VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

november 2026





Editorial

Perhaps even a rainy and cold autumn has a role and purpose. Autumn, which persistently likes to suggest that the days of the long and carefree summer are long gone. Yet, the general opinion is that our society is becoming more and more melancholic and depressed. And we are not speaking only of the reality here, but of a society as a whole, everywhere.

Surrounded by technological progress, scientific breakthroughs, and boundless communication possibilities—with the whole world literally in our hands—we are sinking into boredom and apathy. We are never satisfied with what we have, constantly yearning for what we lack, or for what others possess. Rushing headlong into our own personal quests for individual gratification, we fail to notice what surrounds us. Specifically, we fail to see those who are truly suffering. Not because they lack luxuries or the latest, most beautiful things, but because they have been left alone, helpless, abandoned, ill, and forgotten... Forgotten even by their loved ones. Yes, it hurts.

Over the past few weeks, we have embraced our capacity for compassion to the fullest; we assisted our friends from the organization Ljubeznost (Kindness) in preparing meals, and we helped distribute them to centers where the homeless, and those unable to afford even one decent meal a day, gather.

On their faces, you will notice fatigue, disappointment, and a reluctance to face another day and another night that brings uncertainty and very little hope that things will change for the better. Yet, hope never truly dies. And that is precisely why, when they shyly say “thank you” to you... well, take a moment to reflect on your own life. On the things that fail to make you truly happy, simply because you take them for granted.

And do not forget to share an act of kindness. For “a small act of kindness is worth more than a thousand words.” Listen, offer help, and show respect.

Goran Adamovski

Едиторијал

Веројатно има улога и дождливата и ладна есен, која упорно сака да ни навести дека деновите на долгото и безгрижно лето се далеку зад нас, но, сепак, генерално важи оценката дека општеството ни е се помеланхолично и депресивно. И не зборуваме за овдешното, туку во целина, насекаде.

Опкружени со технолошки напредок, научни достигнувања, безгранични можности за комуникација и додека го имаме светот на дланка – тонеме во здодевност и апатија. Никогаш незадоволни со тоа што го имаме, постојано копнеејќи по она што го немаме. Или го имаат другите.

Итајќи секој во своја војна за индивидуална задоволштина, забораваме да погледнеме што има околу нас. Односно, забораваме да ги видиме тие што навистина страдаат. И тоа не од недостиг на луксуз или за нешто ново и поубаво, туку од тоа што останале сами, немоќни, оставени, болни, заборавени... Заборавени од најблиските. Да, боли.

Изминатите недели го поттикнавме хуманиот гест во нас до највисок степен, па им помагавме на нашите пријатели од Љубезност во подготвувањето порции храна, а потоа и во дистрибуцијата до центрите каде што се собираат бездомните лица и оние што не можат да си дозволат пристоен оброк барем еднаш во денот.

На нивните лица ќе забележите умор, разочарување, неволност да се мине уште еден ден, уште една ноќ која носи неизвесност и многу малку надеж дека работите ќе се променат. На подобро. Но, таа не умира никогаш. И токму затоа, кога срамежливо ќе ви речат ‘благодарам’... Е, тогаш сетете се на вашиот живот и на работите што не ве прават доволно среќни, бидејќи сметате дека ви следуваат природно.

И не забаравајте да направите нешто учтиво. Бидејќи: „едно мало дело на учтивост – вредат повеќе од илјадници зборови“. Сослушајте, помогнете и покажете почит.

Горан Адамовски

VCS Director
Nikola Stankoski

Coordinators
Andrej Naumovski
Goran Adamovski
Goran Galabov
Ewelina Chańska
Jolanta Ciopcińska

Writers
Simona Joleska
Anamarija
Anesa Sulejmani
Lukáš Sabol
Jolanta Ciopcińska
Ewelina Chańska

Translators
Dora Arifi

Designers
Ewelina Chańska
Jolanta Ciopcińska

Cover:
Michaelle Daoust | Unsplash

Contact
Volunteers Centre Skopje
Emil Zola 3/3-1, 1000, Skopje
+389 75 243 726
vcs_contact@yahoo.com
www.vcs.org.mk

VOLUNTEERS CENTRE SKOPJE

Erasmus+

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

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WHAT MAKES A FRIEND GROUP WORK?

Now that my university years are coming to a close—and that I'm most likely getting my bachelor's degree by the time this gets posted—I can't help but look back on the relationships that have shaped me as a person, ones I have gained during my studies. When I first entered the university grounds, I had one vision, and one vision only: to find my perfect friend group.

Within the first month, it was subtly forming with excited remarks about common interests. Soon, it grew while exchanging whispers about college struggles. Then, it manifested in side quests taking place in Skopje and farther. Not before long, it turned into prolonged study sessions, hilarious presentation nights, themed birthdays, domestic vacations, a book launch, and organizing our own senior party, among many things.

I've seen tattoo appointments, job promotions and apartment hunts. I've seen these people laugh until their stomachs hurt. When they tear up, the whole world falls apart, and all that's left for me is to pick up its pieces back. I can only explain this with the Macedonian phrase „знам како дишат", or, I even know the way they breathe (because I'm with them all the time).

Inspired by our recent hangout after a significant amount of time, I tried to answer this question that popped up in my head:

"What makes us work as a friend group?"

So, I decided to do that through this piece of writing. These several characteristics are like second nature to us, and they may help you grow new ideas for your friend group.

You have self-established traditions

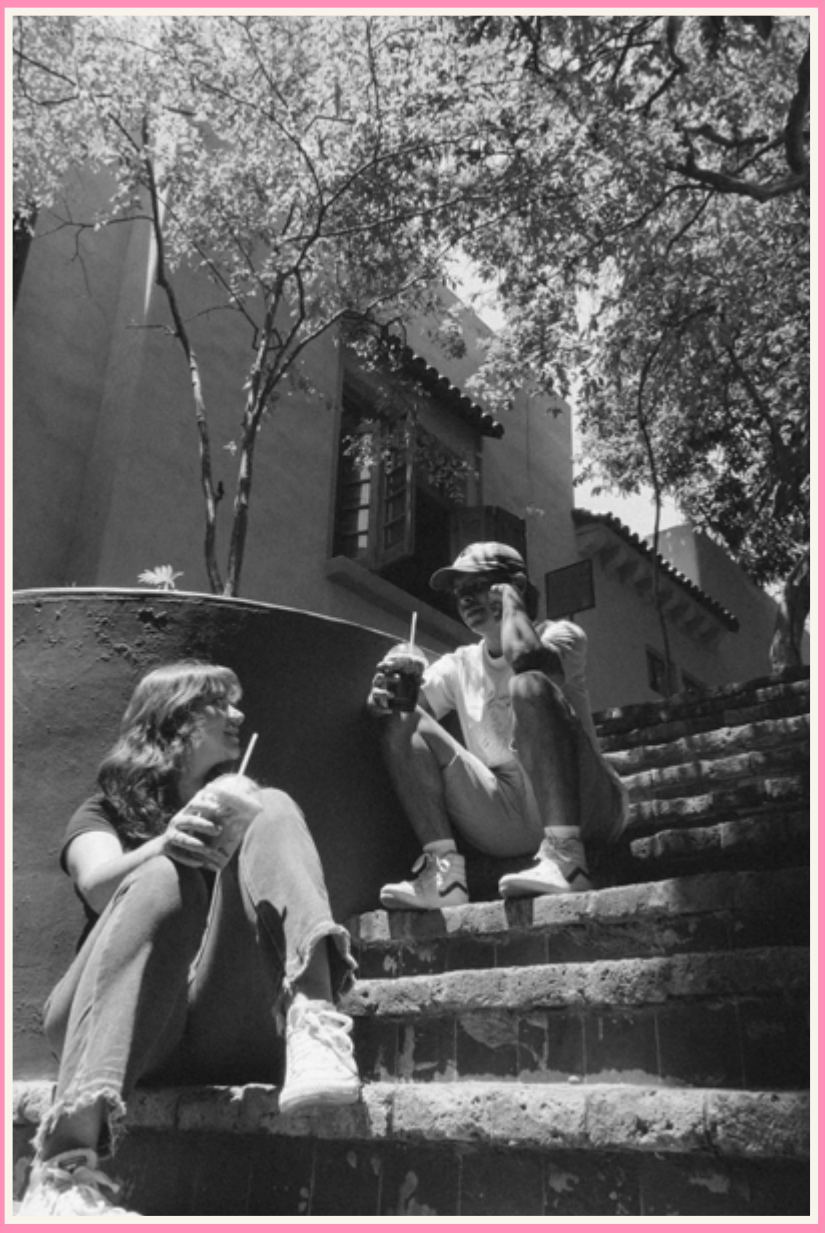
In my case, it all started with a simple fact. If you're 27 and younger, you get a free train ride to any destination in Macedonia from Friday until Monday during the first and third week of the month. Since Veles was the closest available destination, and one of our friends is from there, we thought it was a good opportunity to visit a town many of us were not properly acquainted with. Despite the gloomy weather, I still remember the warmth radiating from the delicious food in one of the pubs and from my friends' smiles when a cat greeted us at the station. On that day in March, we decided to make it a yearly thing. In 2024, we detoured the whole town and climbed one of its highest points after struggling to make it through the stairs. In 2025, we changed things up by going with a car and having a picnic near the lake Mladost. In 2026, we mixed a little bit of everything (without the stairs part, of course) and played with a frisbee along with some middle schoolers. Having this kind of ritual can produce a good story in the future, it proves to be a memento that many of us still mention in casual conversations, and most importantly, it is a promise to hang out again.

Arguments and compromises rather than fights

Of course, a friend group will sometimes have clashing views on a certain matter. It is important, however, that one does not think that a difference in opinion is a personal attack for them. Everyone's side of the story deserves to be given a chance, and depending on the situation, a mutual conclusion should be reached. The difference between arguments and fights is that arguments occur because of mutual respect and ability to offer space both for yourself and



the other parties involved, while fights arise from prioritizing your own needs over others' and the inability to collect yourself. If you truly care about your friend group, you are willing to hear them out even if you don't necessarily agree with them. This can only be achieved through empathy, which is a cornerstone for all successful friendships.



You openly communicate

I still remember a lesson that one of my friends taught me: if something bothers you, say it loud and clear, because your intentions won't come to light until you voice them out. Your friends are not magic wizards that know what's making your mind pace around, so if you think that something feels wrong, it's better to say it rather than let it plague your thoughts. It may be scary to be honest, and such conversations can hurt, but a friend group is built on trust. It's significantly easier to clean up misconceptions while you still view them as misconceptions, rather than truths your brain has convinced you are factual. Uncomfortable conversations are sometimes needed in order for a friend group to truly stick together, because what matters the most is how you acknowledge your faults and overcome them together.

You're not afraid to stay authentic

Finally, each friend group embraces a certain mode of expression. Rather than trying to fit a mold, a friend group inhabits its unique portrayal based on both individual and collective expressions. One of my friends incorporates black in her outfits. One is crazy about the color of the eighties. Another looks like she walked out of a Pinterest board. All of us are different, but when we're in the same room, our differences merely accompany our similarities. Simply said, we just make sense as a friend group. And we don't owe it to anyone but ourselves.

These do not tell the entire story of my friend group, or any, for that matter. However, I believe that it is important to reflect on your relationships once in a while, especially if you are starting a new chapter in your life. Even my friend group was not the same as it was at the beginning, but those people who came and stayed truly showed me that it's worth it to share my life with such amazing individuals. If you have read this far, what truly makes a friend group work is making the effort to be a part of one. Make sure to tell your friends you're here for them.



Simona Joleska

A New Chapter in Split

I am Anamarija and travelling has taken me to various parts of the world, and my new address is currently in Split. After living in several different countries, I decided to start a new chapter at Sunce, where, as part of the European Solidarity Corps (ESC), I take part in activities dedicated to **environmental protection and sustainable development.**

As part of the Sunce team, I have been getting to know Split from a completely new perspective for more than half a year, discovering every day how small changes can have a big impact on people and the environment.

A step into the unknown

For me, moving to Split was not just about relocating to a new country, but also an opportunity to open an entirely new chapter in my life. I come from North Macedonia, and my love of travelling, meeting new people and exploring different cultures had already taken me to several countries. Every new environment brought me a different experience, as well as an opportunity to learn something new about the world, about others and, above all, about myself.

That is precisely why I enjoy stepping outside my comfort zone. I believe that we grow the most when we dare to step into the unknown, both personally and professionally.

When I was looking for a new opportunity, I wanted to combine several things that are important to me: living in a new environment, meeting people and discovering new cultures, and doing work that has a positive impact on the community. That is how I discovered the European Solidarity Corps (ESC), and among the different opportunities, Sunce's work particularly caught my attention.

When I read more about Sunce's work, I was particularly drawn to the topics of environmental protection and sustainable development. I thought it would be a great place where I could learn, develop new skills and meet people who share similar values.

I was also attracted by the city by the sea, and in Split I found exactly what I was looking for: plenty of nature, countless opportunities to explore and a relaxed way of life.

A place where I immediately became part of the team

Moving to a new country always comes with a degree of uncertainty and perhaps a little fear. However, this was not the case for me.

Everyone welcomed me warmly, and they are always ready to help. The atmosphere is very pleasant, and I also like the fact that I can learn something new every day. I enjoy working in an environment where cooperation, exchanging ideas and working together towards positive change are valued.





From my very first day at Sunce, I felt that I was in the right place.

As a volunteer, I take part in various activities of the Association and am learning more and more about the importance of nature protection, sustainable development and environmental conservation.

At the same time, I am gaining new knowledge, developing my skills and getting to know the local community in a way that would be difficult to experience as a tourist.

When work is done, it's time for the sea

When I am not volunteering, I prefer to spend my time outdoors. Since moving to Split, the sea, long walks and park Marjan have become part of my everyday life.

My love of travelling remains an important part of my life, so I use my free time to explore the rest of Croatia.

Nature always fills me with energy. I love spending time outdoors, and since arriving in Croatia, I have managed to explore several beautiful islands. Every place I have visited has its own special charm, and I always look forward to discovering new landscapes. I particularly enjoy the Dalmatian islands.

An experience that lasts beyond volunteering

For me, the ESC is much more than volunteering. It is an opportunity to meet people from different countries, gain new knowledge, build confidence and step outside my comfort zone.

To everyone considering applying to the European Solidarity Corps programme, I have this advice:

If you love travelling, meeting new people and learning through experience, don't be afraid to take the first step. The ESC is much more than volunteering. It is an opportunity to step outside your comfort zone, grow as a person and build friendships that can last a lifetime.

I still have months of new experiences, challenges and learning ahead of me at Sunce. I am sure that Split and Dalmatia will hold a special place in my memories, just like the people I have met here. And who knows? Perhaps this ESC adventure will be just another stop on my journey around the world, but one I will always be happy to return to in my thoughts.

Anamarija

The Unbalanced Scale of

Misogyny and misandry are terms used frequently in modern social discourse, yet their real-world implications and structural weight are often misunderstood. While both concepts refer to gender-based hostility, treating them as equal forces overlooks the profound imbalance in how they operate within society.

When living within restrictive patriarchal systems, many women experience a constant, pervasive limitation on their autonomy. Imagine growing up in an environment where your choices—what you wear, who you speak to, your educational opportunities, or your personal expression—are continuously monitored and restricted by men who fit within patriarchal standards.

For millions of girls and women, potential and ambition are snuffed out before they ever have the chance to fully develop.

To understand this dynamic, we must first look at how these terms are formally defined and experienced:

Misogyny can be defined as hatred, contempt, or ingrained prejudice against women.
Misandry can be defined as hatred, contempt, or prejudice against men.

While both definitions describe negative gender-based attitudes, their systemic contexts couldn't be more distinct. Misogyny functions as an institutionalized, structural force—a system built into societal, political, and cultural frameworks that historically and currently subdues women. Conversely, contemporary critiques of misandry often point out that it manifests primarily as a reactive phenomenon rather than an institutional mechanism. However, when examining how gender hostility operates, it is important to analyze why the term misandry is frequently questioned or debated in social critique.

Unlike misogyny, misandry does not stem from a system of institutional dominance where men are systematically denied legal rights, political representation, or bodily autonomy. Instead, modern manifestations of misandry are frequently understood as defensive or reactionary expressions arising from individuals who have faced prolonged systemic oppression. At the same time, careful analysis requires recognizing that patriarchy as a system does not only affect women; patriarchal standards and male-dominating behaviors also enforce rigid norms that harm men who do not fit societal ideals—such as men of lower economic status, sexual and gender minorities, or those who support feminist movements.



Misogyny and Misandry

The consequences of this imbalance extend far beyond online debates or hurt feelings. While hostility directed at men online often results in interpersonal conflicts or defensive arguments, misogyny frequently carries deadly, physical consequences. Across the globe, gender-based discrimination directly threatens women's safety and fundamental human rights.

According to global data from organizations like the World Health Organization (WHO) and UN Women, the scale of violence against women remains severe:



- Prevalence of Violence: Globally, approximately 1 in 3 women (around 31% to 32%, or roughly 840 million women and girls) have been subjected to physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime.

- Domestic Homicides: Data shows that roughly 60% of all female homicides worldwide are committed by family members or partners, compared to approximately 11% to 12% for male homicides.

- Daily Impact: This equates to an average of around 140 women or girls killed every day by someone close to them, showing that women are overwhelmingly targeted within their own homes.

Ultimately, addressing this dynamic is not about establishing moral superiority or reversing scales of oppression. It is about recognizing fundamental human rights—the right to live free from fear, to possess bodily autonomy, and to exist fully without hesitation.

True change requires more than acknowledging these disparities in silence, it demands active intervention. Dismantling this imbalance requires men to confront casual misogyny within their own circles, challenge restrictive patriarchal expectations that harm everyone, and stop choosing comfort over accountability. As a society we do not just need reminders that safe individuals exist, we need active allies who refuse to stay silent.

Anesa Sulejmani

Sources:
UN Women: Facts and figures - Ending violence against women
World Health Organization (WHO): Violence against women prevalence estimates

Przemijanie

These are the fleeting moments,
becoming memories.
They will make you smile on the bus rides
while you watch the landscape pass.
They will ask you to close your eyes in trust,
especially on cloudy days.
They make your heart full and warm,
your shoulders relaxed.
Moments of laughter, joy, and shared tears.
You will cherish them,
and then leave.
They will keep coming back
as you embrace your one life again
and again.
Plants in the garden of your soul.
Let them grow with your attention,
tend to them with care.

Lukáš Sabol



Who inherits the past?

It is October. War continues in Ukraine. The Israeli-Palestinian conflict fills our screens with images that are difficult to look at and even harder to forget. In France, Italy, Serbia, and Albania, protests bring citizens, including young people, into the streets, demanding answers and calling for change. Across different countries and for different reasons, one thing becomes clear: young people are not only watching the world unfold. They are part of it, questioning and trying to shape what comes next.

But what about the past? If young people care about what is happening now, do they also care about what happened before they were born?

Not just the dates in history books, the names of battles or the borders drawn on maps. But the unresolved questions, inherited memories and divisions that previous generations have left behind. Can we understand the world we live in today without understanding the conflicts that helped shape it?

Across the Western Balkans, the conflicts of the 1990s are part of the recent past. For some young people, they live on through family memories, shaping how their families talk about their neighbours and which stories are told at the dinner table. For others, they are fragments encountered at history lessons at school. In a region where borders, identities and memories often overlap, the past can be both deeply personal and fiercely political. And the same questions are being asked around the world. Who gets to tell the story of a conflict? Whose suffering is recognised? Which memories become part of a country's official history, and which are left at the margins?



Small-scale partnerships in youth "The Future of Europe's Past"

Partners: Memos (Germany), LRE Poland (Poland)
Stadt Nürnberg Jugendamt (Germany),
and Volunteers Centre Skopje (Macedonia)









In October 2026, youth workers and representatives of institutes and youth centers from Macedonia, Germany and Ukraine met in Skopje for the **Peer Training Course "The European Youth Goals and the 'Missing Peace'**, organised within the Erasmus+ small-scale partnership **"The Future of Europe's Past"**. Through non-formal learning, discussions, presentations and visits to places of remembrance, partners explored how young people can engage with Europe's difficult past, learned how to work with remembrance and peace, and exchanged experiences on youth work from their own organisations and centers.

But what does peace really mean? Is it simply the moment when the fighting stops and an agreement is reached? These are important steps, but what happens afterwards? What about the trust that has been broken, the communities that remain divided, and the memories that continue to shape how people see one another?

This is where 'The Missing Peace' comes in. It invites us to look beyond the formal end of conflict and ask what people need to live together with dignity. Trust, belonging, justice, inclusion, dialogue and the willingness to confront uncomfortable truths may be less visible than borders or political agreements, but they are no less important in building lasting peace.

These questions are also finding their way into discussions about the future of EU youth policy. At the EU Youth Conference in Dublin in September 2026, youth delegates finalised a revised set of 12 European Youth Goals, including a dedicated goal on Peace and Security. The revised goals reflect young people's priorities and will contribute to discussions on the EU Youth Strategy beyond 2027. This focus on peace and security also resonates with the United Nations Youth, Peace and Security agenda, which calls for young people to play a meaningful role in preventing conflict and building peace. The idea is important for one simple reason: young people should not be seen only as those who will inherit the consequences of today's conflicts. They should also have a say in how those conflicts are understood and how communities recover, but also how to build a more peaceful future.

Youth work can create a space where young people learn to listen without immediately preparing a counterargument, explore different perspectives without turning every discussion into a competition, and recognise that understanding someone's experience does not necessarily mean agreeing with their conclusions. It can also help young people understand that inclusion does not mean giving every claim equal validity. A youth-friendly culture of remembrance must be open to different experiences while remaining attentive to evidence, human rights and the dignity of those affected by violence. Perhaps the missing piece is not only a lesson we have yet to learn about history. Perhaps it is the space we create for young people to question it, understand one another and imagine a future that does not have to repeat it.

We cannot rewrite the past. We cannot promise that every conflict will end in reconciliation. And we should never confuse remembering with repairing everything that has been broken.

But we can decide what we do with the knowledge we inherit.

Jolanta Ciopcińska

ШТО ГО ПРАВИ ДРУШТВОТО УСПЕШНО?

Како што пополека поминуваат моите универзитетски години (и најверојатно ќе дипломирам пред да се објави ова), не можам, а да не се навраќам на врските кои ме оформија како личност, врски што ги стекнав за време на моите студии. Кога првпат стапнав на универзитетско тло, имав само една единствена визија: да го најдам моето совршено друштво.

За време на првиот месец, суптилно се создаваше преку возбудливи разговори за заеднички интереси. Потоа, се разви додека шепотевме за факултетски напори. Па се изрази во спонтани патувања во Скопје и пошироко. Набрзо се претвори во одолговлечени средби за учење, смешни ноќи за презентации, роденденi со тематика, одмори, книжевна промоција, па и меѓу други работи организирање на сопствена апсолвентска забава.

Бев таму за тетоважи, бев сведок на тоа како се унапредуваат на работа и како бараат стан. Ги имам видено луѓево како се смеат до даска. Кога плачат, целиот свет се руши, а тоа што останува е да ги соберам неговите парчиња и да ги составам пак. Ова можам да го објаснам само со македонската фраза „знам како дишат“.

Инспирирана од наше неодамнешно излегување после долго време, се обидов да го одговорам ова прашање што ми се појави в глава:

„Што е тоа што е успешно за нашето друштво?“

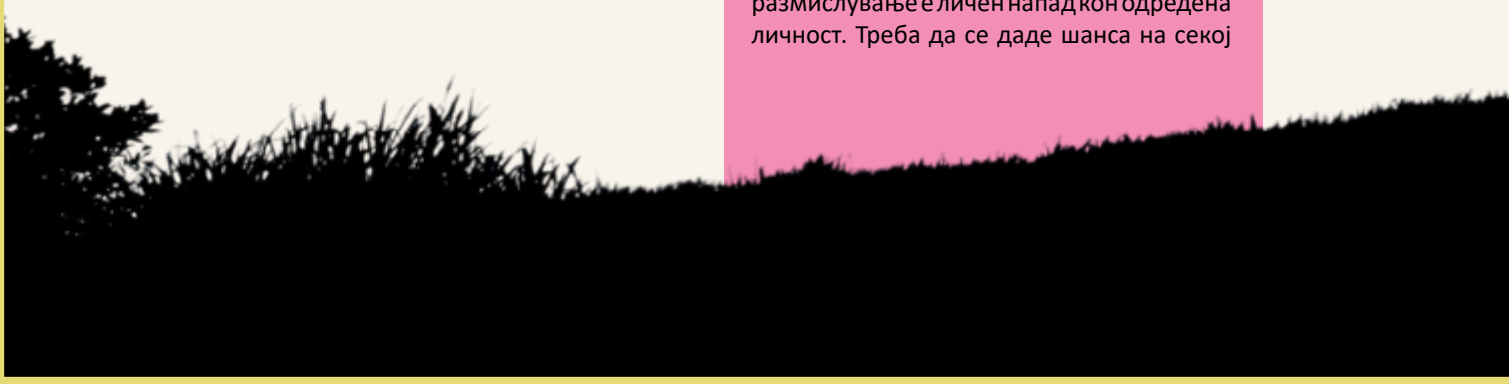
Затоа, се одлучив да го направам тоа преку овој текст. Овие неколку карактеристики ни доаѓаат природно, па може ќе ви помогнат да развиете нови идеи за вашето друштво.

Имате традиции што сами си ги основате

Мојот случај потекнува од едноставен факт. Ако имате до 27 години, можете бесплатно да се возите со воз до која било дестинација во Македонија од петок до понеделник во првата и третата недела од месецот. Затоа што Велес ни беше најблиското достапно место, а една од нашите другарки е од таму, сметавме дека ни беше добра прилика да посетиме град кој повеќето од нас не го знаеја доволно. Без разлика што времето беше тмурно, сè уште се сеќавам на топлината од вкусната храна во еден од пабовите и таа што зрачеше од моите пријатели кога нè поздрави маче кај станицата. На тој мартовски ден, одлучивме ова да го тераме годишно. Во 2024, го прошетавме цел град и се качивме на една од неговите највисоки точки откако ни беше мачно да ги надминеме скалилата. Во 2025, отидовме со кола и бевме на излет близу езерото Младост. Во 2026, измешавме сè и сешто (нормално, без скалите) и си игравме со фризби заедно со едни основци. Ваквиот ритуал може да створи добра приказна во иднината, се докажа како сеќавање кое сè уште го спомнуваме во разговор, а најважно од сè, тој е ветување за повторно да се видиме.

Аргументи и компромис отколку расправии

Секако, друштвото понекогаш ќе има различни гледишта за некоја тема. Но важно е да не се мисли дека различното размислување е личен напад кон одредена личност. Треба да се даде шанса на секој



што ја раскажува приказната и треба да се донесе заеднички заклучок зависно од ситуацијата. Разликата меѓу аргументите и расправиите е тоа што аргументите се случуваат поради почитување на другиот и поради способноста да се обезбеди простор и за себеси и за останатите вклучени личности, додека расправиите се развиваат од приоритет само за своите потреби и неспособноста човек да се смири. Ако навистина се грижите за своето друштво, тогаш посакувате да ги сослушате дури и да не се согласувате со нив. Ова може да се постигне само преку емпатија, а таа е основа за секое успешно пријателство.

Отворено комуницирате

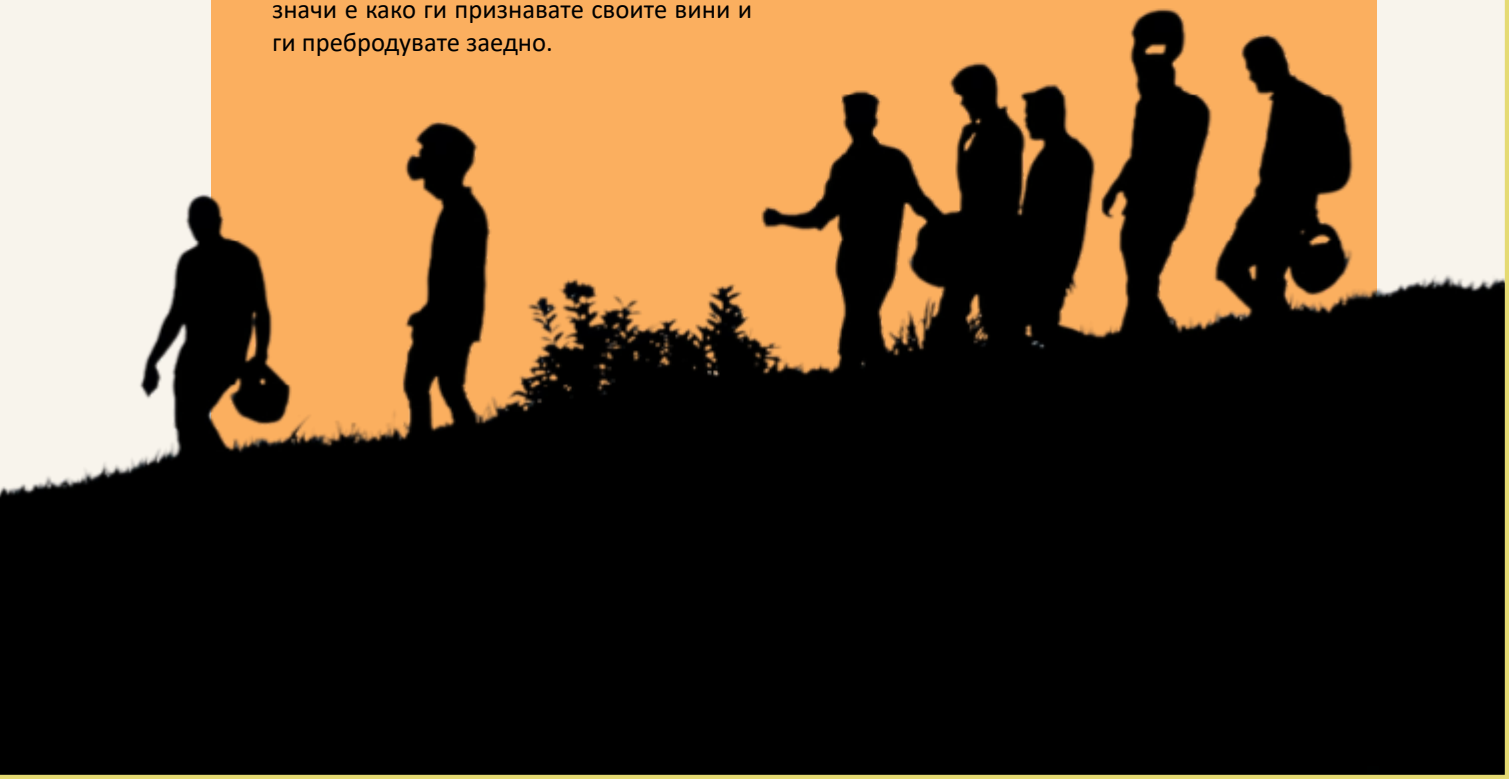
Сè уште се сеќавам на поука која ја научив од една од моите другарки: ако нешто ти смета, јасно и гласно кажи си го, затоа што твојата намера нема да се сознае ако не ја кажеш. Вашите пријатели не се волшебници што знаат каде ви тераат мислите, па ако чувствувате дека нешто не е во ред, подобро е да се искажете отколку да дозволите да ви пречат на вашите мисли. Можеби тешко е да сте искрени и овие разговори можат да болат, но пријателството се развива со верба. Многу е полесно да се расчисти лажната претпоставка додека ја гледате како претпоставка, отколку како вистина која вашиот мозок ве убедува дека е реална. Непријатните разговори понекогаш се потребни за некое друштво вистински да е блиско, затоа што тоа што најмногу значи е како ги признавате своите вини и ги пребродувате заедно.

Не се плашите од автентичноста

За на крај, секое друштво прифаќа свој начин на изразување. Наместо да се вклопуваат со останатите, друштвото поседува своја уникатна претстава базирана и на индивидуален и на заеднички израз. Една од моите другарки ја вклучува црната боја во нејзината облека. Друга е опседната со боите на осумдесеттите години од минатиот век. Трета изгледа како да излегла од Pinterest. Сите сме различни, но кога сме во иста соба, нашите разлики само ги истакнуваат нашите сличности. Едноставно кажано, правиме смисла како друштво. И не треба да се објаснуваме на други.

Овие карактеристики не ја покажуваат целосната слика ни на моето, ни на други друштва. Сепак, сметам дека е важно понекогаш да се навраќате на своите врски, особено ако почнувате ново поглавје од вашиот живот. Дури и моето друштво не беше исто како во минатото, но тие што дојдоа и останаа навистина ми покажаа колку вреди да го делам својот живот со толку неверојатни луѓе. Ако го прочитавте ова до тука, тоа што го прави друштвото успешно е тоа да се вложува труд за да си дел од него. Кажете им на вашите пријатели дека сте тука за нив.

Симона Јолеска



НОВО ПОГЛАВЈЕ ВО СПЛИТ

Јас сум Анамарија, а патувањата ме одведоа во различни делови од светот. Мојата нова адреса во моментов е во Сплит. По животот во неколку различни земји, решив да започнам ново поглавје во здружението Sunce, каде што, како дел од Европскиот Солидарен Корпус (ЕСК), учествувам во активности посветени на заштитата на животната средина и одржливиот развој.

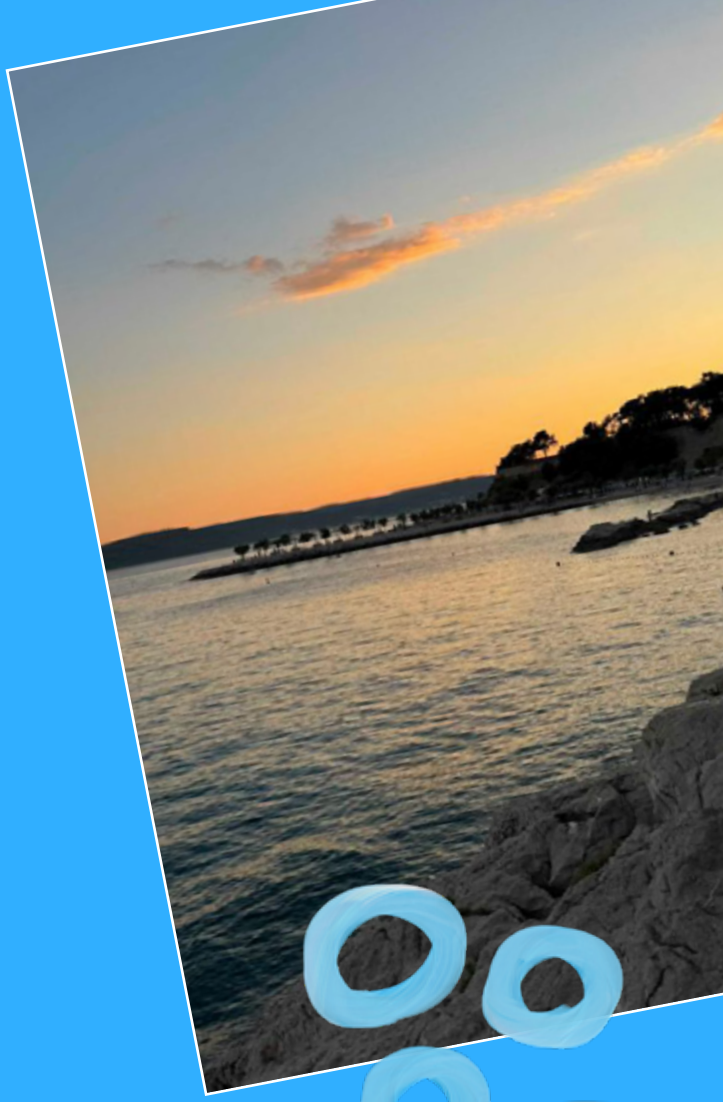
Како дел од тимот на Sunce, веќе повеќе од половина година го запознавам Сплит од сосема нова перспектива, секојдневно откривајќи како малите промени можат да имаат големо влијание врз луѓето и животната средина.

Чекор во непознатото

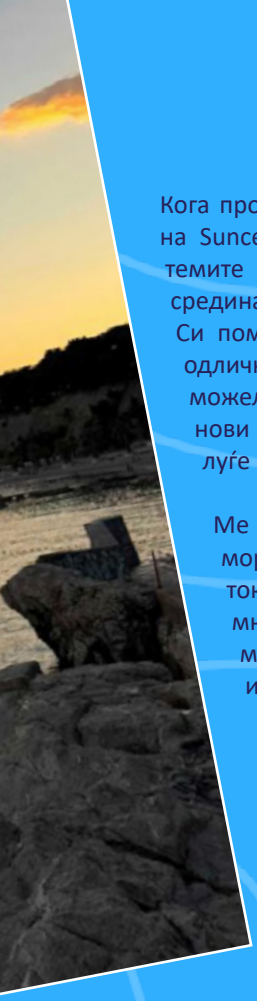
За мене, преселбата во Сплит не значеше само преселување во нова земја, туку и можност да отворам сосема ново поглавје во животот. Доаѓам од Македонија, а љубовта кон патувањата, запознавањето нови луѓе и истражувањето различни култури веќе ме имаше одведено во неколку земји. Секоја нова средина ми носеше поинакво искуство, како и можност да научам нешто ново за светот, за другите и, пред сè, за себе.

Токму затоа уживам да излегувам од сопствената зона на удобност. Верувам дека најмногу растеме кога ќе се осмелиме да зачекориме во непознатото, како на личен, така и на професионален план.

Кога барав нова можност, сакав да поврзам неколку работи што ми се важни: живот во нова средина, запознавање луѓе и откривање нови култури, како и работа што има позитивно влијание врз заедницата. Така дознав за Европскиот Солидарен Корпус, а меѓу различните можности, особено ми го привлече вниманието работата на здружението Sunce.







Кога прочитав повеќе за работата на Sunce, особено ме привлекоа темите за заштита на животната средина и одржливиот развој. Си помислив дека тоа би било одлично место каде што би можела да учам, да развивам нови вештини и да запознаам луѓе со слични вредности.

Ме привлече и градот покрај морето, а во Сплит го најдов токму она што го барав: многу природа, безброј можности за истражување и опуштен начин на живот.

Место каде што веднаш станав дел од тимот

Преселбата во нова земја секогаш носи одредена доза неизвесност, а можеби и малку страв. Сепак, кај мене тоа не беше случај.

Сите ме пречекаа срдечно и секогаш се подготвени да помогнат. Атмосферата е многу пријатна, а ми се допаѓа и тоа што секој ден можам да научам нешто ново. Уживам да работам во средина во која се ценат соработката, размената на идеи и заедничките напори за постигнување позитивни промени.

Уште од првиот ден во Sunce почувствував дека сум на вистинското место.

Како волонтерка, учествувам во различни активности на здружението и сè повеќе учам за важноста на заштитата на природата, одржливиот развој и зачувувањето на животната средина.

Истовремено, стекнувам нови знаења, ги развивам своите вештини и ја запознавам локалната заедница на начин што би било тешко да се доживее како туристка.

Кога ќе заврши работата, време е за морето

Кога не волонтирам, најмногу сакам да го поминувам времето на отворено. Откако се преселив во Сплит, морето, долгите прошетки и паркот Марјан станаа дел од моето секојдневие.

Љубовта кон патувањата и понатаму е важен дел од мојот живот, па слободното време го користам за да ги истражувам и другите делови на Хрватска.

Природата секогаш ми дава енергија. Сакам да поминувам време на отворено, а откако пристигнав во Хрватска, успеав да истражам неколку прекрасни острови. Секое место што сум го посетила има свој посебен шарм и секогаш со нетрпение очекувам да откријам нови предели. Особено ги сакам далматинските острови.

Искуство што трае и по завршувањето на волонтирањето

За мене, ESC е многу повеќе од волонтирање. Тоа е можност да запознаам луѓе од различни земји, да стекнам нови знаења, да ја изградам својата самодоверба и да излезам од сопствената зона на удобност.

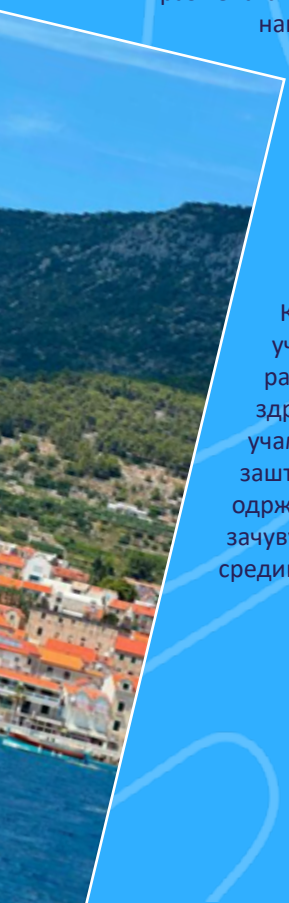
На сите што размислуваат да се пријават на програмата на Европскиот корпус за солидарност, би им го дала следниов совет:

Ако сакате да патувате, да запознавате нови луѓе и да учите преку искуство, не плашете се да го направите првиот чекор. ESC е многу повеќе од волонтирање. Тоа е можност да излезете од сопствената зона на удобност, да растете како личности и да создадете пријателства што можат да траат цел живот.

Пред мене се уште неколку месеци исполнети со нови искуства, предизвици и учење во Sunce. Сигурна сум дека Сплит и Далмација ќе имаат посебно место во моите спомени, исто како и луѓето што ги запознав тука.

А којзнае? Можеби оваа авантура со ESC ќе биде само уште една станица на моето патување низ светот, но станица на која секогаш со радост ќе ѝ се враќам во мислите.

Anamarija





Pabarazia strukturore mes

Misogjinia dhe misandria janë terma që përdoren shpesh në diskursin shoqëror modern, megjithatë, ndikimi i tyre në jetën reale dhe pesha e tyre strukturore shpesh keqkuptohen. Edhe pse të dy konceptet i referohen armiqësisë së bazuar në gjini, trajtimi i tyre si forca të barabarta shpërfill pabarazinë e thellë në mënyrën se si ato shfaqen dhe funksionojnë në shoqëri.



Për ta kuptuar këtë dinamikë, fillimisht duhet të shqyrtojmë se si përkufizohen zyrtarisht këta terma dhe si përjetohen ata në praktikë:

Misogjinia mund të përkufizohet si urrejtje, përçmim ose paragjykim i rrënjosur ndaj grave.
Misandria mund të përkufizohet si urrejtje, përçmim ose paragjykim ndaj burrave.

Megjithëse të dy përkufizimet përshkruajnë qëndrime negative të bazuara në gjini, kontekstet e tyre sistemike janë krejtësisht të ndryshme. Misogjinia funksionon si një forcë e institucionalizuar dhe strukturore – një sistem i rrënjosur në strukturat shoqërore, politike dhe kulturore, i cili historikisht dhe vazhdon edhe sot t'i nënshtrojë gratë. Në të kundërt, kritikat bashkëkohore ndaj misandrisë shpesh theksojnë se ajo shfaqet kryesisht si një fenomen reaktiv, dhe jo si një mekanizëm institucional. Megjithatë, për të kuptuar se si funksionon armiqësia e bazuar në gjini, është e rëndësishme të analizojmë pse termi «misandri» vihet kaq shpesh në pikëpyetje ose bëhet objekt debati në kritikën shoqërore.

Ndryshe nga misogjinia, misandria nuk buron nga një sistem dominimi institucional, në të cilin burrave u mohohen sistematikisht të drejtat ligjore, përfaqësimi politik apo autonomia mbi trupin e tyre. Përkundrazi, manifestimet bashkëkohore të misandrisë shpesh kuptohen si shprehje mbrojtëse ose reaktive, që lindin si pasojë e përvojave të individëve të cilët kanë përjetuar shtypje sistemike për një kohë të gjatë.
Në të njëjtën kohë, një analizë gjithëpërfshirëse kërkohet që të kuptojmë se patriarkati, si sistem shoqëror, nuk ushtron ndikim vetëm mbi gratë. Normat patriarkale dhe format e dominimit mashkullor krijojnë gjithashtu standarde të ngurta shoqërore, të cilat cenojnë edhe burrat që nuk përmbushin pritshmëritë tradicionale të shoqërisë, si burrat me gjendje më të pafavorshme ekonomike, pjesëtarët e pakicave seksuale dhe gjinore, si dhe ata që përkrahin lëvizjet feministe.

misogjinisë dhe misandrisë

Të jetuarit në një shoqëri të ndërtuar mbi norma kufizuese patriarkale nënkupton që shumë gra përballen çdo ditë me kufizime të vazhdueshme të lirisë dhe autonomisë së tyre. Imagjinoni të rriteni në një mjedis ku çdo vendim personal – nga mënyra e të veshurit dhe personat me të cilët shoqëroheni, deri te mundësitë për arsimim dhe shprehja e lirë e vetvetes – kontrollohet, gjykohet ose kufizohet vazhdimisht nga burra që veprojnë sipas normave dhe pritshmërive patriarkale.

Për miliona vajza dhe gra, potenciali dhe ambiciet shuhen përpara se të kenë mundësinë të zhvillohen plotësisht.
Pasojat e kësaj pabarazie shkojnë shumë përtej debateve në internet apo ndjenjave të lënduara. Ndërsa armiqësia e drejtuar ndaj burrave në hapësirat virtuale shpesh shfaqet përmes konflikteve ndërpersonale ose debateve në mbrojtje të vetvetes, misogjinia shpesh merr përmasa shumë më të rënda, duke sjellë pasoja fizike, madje edhe vdekjeprurëse. Në mbarë botën, diskriminimi me bazë gjinore përbën një kërcënim të drejtpërdrejtë për sigurinë, dinjitetin dhe të drejtat themelore të grave.

Sipas të dhënave në nivel global nga organizata si Organizata Botërore e Shëndetësisë (OBSH) dhe UN Women, dhuna ndaj grave vazhdon të mbetet një fenomen me përmasa shqetësuese dhe një problem serioz që kërkon vëmendje dhe ndërhyrje të vazhdueshme.

- Përhapja e dhunës: Në nivel global, afërsisht 1 në 3 gra (rreth 31%–32%, ose përafërsisht 840 milionë gra dhe vajza) ka përjetuar gjatë jetës së saj dhunë fizike dhe/ose seksuale nga partneri intim, ose dhunë seksuale nga persona që nuk kanë qenë partnerë të tyre.

- Vrasjet brenda familjes: Të dhënat tregojnë se rreth 60% e të gjitha vrasjeve të grave në mbarë botën kryhen nga anëtarë të familjes ose partnerë intimë, në krahasim, kjo përqindje është rreth 11%–12% për vrasjet e burrave.

- Ndikimi i përditshëm: Kjo përkthehet në një mesatare prej rreth 140 grash ose vajzash që vriten çdo ditë nga persona të afërt me to, duke dëshmuar se gratë janë në mënyrë dërrmuese viktima të dhunës brenda vetë shtëpive të tyre.



Në thelb, adresimi i kësaj çështjeje nuk synon të dëshmojë epërsinë morale të njërës palë dhe as të përmbysë raportet ekzistuese të shtypjes. Synimi është të riafirmojë të drejtat themelore të çdo njeriu: të drejtën për të jetuar i lirë nga frika, për të vendosur vetë mbi trupin dhe jetën e tij, si dhe për të qenë plotësisht vetvetja pa hezitim.

Ndryshimi i vërtetë kërkon më shumë sesa thjesht pranimin në heshtje të këtyre pabarazive; ai kërkon ndërhyrje dhe veprim konkret. Çrrënjosja e kësaj pabarazie kërkon që burrat të reflektojnë dhe të kundërshtojnë shfaqjet e përditshme të misogjinisë në rrethet e tyre shoqërore, të sfidojnë normat dhe pritshmëritë kufizuese patriarkale që dëmtojnë të gjithë, si dhe të mos e vendosin më rehatinë personale mbi përgjegjësinë morale. Si shoqëri, nuk na mjafton të dimë se ka njerëz që nuk bëjnë keq; por për aleatë të vërtetë dhe aktivë, të cilët nuk heshtin përballë padrejtësisë.

Anesa Sulejmani

Përktheu: Dora Arifi

Burimet:
UN Women (Entiteti i Kombeve të Bashkuara për Barazinë Gjinore): Fakte dhe statistika – Dhënia fund e dhunës ndaj grave.
Organizata Botërore e Shëndetësisë (OBSH): Vlerësimet mbi përhapjen e dhunës ndaj grave.

Imagine. An afternoon in December 2026. It feels like a late evening as the night falls down faster in Europe during wintertime. It's cold outside, so staying home feels cosy. Stefan with his grandpa, arm in arm, are playing a new video game. Another household, another family, at the exact same time. Sara is doing a crossword with her grandparents. Eva is crocheting with her grandma. The whole family, children, parents and grandparents are having a competition in Kahoot on their mobiles.

Sounds unrealistic?

Or, maybe another question: sounds fun?

Your favorite age is NOW



In the past few days, I was thinking more than ever about intergenerational learning. How far we are from having it right and how close it is to achieve with a little bit of empathy.

Volunteers Centre Skopje organised the Intergenerational Public Parliament that—despite planting unexpected solutions to bridge the gap between the generations—also gave us more food for thought.

What do young people think about seniors and the other way round? How do we feel about each other? What are the stereotypes that create this barrier between the generations?

We asked the questions and we tried to find answers to them. It was a revelational experience. One room, day and time brought generations together - youth and seniors. The initial goal of the event was to exchange perspectives, challenge stereotypes, and discover what we can learn from each other. To explore how to communicate better, overcome barriers, and turn our ideas into practical ways to build a stronger community. And I think we went beyond. It felt "real", because the participants gave examples from their lives. Young people talked about their grandparents, reflecting on the relations they had with them, but also about the other older people they may encounter every day: on the street, in shops, in the bus. The seniors, who we also called lovingly "young with experience", shared their perspective too. One of the things that kept repeating was "spending time on the phones"; it's how they see the young people nowadays, which is a sad truth. But one lady openly wished to be offered the opportunity to play mobile games with her grandchildren. And that is one of many cracks in this barrier between youth and seniors that we were happy to discover.

Both sides spoke. Both listened. Both agreed or disagreed, but at the end of the day–both understood. Intergenerational connection started.

But what does that even mean: intergenerational? Involving different generations. But involving how? That's what we are studying through this event and through the Erasmus+ KA2 project. The Intergenerational Public Parliament was part of the project "Très Share Generation", a Small-scale Partnerships in youth project connecting young people and seniors from France, Spain and Macedonia through intergenerational and intercultural learning. The project creates opportunities for participants to share life experiences, practical knowledge, traditions and skills through workshops, mobility activities and informal learning.

Volunteers Centre Skopje hosted the first mobility of this very project, kick-off and study visit, that took place in Skopje from 26.10 to 1.11.2026. And we are inspired to continue.

During the Public Parliament and the kick-off and study visit overall, involving different generations happened both in practice and theory. Besides collecting enormous material for the intergenerational guide and the future youth exchange that we are preparing, we also have seen it happen physically. It was in the dialogue, when young and "young with experience" faced each other and talked. It was the moment when the older lady wanted to learn how to play games on mobile. It was the spontaneous game of hopscotch that we had on the street after the Public Parliament where the youngest participant was 15 and the oldest 58.

Empathy.
Understanding.
Communication.
Respect.
Patience.

Those are the key words we have taken from the Public Parliament. We can build on that. It was merely a good start, but not only for the project that we will develop in the next few months. It was the beginning of the dialogue between generations.

I learned a new word during that week. Ageism. Have you heard that one before? I didn't. I've heard about the discrimination based on gender, race or religion. But there is a word to describe discrimination based on age, that affects young just as much as elderly. It is ageism. And just because it is less known than the word racism, doesn't mean that there is less ageism than racism in the world.

And if you ask me, dialogue between generations seems like a good start of combating ageism. What we sometimes lack is understanding of the other side. We don't understand younger people. We don't understand older people.

"My favorite age is now," said Kirsten Dunst when asked about aging. Yes, beloved Mary Jane of Peter Parker from Spiderman 2002-2007.

Any age can be your favorite. Any age is good. Good to play mobile games, to do crosswords and to crochet. Like suggest those boardgames that sometimes have *"Age: 5 to 100+"* written on it. And all there is offered by the world we can do together. Intergenerational experience.

Ewelina Chańska

With warm regards to our "Très Share Generation" project partners: Centre Social des 4 Quartiers from France and Asociación Filia from Spain. With you, "the age is just a number" takes on a new meaning.


white


Hike &
Talk
color hunting





yellow





green












Sline

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 seperately** (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

If you are an artist, photographer, designer or other, your work can be presented in the magazine. Send us your method of art and a short bio of yourself!

www.voiceskopje.org https://vcs.org.mk/

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vcs.sending@gmail.com vcs_contact@yahoo.com

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