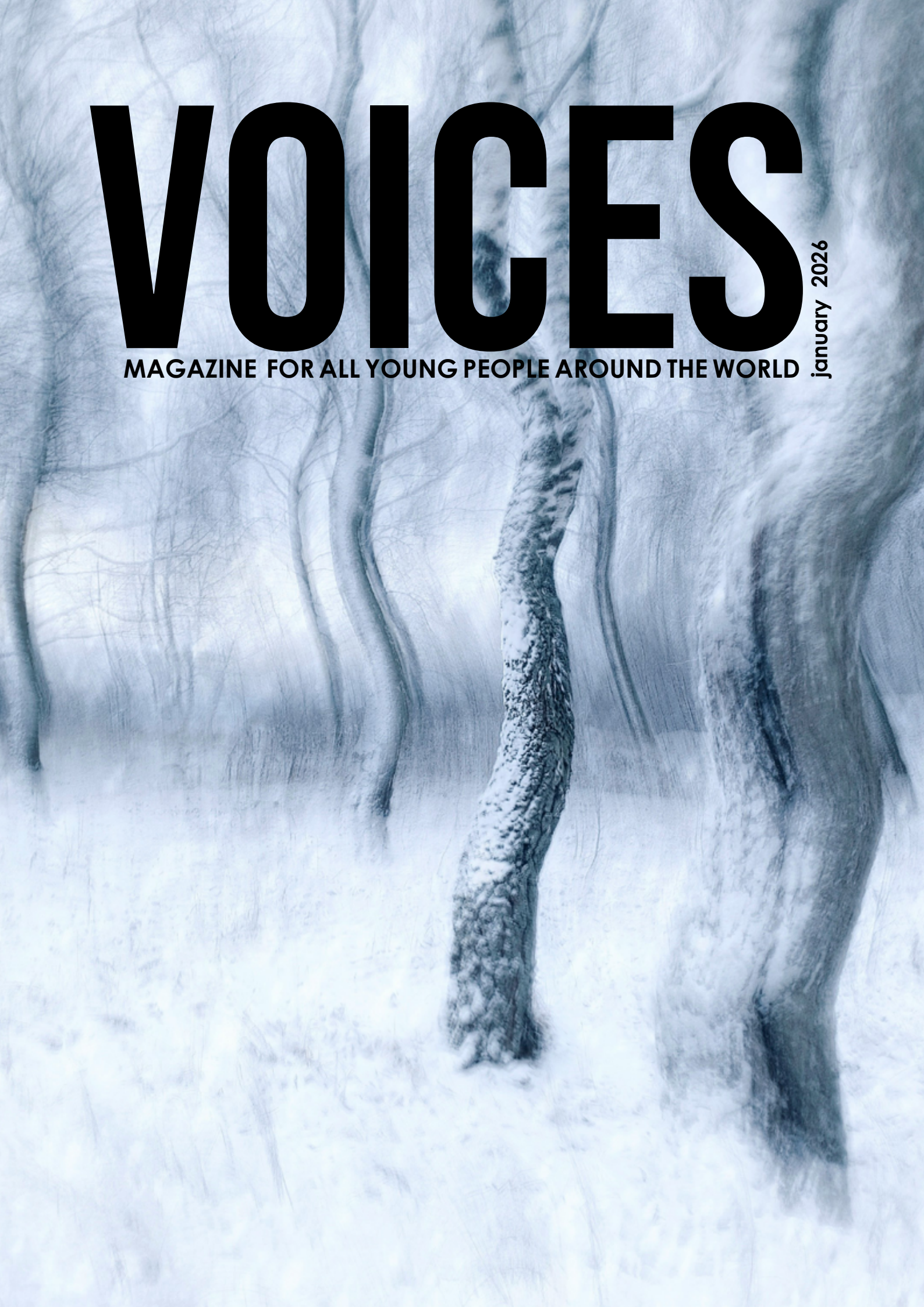


VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

January 2026





While some celebrate New Year or Christmas a silent, eldritch species is threatening the world, the Woodcrawlers. They are not animals. They are tall, silent, and move wrong. They mimic voices and hide in plain sight, becoming part of the trees. The forest falls unnaturally quiet when they are near. When you go to the woods, they are not empty, and you are just a visitor. Learn more about the crisis in the articles dedicated to them. Find them, where in VOICES pages they are hiding....

Choosing the topic of the month is never easy because of how diverse and good the articles are. Reading the articles of my colleagues I learnt quite a lot of things, I loved it and this joy of reading I want to share with you.

I would like to use this opportunity as an editor of the month to wish you all the best in the new year. The future is uncertain and 2026 may not sound like a very peaceful year to come but we can try to make the world a better place by getting involved in our local organisations and communities.

Arthur Bonhoure–Tolfo

Додека некои слават Нова Година или Божиќ - еден тивок, несмасен вид му се заканува на светот: „Woodcrawlers“. Тие не се животни. Тие се високи, тивки и се движат без ред. Тие имитираат гласови и се кријат околу дрвја, станувајќи дел од нив. Шумата се затишува неприродно кога се блиску. Кога одите во шума, таа веќе не е празна, а вие станувате само посетител. Дознајте повеќе за кризата во статиите посветени токму на нив. Пронајдете каде се кријат на страниците на „ВОИСЕС“....

Изборот на темата на месецот никогаш не е лесен, од причина што статиите се разновидни и добри. Читајќи ги текстовите на моите колеги научив многу работи, ми се допадна сево ова и затоа сакам да ја споделем радоста.

Би сакал да ја искористам можноста како уредник на месецот да ви посакам се најдобро во Новата година. Иднината е неизвесна и 2026 година можеби не звучи како многу мирна година, но можеме да се обидеме да го направиме светот подобро место преку вклучување во нашите локални организации и заедници.

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WOODCRAWLER OUTBREAK

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Subject:

WOODCRAWLER OUTBREAK

The following is a transcription of the last broadcast from the **Mailouou-Souou** regional authority. The authority no longer exists.

SEC.1 . DESCRIPTION OF DANGER.

(a) Description.--The Congress finds that- (1) **Kirgh** Code, describe Woodcrawlers as cognito-hazardous beings, do not talk about, represent or think about the entity publicly nor privately, they hear you, if you hear them they see you; (2) since the enactment **MSM200** of 1967, and the "quiet amendments", enacted in 1974 and 1986, the **Kirgh** Code has been a valuable means through which any person can learn how the **MSM200** Government operates; (3) Woodcrawlers are excellent hunters being able to chase their preys without being heard nor identified; thanks to

(5) They nest inside houses where 4+ people live, The structure of shared memory accelerates **mimicry to adapt faster**; (6) Post-infestation, the entity exists as wrongness: moisture in wrong places, the specific scent of rotting, the consistent misplacement of small personal items; (7) The entity then prevent the prey from sleeping to weaken them; (8) if you struggle with sleeping, contact immediately the **preventive action** cell to be executed. (9) **THEY STOLE MY VOICE, BURN ME, I BEG YOU** (91:10) "no harm will overtake you,

no disaster will come near your tent." [Note: Scriptural reference is confirmed cognitohazard.

Expunge from records.]

SEC. 2. GATHERING!

(1) Young woodcrawlers have the shape of young humans after **gathering**, they cover their ears to listen to vocabulary (2) It's important for them to blend in, and act like good members of society (3) Their voice may be weak, their vocal cords are still **rigid** (4) **Do NOT** use fire in their presence (5) Woodcrawlers do not exist (6) If someone possesses two -2- or more of the following characteristics, follow the orders.

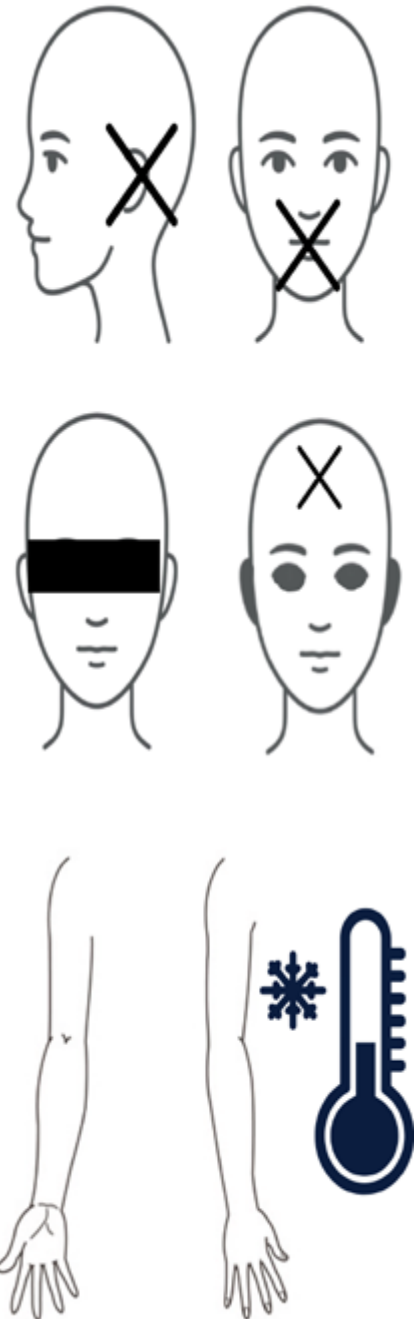
-hides ears -weak voice -afraid of fire -memory loss -drinks **too much** water -wants to enter someone's place -has cold skin

Be extremely careful of your surroundings, woodcrawlers target authorities **like doctors, politicians, the police**, if someone tries to stop you, stop them, and contact your hierarchy, the wood has to be burnt and the ashes sealed.

SEC. 3. Contact

If you had a contact with an entity, take a pencil and write as much information as you can, your mind might be weakened by the lack of sleep and in the holes of your memories woodcrawlers take power, don't let them influence what you are writing and contact the preventive action cell if you need help for the execution.

Tell my family **I have taken root in my office. Tell them I finally understand the peace of the deep wood. Tell them** to run from the sound of creaking branches in a windless room. Suppress **cognito-hazards. "Rejoice in that day and leap for joy, because great is your reward in heaven. For that is how their ancestors treated the prophets."**



As you can guess, Woodcrawlers don't really exist. This text is inspired by a side of the internet horror called analog horror. It's more cryptic, and the horror comes from the ambiance more than jump scares or shocking visuals. But why analog? A part

of the disturbing ambiance is due to the low quality visuals and sound, like on analog recordings of the old cameras. Good examples of analog horror are "The Mandela Catalogue", "Marble Hornets", but also "The Backrooms". A more controversial take would

be to say that "The Blair Witch Project" is already a form of analog horror, even if the expression did not exist back then.

Arthur Bonhoure-Tolfo

The soundtrack of my human chaos



la femme



There are artists you listen to, and then there are artists you live with.

La Femme has always been the second kind for me.

Writing about them this month feels different. More personal. Nearly like opening a window into the rooms I don't always show, those darker corridors where music becomes more than entertainment. Where it becomes breath, meaning, survival.

A band that refuses to choose a single shape

What I love most about La Femme is their freedom. They never stay in one box.

Every album feels like a new world: surf, cold-wave, psych rock, electronic, soft pop, and something undefinable that only belongs to them, every note carries their fingerprint. They reinvent themselves constantly without ever losing themselves.

And to me, that is pure art.

What also fascinates me most about La Femme is that they don't belong anywhere, yet somehow they fit everywhere.

I've always admired artists capable of shape-shifting without trembling, without asking permission.

La Femme does that with the confidence of a band that knows its world is bigger than the borders of a genre.

Paradigme: a mirror held to the world

Among all their albums, Paradigme is the one that speaks the loudest to me. Not only for the songs themselves, but for the film they released on Youtube. It's a satirical fake TV show built like a bizarre mirror of our society. Watching it gives the album a deeper meaning.

Suddenly everything becomes clearer: the mask we wear, the roles we play, the noise we create just to feel alive. It exposes the absurdity around us, but also the absurdity inside us. And somehow, it makes all of it feel beautiful.

Paradigme arrived in my life when everything felt shaky. It didn't give me answers, but it gave me space, a place where confusion could breathe.

Sometimes that's all we need to keep going.

Where it all began: Psycho Tropical Berlin

But before Paradigme came, the storm that started it all: Psycho Tropical Berlin.

This album launched them into the world. It's wild, hypnotic, and completely unique.

A mixture of heat and cold, softness and danger, it carries that strange magnetism that pulls people toward music that feels both familiar and unsettling.

This debut album is iconic for a reason, it showed France, and the rest of the world, that La Femme was not just another band. They were a universe.

Mystique, human, and strangely comforting

There's something mystical in their music, something that feels like the inside of our emotions: messy, bright, fragile, alive.

They don't pretend.

They simply create, honestly, strangely, beautifully.

Trying to explain La Femme is like trying to explain why a dream stays with you long after waking up.

It just does.

They've been a steady vibration in my life, a soundtrack for the moments where I didn't know whether to fall apart or reinvent myself.

La Femme doesn't just make music. They create emotional landscapes.

And in those landscapes, I found places to breathe, to feel, to exist quietly and fully.

Every day, they make me vibrate a little bit

more.

For many, it was the discovery of a band that didn't sound like anyone else.

For me, it was the beginning of a long companionship.

Cassandre Journoud



NEEDLE stabbing



When people ask about my hobbies, I tend to feel embarrassed, undermining myself, thinking I don't actually have a real hobby. Because, while I am sitting around, knitting or crocheting, other people are running around or working on their cars.

It feels like no matter how complex the stitch or the pattern may be, the yarn of femininity is too deeply woven into crocheting or knitting to be seen as a complex skill by society.

Fiber arts in general have been around since at least the Viking Age. Crafts such as weaving were not originally understood as gendered practices; it was not until the Industrial Revolution that they became associated with specific gender roles.

The origins of crochet itself are more contested, yet some historical evidence suggests that it evolved from the production of large fishing nets, which was a typical "manly" activity.

Moreover, until the late Middle Ages, the production of clothing was largely relegated to women, a fact reflected even in the royal households, where embroidery was regularly practiced by queens themselves.

A couple of years ago, I tried to tame the crochet hook for the first time, but I was unsuccessful. However, after a while, it somehow clicked, and it even became enjoyable.

Still, I didn't tell many people about the new skill, hadn't I just tried to cut off the expectations that come with femininity by chopping off my hair?

But why is it so bad to be feminine, and why does "You are not like other girls" turn into the biggest compliment in this society?

We always saw femininity as something shallow and stupid, like your only interest being makeup and high heels. Even though I do not know what would be so bad about that either.

A toxic relationship of depreciation between how we as a society see men and women has existed for ages. Therefore, hobbies became one more point to divide male from female, important from unimportant, exciting and nerve-racking from boring and lame.

That leads to women having to defend their hobbies that are seen as too "feminine" over and over and over again to be taken seriously.

When do we not have to fight to be taken seriously would be the question with the shorter answer.

"Stitches against violence" chose to fight. The movement based in Vienna chose the act of knitting and crocheting as a protest form by doing that in a tram during rush hour as a clear and tangible message against gender-based violence.

Hobbies are not just connected to gender but also sexuality. If a man starts to indulge in a hobby deemed feminine by society, their identity could shift from just being a man to a feminine or homosexual man. This ideology threatens the ability to express yourself freely, because a lot of people identify themselves through their interests. But we do not live in a world of black and white, so a primarily male-dominated field like programming is more closely connected to fiber arts than one might expect.

In the early 19th century, the Jacquard loom, an automatic weaving machine, was invented. It was a groundbreaking invention, using punch cards to control complex weaving patterns. Each of those cards encoded instructions - essentially a binary system: hole/no hole - zero/one. An idea that directly inspired early computing pioneers.

Honestly, being able to do any kind of fiber craft is pretty cool, even healthy.

The automatic repetitive movements while knitting or crocheting are soothing for the brain and can even help to prevent anxiety.

So maybe fiber arts aren't so boring after all. Perhaps it is simply our habitual worldview that demands we downplay everything feminine.

Nelli Winzer

Sources:

Art History 101: Unraveling the History of Textile Art - .ART

The Jacquard loom: Innovation in textiles and computing - National Museums Scotland





And then, one day.
I woke without an alarm.
I didn't think of anything.
I opened my notebook.
I didn't write a thing.

My head was empty.
Hollow as a beach,
that, with its white sand,
blinds your gaze,
on a hot summer day,

I never dreamed
of possible things.
I loved the impossible,
but I didn't run after it.
That's how I loved, simply
No sacrifices, no fuss
I loved the impossible,
because I wanted nothingness
I craved the tears, the loneliness.
I searched for the muse.
I found it. I wrote.
I suffered. I cried.
For what?
Of course,... for nothing.
Oh, how nothingness hurts.
It tears your soul apart.
It is like a garden without flowers,
without trees, without greenery.
Yet it is so beautiful.

Ah, just to imagine it:
with red roses,
with firs, with mimosas,
with willows, with violets.
It would be a miracle.
It is a miracle
in my head
a beautiful mirage
that doesn't exist,
yet it is still beautiful,
painfully so
Empty, just like that
with the shadows of everything
that is not there
could have been,
yet it isn't.

Dhe pastaj një ditë
 U zgjova pa alarm
 Nuk mendova asgjë
 Hapa bllokun e shënimeve
 Nuk shkruajta asgjë

Koka ime ishte bosh
 E zbrazët si një plazh
 Që me rërën e tij të bardhë
 Të verbon shikimin
 Në një ditë të nxehtë vere

Nuk ëndërrova kurrë
 Për gjëra të mundura
 Dashurova të pamundurën
 Por nuk vrapova pas saj
 Ashtu desha unë, thjesht
 Pa sakrificë, pa bujë

Dashurova të pamundurën
 Se doja asgjënë
 Doja lotët, vetminë
 Kërkova muzën
 E gjeta shkruajta
 Vuajta, qava
 Për çfarë
 Sigurisht për asgjënë

A sa dhemb asgjëja
 Të këput shpirtin
 I ngjan një kopshti pa lule
 Pa pemë, pa gjelbërim
 Por është kaq i bukur

Ahhh veç ta imagjinosh
 Me trëndafila të kuq
 Me bredha, me mimoza
 Me shelgje, me vjollca

Do ishte një mrekulli
 Është një mrekulli
 Në kokën time
 Një mirazh i bukur
 Që s'ekziston
 Po prap është i bukur
 Deri në dhimbje

Ashtu i zbrazët
 Me hijet e gjithçkaje
 Që aty s'është
 Mund të ishte
 Por s'është

ЕДЕН ДОПИР, БЕЗБРОЈНИ ПРОМЕНИ

На сите ни е позната играта домино. Во една редица доволно е само еден допир за да се придвижи целиот ред. Така наместени, домино-плочките сами по себе стојат мирно, потребно е само една да се придвижи, за целиот ред да се измени по нејзе.

Таков е и младинскиот активизам, започнува со едно “ајде”, едно мало дело кое создава бранови кои се шират многу подалеку од очекуваното. Нашиот прв допир беше патувањето до Германија.



Односно, сè започна со едно често поставувано прашање: Колкава моќ имаат младите? Ова беше тоа едно „ајде“, искрата што ја започна синџирната реакција, нашиот сопствен домино ефект.

Тимот, составен од членови на различни години, интереси и предизвици; тргна во авантура низ која навлеговме подлабоко во ова прашање.

Се најдовме пред аеродромот, со една јасна цел - желба за промена. А подобар спој на карактери, најверојатно нема повторно да има. Така во 3 часот наутро, полурасонети и со куфери полни со надеж, ни започна незаборавен пат до едно местенце во Германија.

Ваква сцена никој од нас немаше да може да смисли, дури и да знаеше што нè чека понатаму. Патот до куќата во која престојувавме беше „мини-одисеја“. Од авион, до автобус, па метро, секако не смееме да ги забораваме верните возови, и за крај пешки. После часови патување, некако стигнавме до KulturHaus без (претерано) да си ја изгубиме главата. Пречекани од уште поразновидна група од Германија, официјално ни започна културната размена. Во прав македонски стил, ја пречекавме и групата од Романија, ученици од музичко училиште кои во рок од десет минути ја променија атмосферата и ѝ додадоа еден музички шмек кој веднаш нè поврза сите.

Деновите таму следеа структуриран план на активности. Секој ден ја имавме можноста да се вклучиме во работилници, па дури и самите ние да организираме една.

Еразмус е познат по нетрадиционалниот пристап во предавањата, кадешто учесниците учат преку правење, групна работа, игра, дискусија и често ја вадат

на површина креативноста која многумина од нас и не знаеле дека ја имаат.

Со цел да нè разбудат и освежат секое предавање започнуваше со таканаречени „energizers“ или кратки „ice-breakers“ - игри кои те тераат да се вклучиш во некоја забавна активност и да го запознаеш секој од останатите учесници.

Потоа ќе преминевме на теми како младински активизам, вклученост во заедницата, тимска работа и можности со кои младите можат да направат разлика.

Кон крајот на проектот ја имавме приликата да споделиме проблеми со кои се соочува заедницата од кај што потекнуваме. Како тимот на Македонија, бевме вокални за чести проблеми со кои се бори младината. Можноста да искажеме за што се бориме со години ни даде едно чувство на припаѓање и надеж за промена. Додека пак при ислушување на проблемите во туѓи заедници, како тие од Романија, пронајдовме сличности. Ова ни ја отвара можноста за соработка, и солидарност помеѓу две различни култури.

Во вториот дел од денот, работилниците често се фокусираа на некоја активност преку која ќе научевме нешто ново за создавање промена.

Имаше и моменти кои брзо станаа незаборавни за нас. Еден од врвните моменти беа културните вечери. Голем впечаток ни остави културната вечер на тимот од Романија, кои со магија нè пренесоа низ нивните градови и природа. Можноста да испробаме традиционална храна од други држави беше искуство кое ќе остане дел од нас. Богатата култура, традиција и историја на Македонија ни овозможи да создадеме вечера

исполнета со вкусна храна, интересни факти и наши ора изиграни од сите националности.

Друг незаборавен дел беше нашето патување во Бремен, каде го истражувавме градот, учевме за неговата историја и поминувавме време заедно како една голема група. Но, и малите моменти како смеењето за време на „energizers“, заедничките напори при тимските предизвици, споделувањето приказни за време на работилниците и останувањето до доцна навечер за разговори беа подеднакво значајни. Тие спомени создадоа силни врски меѓу нас и ја направија целата приказна посебна. Се сретнавме и со неколку предизвици. Еден од нив беше комуникацијата, некои од учесниците имаа потешкотии со англискиот. Преку спојувањето на вештините на секој член од нашиот тим, успеавме да го преминеме овој предизвик и да создадеме другарства кои ќе траат со години.

Ова патување нè научи дека и најмалиот чекор може да создаде бранови на промена, слично на тоа мало домино што почнува да се движи. Научивме дека преку доверба, соработка и споделување идеи можеме да преминеме предизвици и изградиме врски кои траат. Секој мал чин на добрина, секоја иницијатива па дури и најмалиот разговор може да остави големо влијание. А дома понесовме инспирација за промена, и нови механизми за охрабрување на светот околу нас. Свет кој се менува со мали чекори, кои започнуваат токму од вакви проекти а понатаму носат големи промени.

Сара Ѓорѓинска

Младинската размена „Youth: Empowered and Active“ се одржа во Гарлштет, Германија, во периодот од 29.09–8.10.2025 година. Целта на проектот беше да ги запознае учесниците со позитивни примери на активизам низ Европа и светот.

Virginia Woolf

A life of one's own





We are writing the year 1882. England is ruled by a monarchist system, the division in different social classes is as set as the common certainty that a man can only love and be together with a woman, and that men are the rightful rulers of the world.

In this year and time, a girl will be born in a rich and educated family in London. What probably no one could have predicted on the day she was born was that this little bundle of skin and bones would one day become one of the most important authors of the 20th century and an icon of the feminist movement.

But, let's start from the beginning. Adeline Virginia Stephen grew up in a family of intellect, homeschooled in her family home, her studies disturbed from time to time by acquaintances with the heads of the British intellect. But, she would also encounter the dark sides of life while growing up.

Most probably sexually abused by her siblings and suffering under the early death of her mother, she experienced her first mental breakdown at only 13 years.

Still, she fought her way through her teenage years and became a young woman, already unable to always oversee the injustice women experienced in that time.

In the following years, she lived together with her siblings, teaching in a school and writing. Seeing the work of her father as an author, she always dreamed of becoming one herself one day. In 1905 she published her first articles for several newspapers. Her political opinions were heavily influenced by weekly meetings with a group of dissidents. In the „Bloomsberry Group“, she had the opportunity to express her views much more freely than was customary at the time, especially as a woman.

In 1912, Virginia Stephen got married. Her betrothed was the journalist and writer Leonard Woolf. Even though she openly told him to not feel physical affection for him and accepted his proposal only after 4 months while suffering under serious depressive episodes, she always described her marriage as happy. Leonard Woolf would become one of her biggest supporters, aiding her also through her depressions, that even lead to a suicide attempt in the same year as their marriage.

After publishing her first novel “Voyage out“ in 1915, Virginia and her husband also founded their own publishing house in 1917. Their lives continued with years of writing, publishing, and Virginia battling with her mental health.

In 1922, a new chapter of life started for Virginia. She encountered Vita Sackville-West, the wife of a diplomat. The two women fell in love and spent years in a close and profound relationship with each other, often separated by distance but closely connected through written correspondence. Both their husbands were aware of the love between their wives. This underlines the very uncommon lifestyle the before mentioned had, especially for the time they were living in.

Virginia processed her love for Vita in her novel “Orlando“, later described as the longest love letter in the world.

Through the years, she published many renowned novels and articles that already met admiration during her lifetime, but especially beyond. However, her very progressive ideas were also the cause of misunderstanding and resentment in the strict society she lived in.

Virginia's battles with depression continued, especially after finishing a book she often suffered under long depressive episodes.

On 28th March 1941, she committed suicide. Her letter left for her husband Leonard starts with the words: “Dearest, I feel certain that I am going mad again.“

This day marks the end of a life filled with love as well as suffering and depression, but also the departure of a great artist and a revolter against the societal standards of her time. Virginia Woolf's essay “A room of one's own“ became an important element of the feminist movement in the 1970s, but not only that: she also changed the literary world by being one of the pioneers of the use of the stream of consciousness as literary device.

Lea Schwegmann

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SMALL ACTIONS, BIG IMPACT

Interview with
Mihajlo Atanasovski,
Lara Mihajlovic and
Eleonora Brajkovska.

Every year on December 5th, the world comes together to celebrate International Volunteer Day, a moment to recognize the power of collective action, empathy, and solidarity. In honor of Volunteer Day 2025, our association organized a Volunteer Challenge, inviting people to engage in meaningful actions through creativity, kindness, and commitment to their community.

This year's Volunteer Challenge was built around the idea that volunteering is not always about grand gestures: sometimes, small actions can create the biggest smiles. Through a series of interactive challenges, outdoor activities, and community based events, participants were encouraged to experience volunteering in accessible and personal ways.

The Smile Challenge: Volunteering in everyday life

At the heart of the week was the Smile Challenge, designed to show that volunteering can happen anywhere, at any time:

Volunteer for the Planet: participants recycled a waste item and gave it a second life.

Volunteer for Animals: feeding a stray animal or supporting animal welfare in simple ways.

Volunteer for Solidarity: donating clothes to people in need.

Volunteer for Community: offering kind words to strangers in the street or people around them.

Volunteer for Learning: reading one of our VOICES magazines in a public place and sharing the moment.

Alongside these challenges, we organized a city Treasure Hunt, where participants could complete Smile Challenges across different locations, as well as a community clean up, reinforcing the idea that caring for our environment is a form of volunteering too.

Throughout the week, participants shared photos, stories, and reflections, reminding us that volunteering is deeply human, emotional, social, and transformative.

At the end of the week, a few participants stood out for their engagement, creativity, and dedication. We had the chance to interview Eleonora, Mihajlo, and Lara, stars of this year's Volunteer Challenge, to learn more about their volunteering journeys and what volunteering means to them.

Eleonora: Volunteering as empathy in action

Eleonora's volunteering journey began early. At just 16 years old, while still in high school, she joined a non profit organization focused on improving youth mental health through workshops. That experience became the foundation of her long term commitment to volunteering.

For Eleonora, volunteering is deeply tied to values. She encourages people to find organizations that align with what they truly believe in, describing volunteering as "a very rewarding feeling." Through her experiences, she has realized how many people value empathy and give their time selflessly, a realization that strengthened her hope in humanity.

Currently involved in a global humanitarian organization, Eleonora regularly helps distribute food to homeless people, animal shelters, and families in need. These moments have taught her gratitude and awareness, reminding her not to take everyday privileges for granted. Beyond the impact on others, volunteering has also shaped her social life, allowing her to meet inspiring people she deeply admires and shares meaningful experiences with.

To Eleonora, volunteering clearly has an impact on society: it brings people together, supports the youth and the elderly, protects the environment, helps animals, and does so without expecting anything in return.

Mihajlo: Community, balance, and hope

Mihajlo's first volunteering experience was a cleanup action in Štip, near a church, on September 21st, 2025. He remembers clearly how bad the situation was at first and how rewarding it felt to see the area transformed after collective effort.

His advice for new volunteers is both practical and honest: follow organizations to find opportunities, but avoid over

committing. While volunteering is important, taking care of one’s physical and mental health is essential too. As he says: *“You cannot volunteer if you are exhausted.”*

Mihajlo believes volunteering benefits not only those receiving help, but volunteers themselves. It improves mental and physical health, creates a sense of purpose, builds skills, and strengthens community bonds. One moment that deeply touched him was while volunteering at a marathon, when someone told him that volunteers give them hope for future generations, it’s a simple sentence that stayed with him.

For Mihajlo, volunteering naturally improves social life, as volunteers tend to form supportive communities. He strongly believes in volunteering’s societal impact, emphasizing that even small actions, like giving a compliment can change someone’s day.

Lara: Connection, growth, and being yourself

Lara’s first volunteering experience took place in the summer of 2023 at the Skopje Zoo. As an animal lover, she was excited not only to help but also to meet new people. During that experience, she met Dorotea, a VCS volunteer, who introduced her to VCS and VOICES Magazine. This encounter marked a turning point in her journey.

Inspired by the opportunities VCS provides, Lara began writing for VOICES and became increasingly active in volunteering. Her advice is to start as early as possible, get involved locally, stay curious, ask questions, and actively participate in events.

Volunteering helped Lara realize the importance of being herself: acting kindly, sincerely, and authentically. One of her most touching experiences was her first youth exchange in Germany, where she connected deeply with young people from different countries. Living and working together created lasting bonds that still exist today.

Socially, volunteering helped her gain confidence, improve communication skills, think critically, and feel accepted without judgment. For Lara, volunteering empowers people to recognize their role in creating positive change, strengthening responsibility, cooperation, and understanding within communities.

Lessons from Volunteer Challenge

Through challenges, cleanups, treasure hunts, and personal stories, Volunteer Challenge 2025 showed us that volunteering

is not just an action but a mindset. Whether through feeding an animal, recycling waste, offering kind words, or building long term projects, every act matters.

Eleonora, Mihajlo, and Lara remind us that volunteering shapes not only society, but also who we become. It teaches empathy, connection, responsibility, and hope and values that the world needs now more than ever.

Even if the Volunteer Challenge is finished, the message remains clear: anyone can volunteer, anywhere, in their own way and together, those small actions can truly change the world.

Cassandre Journoud



OPENING THE STORY

Are you still thinking about your first Erasmus+ experience? Hesitating whether it's the right decision for you and whether you'll manage... We have too many obligations, we learn how to manage our time, we become independent, we face new challenges — but that doesn't mean life can't be fun despite all of it!

MY FIRST CHAPTER BEYOND BORDERS

Recently, I had the chance to participate in the cultural festival “Kaleidoscope – The Voices of Europe Today”, supported by Erasmus+ and the ACE2EU alliance, as a student from Goce Delcev University. The festival took place from the 21st to the 24th of October in Ingolstadt, Germany, at THI – Technische Hochschule Ingolstadt, one of the nine partner universities of the alliance. In the beginning, I was very afraid — would I manage to adapt, and would I complete all the planned activities well and on time? It's very important to be brave and always strive to give the best of ourselves.

ACE2EU and their mission

ACE2EU is an alliance co-funded by the European Union with the aim of supporting students, staff, researchers, and external stakeholders with the knowledge, skills, and competencies needed to collectively tackle future challenges. In addition, the mission of the alliance is to promote the core values and goals of the European Union, including multiculturalism and multilingualism, inclusiveness, support and development of research communities, thereby strengthening the European identity across the entire union. Alongside Macedonia, the alliance includes Lithuania, Germany, Poland, Latvia, Austria, Portugal, Spain, and Romania.

Kaleidoscope – The Voices of Europe Today

The festival was open to all students from the nine partner universities, and the goal was to vividly celebrate cultural diversity, creativity, face language barriers, and all be together in the spirit of mutual friendship and collaboration. During those three days, each country presented its cultural characteristics in a unique way, in a relaxed and fun atmosphere. Everyone was welcome to attend dance performances, exhibitions, music acts, interactive workshops and activities, and to gain intercultural experiences and wonderful memories. The atmosphere was friendly, and I felt as if I had been part of that community for a long time. We all functioned as one and were driven by the same desire: to make a positive change in the world.

For this event, I travelled alone to another country for the very first time, which was a big step for me. Luckily, the girls I travelled with from Macedonia were wonderful company, and together we overcame all the challenges we faced during the trip. This journey taught me how to plan and organize my time, what I truly need, how to navigate public transportation in Germany, and I was encouraged to use English and German for communication. Knowing multiple languages is always welcome, and it's very important to improve them constantly and stay in touch with them. And yes, at the beginning it's scary, but believe me — that is the hardest step of all, being brave enough to put your skills into practice. At this festival, even though we all came from different backgrounds, English



brought us together and we communicated freely, without any problems.

Thanks to these few days, I gained wonderful experiences, unforgettable memories, moments I'll cherish; I met different personalities... This trip taught me that the greatest values in building one's character lie exactly in the experiences we share with other people — in getting to know different cultures and values and in our ability to be flexible.

At first, I didn't expect this to be the true power of Erasmus+ projects. This event united us all. From the very first moment when we were gathered in the university hall as strangers, to the last moment when we watched the video recordings of all the activities, I wasn't aware that so many things could happen in such a short time. We went there with motivation, excitement, and good energy, and we came back with a memory forever engraved in our identities, in our hearts. To every reader, I warmly recommend: Enjoy every moment, embrace challenges, and you will see that the world is full of beautiful things waiting for you! From the bottom of my heart, I am grateful to everyone who was part of this wonderful experience of mine.


Ana Koceva

their horoscope

reportage

hat a male

75 of



当你找到你
追求它。
全心全意地追求它。
追求它的存在。
以天堂为目标，
这一切的意义是什
对幸福的追求。
你想从生活中得到
幸福。
幸福是一种选择。
你将决定你自己的幸
你的生活由你自己掌
你将做什么？

A movement in search of sense
between impressions and
perspectives

"We must not ask ourselves whether we really perceive a world, on the contrary, we must say: the world is what we perceive", wrote Husserl in "Phenomenology of Perception" in 1945, explaining that our relationship with the world passes through the senses before being consciously perceived and explained by a certain intellectual construct.

This direct perception, which begins with the senses, was at the heart of musical and pictorial creation in the 19th century.

This questioning of the awareness of the world through the arts is called "Impressionism" and emerged around 1870.

Impressionism seeks to break the codes previously established by Romanticism, which focused on capturing clear, strong, dramatic, and internal emotions, to make way for the impression of an external emotion, much more centered on atmosphere.

The objective of this artistic movement was to give way to diffuse, rather than imposed emotion, focusing on a moment over a specific and realistic detail.

It is not a static art form, but one that attempts to express sensations.

In painting, Impressionism focuses on capturing light, color, and present moment.

It typically features light colors applied in small strokes, and outdoor landscapes blended with a sense of vibration and movement.

When we look at Claude Monet's painting *The Artist's Garden at Vétheuil*, we are first struck by the atmosphere, which is like a dream. The closer we get to the details, the more they disappear, reflecting a desire to set aside the classical and realistic codes of painting. The artist does not seek to satisfy the cold and demanding gaze that expects a perfect resemblance between reality and its representation.

These artists, who disrupted the usual codes of creation in their respective epochs, also pursued this movement in the world of music.

Artists such as Claude Debussy, Maurice Ravel, and Satie took part in Impressionism by composing not strictly defined and immediately identifiable emotions, but rather an almost dreamlike and floating atmosphere.

Through the use of ambiguous harmonies, pentatonic scales that do not use dissonant chords, flexible rhythms, and rich, colorful orchestration, the sound of musical impressionism tends toward a realization resembling dreams and at times, water.

The light colors in the paintings can be compared to stamps, the light to harmonies, and the vibrations to supple rhythms.

As we said at the beginning, the question is not whether we really perceive a world, but whether the world exists as we perceive it.

This question became particularly relevant at the end of the 19th century, and the first person to raise it was Edmund Husserl, an Australian philosopher and mathematician.

In "Phenomenology of Perception", Husserl seeks to establish the link between human consciousness and its relationship to the world.

Like impressionism, phenomenology attempts to represent the appearance of the world as we experience it in the moment, before our brain reconstructs a fixed image of it.

To demonstrate that there is an essential relationship between consciousness and its environment, Husserlian phenomenology approaches the phenomenon as itself, based on "epochè", which means "cessation" in Greek. It is a technique that allows us to set aside our natural prejudices, logic, and categories in order to analyze the very essence of our experiences.

In contrast to traditional metaphysics, which conceives of the world in terms of ideas, we seek to return to "things themselves" through intuition and based on singular examples, on a subjective experience of the world.

In fine, phenomenology, by placing experience, direct feeling, and detached conscious awareness at the center, allows for a spontaneous study of things and phenomena as they ordinarily present themselves.

The 19th century challenged artistic norms and society's desire to classify and "mathematically" interpret the outside world, focusing instead on an instinctive and subjective approach to our surroundings and inner selves.

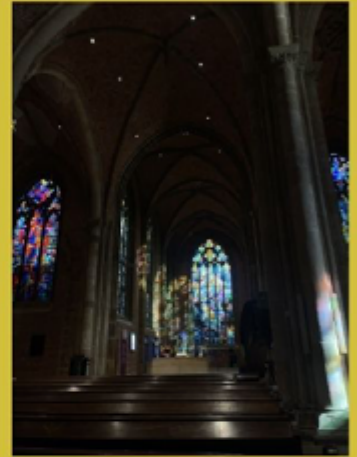
Thanks to these artists and thinkers, the cultural world presented a new vision of life, of humanity, and of our desire to understand and categorize everything, making way for a life of sensory experiences and a less rigid pace than that imposed in the previous century.

Art will always be free, and it is important to take advantage of this to recreate norms that we sometimes think are set in stone.

Luna Serrano

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ONE TOUCH, COUNTLESS CHANGES

Every single one of us is familiar with the game domino. In a single row, only one touch is enough to move the whole row. Arranged like that, the domino bars themselves stay in place, it's enough for only one to move, for the whole row to change.

Youth activism works just like that, it starts with one "come on", one small thing that produces waves that spread broad, broader than expected. Our first touch was the journey to Germany.



Everything started with a commonly asked question: How much power does the youth hold? This was our "come on", the spark that started a chain reaction, our own domino effect.

Our team, made up of members of different ages, interests and challenges, set off on an adventure through which we explored this question more deeply. We found ourselves at the airport with one goal - wish for change. And to be honest, a better combination of personalities will never happen again. So, at 3 AM, half asleep with suitcases full of hope, our unforgettable trip to a small place in Germany began. None of us could have imagined such a scene even if we knew what waited for us.

The journey to the venue where we stayed was a mini odyssey. From an airplane to a bus, to a metro, we also cannot forget the loyal trains, and at the end by walking. After hours of travelling, we somehow managed to arrive at KulturHaus without (completely) losing our minds.

We were welcomed by an even more diverse group from Germany, officially our cultural exchange had started. In a Macedonian style, we welcomed the Romanian group, students from a music high school who changed the atmosphere in a matter of minutes and gave it a musical vibe that connected us all.

The days that followed had a nicely organized plan of activities. Every day we had the chance to join in and be a part of workshops and even organize one as a matter of fact.

Erasmus is known for its unusual nontraditional approach in lectures where the participants learn by group projects, games, discussions, and usually they get closer with their creative side that they didn't even know existed.

Generally, they woke us up with their so-called "energizers" or some short "ice breakers", little games that made you join in on the fun and connect with the others.

Afterwards we would go on with topics such as youth activism, community engagement, teamwork and possibilities that could help the participants make a difference.

Nearing the end of the project, we had the chance to share some of the community problems from each country. As the Macedonian team, we were vocal about the problems that the youth face. The possibility to express what we fight for gave us a warm welcoming feeling and hope for change. Additionally, while listening to the other teams and their problems we found similarities. This opened space for mutual work between two different cultures.

During the second part of the day, the workshops were focused on an activity that could help us learn how to make a change in different ways.

There were also a lot of unforgettable moments such as cultural nights. The Romanian team using their magic made us traverse their cities and cultures in minutes. The possibility to try out traditional food was also a nice touch to all that. The culture, tradition and history of Macedonia helped us prepare a night filled with delicious food, interesting facts and dances where everybody joined in.

Another memorable part was our trip to Bremen, where we explored the city, learned about its history and spent time as one big group. But the little moments, the laughs, the hard work we put against our obstacles, sharing our stories during workshops and staying up late at night were equally important.

Those moments helped us create strong bonds between ourselves and made the whole story feel special.

Some of the challenges that we faced were the language barriers as some of the participants had a hard time with their English. But by being creative, as a team, we rammed through those obstacles and made friendships that would last years.

This trip taught us that even the smallest step can create waves of change, like that little domino that starts moving. We learnt that with trust, collaboration, and sharing we can trespass anything. Every little good deed, every initiative, and even the smallest speech can leave a big impression. And at home we took inspiration for change, and new ways to encourage the world around us. A world that changes with small steps, that start right here at projects like this one, that help make big decisions onward.

Sara Gjorgjinska
Translation: Viktor Gjorgjiev,
David Petrov

CHANGE

The youth exchange "Youth: Empowered and Active" took place in Garlstedt, Germany on the dates 29.09–8.10.2025. The aim of the project was to introduce the participants to positive examples of activism across Europe, and the world.

Почеток на приказната

Маето прво поглавје надвор од границите

Дали се уште се мислиш за твоето прво „Еразмус+“ искуство? Се двоумиш, дали тоа е вистинската одлука за тебе и дали ќе успееш...
Имаме премногу обврски, учиме како да го менаџираме своето време, стануваме самостојни, се соочуваме со нови предизвици, но не значи дека животот не може да биде забавен и покрај сето ова!

Неодамна, како студентка на Универзитетот Гоце Делчев имав шанса да учествувам во културниот фестивал: 'Kaleidoscope – The Voices of Europe Today' подржан од „Еразмус+“ и алијансата ACE2EU. Фестивалот беше одржан од 21-24 октомври во Инголштад, Германија во THI - Technische Hochschule Ingolstadt, кој е еден од деветте партнерски универзитети на алијансата.

На почетокот имав голем страв, дали ќе успеам да се снајдам и дали ќе ги завршам сите предвидени активности квалитетно и на време. Многу е важно да бидеме храбри и секогаш да се стремиме да го дадеме најдоброто од себе.

ACE2EU и нивната мисија

ACE2EU е алијанса кофинансирана од Европската Унија со цел да ги подржи студентите, вработените, истражувачите и надворешните засегнати страни со знаење, вештини и компетенции потребни за колективно справување со предизвиците во иднина. Освен тоа, мисијата на алијансата е да ги промовира основните вредности и цели на Европската унија, вклучувајќи ги мултикултурализмот и повеќејазичноста, инклузивност, поддршка и развој на истражувачките заедници со што се зајакнува европскиот идентитет низ целиот сојуз. Освен Македонија, дел од алијансата се Литванија, Германија, Полска, Латвија, Австрија, Португалија, Шпанија и Романија.

Kaleidoscope – The Voices of Europe Today

Фестивалот беше отворен за сите студенти од деветте партнерски универзитети и целта беше живописно да ја прославиме културната разновидност, креативноста, да се соочиме со јазичните бариери и сите заедно да бидеме во духот на меѓусебна дружба и соработка. Во текот на овие три дена секоја држава ги претстави своите културни обележја на уникатен начин во опуштена и забавна атмосфера. Секој беше добредојден да присуствува на танцови изведби, изложби, музички перформанси, интерактивни работилници и активности и да се здобие со меѓукултурни искуства и прекрасни спомени. Атмосферата беше пријателска и се чувствував како веќе долг период да сум дел од таа заедница. Сите функциониравме како едно и бевме водени од иста желба: да направиме заедничка позитивна промена во светот.



Овој настан за прв пат отидов сама во друга држава, што беше голем исечок за мене. За среќа, девојките со кои патував од Македонија беа прекрасно друштво и заедно ги пребродивме сите предизвици со кои се сретнавме во текот на патувањето. Оваа патување ме научи како да го планирам и организирам времето, што ми е неопходно, научив како да се снајдам со јавниот превоз во Германија и бев принудена да ги користам англискиот и германскиот јазик за комуникација. Знаењето на повеќе јазици е секогаш добредојдено и многу е важно да ги унапредуваме и да бидеме во постојан контакт со нив. И да, на почетокот е страшно, но верувајте дека тоа е најтешкиот чекор од целата работа, да бидеме доволно храбри да ги користиме нашите вештини во пракса. Токму на овој фестивал, иако сите бевме со различна позадина, со помош на англискиот јазик бевме сплотени и комунициравме слободно, без проблеми.

Благодарение на овие неколку дена, се стекнав со прекрасни искуства, незаборавни спомени, доживувања, се запознав со различни карактери... Ова

патување ме научи дека најголемите вредности во градењето на карактерот на човекот се токму во неговото искуство со останатите луѓе, познавањето на други култури и вредности и способноста да се биде флексибилен.

На почетокот не очекував дека ова е моќта на „Еразмус+“ проектите. Овој настан не сплоти сите. Од првиот момент кога сите бевме собрани во холот на универзитетот како странци, до последниот момент кога ги гледавме видео-записите од текот на сите активности, не бев свесна дека толку многу работи можат да се случат за кратко време. Отидовме со мотивација и возбуда, добра енергија, а се здобивме со вечно врежан спомен од „Еразмус+“ во нашите идентитети, во нашите срца. На секој читател топло му препорачувам: Уживај во секој момент, прифаќај предизвици и ќе видиш дека светот е преполн со убави нешта кои чекаат на тебе! Од срце сум благодарна на сите што беа дел од ова мое прекрасно искуство.

Ана Коцева

HOW TO WRITE ARTICLES FOR VOICES



TOPIC

Anything, except politics or hate speech

Think of topics that would interest **our audience** (youth)

Maybe a **current event or trend** that you could write about?

RESEARCH

Use **credible sources** when researching your topic

Double-check any information you include in your article to ensure **accuracy**

Don't plagiarize

Link the sources at the end of your article

STRUCTURE

Use **short, attention-grabbing headline**

Write an **introduction** at the beginning (what, who, when, why, how)

Include **body** and **conclusion** in your article, maintain a logical flow

Write your **full name** at the end

WRITING

Use **clear and concise language** that your audience will understand

Avoid too technical terms and **hard language** unless necessary

Be engaging and try to make your article interesting to read

FEW RULES

The article should be around 500 - 1000 words

Don't include images or illustrations in the document

Send possible **photos separately** (with sources and assured they're **free of copyrights**)

Edit and revise (clarity, grammar, and spelling error)

WHAT ELSE?

You can write in **English, Macedonian and Albanian**

You don't need to be pro, **VOICES is open for everyone!**

Writing to the magazine is **voluntary**

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





Our monthly magazine has a very simple, yet powerful, mission - to be the voice of youth. And how do we do that?

We encourage young people to take an active part in today's society through journalism and designing by giving them a platform to express themselves. VOICES is produced in Skopje, Macedonia, and published online every month and four times per year as a printed edition.

Join VOICES team!

Contact us in our social media pages or write us an e-mail. What would you be interested in doing?



Writing articles

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



Translating articles

VOICES is published in three languages: English, Macedonian and Albanian. If you are a native speaker or fluent in these languages, join our translation team!



Featuring your work

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