destinations, such as the New Administrative Capital, aims to boost economic growth and provide modern amenities while

preserving the country's rich heritage.

Egypt is a land where ancient history and modernity intertwine in a captivating dance. Its pyramids, temples, and tombs stand as enduring symbols of human achievement, while its bustling cities and rich culture offer a glimpse into the vibrant life of a contemporary nation. Whether exploring the mysteries of the past or engaging with the dynamic present, Egypt continues to inspire wonder and curiosity in all who visit.

Ilysha Milton

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Tuaregs

**the Ancient
People of
the Sahara**

There are many populations with different cultures living in the world for many years, and I would like to introduce one of them shortly. The ancient people known as Tuareg live in the great Sahara Desert region in Africa. Today, Tuaregs are living in Libya, Niger, Chad, Algeria, Mali and Burkina Faso. They are known as nomadic people. They started to live a semi-nomadic life with the beginning of urbanisation in the modern period. Tuaregs are known for their knowledge of the roads of the Sahara region. These people, who knew the Saharan roads very well, served as a bridge between North Africa and Sub-Saharan Africa and were effective in the distribution of many things between the two regions. The Tuaregs were effective in the spreading of Islam from North Africa to Sub-Saharan Africa. Agriculture and animal breeding are their main sources of livelihood.

There are various narratives about where the name Tuareg comes from. For example: Tuareg comes from the “Tarka” which means water source in the Berber language. According to another opinion Tuareg comes from “Taraka”, the one who follows the road. Also, people think the Tuareg name is related with the commander Tariq bin Ziyad because Tuaregs believe that their origins are related to him.

Tuaregs have a language of their own. They speak a language with 3 different dialects ‘Tamashik’, ‘Tamashek’ and ‘Tamahik’. They have an alphabet called ‘Tifinag’, and it is important to teach this traditional alphabet to the new generation of Tuaregs. They prefer to be called ‘Amazighs’, which means ‘free people’ in Arabic. There are various researches on the origins of the Tuaregs. According to some of them, their origins may be related to the Arabs, the Garamants, the Hyksos or the Phoenicians.

When looking at the culture of these ancient people, there are some things that are quite interesting. The Tuareg are a matriarchal society and the position of women in society is very important. They have their roots in a female leader named Tinhannan, founder of the Kingdom of Aghar in the Algerian desert. This may be one of the reasons for the respected position of women in this society. In Tuareg, the bloodline of the child continues from the mother, and women have an important authority in the family. They have wide rights in marriage and property ownership.

They are also known as ‘Blue Men’ because Tuareg men cover their heads and faces with a 5 metre long blue cloth called ‘Talkalmost’ when they go out, and they are usually obliged to cover their mouths. The clothes of the Tuareg are usually dark blue in colour. Who knows, maybe this is related to the relaxing effect of the blue colour on people.

Currently, the population of Tuaregs is between 1.5-2 million. They lived in tents as nomads in the past, and started to live in their own houses in the modern period. The tradition of wearing blue clothes and veiling for men is also one of the traditions that started to be abandoned with modernisation.

Nursena Bayraktepe

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A **coffee lover's** guide



to brewing a **perfect cup**

Coffee seems like a simple drink, but there are many ways to prepare it. In this article, you will find out that a coffee machine is not the only way to make it.

Coffee comes from the plant called *Coffea*, which has over 130 species. The most popular one is *Coffea arabica* which is around 60-80% of all coffee production. It came from Ethiopia and a legend says that an Ethiopian monk saw that goats became more energetic by eating the beans. The monk then prepared a drink from the beans and felt energised for his evening prayers.

In the 15th century, coffee made its way to Yemen and became a popular beverage. In fact, the word “coffee” comes from the Arabic word “qahveh”. Coffee soon spread to other countries, such as Turkey, Egypt, etc. By the 17th century, European travellers had introduced coffee to Europe. Since coffee came from Islamic countries, many people were afraid to try it, as relations between Islam and Christianity were tense and some believed the drink was from the devil. The controversy around coffee was so intense in the Christian world that Pope Clement VIII had to intervene. When the Pope tried coffee, he said “Why, this Satan’s drink is so delicious that it would be a pity to let the infidels have exclusive use of it.” From that point on, coffee became a popular drink in Europe.

Grinding coffee is important, in fact, it is one of the most important factors affecting the taste of the coffee. It is as important as the temperature, the quality of the beans, and the roasting time. The way the coffee is ground influences the taste, and different brewing methods require different grind sizes. For example, for an espresso machine, the coffee should be finely ground, while for French press thickly. The finer the grind, the more bitter and tangy the coffee becomes; the coarser the grind, the more sour and less aromatic it tastes. The best grinder for coffee is a burr mill because it extracts more flavour and oils from the beans.

Drip coffee is one of the most popular alternative brewing methods. Essentially, it involves a conical vessel made of plastic, glass, or another material. A paper filter and coffee grounds are placed inside the vessel. When water is poured through the filter, the brewed coffee drips into another container. The grind size of the coffee should be similar to sand. The flavour of the coffee is usually clear, sweet, and slightly fruity, though this depends on the type of beans used.

Aeropress was invented to have quick and good quality coffee. The device is simple, it looks like a syringe, where a paper filter and coffee are placed inside. After adding water, the pump is pressed down and the coffee is ready. This method allows for a variety of recipes, each requiring different temperatures. The brewing time inside the pump also influences the taste. Interestingly, there is now a world championship for making coffee with Aeropress, where each participant presents their own recipe, and the judges select the best coffee.

Nitro Cold brew is one of the most original coffees that you can probably find on the market. It is made by mixing beans with cold water and leaving it for 8 to 12 hours. After brewing, the coffee is infused with nitrogen (a chemical element), similar to how Guinness beer is treated. The result is a sweet, creamy texture, similar to beer, but refreshing at the same time.

The French press was invented in France at the beginning of the 20th century. Although it originated in France, the device became most popular in the UK and Denmark. This is the simplest brewing method mentioned in this article. The machine is basically a cylinder with a press to take to the bottom the rest of the coffee powder.

What is the recipe for French press? There are many, but you can find out by yourself what coffee you like the most. The taste is a bit rougher and less refined than drip coffee.

Dear reader, do not be afraid of trying specialty coffee! Coffee is a drink that can really surprise you. If you’ve never had specialty coffee before, the taste might be quite different from what you’re used to, and you may not like it at first. However, over time, as you develop a taste for coffee, you’ll come to appreciate the different brewing methods and flavours. You might even decide to buy one of these devices and you will make your own delicious coffee.

Jakub Pokuciński
(Coffee drinker)

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Актуелниот релативизам како можност за осознавање на сопствената вистина

Волонтирајќи во една од водечките невладини организации во Хрватска за заштита на животната средина и природата – „Sunce“, моето јас доживеа раст и преобразба во многунасоки. Рутински рабетејќи на настаните, работилниците во склоп на волонтирањето, небележително и потсвесно длабоко почнував да ја гледам и анализирам суштината позади истите. Од ден на ден се запознавав со последиците кои планетата земја ги трпи од нас луѓето. Од ден на ден одново го запознавав човекот со сите негови размислувања, постапки и мотиви поради кои ги превземал чекорите што доведоа до оваа ситуација – позната на сите нас.

И така некако природно и оправдано од било кога порано, одењето во second hand ми стана уживање. Организирањето и директното учество во проектот „Šizika“ на кој учиме да шиеме и создаваме нови модни додатоци од стари алишта ми стана рутина. А, селектирањето на отпад и рециклирањето – навика. Постулатите, „повторно употреби“, „рециклирај“ и „намали“ секојдневно се обидувам да ги имплементирам во начинот на живот кои ми носат чувство на исполнетост и корисност. Целосно предадена и мотивирана во областа на заштита на животната средина и природата, инспирирана во кој правец треба да се движам

во иднина а и да мотивирам други, наидувам на терминот „Green washing“. „Green washing“ ми дава една потполно нова перспектива на нештата и се враќам повторно на карактерот и карактеристиките на човекот како битие и мотивот на постапките кои секојдневно ги презема.

Така, проучувајќи како овој феномен влијае врз купувачите, доаѓам до потврдата за релативноста која го обзеде денешниот свет. Имено, препознавајќи го „трендот“ на зголемен интерес кон еколошки производи, компаниите широм светот преку тактиката на „greenwashing“, или лажно претставување на компаниите како еколошки одговорни, привлекуваат купувачи кои се загрижени за животната средина или се еколошки освестени.

Ова може да вклучува рекламирање на еколошки аспекти на производите или услугите кои се минимални или целосно невидливи, без реални напори за намалување на негативното влијание врз животната средина. На пример, компанија може да истакне дека нејзините пакувања подлежат на рециклажа без да наведе колку од тие пакувања навистина се рециклираат или, пак, од друга страна да рекламира „зелена“ иницијатива која всушност не се спроведува во пракса.

На тој начин, „greenwashing“ може да го успори процесот на донесување одлуки кај купувачите. Кога потрошувачите се потпираат на лажни информации, тие може да донесат погрешен избор и да купуваат производи кои всушност не се еколошки прилагодени, што ја намалува ефикасноста на нивните еколошки напори.

Кога купувачите ќе откријат дека некоја компанија ги манипулирала со лажни еколошки тврдења, довербата во брендovите и нивните тврдења може значително да се намали. Ова може да доведе до генерален скептицизам кон сите зелени иницијативи, правејќи ги потрошувачите помалку склони да ги поддржат навистина одговорните компании. Исто така, може да се одложи напредокот кон постигнување на вистински одржливи решенија и да се продолжи штетата на животната средина.

„Greenwashing“ претставува сериозен проблем во денешниот пазар, кој може да ги доведе потрошувачите во заблуда и да ги комплицира напорите за постигнување на вистинска одржливост. За да се избегне ова, важно е потрошувачите да бидат внимателни и добро информирани кога купуваат производи или услуги кои се рекламираат како еколошки одговорни. Проверката на

сертификациите, истражувањето на компаниите и разбирањето на вистинската еколошка политика можат да помогнат во избегнување на „greenwashing“ и во поддршка на вистински одговорни компании.

Всушност, како и многу пати до сега низ историјата доаѓаме до ситуација една група луѓе директно и со многу ентузијазам сака искрено да помогне на човештвото, додека паралелно егзистира другата група луѓе која поради многу познати причини (за жал) ја попречува намерата на првата група. И да, за момент човек можеби ќе се разочара, ќе се бунува и ќе се лути. Можеби и дури ќе се откаже, но нели научивме дека во секоја сфера е така?

Секогаш ќе постои една и друга страна на нештата. Секогаш ќе постојат повеќе вистини за секого. А, сега во период кога од било кога порано имаме изобилие на различни вистини, предизвикот е голем.

Среќна сум што повторно ми се потврди тврдењето дека балансот и средината се основа на се, а истите треба сами да ги пронајдеме. Да се трудиме критички да ги согледуваме работите околу нас затоа што само така ќе ја најдеме нашата вистина и правилниот за нас, начин на живот!

Милијана Богданоска
наша долгорочна ЕСК-волонтерка
во Сплит, Хрватска



Прокрастинација



Септември и октомври се месеци на нови почетоци и нови академски предизвици за младите. Во денешницата, голем фактор во образованието е технологијата, а таа може да има и позитивно и негативно влијание врз младите и нивната способност за разбирање и учење на нештата. Еден од негативните ефекти на постојаната опкруженост со технологија е краткотрајното внимание и сериозниот проблем со прокрастинација, кој се јавува кај новите генерации.

Прокрастинацијата е, всушност, постојано одложување и одолговлекување на активностите и обврските кои треба да се завршат. Тоа е чувството на блага непријатност кога цело време одложуваме да ја испереме облеката, се до моментот кога повеќе нема чисти алишта во ормарот, или кога веќе една недела си велиме: “Е добро де, утре ќе одам да вежбам”, но сè уште не сме отишле. Прокрастинацијата се смета за нормално човечко однесување, но претставува навистина голем проблем за многу ученици во денешницата.

Колку и да се чини модерно, прокрастинацијата била тема на разговор дури и кај античките Грци, кои уште 700 години п.н.е. ги предупредувале своите сограѓани да не ја оставаат нивната работа за друг ден. Но, секој од нас има различна причина за ова, која што најчесто не се проепознава така лесно. Некои луѓе прокрастинираат, бидејќи немаат мотивација да извршат некоја важна задача што ја сметаат за предизвик и им буди анксиозност, па ја одложуваат се подолго и подолго за да не се чувствуваат непријатно. Но, ваквото одолговлекување предизвикува уште поголема анксиозност, бидејќи потсвесно знаеме дека се доближува крајниот рок за нејзиното завршување, а се уште не е ни почната. Тоа им се случува речиси на сите ученици кога имаат тест или испит по

предмет што не им е интересен, па ја одложуваат подготовката се до последниот момент, кога не ни знаат од каде да започнат со учење. Тоа парцијално се случува и поради лошата временска организираност, но и стравот од неуспех. Понекогаш, неуспехот произлезен од недоволен напор звучи како подобра опција од вложување на многу напор и, сепак, постигнување на лош резултат. Ваквиот страв може да е резултат на перфекционизам, кој е често предизвикуван од одолговлекувањето. Чест пример за тоа е кога не сме подготвени да завршиме нешто, бидејќи сметаме дека ќе го завршиме нетемелно или несоодветно.

Дополнително, една од главните причини зошто прокрастинацијата е застапена кај учениците е поради тоа што тие се постојано декоцентрирани заради сите екрани и модерни уреди. Ова е особено очигледно кај учениците од основно и средно образование, кои се постојано на апликации како Инстаграм, Твитер и ТикТок, на кои им посветуваат многу енергија и фокус, па избираат со часови да гледаат во екранот наместо да учат или да завршат некоја друга обврска. Со секоја нотификација, осветлување на екранот или повик, тие целосно забораваат што учеле до тој момент и се посветуваат на виртуелниот свет.

Прашањето што го мачи речиси секој човек во денешницата е: „Како да престанам да ги одложувам обврските?“. Проблемот со прокрастинацијата не е нешто што може да исчезне преку ноќ, а за да се подобри бара многу вложено време во потрага по решение. Бидејќи мора да се започне од некаде, правењето на распоред од нешта што треба да ги направите (и придржување кон истиот) е добар прв чекор. Но, на тој распоред не треба да има: “Сакам во среда да се качам на месечината”, туку специфични и реалистични цели кои нема да

не истоштат. Некои од тие цели може да се поделат на помали делови за побрзо и поефикасно извршување, како на пример поделба на предметите што ќе ги учиме по денови. Еднакво важно е и да ги отстраниме нештата што не деконцентрираат и ни одземаат енергија. Кога еднаш ќе почнеме со извршување на задачата, треба целосно да забораваме на видеата од ТикТок или таа една песна што ни се врти во глава, ама не сме ја слушнале со години и не ни текнува како се вика. Интернетот колку и да придонесува до ниска концентрација, сепак, може да помогне при надминување на проблемот со прокрастинацијата, преку користење на апликации и тракери за нашиот напредок. Освен со виртуелни тракери, напредокот треба да се споделува и со најблиските за да добиеме чувство на поддршка и разбирање. Најважното за ефективен напредок е да нема срам или стрес околу ваквиот проблем. Се случува секому, без оглед на возраста. Но, не би можело да има напредок доколку нема одмор. Преку доволен одмор и правење активности што ги сакаме (без да мораме или да се брзаме за нив) може да се намали проблемот кај новите генерации и да се поправи нивното внимание и продуктивност во образовниот живот

(Авторска белешка: ми требаа 4 месеци за да седнам и да ја напишам темата)

Дела Додевска

Извори:
services.unimelb.edu.au: Procrastination
www.ie.edu: Procrastination Psychology: Understanding Effects, Causes, and Solutions
www.australiacounselling.com.au: Procrastination: Definition, Examples, Solutions, and More



Sugar, spice and everything nice. These are the ingredients chosen to create the perfect Erasmus+ project. Although we didn't turn into the Powerpuff Girls, we did turn into master chefs in the kitchen. Our adventure began by flying to a magical town in Germany called Bremen where we briefly got to be a part of the autumn themed postcard that is this city. After that, we took a bus to our destination house which was located in Osterholz-Schamberg where we got to

meet our hard-working organizers and the new friends with whom we're about to make many memories.

The next day started slowly, with getting to know each other better through energizers and games, and then it was time for our first cooking challenge. Throughout the fun and chaos, we got a better feel for each other's energies and dynamics, who plays a better role in what part of the kitchen and it really set the



base for the next cooking experiences that we were about to embark on. After the cooking challenge and a deliciously made meal by us, we were divided into four teams which will be responsible for a different meal each day.

For me, it felt really special and grounding that we were divided into teams which represented the four elements: water, earth, fire and air. It reminded me that our fuel comes from Mother Nature and how we're all connected from the roots of the trees, through the flow of the river, to the clouds in the sky and the force of the fire. It felt different being "behind the curtains" of a training course, all of the work that goes into not only teaching and creating but also taking care of thirty people and turning that into a learning process. Cooking itself was a very useful and everyday skill to develop, but more than that, we got to be creative with limited ingredients, to brainstorm as a team and unite our individual experiences in order to complete the task efficiently. All of us had the privilege to be in an amazing team with great communication and I loved that we were all able to combine our intercultural competences to create delicious and fueling food for everybody. Despite being in four different teams, the spirit of the community was really noticeable when we all helped the responsible team clean up or set up or whatever they needed. Although, the main focus was the kitchen, we didn't spend all our time cooking, we had projects and sharing experiences and the evenings were reserved for connecting with each other

through intercultural nights, dancing, having a short film festival and deep conversations on the bean bags. During the week, we also had the opportunity to explore Bremen more. Firstly, we went into a community garden and got to help out and connect with nature more. We also learned more about how to incorporate sustainability with healthy meals. Then, we were divided by teams and each team got their own small quests they needed to finish and explore around the city. The rain felt like an added effect to the whole charm of the city, but coming back to the house to warm up with tea and share each other's adventures in the city made the whole day extraordinary.

To sum it up, this training course called "Kitchen Youth Work" perfectly translated non-formal education and youth work skills into the kitchen. You can really get a sense of what teamwork actually means when you're put into a new, chaotic and dynamic environment where you have to communicate and really feel the other person, their way of working, their culture and their previous experiences. It created a bond not only through sight and sound, but also through taste. It was a project that managed to teach us teamwork and the work put into youth work projects as well as gaining kitchen skills. I got to leave home with new recipes, skills, memories and friendships that are unforgettable.

Simona Soleva
with chefmates Iva Velkovska, Angela Fichuroska and Aleksandar Sazdovski

The training course "Kitchen Youth Work" was organized by NaturKultur e.V.



NJË PËRPPJEKJE E THELLË DREJT PAVARËSISË



Enjuh këtë ndjesi? Një ditë, ju e gjeni veten duke parë fytyrat e miqve tuaj – njerëzve që u bënë familja juaj e zgjedhur – dhe vini re se ata janë rritur në të rinj të rritur plot entuziazëm për jetën në kërkim të një jete të pavarur dhe të vetëvendosur. Midis bisedave për zgjedhjet e karrierës dhe thashethemeve më tej të autoshkollës, ju e gjeni veten duke pyetur: Si iku koha kaq shpejt? Dhe si do të përballemi me të ardhmen tonë të autonomisë?

Ndonjëherë përgjigjet zbulohen shumë më lehtë sesa mendojmë...

Një nga tiparet më të rëndësishme të autonomisë për shumë nga miqtë e mi është patenta e vjetër e mirë e shoferit. Rrjedhimisht, unë kam qenë në gjendje të shoh gjithnjë e më shumë miq të mi që marrin patentën e shoferit gjatë vitit të kaluar. Rruga drejt kësaj karte të vogël plastike të gjithë dukej tepër e prirur për ta marrë, ndoqi gjithmonë një rrugë të ngjashme:

Së pari, janë mësimet teorike të mërzitshme nervoze dhe sasia e pafundme në dukje e detyrave praktike që arrijnë të ulin motivimin edhe të njerëzve më të emocionuar. Me përfundimin e kësaj faze fillestare të shkarkimit të energjisë, fillon faza e dytë – faza e dëshpërimit.

Më së voni deri në mbrëmje para provimit të teorisë, të gjithë dëshpërohen për sasinë e madhe të materialeve që duhen mësuar. Dëshpërimi çon më së shumti aq larg sa ata i afrohen provimit me një qëndrim si që është për të mos humbur asgjë. Pas dhënies së provimit në një mënyrë ose në një tjetër, fillon lufta e vërtetë. Sapo fillon praktika e parë e vozitjes, dëshpërimi i ndjerë përpara provimit teorik kthehet në një krizë mini ekzistenciale. Sa herë që miqtë e mi më tregonin për historitë e tmerrshme të praktikave të tyre të vozitjes, pyesja veten në heshtje nëse kaq shumë stres ia vlente vetëm për të marrë këtë leje të mbivlerësuar.

Vetëm kur pashë buzëqeshjet unike të bukura në fytyrat e tyre kur ata rrëmbyen makinën e tyre të parë krejtësisht të vetëm pa asnjë instruktor ose prind në sediljen e pasagjerit, kuptova se e

gjithë kjo çështje e patentës së shoferit kishte të bënte shumë më tepër se kartën plastike. Buzëqeshjet e tyre shkëlqenin por jo vetëm nga lumturia. Të gjithë buzëqeshën me atë ton të urtë, atë llojin që të vjen kur kujton një gëzim të shkujdesur, edhe pse i di për sfidat përpara. Ishte buzëqeshja e një personi që po rritej – një qenie e re njerëzore që përjetoj për herë të parë, por jo për herë të fundit, bukurinë e pastër dhe gravitetin e paprishur të autonomisë.

Në retrospektivë, udhëtimi drejt patentës së shoferit të miqve të mi i ngjan në shumë mënyra procesit të rritjes drejt pavarësisë dhe vetëvendosjes. Ndërsa ideja e pavarësisë tingëllon në fillim po aq emocionuese sa aftësia për të vozitur kudo që dëshironi, së pari duhet të mësoni shumë mësim të vogla por mjaft ekzistenciale për të kaluar jetën e përditshme. Të mësuarit se si të lani rrobat në mënyrë të përshtatshme dhe të pastroni banjën mund të jetë mjaft e mërzitshme dhe e bezdisshme dhe sigurisht që nuk është më pak rraskapitëse sesa të kryeni një sasi në dukje të pafundme detyrash praktike.

Mendimi i pastër i detyrave të lidhura me familjen që duhet të përballohet si të vetëm është një pjesë e autonomisë që mbart potencialin për të shkaktuar një reagim të ngjashëm si 24 orëve para provimit teorik për patentën e shoferit. Mënyra e vetme për të dalë nga kjo kohë dëshpërimi dhe vetëdëshimi është ta trajtoni problemin nga rrënjët e tij, të kaloni në modalitetin e sulmit, të nxirrni stresin nga mendja juaj për të mos humbur asgjë dhe thjesht të provoni më të mirën nga ana juaj. Kjo metodë mund të funksionojë më mirë sesa në një provim teorik për të cilin nuk keni mësuar.

Sado e frikshme dhe e bezdisshme të jetë ana e autonomisë familjare, ajo është shumë më pak dërrmuese sesa niveli praktik i pavarësisë: marrja e përgjegjësisë dhe llogaridhënies. Kjo ndodh kur përpigjeni të balanconi punën, arsimin, jetën shoqërore, shëndetin dhe punët e shtëpisë që njeriu kupton: autonomia ka të bëjë me pavarësinë dhe përgjegjësinë personale. Nuk mund të jesh i pavarur pa qenë i vetëpërgjegjshëm dhe anasjelltas. Balancimi i jetës është

po aq i vështirë dhe i frikshëm sa edhe mësimet praktike të vozitjes. Megjithatë, puna e palodhur për të udhëhequr një jetë të pavarur dhe të përgjegjshme është po aq shpërblyese sa tmerr i programit të patentës së shoferit. Të dyja janë procese rritjeje dhe rritja mund të jetë një dhimbje, por nën dhimbjen qëndron një lloj bukurie shumë e pastër e quajtur autonomi.

Pasi përjeton se çfarë do të thotë të jesh i pavarur dhe i vetëpërgjegjshëm, bëhet e qartë se bukuria e autonomisë nuk është e llojit të jashtëzakonshëm, por më tepër e tipit të qetë. Në rrugën e hapur të jetës, pengesat dhe problemet u numërohen shokëve të rregullt. Ata janë të zhurmshëm dhe largojnë lehtësisht vëmendjen e dikujt nga gjërat që kanë më shumë rëndësi. Duke lundruar nëpër ulje-ngritjet e rrugëtimit të jetës, dhurata më e çmuar është njohja e vlerës dhe fuqisë së autonomisë suaj. Pavarësia dhe përgjegjësia personale janë çelësi për të kuptuar forcën dhe kapacitetin tuaj të veçantë, duke kuptuar kështu se mund të mbështeteni vërtet te vetja. Kjo vetë-njohje e shfaqur në heshtje përcakton bukurinë e papërpunuar dhe gravitetin e autonomisë. Është ky realizim për gëzimin e pafund të jetës dhe sfidat që do të vijnë që i lë miqtë e mi të buzëqeshin me mall.

Në fund të fundit, rruga drejt autonomisë është shumë e ngjashme me shfuqizimin e programit të patentës së shoferit: megjithëse nuk është aspak rruga e lehtë për t'u marrë, është rruga që do t'ju lërë me mundësitë më të paparashikuara, takime të paharrueshme dhe momente të papritura. lumturinë. Edhe pse nuk ka diçka të tillë si një program licence që të udhëzon se si të përballesh me autonominë, jeta ka mënyrën e vet për t'ju mësuar se si ta përqafoji atë. Pra, merrni guximin dhe afrojeni autonomisë hap pas hapi, sfidë pas sfide. Në këtë mënyrë, me siguri do ta gjeni veten në një udhëtim të jashtëzakonshëm të mbushur plot me surpriza dhe mrekulli të vogla të jetës.

Sophia Abegg
Përktheu: Dora Arifi

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 to Hear



ARE YOU CURIOUS WHAT IS ON THE COVER? HERE YOU CAN FIND AN EXPLANATION. THE COVER IS ASSOCIATED WITH THE TOPIC OF THE MONTH. **THINKING IN SHORTCUTS** IS LEADING US FROM ONE THING TO ANOTHER. THE CONTINUOUS STARTS WITH **LIGHTBULB** WHICH MEANS IDEA. NEXT ARE **PYRAMIDS** AS ONE OF THE GREATEST CONSTRUCTIONS IN HUMAN HISTORY. PYRAMIDS? OF COURSE, AFRICA! SO **ELEPHANTS**. ELEPHANT IS ASSOCIATED WITH ETIOPIA, WHICH IS THE COUNTRY OF ORIGIN OF THE **COFFEE**. COFFEE GIVES ENERGY AND ENERGY IS CONNECTED WITH PHYSICS AND INVENTIONS. AND WHO WAS ONE OF THE GREATEST INVENTORS? **THOMAS EDISON** MEANS THE IDEA. SO NOW WE HAVE THE CIRCLE OF ASSOCIATIONS CLOSED.

