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KFOR КФОР

#OstaniKodKuće

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Glavni urednik:
Leonora Shabanaj Nikšić
Novinari: Ali Rexha, Violeta Matović, Ana Marija Ivković
Fotografije: Ekipa "4U"
Design & Layout:
Bekim Shabani & Leopard Cana

Uredništvo možete kontaktirati na telefon:
038/503-603-2139
Pisma možete slati na adresu:
HQ KFOR
- Kosova Film.
"For You" magazin;
Strasbourg Building;
10000 Priština
E-mail: magazinefory-ou2003@ gmail.com;
http://www.magazine-foryou. com

UVODNIK

Dragi čitaoci,

Stručnjaci širom sveta su još od izbijanja pandemije virusa COVID-19 upozoravali da će ova pandemija uveliko promeniti naš način života. Neke od ovih promena su već veoma vidljive svima nama i već ih nazivaju „Nova normalnost".

Jedna od glavnih preventivnih mera protiv širenja pandemije je održavanje rastojanja i ograničavanje fizičkog kontakta sa drugim ljudima. To je učinilo da se dobar deo naših svakodnevnih aktivnosti, kao što je odlazak u školu za decu ili odlazak na posao za roditelje odvija putem interneta korišćenjem informacione i računarske tehnologije (IRT). Čak se i u razvijenim zemljama, kao što je Nemačka, na rad od kuće gleda kao nešto što je neophodno u ovom trenutku i postoje glasovi koji zahtevaju da se uredi zakonom. Fokusiranje na tehnologiju da bi se zadovoljile potrebe za obrazovanjem i radom će nesumljivo povećati potražnju za unapređenjem postojećih tehnoloških ponuda i mogućnosti za obavljanje ovih radnji od kuće. Ovo će nesumnjivo dovesti do daljeg napretka odgovarajuće tehnologije i nećemo pogrešiti ako zaključimo da učenje na daljinu i rad od kuće neće baš tako lako nestati.

Socijalno distanciranje je takođe promenilo način na koji komuniciramo jedni sa drugima. Svi smo već počeli da učimo kako da ostanemo u kontaktu sa ostatkom porodice putem tehnologije itd. Drugim rečima, nova normalnost je već ovde.

Međutim ono što treba da razumemo je da kao što se stara normalnost promenila, tako će se promeniti i ova nova normalnost baš kao ona stara. Činjenice svedoče o tome. Ovo nije prvi put da se čovečanstvo susreće sa takvim pretnjama. Bez obzira koliko dugo one trajale, jedno je sigurno: mi ljudska bića smo društvena vrsta i kao takvi smo veoma potrebni jedni drugima.

Drugim rečima, prvog trenutka kad nam društvena bezbednost dozvoli, mi ćemo momentalno početi da uspostavljamo kontakt jedni sa drugima. Što se tiče tehnologije, kao i u prošlosti, naći ćemo načine da uključimo prednosti tehnologije u naše živote i učinimo je delom svakodnevne rutine i normalnosti.

Do sledećeg susreta, #OstaniteKodKuće, budite zdravi i čitajte Magazin „For You".

Leonora

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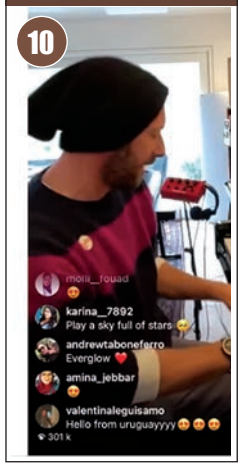

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EDITORIAL

Dear readers,

Since the outbreak of COVID-19 pandemic, experts around the world have warned that this pandemic will greatly change our way of life. Some of these changes are already very visible to all of us and they are already being called: "New Normality."

One of the main preventive measures against the spread of pandemics is to maintain distance and limit physical contact with other people. This has made that a good part of our daily necessary activities such as going to school for children and going to work for parents are all done online through the use of information and computer technology (ICT). Even in developed countries like Germany, working from home is already seen as a necessity of the time and there are voices demanding its regulation by law. Focusing on technology to meet the needs for education and work will undoubtedly increase the demand for advancing existing technological bids and opportunities for performing these actions from home. Undoubtedly, this will result in the further progression of the relevant technology, and we would not be so wrong if we conclude that online learning and work from home will hardly disappear.

Social distancing has also changed the way we interact with each other. We all have already started to learn to keep in touch with the other part of the family through technology and so on. In other words, the new normality is already here.

However, what we need to understand is that just as the old normality has changed, the new normality will change like the old one. This is proved by the facts. This is not the first time that humanity has faced such threats. No matter how long they have lasted, one thing is for sure: we humans are social species, thus, we need each other very much.

In other words, in the first moment that our security of society will enable us, we will automatically begin to seek contact with each other. As for technology, as in the past, we will find ways to incorporate the benefits of technology into our lives and make them part of our daily routine and normality.

Until our next meeting, #stayhome, stay healthy, and read For You magazine.

Leonora

Cover: **#stayhome**

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Chief Editor:
Leonora Shabanaj Niksic
Journalists:
Ali Rexha, Violeta Matovic, Ana Marija Ivkovic
Photos by: "4U" team
Design & Layout:
Bekim Shabani & Leopard Cana

The editorial staff can be contacted on:
038/503-603-2139
Any letters can be sent at:
HQ KFOR - Film City;
For You magazine;
Strasbourg building;
10000 Pristina;
E-mail: ***magazineforyou2003@gmail.com;***
http://www.magazineforyou.com

ŠKOLA MESECA - UČENJE NA DALJINU ILI ONLAJN UČENJE!

Svakog meseca u ovoj rubrici predstavljamo jednu od mnogih osnovnih i srednjih škola koje rade na Ko-sovu. Međutim, zbog pandemije COVID-19, ovog meseca smo odlučili da razgovaramo o učenju na daljinu ili onlajn učenju.

Onlajn učenje – budući način učenja

Iako je ova metoda učenja došla do izražaja kao rezultat zatvaranja škola kako bi se sprečilo širenje COVID-19 virusa, bez sumnje će u budućnosti biti jednako uobičajena, kao što je danas odlazak u školu. Pošto je primena ove metode otpočela neočekivano i bez neophodnih priprema, njen početak nikako nije bio lak. Uprkos tome, reakcija je bila prilično brza i uskoro su razni javni TV programi počeli da emituju prve lekcije na daljinu. To znači da je učenje na daljinu započelo samo nekoliko dana nakon što su obrazovne institucije na Kosovu prestale sa radom, radi prevencije širenja COVID-19 virusa.

Dobre stvari se dešavaju kada ih najmanje očekujete!

Možda je upravo ova katastrofa podstakla vrlo pozitivnu i potrebnu inicijativu za razvoj učenja u budućnosti, iako ju je zbog trenutnih okolnosti vezanih za pandemiju COVIDa-19 teško shvatiti kao takvu. Tehnološke mogućnosti za razvoj učenja u skladu sa današnjim zahtevima za obrazovanjem su beskrajne. Međutim, iz različitih razloga su korišćene vrlo malo. Zatim, možemo reći da po prvi put u istoriji učenici širom Kosova pohađaju i imaju potpuni pristup istim predavanjima, što obezbeđuje isti standard u pogledu kvaliteta predavanja.

Takođe, učenje putem interneta zahteva veću posvećenost roditelja radu sa decom, ali i samostalan rad učenika, što ih samim tim bolja priprema za kasnije faze obrazovanja, a posebno za studiranje. I prirodno se postavlja pitanje:

Koje su prednosti učenja putem interneta?

Ponavljanje – Ne treba zaboraviti da se, pored emitovanja na različitim kanalima javnog servisa, svi materijali mogu ponovo pregledati, na internetu, kadgod ste u mogucnosti. Štaviše sva ova predavanja mogu biti dopunjena drugim dodatnim materijalima, koji se takođe mogu naći na mreži.

Udobnost – Jedna od najvećih rasprava u poslednje vreme bile su teške školske torbe. Onlajn učenje je ovaj problem rešilo za tren oka. U stvari, deca ne samo da ne moraju da nose školske torbe, već više ne moraju ni satima da sede u neudobnim stolicama. Takođe, nemojmo zaboraviti da bi učenje od kuće trebalo da bude mnogo manje stresno i zastrašujuće za mlađu decu, jer se iz udobnosti i sigurnosti svojih domova počinju prilagođavati ovoj ogromnoj promeni u svom životu.

Troškovi – Budući da danas većina roditelja radi, odlazak dece u školu zahteva dodatne troškove, koji, zavisno od pojedinačnih okolnosti, uopšte nisu mali. Da ne pominjemo sigurnost dece koja su ponekad putovala prevoznim sredstvima koja nisu ispunila ni minimalne zahteve za njihovu bezbednost.

Razvijanje samodiscipline – Činjenica da se od dece ne očekuje

da budu fizički prisutna u školi znači da moraju razviti samodisciplinu i biti odgovorna u upravljanju svojim vremenom i zadacima. Pored toga, ne zaboravimo da je ovo veština koja će im biti potrebna tokom celog života.

Prilagođavanje okruženja za učenje (spokojstvo) – učenje kod kuće omogućava vam da prilagodite okruženja za učenje dečijim željama tako da im što manje stvari odvraća pažnje. Za mnogu decu je sedenje u poslednjoj klupi bilo problem samo po sebi zbog buke ili ometanja od strane učenika iz razreda. Tokom onlajn učenja svako dete sedi u prvoj klupi. Zatim, onlajn učenje je izuzetno pogodno čak i za decu koja su stidljivija jer ne moraju da brinu o svojoj interakciji sa vršnjacima ili čak i svojim nastavnicima u učionici.

Ovo su samo neke od prednosti učenja putem interneta. Nije slučajno ni to da svi najpoznatiji svetski univerziteti sve više nude onlajn predavanja i studijske programe. Jer, sviđalo se nama to ili ne, onlajn učenje je budućnost, i ono što je započelo pandemijom Kovida-19 bi moglo dovesti do jedne od najuspešnijih reformi obrazovanja ne samo na Kosovu, već širom sveta.

SCHOOL OF THE MONTH - DISTANCE OR ONLINE LEARNING!

Every month in this column we introduce one of the many primary and secondary schools that function in Kosovo. However, due to COVID-19 pandemic, this month we decided to talk about distance learning or online learning.

Online learning – the future way of learning

Although, this method of learning came to the fore as a result of the closure of schools to prevent the spread of COVID-19, without a doubt it will be as common in the future as going to school nowadays. Since its implementation came unexpectedly and without the necessary preparations, its beginning was by no means easy. Despite this, the response was quite fast and soon enough public TV stations started to broadcast the first lessons in distance. This means that distance learning began only several days after all educational institutions in Kosovo stopped working, as a preventive measure against the spread of COVID-19.

Good things come when you least expect them!

Perhaps today, due to the current circumstances related to COVID-19 pandemic it is difficult to see it as such, this disaster may have prompted a very positive and necessary initiative for the development of learning in the future. The technological possibilities for the development of learning in line with today's requirements for education are endless. However, for various reasons they have been utilized very little. Then, we can say that for the first time in history, pupils all over Kosovo attend and have full access to the same lectures, thus providing the same standard in terms of their lecture quality. Also, online learning requires more commitment from parents with their children, but also independent work by pupils, which subsequently prepares them better for the later stages of their education and especially for their studies. And, rightly so the question arises: ***What are the advantages of online learning?***

Repetition - It should not be forgotten that in addition to being broadcasted by public television, all materials can be viewed again on the Internet, whenever and as many times as you need. Moreover, all of these lectures can be supplemented with other additional materials, which can also be found online.

Comfort – One of the biggest debates lately has been the heavy school bags. Online learning has solved this problem in the blink of an eye. In fact, children not only do not have to carry their bags, but they are no longer forced to sit in uncomfortable chairs for hours. Also, let's not forget that learning from home should be much less stressful and intimidating for the younger children as they begin to adapt to this huge change in their lives from the comfort and safety of their homes.

Expenditures - Nowadays most parents work, so going to school for children required additional costs, which, depending on individual circumstances, were quite considerable. Not to mention the safety of children who sometimes traveled by transportation means that did not even meet the minimum safety requirements.

Developing self-discipline - The fact that children are not required to be physically present at school means that they must develop self-discipline and be responsible in managing their time and assignments. Nonetheless, let's not forget that this is a skill they will need throughout their life.

Adapting the learning environment (tranquility) - Learning at home allows you to adapt the learning environment to the children's desire, so that they have as little distraction as possible. For many children, sitting on the last bench was a problem in itself due to noise or interferences from classmates. Through online learning every child is seated in the first bench. Then, online learning is extremely suitable even for children who are shyer as they do not have to worry about their interaction with peers or even their teachers in the classroom.

These are just some of the advantages that are provided by online learning. Not coincidentally, the world's most renowned universities are increasingly offering online lectures and study courses. Because, whether we like it or not, online learning is the future, and what started with the COVID-19 pandemic could result in one of the most successful education reforms not only in Kosovo but around the world.

HAKOVALI DO IDEJE: VOLONTERI NA BICIKLIMA DOSTAVLJAJU NAMIRNICE!

Četiri mladića "hakovali su krizu". Iz hakovanja proizašla je ideja koja će da olakša život i svakodnevnicu u gračaničkoj opštini i to vreme pandemije COVID 19. Dok poštujemo uputstva o samoizolaciji, volonteri Mlade aktivne Gračanice na biciklama isporučivaće hranu, namirnice, lekove... Ideja usluge dostavljanja biciklom - "Bike delivery service" - osvojila je i treće mesto na nedavno održanom Hakatonu Inovacionog centra Kosova.

Online je dostupna i platforma bike-ds.store preko koje možete da poručite ono što vam je potrebno. Stići će na vašu adresu! "Cilj nam je da olakšamo građanima ostanak kod kuće i, sa druge strane, da olakšamo plasman proizvoda lokalnim proizvođačima korišćenjem naše platforme bike-ds.store. Time ćemo smanjiti protok ljudi napolju i širenje COVID 19," objašnjava predsednik Mlade aktivne Gračanice, Petar Đorđević, za Magazin "For You".

Na razvoju ideje radili su, pored članova MAG-a, Miloša Savića, Ivana Krstića, Petra Đorđevića, i Nemanja Popović, koji radi na razvoju platforme, kao i mentor Mark Culjaj. Do ideje su došli sa namerom da iskoriste bicikle, koje su ranije dobili kao donaciju. Prošle godine su ih koristili u svrhu razvoja biciklizma i biciklističkog turizma. "Sada, kada to nije izvodljivo, odlučili smo da im promenimo namenu," dodaje.

Ideju su prijavili na Hakaton "Hakujmo krizu na Kosovu" koji je organizovao Inovacioni centar Kosova. Đorđević objašnjava da im se svidelo kako je ovaj Hakaton bio praktično i brzo organizovan putem Interneta. "Nakon tri dana rada na ideji, uz podršku mentora, predstavili smo je kroz video. Stručni žiri nam je već sledećeg dana dodelio treću nagradu u konkurenciji od 40 ekipa, i proglasio ovu ideju najboljom u oblasti ekonomije i budućnosti poslovanja zbog održivosti, konkretne reakcije na nastali problem i brige o zdravlju i životnoj sredini, jer sve dostave vršimo biciklima," kaže.

Trenutno je desetak volontera u većini mesta u opštini Gračanica koji vrše isporuke. Volonteri mogu da se prijave na Fejsbuk ili Instagram stranicu Bike Delivery Service. Ali, ideja mladog tima je da prošire uslugu i na druge krajeve Kosova, onog trenutka kada budu imali bolje tehničke mogućnosti. A sada, za vreme trajanja vanredne situacije usled pandemije COVID 19, usluga dostave je besplatna. "Na taj način će ljudi dobiti ono što im je potrebno na kućnu adresu po istoj ceni, kao da su sami išli u kupovinu. Dostavu će uraditi naši volonteri koji će biti adekvatno zaštićeni," kaže aktivista iz Gračanice.

Ideja je, dodaje, probudila veliko interesovanje i kod meštana i kod privrednika: "Za sada smo radili samo manje dostave, i planiramo da ograničimo na platformi vrednost minimalne dostave na 5 evra, kako bismo manje opteretili naše volontere. Još uvek imamo dosta posla na objavljivanju proizvoda, ali ćemo se potruditi da pružimo još veću ponudu u što kraćem roku."

Najveće interesovanje za uslugu MAG-a imaju restorani, koji, kako kaže Đorđević, u Bike

Delivery usluzi vide mogućnost da opstanu u mesecima pandemije. Tako je ova usluga i svojevrsno unapređenje rada lokalnih proizvođača i malih preduzetnika, koji trpe gubitke zbog ograničene slobode kretanja uslovljene pandemijom. “Takođe nam je u interesu da podržimo ljude koji su svoje proizvode prodavali na pijaci, da to sada urade preko nas,” zaključuje.

Njegova poruka za kraj je #OstanikKodKuće: “Vaše je da u udobnosti svog doma izaberete na našem sajtu bike-ds.store proizvode koji su vam potrebni, a naši volonteri će vam to dostaviti na kućnu adresu.”

Izbegavajte izlazak van kuće što je više moguće. Osobe starije od 65 godina su najugroženije. Kupovina i isporuka hrane ili lekova do njih smanjuje im rizik od infekcije. Ostanite u kontaktu sa svojim voljenima putem telefona ili aplikacija za video pozive. Koristite zvanične izvore informacija da biste se informisali o aktuelnoj siutaciji i propisima. Suzdržite se od organizovanja društvenih okupljanja kod kuće. Dobrosusedski ili prijateljski odnosi sada znače zaštitu drugih od izlaganja riziku infekcije.

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HACKING IDEA: VOLONTEERS DELIVER GROCERIES BY BIKE!

Four young men “hacked the crisis.” From the hacking came the idea which will facilitate life and everyday routine in the municipality of Gracanica, at the time of the COVID-19 pandemic. While following the instructions on self-isolation, bike volunteers of Young Active Gracanica will deliver food, groceries, medicines... The idea of Bike delivery service” - came third at the recently held Hackathon of the Innovation Center of Kosovo.

With an online platform www.bike-ds.store, you can order what you need. It will arrive at your address! “Our goal is to make it easier for citizens to stay at home and, on the other hand, to make it easier for local producers to market their products using our bike-ds.store platform. This will reduce the flow of people outside and the spread of COVID-19,” explains President of “Young Active Gracanica” (Mlada Aktivna Gracanica), Petar Djordjevic, for “For You” Magazine.

In addition to the members of YAG, Milos Savic, Ivan Krstic, Petar Djordjevic, Nemanja Popovic also worked on the development of the platform, as well as mentor Mark Culaj. They came up with the idea to use the bikes they received earlier as a donation. Last year, they were used for the development of cycling and cycling tourism. “Now this is not feasible, and we have decided to change their purpose,” he adds.

The idea was submitted to the hackathon “Hack the crisis Kosova” organized by the Innovation Center of Kosovo. Djordjevic explains that they liked how this hackathon was quickly organized through the Internet. “After three days of work on the idea, with the support of a mentor, we presented it through video. The expert jury awarded us third prize in a competition of 40 teams, and declared this idea the best in the field of Economy and the Future of Business because of sustainability, concrete reaction to the resulting problem and health and environmental concerns, since all the deliveries are carried out by bicycle,” he says.

Currently, there are about a dozen volunteers in the municipality of Gracanica making deliveries. Volunteers can join by signing up for the Bike Delivery Service on Facebook or Instagram page. The idea of the young team is to extend the service to other parts of Kosovo as soon as they improve their technical capabilities. Now, during an emergency caused by a COVID-19 pandemic, delivery is free. “This way people will get what they need at their home address at the same price as if they were shopping themselves. Delivery will be done by our volunteers who will be adequately protected” says an activist from Gracanica.

The idea, he added, has attracted much interest from both locals and businessmen: “So far we have carried out only small deliveries, and we plan to limit the value of the minimum delivery to 5 euros on the platform, in order to make it easier for our volunteers. We still have a lot of work to do on product offerings, but we will do our best to offer even more in the shortest possible time.”

Restaurants in the area are interested in YAG’s service, which, according to Djordjevic, recognizes the Bike Delivery service as an opportunity to survive in the months of a pandemic. Thus, this service is also a significant benefit to improve the local producers and small businesses, otherwise would suffer losses due to the limited freedom of movement caused by the pandemic. “It is also in our interest to support people who previously sold products at the green market, to do it through our service,” he concludes.

His message for the end is #stayathome: “From the comfort of your home, all you have to do is select the products you need on our site: bike-ds.store, and our volunteers will deliver it to your home address.”

Avoid leaving the house as much as possible. People over 65 are at the highest risk. If we buy and deliver food or medicine for them, we reduce their risk of infection. Stay in contact with your loved ones via phone or video call application. Use official sources of information to stay up to date about the current situation and regulations. Refrain from organizing social gatherings at home. Good neighborly or friendly relationships now mean protecting others from the risk of infection.

SAVETI ZA ČIŠĆENJE I HIGIJENU KAKO BISTE SPREČILI DA SE COVID-19 UVUČE U VAŠ DOM

Svakodnevne mere za zaštitu porodice, od pranja veša do pripreme obroka -

Da li je moguće zaraziti se virusom korona (COVID-19) putem hrane? Kako bi sada trebalo da perem veš? Svakodnevni poslovi u domaćinstvu pretvorili su se u izvor nesigurnosti i strepnje dok se porodice bore sa izvršavanjem osnovnih poslova, pritom vodeći računa da njihovi najmiliji ostanu bezbedni i zdravi. Široko rasprostranjene dezinformacije o virusu stavljaju sve u rizik i dodatno povećavaju stres jer moramo da odvojimo činjenice od fikcije. Virus može da preživi na površinama nekoliko sati do nekoliko dana. Dobre vesti? Jednostavna sredstva za dezinfekciju ubijaju virus. Šta ovo znači za vaš dom?

Lična higijena

Jednostavno održavanje higijene može vam pomoći da zaštitite zdravlje svoje porodice kao i svih ostalih.

Personal hygiene

Simple hygiene measures can help protect your family's health and everyone else's.

Pranje ruku, pranje ruku, i opet pranje ruku!

Stalno slušate da treba prati ruke, jer je to najbolja linija odbrane. Često perite ruke sapunom i vodom najmanje 20-30 sekundi. Jednostavan način da podstaknete decu da se pridržavaju ovog pravila je tako što ćete dva puta otpevati celu rođendansku pesmu. Obavezno operite ruke nakon što izduvate nos, kinete u maramicu, nakon korišćenja toaleta, pre nego što odete i nakon što se vratite kući, pre jela kao i pre pripreme hrane, pre nanošenja šminke, stavljanja i uklanjanja kontaktnih sočiva itd. Ukoliko koristite sredstvo za dezinfekciju ruku ono mora biti biti u koncentraciji od najmanje 60% alkohola, i vodite računa da se svi delovi ruku prekriju, a zatim trljajte ruke 20-30 sekundi dok ne budu suve. Uvek operite ruke sapunom i vodom ako su ruke vidno prljave. ***Da li ste znali?*** Hladna i topla voda su podjednako efikasne u uništavanju mikroba i virusa – pod uslovom da koristite sapun i perete ruke na ispravan način! Ne dodirujte lice, izbegavajte dodirivanje očiju, nosa i usta, ne prekrivajte nos i usta prilikom kašljanja ili kihanja rukom, već savijenim laktom ili maramicom. Iskorištenu maramicu odmah bacite.

Rukovanje i priprema hrane

Iako trenutno ne postoje dokazi da se ljudi mogu zaraziti virusom COVID-19 preko hrane ili ambalaže, ipak postoji mogućnost zaražavanja, tako što pipnete površinu ili predmet kontaminiran virusom, a zatim dodirnete svoje lice. Rizik je još veći kod bliskog kontakta s drugim ljudima prilikom kupovine hrane napolju ili putem dostave (kao i kod bilo koje isporuke u područjima sa lokalnom transmisijom). Kao i uvek, dobra higijena je važna prilikom rukovanja hranom kako bi se sprečila bilo koja bolest koje se prenosi hranom. Dakle, uklonite kompletnu ambalažu koja više nije neophodna i odložite je u kantu za otpatke s poklopcem. Izvadite hranu iz kutije ili posude za dostavu i stavite je na čist tanjir a zatim bacite ambalažu za dostavu. Pakovanja poput konzervi možete prebrisati sredstvom za dezinfekciju pre nego što ga otvorite ili odložite. Neupakovane proizvode, poput voća i povrća, dobro operite pod česmom.

Wash, wash, wash your hands!

Yes, you're hearing it everywhere, because it's the best line of defence. Wash hands frequently with soap and water for at least 20-30 seconds. An easy way to time it with your children is by singing the full happy birthday song, twice. Make sure to wash hands after you blow your nose, sneeze into a tissue, use the restroom, when you leave and return to your home, before preparing or eating food, applying make-up, handling contact lenses etc. If using a hand sanitizer ensure that it contains at least 60 per cent alcohol, ensure coverage on all parts of the hands and rub hands together for 20-30 seconds until hands feel dry. If hands are visibly dirty, always wash hands with soap and water.
Did you know? Cold water and warm water are equally effective at killing germs and viruses - as long as you use soap and wash your hands the right way! Don't touch your face, Avoid touching your eyes, nose and mouth, Don't cough or sneeze into your hands Cover your mouth and nose with your elbow or tissue when coughing or sneezing. Dispose used tissues immediately.

Handling and preparing food

While at present there is no evidence of people catching the COVID-19 from food or food packaging, it may be possible that people can become infected by touching their face after touching a contaminated surface or object. The greater risk comes from being in close contact with other people while outside food shopping or receiving a food delivery (as receiving any delivery in areas with local transmission). As always, good hygiene is important when handling food to prevent any food-borne illnesses. So, remove any unnecessary packaging and dispose into a waste bin with a lid. Remove food from take-out containers, place on a clean plate and dispose of the container. Packaging like cans can be wiped clean with a disinfectant before being opened or stored. Wash unpackaged products, such as fruit and vegetables, thoroughly under running water.

(Izvor: www.unicef.org)

CLEANING AND HYGIENE TIPS TO HELP KEEP THE COVID-19 OUT OF YOUR HOME

From doing laundry to preparing meals - every day measures to help protect your family

Can you catch COVID-19 from food? How should I do laundry now? Mundane household tasks have turned into a source of uncertainty and anxiety as families grapple with getting the basics done all while keeping their loved ones safe and healthy. Widespread misinformation about the virus puts everyone at risk and adds to the stress of having to filter fact from fiction. The virus may survive on surfaces for a few hours up to several days. The good news? Simple disinfectants can kill it. Now what does this mean for your home?

Čišćenje doma

Redovno čišćenje i dezinfekcija površina koje se često dodiruju je važna mera predostrožnosti za smanjenje rizika od infekcije. Svaki dom je drugačiji, međutim površine koje se svuda često dodiruju obuhvataju: kvake na vratima, stolove, stolice, rukohvate, kuhinjske i površine u kupatilu, slavine, wc šolje, prekidače za svetlo, mobilne telefone, računare, tablete, tastature, daljinske upravljače, kontroleri za video igre i omiljene igračke.

Koja sredstva koristiti za čišćenje i dezinfekciju?
Ako je površina prljava, prvo je operite sapunom ili deterdžentom i vodom. Zatim nanesite sredstvo za dezinfekciju na bazi alkohola (oko 70%) ili izbeljivač. Sirće i druga prirodna sredstva se ne preporučuju. U mnogim sredinama može biti teško pronaći sprejeve i maramice za dezinfekciju. U takvim slučajevima nastavite sa čišćenjem vodom i sapunom. Na nekim površinama može se koristiti i rastvor vode i izbeljivača (varikine).

Kako se vrši dezinfekcija?
Važno je da sredstvo za čišćenje ne obrišete odmah nakon što ste ga naneli na površinu. Mnoga sredstva za dezinfekciju, poput maramica i sprejeva, treba dok su još vlažna da odstoje na površini nekoliko minuta kako bi bili efikasni. Uvek pročitajte uputstvo za upotrebu kako biste bili sigurni da proizvod koristite kako je preporučeno i da ne biste oštetili osetljive predmete kao što se mobilni telefoni i drugih elektronski uređaji. Ukoliko je moguće, za takve uređaje koristite maske i futrole koje se mogu prebrisati.

Čišćenje odeće
Trenutno nije ppoznato koliko dugo virus COVID-19 može da opstane na tekstilu, ali mnogi odevni redmeti sadrže plastične i metalne elemente na kojima bi mogao preživeti od nekoliko sati pa sve do nekoliko dana.

Pranje veša kod kuće
Redovno perite posteljinu, peškire i odeću. Koristite sapun ili deterdžent i perite na najvišoj odgovarajućoj temperaturi vode, a zatim u potpunosti osušite veš - oba koraka pomažu da se ubije virus. Operite ili dezinfikujte i vreću ili korpu za veš. Najbolje bi bilo da veš odlažete u kese za jenokratnu upotrebu.

Cleaning around the home

Cleaning and disinfecting high-touch surfaces in your home regularly is an important precaution to lower the risk of infection. Every home is different, but common high-touch surfaces include: Door handles, tables, chairs, handrails, kitchen and bathroom surfaces, taps, toilets, light switches, mobile phones, computers, tablets, keyboards, remote controls, game controllers and favourite toys.

What to use to clean and disinfect
If a surface is dirty, first clean it with soap or detergent and water. Then use a disinfectant product containing alcohol (of around 70 per cent) or bleach. Vinegar and other natural products are not recommended.In many places it can be difficult to find disinfectant sprays and wipes. In such cases, continue to clean with soap and water. Diluted household bleach solutions may also be used on some surfaces.

How to disinfect
It's important not to wipe cleaning solutions off as soon as you've applied it to a surface. Many disinfectant products, such as wipes and sprays, need to stay wet on a surface for several minutes in order to be effective. Always read the directions to make sure you're using the products as recommended and to avoid damaging sensitive items such as mobile phones and other electronic devices. Consider using wipeable covers for electronics.

Cleaning clothes
It is currently unclear how long the COVID-19 virus can survive on fabric, but many items of clothing have plastic and metal elements on which it might live for a few hours to several days.

Doing laundry at home
Clean bed sheets, towels and clothes regularly. Launder items with soap or detergent, using the warmest appropriate water setting and dry items completely — both steps help to kill the virus. Wash or disinfect your laundry bag and hamper as well. Consider storing laundry in disposable bags.

Moderne maske za lice

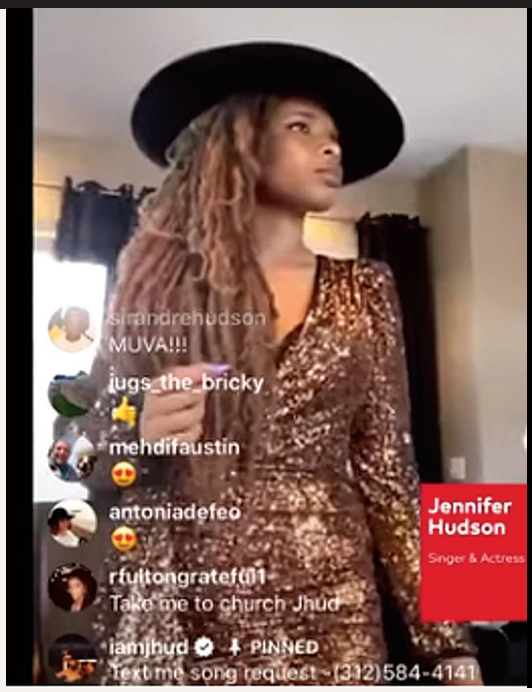
U mnogim zemljama nošenje zaštitnih maski je postalo obavezno tokom pandemije. U nedostatka maski, ljudi su otkrili kreativne i zanimljive načine da se zaštite.

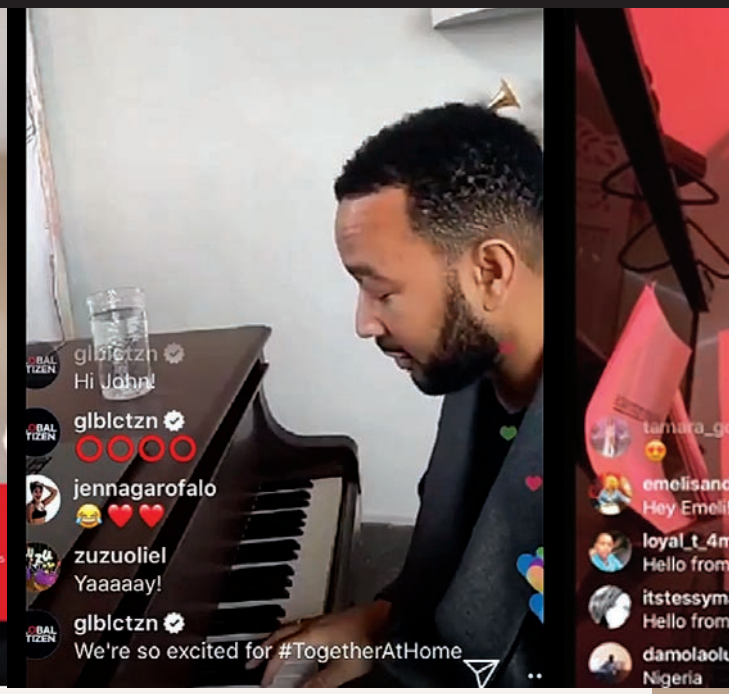
Fashionable face masks

Wearing protective masks has become a MUST HAVE in many countries during the pandemic. Due to the lack of these masks, people have found creative and interesting ways to protect themselves.

(Source: www.unicef.org)

SVETSKI POZNATI MUZIČARI ONLINE NASTUPIMA U BORBI PROTIV COVID-19: PRAVA STVAR JE DA OSTANEMO KOD KUĆE, SLEDIMO PRAVILA!





U svetu muzike stvari su se promenile usled pandemije COVID-19. Turneje i nastupi su obustavljeni. Ipak, muzičari na sebi svojstven način doprinose borbi protiv širenja virusa. Osim što ostaju kod kuće, pozivaju i da druge da to učine, ali učestvuju i u posebno kampanji pokreta "Global citizens", Ujedinjenih nacija i Svetske zdravstvene organizacije. UN i SZO zatražile su od ovog pokreta da podrže njihov odgovor na pandemiju COVID-19 virusa, okupljajući čitav svet muzikom i nadahnjujući na akciju. Tako je Global Citizens sa svetski poznatim umetnicima pokrenuo "Jedan svet: Zajedno kod kuće" (One World: Together At Home).

U okviru kampanje osnova je i Fond za solidarnu pomoć SZO za podršku i opremanje zdravstvenih radnika širom sveta, zahvaljujući čemu je isporučena zaštitna oprema u 68 zemalja širom sveta, obezbeđujući najsiromašnijim zemljama resurse potrebne za borbu protiv COVID-19 virusa. Fond je takođe isporučio preko milion dijagnostičkih kompleta u 120 zemalja, povećavajući njihov kapacitet.

Zajedno kod kuće kampanja počela je kao virtuelna akcija kada se mnogi osećaju izolovano kod kuće. Ova kampanja sprovodi se putem društvenih mreža, gde poznati muzičari objavljuju svoje "kućne" nastupe i tako muzičke događaje "uvode u domove širom sveta". Umetnici koji su učestvovali u "Zajedno kod kuće" i zamolili obožavatalje da podrže Global Citizen kampanju između ostalih su: Kris Martin Džon Ledžend, Čarli Put, Rijan Teder iz grupe "OneRepublic" Stiva Aoki, Dženifer Hadson, HER i mnogi drugi.

Osamnaestog aprila održava se posebno digitalno izdanje "Jedan svet: Zajedno kod kuće", u saradnji sa Lejdi Gagom, a u kojem će, između ostalih, da se pojave: Alanis Moriset, Andrea Bočeli, Bili Ajliš, Kris Martin, Dejvid Bekam, Elton Džon, Pol Mekartni, Stivi Vonder. Domaćini će biti Džimi Falon, Džimi Kimel i Stiven Kolbert.

Šta su poručili obožavateljima?

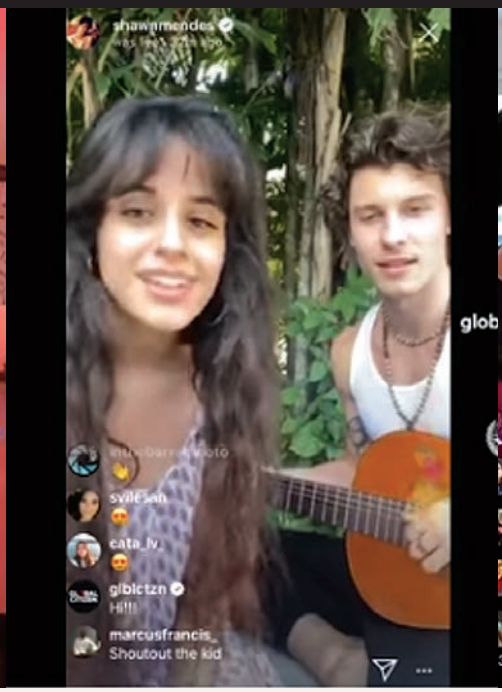
"Pravu stvar koju bi trebalo da činimo je da ostanemo kući…"; "Svi smo jedna porodica … Svi se molimo za svakog, nadam se"; "Šaljem vam ljubav" - bile se poruke Krisa Martina.

"Korona virus utiče na ljude širom sveta, a način na koji sprečavamo širenje na veći broj ljudi, i da utiče na još veći broj ljudi je fizičkim distanciranjem od drugih, uključujući od ljudi koji su možda bolesni," rekao je Džon Ledžend tokom svog online nastupa, dodajući da su mnogi umetnici odlučili da žele svima ostanak kod kuće da olakšaju. On je takođe podsetio da se mnogi bore kako da prehrane svoje porodice i da oni koji mogu - pomognu banke hrane. "Ovo je ludo vreme, i izaćićemo iz ovog zajedno, provućićemo se kroz ovo, i pokušaćemo da se povežemo i nasmejemo jedni druge u međuvremenu" - kazala je Kamila Kabelo u zajedničkom nastupu sa Šonom Mendesom. "Ovo je vreme kada bi svi trebalo da budu spremni da mnogo, mnogo praštaju i budu ljubazni prema sebi i prema ljudima u svojoj kući i svojoj porodici," rekao je Mendes. "A najbolji način da pokažete saosećanje je zaista distanciranje od svih, posebno mladi, štiteći naše stare u zajednici i ljude koji su ranjiviji," dodala je Kabelo.

Emili Sande uputila je poruka svima koji u ovim trenucima rade dok mi poštujemo uputstva za samoizolaciju: "Posao koji obavljaju je apsolutno neverovatan… Hvala mnogo svima koji to čine, koji praktično spasavate svet". "Moramo se pobrinuti da budemo na sigurnom, sledimo pravila i radimo onako kako nam je rečeno" - poruka je Dženifer Hadson. "Obavezno svi ostanite u zatvorenom prostoru. Budite bliski sa svojim porodicama," rekla je takođe.

"Sviraću i ohrabrujem vas da donirate i nastavite da se društveno distancirate, jer je ovo veoma velika stvar - i vreme je da se u svetu zajedno okupimo i moramo da izađemo u susret ovoj krizi integritetom, ljubavlju i odgovornošću" - kazao je Džon Batist.

WORLD-RENOWNED MUSICIANS FIGHT COVID-19 THROUGH ONLINE PERFORMANCES: THE RIGHT THING TO DO IS STAY AT HOME AND OBSERVE THE RULES!



Things have changed in the music world as well as a result of the COVID-19 pandemic. Tours and performances have been suspended. Nevertheless, musicians are contributing to the fight against the spread of the virus in their own way. In addition to staying at home, they urge others to do the same, but they also take part in the United Nations and World Health Organization's "Global Citizens" movement special campaign. The UN and WHO have asked the movement to support their response to the COVID-19 pandemic, by uniting the entire world through music and inspiring action. Thus, the Global Citizens, together with world-renowned artists, launched "One World: Together At Home."

As part of the campaign, a WHO Solidarity Assistance Fund has been established to support and equip healthcare professionals around the globe, owing to which protective gear has been delivered to 68 countries around the globe, providing the poorest countries with the resources needed to fight the COVID-19. The Fund has also delivered over one million diagnostic kits in 120 countries, increasing their capacities.

The Together at Home campaign started off as a virtual campaign at a time when many felt isolated staying at home. This campaign is conducted through social networks, where famous musicians publish their "at home" performances and thus "bring music events to homes around the world." Artists who have participated in "Together at Home" and asked fans to support the Global Citizens Campaign include: Chris Martin, John Legend, Charlie Puth, Ryan Tedder of OneRepublic, Steve Aoki, Jennifer Hudson, HER and many others.

In cooperation with Lady Gaga a special digital edition of "One World: Together At Home" took place on 18 April, which also featured Alanis Morissette, Andrea Bocelli, Billie Eilish, Chris Martin, David Beckham, Elton John, Paul McCartney, Steve Wonder, among others. The event was hosted were Jimmy Fallon, Jimmy Kimmel and Stephen Colbert.

What messages have they shared with their fans?

"The right thing we should all be doing is staying home…" "We're all one family… Everyone's praying for everyone, I hope;" "I send you love," Chris Martin said.

"Coronavirus is affecting people all around the world and part of how we prevent it from spreading to even more people, and hurting even more people, is by physically distancing ourselves from people, including people who might be sick," John Legend said during his online performance, adding that a lot of artists have decided they want to make staying home a little bit easier for everybody. He also recalled that a lot of people are struggling to figure out how to feed their families and invited those who have the ability to do so to help the food banks. "This is a crazy time, and we're all going to come out of this together, we're going to pull through, and we're going to try and connect and make each other smile in the meantime," Camila Cabello said in a joint performance with Shawn Mendes. "This is a time when I think everybody should be extremely, extremely forgiving and kind to themselves and the people in their house and their family," Mendes said. "And the best way to show compassion is really by distancing yourself from everybody, especially the young people, protecting our elders in the community and the people that are more vulnerable," Cabello added.

Emeli Sandé sent out a message to all those who are working at this time, while we are following the self-isolation recommendations: "The work they're doing is absolutely incredible… Thank you so much to everybody that's out there, just saving the world basically."

"We need to make sure we're staying safe, following the rules, and doing as we're told," Hudson said. "Be sure to stay indoors everyone. Stay close to your families," she added.

"I'm going to play some music and I encourage you to donate and continue to socially distance yourself, because this is a very, very big deal - and it's a big time for us in the world to come together and we have to meet this crisis with integrity and love and responsibility," Jon Batiste said.

OTKRIJTE KAKO DA SE NOSITE SA PSIHOLOŠKIM STRAHOM

"Propast Atine nije izazvala kuga već strah od kuge"
Tukidid 430 p.n.e.

"Pazite na svoje misli, jer one postaju reči. Pazite na pozitivnost svojij reči, jer one postaju dela. Pazite na svoje dela, jer ona postaju navike. Pazite na svoje navike, jer one postaju vaš karakter. Pazite na svoj karakter, jer on postaje vaša sudbina." Gandi

Kada je Svetska zdravstvena organizacija zvanično proglasila globalnu pandemiju, zajedno sa dnevnim statistikama o broju pacijenata na intenzivnoj nezi, pacijenata sa simptomima, ljudi izolovanih u svojim domovima, trenutnom broju pozitivnih i broju umrlih po regionima, zemljama i kontinentima, i kao posledica istih, počeo je da se širi i sveopšti strah. Počeli smo da budemo fascinirani vestima, a da toga nismo ni bili svesni, dok smo iščekivali i nadali se momentu kada će epidemija dostići vrhunac. Nesvesno smo se prepustili ovakvim emocijama i negativnim osećanjima koja se polako, ali neumoljivo pretvaraju u negativne misli, reči i stavove. Mnogi su nesvesno otvorili vrata strahu. Ne samo strahu za sopstveno zdravlje, već i strahu za svoje najdraže, strahu od ekonomskih posledica, kako na individualnom tako i na nacionalnom nivou, strahu zbog ograničenja u privatnom životu i zbog lišavanja svega onoga na šta smo navikli.

Sada se postavlja pitanje: „možemo li stati na put psihološkom strahu, možemo li zaustaviti širenje virusa"? Da bismo odgovorili na ovo pitanje, važno je da razumemo i uvidimo da ne možemo delovati samo u spoljašnjem svetu, već i, što je i mnogo važnije, unutar nas samih. Zato nam je potrebna potpuna promena životnih prioriteta. U prethodnom članku govorili smo o navikama pomoću kojih možemo ojačati imuni sistem. Ovaj članak pak govori o važnosti povezivanja duhovne dimenzije sa ljudskom dimenzijom. Govoriti o duhovnosti može delovati neuobičajeno za jednog vojnika, međutim nije, jer to je u našoj prirodi. Vojnici veruju i žive u skladu sa svojim vrednostima, stavljajući svoju sudbinu u službu svoje jedinice i svoje zemlje. Zato je duhovna dimenzija važna isto koliko i fizička.

Poslednjih nedelja, preispitali smo naše operativne aktivnosti koje su svedene na samo one najneophodnije, a da time nismo ugrozili misiju KFOR-a, koja je još uvek usmerena na održavanje bezbednog i sigurnog okruženja (SASE) i slobode kretanja (FOM), podršku institucijama na Kosovu (IiK), posebno u ovom teškom vremenu krize. Uvedena su mnoga ograničenja u spoljašnje i društvene aktivnosti, radi očuvanja zdravlja svih vojnika KFOR-a i civilnog osoblja, koje logistički podržava našu misiju. Praznina koju smo iskusili u spoljašnjem svetu je transformisala naš unutrašnji svet, donoseći jednu novu punoću misli, neretko ispunjenih strahom. Misli dakle imaju presudni značaj za razvijanje nove svesti protiv straha od zaraze. Važno je znati da i dalje moramo biti oprezni, budni i svesni. Ali takođe i povezani. To nas dovodi do zaključka da što su ljudi složniji i deluju poštujući zakone univerzuma, što su svesniji, budniji i povezaniji, to je jači njihov uticaj na planetu za spas čovečanstva.

Još jedan aspekt o kojem bi trebalo da razmislimo i da ga uzmemo u obzir jeste nepristrasnost virusa: on ne pravi razliku između etničkih grupa, bogatih i siromašnih, jezika ili vere. Indirektno, virus nas poziva na jedinstvo, na saradnju protiv bilo kakvih podela, da delimo energiju i znanje bez obzira na bilo kakve linije razgraničenja ili granice. Do prevazilaženja „straha od virusa" dakle ne može doći kroz njegovu demonizaciju ili odbacivanje. Strah od starih i novih sukoba i negativnih emocija (bes, uznemirenost, izolacija, gubitak vrednosti, odvojenost, gubitak poverenja) mora da sledi svoj put satkan od slušanja i prihvatanja. Strah se mora prepoznati pre nego što se može prevladati transformacijom u Ljubav koja predstavlja najjače oružje koje postoji u nama. Ljubav koju možemo i da dobijemo u svim njenim oblicima kao što su hrabrost, jedinstvo, radost, poverenja, deljenje, zahvalnost.

Meditacija i puna svesnost su neke od najboljih vežbi za poboljšanje naše budnosti i povezanosti sa duhovnom dimenzijom, a preporučuje ih Svetska zdravstvena organizacija, kao jedan od načina borbe protiv posledica COVIDA-19.

To su jednostavne aktivnosti koje svako može da praktikuje, kako bi dostigao stanje pune svesnosti.

Postoje i druge aktivnosti koje svako može da primenjuje, kao što su pozitivne vizualizacije i molitva. Kada se ove aktivnosti sprovode, njihov efekat je mnogo jači jer na taj način transformišu individualnu nameru u jedan jači magnet koji privlači sve one koji dele zajedničke vrednosti na putu ka istoj sudbini. I na kraju, želim da zaključim ovaj članak pozivajući sve da obrate pažnju na sve što nam se dešava, bilo da su to događaji, situacije, govori, televizijske ili radio emisije ili razgovor. Postavimo sebi jednostavno pitanje: „Da li je ovo korisno za moj lični rast? Kako ja to mogu da iskoristim? Da li ova vest, energija, poruka ili misao oplemenjuje moju dušu?" Ukoliko to nije slučaj, odbacite ih, izbrišite, isključite i transformišite ih uz pomoć tri pozitivne radnje po vašem izboru kako biste osporili istraživanje koje tvrdi da jedna osoba zaražena COVIDOM-19 prenosi zarazu na još tri osobe. Ovo će zaista biti od koristi i planeti i čovečanstvu. Primeri ovakvih radnji mogu biti: poklonite nešto što u sebi sadrži vašu emociju nekoj vama dragoj ili nepoznatoj osobi; prošetajte se u stanju pune svesnosti, diveći se lepoti malih stvari koje obično, u brzini ili zaokupljeni drugim stvarima, nikada ne zastanemo da posmatramo; nazovite prijatelja i jednostavno recite „mislim na tebe, volim te". Ovakve emocije u nama proizvode „hormone sreće" koji jačaju imuni sistem i, pre svega, doprinose povećanju učestalosti ukupne pozitivne energije, ne samo vaše, već i svih ljudi povezanih sa vama. Što je jača vaša mreža, to ćete imati bolje rezultate i usvojićete način razmišljanja da nikakvi virusi zaista ne mogu da vam naude.

Ovaj članak je napisao: Potpukovnik Italijanske vojske Caiazza Nico, pripadnik KFOR-a i veliki prijatelj Kosova.

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DISCOVER HOW TO FACE THE PSYCHOLOGICAL FEAR

"Athens was destroyed by the fear of the plague, not by the plague"
Thucydides 430 a. c.

"Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny". Gandhi

When the World Health Organization officially declared the global pandemic, a universal fear was quickly spread, with statistics issued daily, broadcasting numbers of patients in intensive therapy, patients with symptoms, people secluded at home, those currently positive, and the death tolls by region, country, and continent. Without realizing it, we started to be fascinated by news, while waiting and hoping for a decrease in the virus peak. Unconsciously, we gave room for emotions and negative feelings that slowly but inexorably transformed into negative thoughts, words, and attitudes. Many have unconsciously opened the door to fear. Not only fear for own health, but fear for own loved ones, for the effects on economies, both individual and national, the restrictions on own life, and the separation from everything we are accustomed to having.

Now, the question is, "can we stop the psychological fear, can we stop the spread of the virus?". To address this question, it is important to understand and realize that we cannot work only on the outside but, more importantly, on our inside. A complete change of life's priorities is required. In the previous article, we spoke about habits that could improve our immune system. This article discusses about the importance of connecting the spiritual dimension with the human dimension. For a soldier, consider the spiritual dimension might seem unlikely, but it is not; it is in our nature. Soldiers trust and live by values, offering their destiny to their Unit and their Country. Therefore, the spiritual dimension is as important as the physical one.

In these last weeks we have reconsidered our operational activities that have been maintained to the essential ones, without compromising the KFOR mission which is still focused on maintaining the Safe and Secure Environment (SASE) and Freedom of Movement (FOM), and supporting the Institutions in Kosovo (IiK), especially during this difficult time of crisis. Many restrictions have been applied to external and social activities to preserve the health of all KFOR soldiers and civilian employees who logistically support our mission. We have experienced the emptiness of the outside that has transformed our inside with a new fullness of thoughts, often of fear. Thoughts are therefore critical to develop a new consciousness against the fear of contagion. It is important to know, that we must remain vigilant, present, and conscious. But also connected. This brings us to the conclusion: the more people act in harmony and respect the laws of the universe, are conscious, present, and connected, the stronger their influence will be on the planet and the salvation of mankind.

Another aspect which we should reflect on and focus our thinking is the impartiality of the virus: it makes no difference between ethnic groups, rich or poor, language or religion. Indirectly, the virus calls us to unify, to discourage any division, and to share energies and knowledge beyond any type of boundary or border. Overcoming the "fear of the virus" therefore cannot just happen through its demonization or rejection. The fear of old and new conflicts and negative emotions (anger, anxiety, isolation, devaluation, separation, loss of trust) must follow a path made of listening and acceptance. Fear must be recognized before it can overcome, through the transformation of Love which represents the strongest weapon that exists within us. Love can be accepted in all forms, of courage, union, joy, trust, sharing, and thanksgiving.

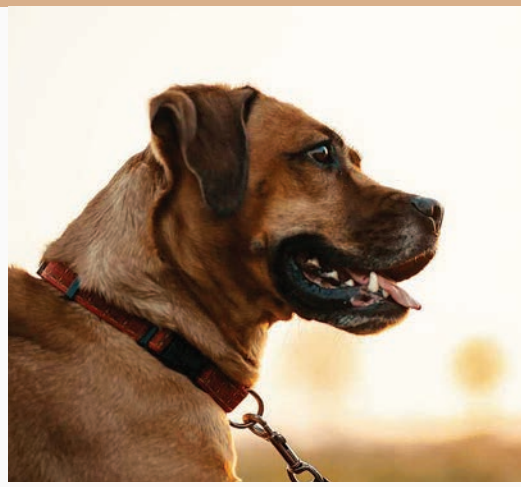
Meditation and mindfulness are some of best practices to improve our presence and connection with the spiritual dimension, and are recommended by the World Health Organization against the effects of COVID-19. They are simple actions that anyone can do to experience presence.

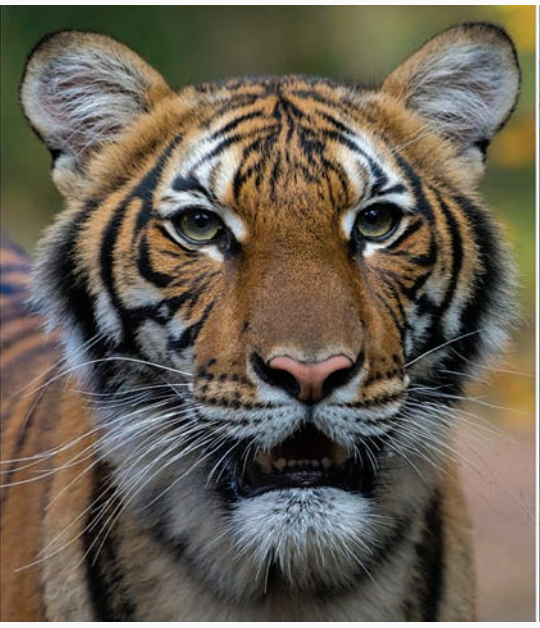
Other actions that anyone can do are positive visualizations and prayers. When these activities are practiced, the effect is much stronger and they transform individual intent into a stronger magnet that attracts those who share common values towards the same destiny. Finally, I want to conclude this article by inviting all to pay attention to everything that happens to us, being at an event, a situation, a talk, a TV or radio program or a chat. Let's ask ourselves this simple question "Is it useful for my personal growth? What can I do with it? Does this news, energy, message, thought nourish my soul?" If not, reject it, delete it, switch it off, and transform it with three positive actions of your choice to counter the research showing that one person with COVID-19 passes it onto three people. This really benefits the planet and mankind. Examples of actions can be: to give something that contains your emotion to a person dear to you or unknown; take a conscious walk, admiring the beauty of the little things that, usually, distracted or taken by haste, we never stop to observe; call a friend and simply say "I thought of you, I love you". These emotions produce the "happiness hormones" that strengthen the immune system and, above all, contribute to increasing the frequency of overall positive energy, not only yours but of all the people connected to you. The stronger your network is, the better results you will experience and the more you will adopt the mindset that no viruses can really harm you.

This article was written by: Lieutenant Colonel Caiazza Nico Italian Army, a KFOR member and a great friend of Kosovo.

NEMA DOKAZA DA LJUBIMCI MOGU DA PRENOSE COVID-19

Svetska zdravstvena organizacija (SZO) kaže da ljubimci mogu da se zaraze, ali nema dokaza da kućni ljubimci mogu da šire bolest ili da zaraza može da bude uzrok bolesti kod životinja. Dalje studije mogu doneti drugačije zaključke. Dok sve više ljudi počinje da se pridržava socijalnog distanciranja i da radi od kuće neizbežno je da će imati više dodira sa svojim psom, mačkom ili drugim kućnim ljubimcem. SZO savetuje pranje ruku sa sapunom i vodom posle kontakta sa ljubi-mcima. Vlasnici ljubimaca, više nego sami ljubimci su oni koji imaju pojačan rizik da bi mogli da prenose virus. Prema SZO-u olakšanje za vlasnike ljubimaca je to što ne postoji dokaz da naši životinjski saputnici, kao što su psi i mačke mogu da se zaraze sa novim korona virusom za sada. Kao i prethodni virusi SARS-a, COVID-19 se prvenstveno prenosi kapljicama kašlja, kijanja, pljuvačke ili pražnjenjem nosa. Iako kućni ljubimci prilično lako stvaraju kapljice, ipak postoje značajne prepreke da virus pređe sa čoveka na životinje i obrnuto. U retkim situacijama kada kućni ljubimac ima virus, malo je verovatno da će preći na ljudsku osobu. Poznavanje nauke o tome kako se virus prenosi moglo bi pomoći u borbi protiv obilja dezinformacija usred epidemije.





TIGRICA NADIA JE PRVI POZNATI SLUČAJ DA JE ŽIVOTINJA ZARAŽENA SA KOVIDOM-19

Ali sa druge strane četvorogodišnja ženka Malajskog tigra iz zoološkog vrta u Bronksu je testirana pozitivno na COVID-19. Za tigricu koja se zove Nadia se veruje da je prvi poznati slučaj životinje zaražene sa COVID-19 virusom u SAD-u. Za Nadiu i šest drugih velikih mačaka se veruje da su zaražene od strane čuvara u zoološkom vrtu, a koji nije imao simptome. Ovo je prvi put da je bilo ko od nas u svetu saznao da je osoba zarazila životinju i da se životinja razbolela, rekao je glavni veterinar u zoološkom vrtu. Bilo je izolovanih primera da su kućni ljubimci testirani pozitivno na COVID-19 virus drugde u svetu, ali stručnjaci su naglasili da ne postoji dokaz da se mogu razboleti ili prenositi bolest. Zoološki vrt je objavio da se očekuje da Nadia, njena sestra Azul, kao i dva amurka tigra i tri afrička lava koji su ispoljili simptome, potpuno oporave. Velikim mačkama se malo umanjio apetit, ali sem toga im je dobro pod negom veterinara, vedre su, živahne i sarađuju sa svojim čuvarima, stoji u saopštenju. U zoološkom vrtu su izjavili da nije poznato kako će se virus razvijati u životinjama poput tigrova i lavova, pošto različite vrste različito reaguju na nove infekcije, ali će sve životinje biti pažljivo praćene.

THE TIGER, NAMED NADIA, IS THE FIRST KNOWN CASE OF AN ANIMAL INFECTED WITH COVID-19

A four-year-old female Malayan tiger at the Bronx Zoo has tested positive for COVID-19. The tiger, named Nadia, is believed to be the first known case of an animal infected with COVID-19 in the US. Nadia, along with six other big cats, is thought to have been infected by an asymptomatic zoo keeper. The cats started showing symptoms, including a dry cough, late last month after exposure to the employee, who has not been identified. “This is the first time that any of us know of anywhere in the world that a person infected the animal and the animal got sick,” said the chief veterinarian at the zoo.

There have been isolated instances of pets testing positive for COVID-19 elsewhere in the world, but experts have stressed there is no evidence they can become sick or spread the disease. Nadia, her sister Azul, as well as two Amur tigers and three African lions who showed symptoms, are all expected to make a full recovery, the zoo said. The big cats did have some decrease in appetite but “are otherwise doing well under veterinary care and are bright, alert, and interactive with their keepers”, it is said. The zoo said it is not known how the virus will develop in animals like tigers and lions since various species can react differently to new infections, but all the animals will be closely monitored.

THERE IS NO EVIDENCE THAT PETS CAN SPREAD COVID 19

The WHO says that pets can get infected, but there is no evidence that pets can spread the disease or that the disease can cause an animal to fall ill. Further studies may bring new findings. As more people start exercising social distancing and working from home, more frequent contact with your dog, cat or another pet is inevitable. WHO advises washing your hands with soap and water after contact with pets. It's the pet owners, rather than pets, that have a higher risk of spreading the virus. A relief to pet owners is that there's no evidence that companion animals such as dogs or cats can be infected with COVID-19 as of now, according to the WHO. Like previous SARS viruses, COVID-19 transmits primarily through droplets of coughing, sneezing, saliva, or discharge from the nose. While pets generate droplets quite easily, there are significant barriers for the virus to jump from humans to animals, and vice versa. In rare situations, when a pet carries the virus, it's unlikely that it would spread to a person. Knowing the science about how the virus transmits could help combat the abundance of misinformation amid the epidemic.

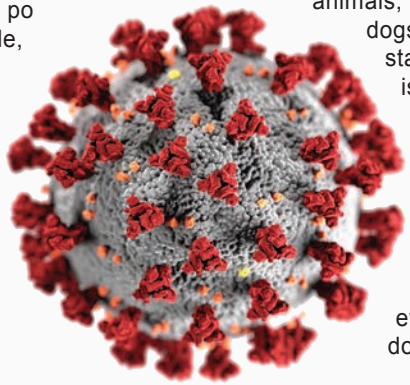
Nijedna druga velika mačka u zoološkom vrtu ne pokazuje znake bolesti.

Nema dokaza da je bilo koja osoba u SAD-u zaražena COVID-om -19 od strane životinja, uključujući kućne ljubimce, kao što su psi i mačke, navodi se u saopštenju zoološkog vrta. Ovo je takođe stav SZO koja kaže da ne postoji dokaz da kućni ljubimci psi i mačke mogu da prenose korona virus. Svetska organizacija za zdravlje životinja kaže da su u toku istraživanja da bi se bolje razumelo ovo pitanje. Stručnjaci za zaštitu prirode su upozorili da bi virus mogao da predstavlja pretnju za neke divlje životinje, kao što su veliki čovekoliki majmuni-i rekli su da su neophodne mere da bi se smanjio rizik po gorile, šimpanze i orangutane .u divljini.

None of the zoo's other big cats are showing any signs of illness.

There is "no evidence that any person has been infected with Covid-19 in the US by animals, including by pet dogs or cats," the zoo's statement noted. That is also the view of the World Organization for Animal Health and the World Health Organization (WHO), which says there is no evidence that pet dogs or cats can pass on COVID-19. The World Organization for Animal Health says studies are under way to understand the issue more. Conservation experts have warned that the virus could pose a threat to some wildlife like the great apes - and have said measures are needed to reduce the risk of wild gorillas, chimps and orangutans.

Coronavirus UPDATE



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#OstaniKodKuće

NAJBOLJE TV SERIJE ZA TINEJDŽERE KOJE MOŽETE GLEDATI NA NETFLIKSU

Jedna od mana pandemije izazvane virusom COVID-19 je da ne treba da izlazite napolje i da se srećete sa prijateljima. Dobra strana ove situacije je da imate više vremena koje možete da provedete kod kuće. To znači da imate vremena da učite, više vremena da provodite sa svojom porodicom i zašto ne i više vremena da odgledate neke TV serije na Netfliksu sa svojom braćom i sestrama ili čak roditeljima. Da bi vam pomogli na početku, pripremili smo vam uži izbor nekih od najboljih Tv serija koje možete naći na Netfliksu za tinejdžere.

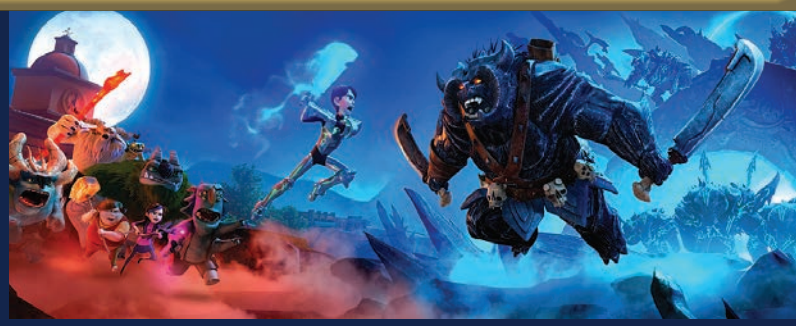
BEST TV SERIES FOR TEENS YOU CAN WATCH ON NETFLIX

One of the downsides of the COVID-19 pandemic is that you should not be going outside and meet your friends. The upside of this situation is that you have more time to spend at home. This means that you have more time to learn, more time to spend with your family and why not more time to watch some TV shows on Netflix with your siblings or even your parents. In order to help you get started we have prepared a shortlist of some of the best TV shows for teenagers you can find on Netflix.

LOVCI NA TROLOVE

TV Mreža: Netfliks
Datum premijere: 23. Decembar 2016.
Žanr: Animacija
Autor: Giljermo Del Toro
Uloge: Kelsi Grejmer, Ron Perlmen, Stiven Jeun

Tinejdžer otkriva da se vodi rat između dve grupe trolova ispod njegovog rodnog grada i kreće u avanturu nakon što je pronašao mističnu amajliju.



TROLLHUNTERS

TV Network: Netflix
Premiere Date: Dec 23, 2016
Genre: Animation
Creator: Guillermo del Toro
Starring: Kelsey Grammer, Ron Perlman, Steven Yeun

A teenage boy discovers a war being waged between two groups of trolls underneath his hometown and sets off on an adventure after finding a mystic amulet.

ATIPIČAN (2017-)

TV Mreža: Netfliks
Datum premijere: 11.Avgust 2017.
Žanr: Drama
Autori: Robia Rašid, Set Gordon
Uloge: Keir Gilkrajst, Dženifer Džejson Lei, Majkl Rapaport

Atipičan je priča o odrastanju koja prati Sema(koga glumi Keir Gilkrajst), osamnaestogodišnjaka koji nagine autizmu dok traga za ljubavlju i nezavisnošću. Dok je Sem na svom simpatičnom, ali emocionalnom putovanju samootkrivanja, ostatak njegove porodice mora da se uhvati u koštac sa promenom u svom životu dok se bore sa glavnim pitanjem: šta stvarno znači biti normalan?

ATYPICAL (2017-)

TV Network: Netflix
Premiere Date: Aug 11, 2017
Genre: Drama
Creators: Robia Rashid, Seth Gordon
Starring: Keir Gilchrist, Jennifer Jason Leigh, Michael Rapaport

Atypical is a coming of age story that follows Sam (played by Keir Gilchrist), an 18-year-old on the autistic spectrum as he searches for love and independence. While Sam is on his funny yet emotional journey of self-discovery, the rest of his family must grapple with change in their own lives as they all struggle with the central theme: what does it really mean to be normal?

DEVOJKE IZ DERIJA (2018-)

TV MREŽA: Kanal 4
Žanr: Komedija
Autor: Lisa Mekgi
Uloge: Nikola Kolan, Luiza Harlend, Kejti Kiera Klark

Tinejdžerske serije su često dobre da se nasmejemo, ali samo je nekoliko urnebesno smešno kao Devojke iz Derija. Koprodukcija Kanala 4 i Netfliksa o katoličkim učenicama iz devedesetih, koje žive na kraju sukoba u Severnoj Irskoj. Serija govori o njihovim nefiltriranim tinejdžerskim problemima i iskrenom urnebesnom smehu. Čitava glumačka postava i njihove dosetke su skoro pa savršene; posle kratkog ''bindžovanja'' videćete da ne postoji druga izmišljena ekipa sa kojom bi se radije opuštali.

DERRY GIRLS (2018-)

TV Network: Channel 4
Genre: Comedy
Creator: Lisa McGee
Starring: Nicola Coughlan, Louisa Harland, Kathy Kiera Clarke

Teen shows are often good for some laughs, but few are as goddamn hysterical as Derry Girls. The Channel 4/Netflix co-production about Catholic schoolgirls in the '90s living through the end of the Northern Ireland Troubles is all about their own, unfiltered teenaged troubles, and outright laugh-out-loud hilarious. The entire cast and their quirks are near perfect; after a quick binge, you'll find there's no other fictional crew you'd rather kick-back with.

JEZIVE SABRININE AVANTURE (2018-)

TV Mreža: Netfliks
Datum Premijere: 26. Oktobar 2018.
Uloge: Kiernan Šipka, Miranda Oto, Čens Perdomo

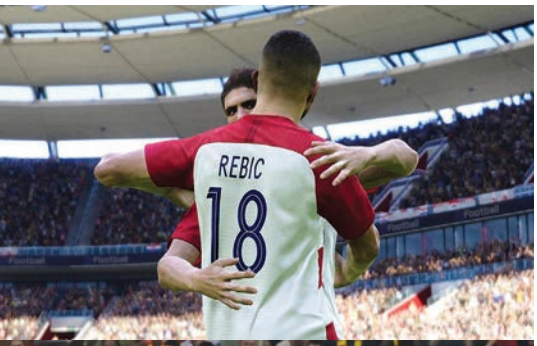
Sabrina Spelman je tipična tinejdžerka, sem činjenice da je polu-veštica i da živi u natprirodnoj kući sa dve svoje tetke koje su veštice i rođakom koji je veštac.Heroina koju glumi dinamična Kiernan Šipka mora da nađe svoj oslonac i u ljudskom svetu i u svom novom veštičijem svetu: Jednom kada napuni 16 godina mora da odabere da li želi da upiše svoje ime u Knjigu Zveri i Mračnog Gospoda za koga ona ne zna, a koji nju vidi kao sve jaču mladu vešticu, koja će mu poslužiti kao savršeno sredstvo za njegov najzlobniji poduhvat.

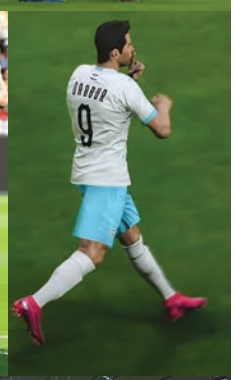
CHILLING ADVENTURES OF SABRINA (2018-)

TV Network: Netflix
Premiere Date: Oct 26, 2018
Starring: Kiernan Shipka, Miranda Otto, Chance Perdomo

Sabrina Spellman is a typical teenage girl, aside from the fact that she's a half-witch and lives in a supernatural household with her two witchy aunts and her warlock cousin. The heroine, played by the dynamic Kiernan Shipka, must find her footing in both the human world and her new world of witchcraft: once she turns 16, she must choose whether or not to sign her name in the Book of the Beast and over to the Dark Lord, who, unbeknownst to her, sees the increasingly powerful young witch as the perfect vessel for his most evil bidding.

UEFA eEURO: SVE ŠTO TREBA DA ZNATE!





Razvoj virtuelne tehnologije je otvorio neograničene mogućnosti posebno u polju video igrica. Kao rezultat toga virtuelni turniri video igrica su postali rastuće tržište i interesovanje za njih je u porastu. Dokaz za to je da čak i na Kosovu neko vreme postoji TV stanica koja je posvećena video igricama 24 sata dnevno. Kao rezultat toga, razne organizacije, promoteri i investitori traže načine da se uključe u industriju video igara.

Od novembra 2019.godine UEFA priprema prvi virtuelni šampionat u fudbalu nazvan eEURO 2020. Međutim izbijanje pandemije virusa COVID-19 i posledično odlaganje EURA 2020 i ostalih fudbalskih aktivnosti (kao i drugih sportova takođe) je iznenada izbacilo ovaj virtuelni turnir u prvi plan. Pozivamo vas da pročitate članak ispod koji će vam reći sve što treba da znate o ovom turniru.

Šta je UEFA eEURO 2020?

UEFA eEURO 2020 je prvo ikada efudbalsko(virtuelni fudbal) takmičenje nacionalnih fudbalskih reprezentacija na kom učestvuju svih 55 nacionalnih saveza članica UEFA. Format turnira je sličan Uefinom Euru 2020 i uključuje kvalifikacionu fazu i finalni turnir. Turnir je prvo takmičenje nacionalnih timova u efudbalu ove veličine u svetu. Igrači se takmiče isključivo u Konamijevom efudbalu „Pro Evolution Soccer 2020"(PES 20) na konzoli plejstejšn 4 (PlayStation 4).

Ko se takmiči za koju zemlju?

Fokus turnira je na timskom elementu koji je suština fudbala. Zato svaki nacionalni savez koji učestvuje, se takmiči sa nacionalnim efudbalskim timom od dva do četiri igrača koji predstavljaju svoju zemlju. Nacionalni savezi su nominovali svoje nacionalne timove kroz turnire, koji su održani bilo onlajn ili uživo između novembra 2019.godine i januara 2020. godine, sem ako efudbalski tim nije već postojao. Taj tim se nakon toga takmičio u kvalifikacionoj fazi.

Kako je funkcionisala kvalifikaciona faza?

Žreb se održao u januaru. Tada su zemlje koje učestvuju bili podeljene u deset kvalifikacionih grupa, to je trajalo od 9-og do 30-og marta. Svaka zemlja je odigrala dva meča(jedan na jedan) protiv drugih zemalja u istoj grupi, poeni iz oba meča su nakon toga sabirani u tabeli grupe. Pobednici deset grupa su se direktno kvalifikovali na završni turnir. Deset drugoplasiranih su se takmičili u plej-ofu da bi odredili ostalih šest finalista.

eEURO 2020: Kako funkcioniše-Šta se dešava jednom kada stignu u finale?

Prvobitno je bilo planirano da se Uefini eEURO 2020 šampioni odrede uživo u Londonu u julu, ali će se sada finala održati virtuelno 23-eg i 24-og maja. 16 timova će biti podeljeni u grupe od po četiri tima, gde će prva dva tima iz svake grupe proći u četvtfinale.

Koju nagradu će dobiti pobednici?

Nagrada od ukupno 100000 eura će biti podeljena onima koji se plasiraju u četvrtfinale, uključujući 40000 evra pobednicima.

Ko je igrao u grupnoj fazi?

Grupa A: Engleska, Srbija(kvalifikovali se), Albanija, Španija, Letonija

Grupa B: Slovenija, Škotska, Portugalija, Rumunija(kvalifikovali se), Lihtenštajn

Grupa C: Švajcarska, Severna Makedonija, Moldavija, Kazahstan, Bosna i Hercegovina (kvalifikovali se)

Grupa D: Slovačka, Grčka (kvalilikovali se), Finska, Norveška, Azerbejdžan

Grupa E: Austrija, Izrael (kvalifikovali se), Island, Rusija, Poljska

Grupa F: Kosovo, Gruzija, Severna Irska, Litvanija, Belorusija, Luksemburg (kvalifikovali se)

Grupa G: Mađarska, Gibraltar, Turska, Bugarska, Estonija, Nemačka (kvalifikovali se)

Grupa H: Vels, Farska Ostrva, Ukrajina, Andora, Italija (kvalifikovali se), Crna Gora

Grupa I: Švedska, San Marino, Danska, Malta, Holandija (kvalifikovali se), Republika Irska

Grupa J: Belgija, Francuska (kvalifikovali se), Jermenija, Kipar, Češka, Hrvatska

Ko je bio u plej-ofu?

Plej-of grupa 1: Austrija, Hrvatska, Finska, Crna Gora, Portugalija

Plej-of grupa 2: Danska, Kazahstan, Litvanija, Španija, Turska

Raspored eEura

Prvih deset eEuro finalista su određeni tokom četiri ponedeljka u martu. Poslednjih 6 finalista su određeni u doigravanjima koja su počela 20-og aprila i koja su završena 27-og aprila. Svi kvalifikovani finalisti će se sada sresti na završnom turniru koji će biti održan virtuelno 23-eg i 24-og maja 2020. godine. Svi zainteresovani mogu da prate sve poteze sa eEura 2020 na Uefinom jutjub kanalu. Odabrani mečevi će se takođe prenositi uživo na UEFA.com.

UEFA eEURO 2020: ALL YOU NEED TO KNOW!

The development of virtual technology has opened up enormous opportunities especially in the gaming department. As a result, virtual gaming tournaments are a growing niche and the interest for them is on the up. Testament to this is that for some time now even in Kosovo there is a dedicated 24-hour gaming TV station. As a result, various organizations, promoters, and investors are looking into ways of getting involved in gaming.

Since November 2019, UEFA has been preparing the first ever virtual football championship called UEFA eEURO 2020. However, the breakout of the COVID-19 pandemic and the consequent postponement of the EURO 2020 and all other footballing activities (and other sports as well), has suddenly put this e-tournament in the spot. We invite you to read below everything you need to know about this tournament.

What is UEFA eEURO 2020?

UEFA eEURO 2020 is the first ever national team efootball (virtual football) competition featuring all 55 UEFA national associations. The format of the tournament is similar to UEFA EURO 2020, involving a qualification phase and a final tournament.

The tournament is the first national team efootball competition of this size worldwide. Gamers compete exclusively in Konami's eFootball Pro Evolution Soccer 2020 (PES 20) on PlayStation 4.

Who is competing for each country?

The focus of the tournament is the team element, the essence of football. Therefore, each participating national association is competing with a national efootball team of between two and four gamers to represent their country.

Between November 2019 and January 2020, national associations nominated their national team through a tournament, either online or physical, unless a national efootball team already existed. The team then competed in the online qualifying phase.

How did the qualifying phase work?

The draw took place in January. This divided the competing countries into ten groups for the qualifying phase, which ran between 9 and 30 March. Each country played two matches (one versus one) against the other countries in the same group; points from both matches were added to the group table. The ten group winners qualified directly for the final tournament. The ten runners-up competed in a play-off tournament to determine the other six finalists.

eEURO 2020: How it works - What happens once you reach the finals?

There was a live event scheduled in London in July to determine the UEFA eEURO 2020 champions, but the finals will now take place virtually on 23 and 24 May. The 16 teams will be drawn into four groups of four, with the top two from each advancing to the quarterfinals.

What prize do the winners receive?

A total of €100,000 in cash prizes will be split between the quarterfinalists, including €40,000 for the winners.

Who played who in the group stage?

Group A: England, Serbia (qualified), Albania, Spain, Latvia

Group B: Slovenia, Scotland, Portugal, Romania (qualified), Liechtenstein

Group C: Switzerland, North Macedonia, Moldova, Kazakhstan, Bosnia and Herzegovina (qualified)

Group D: Slovakia, Greece (qualified), Finland, Norway, Azerbaijan

Group E: Austria, Israel (qualified), Iceland, Russia, Poland

Group F: Kosovo, Georgia, Northern Ireland, Lithuania, Belarus, Luxembourg (qualified)

Group G: Hungary, Gibraltar, Turkey, Bulgaria, Estonia, Germany (qualified)

Group H: Wales, Faroe Islands, Ukraine, Andorra, Italy (qualified), Montenegro

Group I: Sweden, San Marino, Denmark, Malta, Netherlands (qualified), Republic of Ireland

Group J: Belgium, France (qualified), Armenia, Cyprus, Czech Republic, Croatia

Who was in the play-offs?

Play-off Group 1: Austria, Croatia, Finland, Montenegro, Portugal

Play-off Group 2: Denmark, Kazakhstan, Lithuania, Spain, Turkey

eEURO schedule

Over four Mondays in March the first ten eEURO finalists were decided. The final six finalists were determined in the play-offs, which began on 20 April and concluded on 27 April. All the qualified finalists will now meet in the final tournament that will be conducted virtually on 23 and 24 May 2020. All those interested can catch all the eEURO 2020 action on the UEFA YouTube channel. Whereas, a select group of matches are streamed live on UEFA.com.

APLIKACIJE I INTERNET ALATI U VREME PANDEMIJE COVID-19 VIRUSA

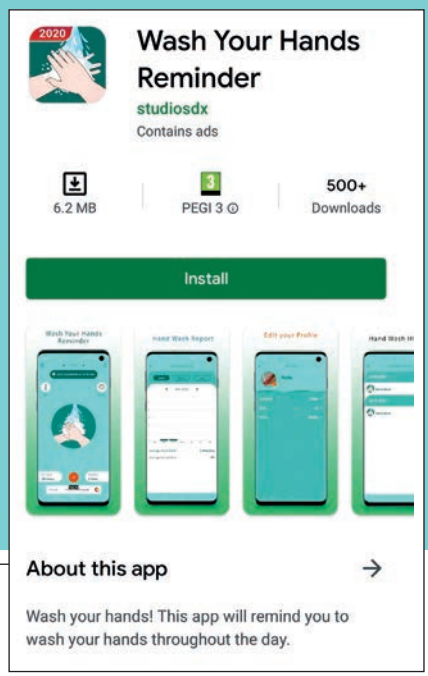
Programeri neprestano rade na novim idejama za izradu aplikacija i alata koji bi nam pomogli u svakodnevnom životu, omogućili dostupnost sadržaja na pametnim telefonima, ili da na najbolji mogući način provedemo slobodno vreme. Tako je i sada. Mnoštvo je novih ideja na kojima se radi i u vreme COVID-19 virusa. Neke od aplikacija i alata u nastavku su poznati od ranije, ali u vreme potrebe fizičkog distanciranja postale su dodatno popularne i korisne.

Aplikacija "Perite ruke!".

Pranje ruku je lako i to je jedan od najefikasnijih načina da sprečite širenje klica, bakterija, COVID-19 virusa. A ova aplikacija će vas podsećati da perete ruke tokom čitavog dana. Aplikaciju instalirajte na svoj pametni telefon. Unesite svoje godine, pol, i cilj, odnosno koliko puta dnevno želite da operete ruke. Takođe, možete da podesite kakvo zvono želite za obaveštenje kada bi trebalo da operete ruke ponovo. Možete i da zatražite poseban izveštaj o tome koliko puta dnevno ste prali ruke, odnosno koliko vam puta preostaje da ih operete s obzirom na prethodno postavljeni cilj.

"Wash Your Hands!" application

Washing your hands is easy, and it is one of the most effective ways to prevent the spread of germs, bacteria, coronavirus. This application will remind you to wash your hands throughout the day. Install the application on your smartphone. Type in your age, gender, and objective, that is, how many times a day you want to wash your hands. You can also set the sound you want to notify you when you need to wash your hands next time. You can also ask for a special report on how many times a day you have washed your hands, that is, how many more times are left to wash your hands with respect to your previously set objective.



"Wash Your Lyrics": Pranje ruku uz tekst omiljene pesme

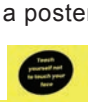
Često pranje ruku je sada posebno važno. Možda može da bude po malo monotono, ali su se programeri pobrinuli i za to. Na Internet stranici www.washyourlyrics.com možete da izradite poster sa slikama načina pranja ruku, a uz tekst svoje omiljene pesme. Uđite na pomenutu Internet stranicu i unesite naziv svoje omiljene pesme i ime izvođača. Odaberite da li ćete ruke da perete sapunom ili gelom, kao i boju kože. Kliknite na dugme "generate", sistem će da obradi vaše podatke i dobićete poster koji možete da sačuvate u svom kompjuteru, ili pametnom telefonu.

"Wash Your Lyrics": Washing your hands with lyrics of your favorite song

Washing your hands frequently is especially important at this moment. This can become a bit dull, but developers have taken care of it. www.washyourlyrics.com website allows you to create a poster with pictures detailing hand-washing methods, accompanied by lyrics of your favorite song. Visit the aforementioned website and type in the name of your favorite song and the name of the artist. Choose whether you want to wash your hands with soap or gel, as well as your skin color. Press the "generate" button and the system will process your data and you will receive a poster that you can save on your computer or smartphone.

Ne dodiruj lice!

Još jedan od načina prenošenja bakterija, klica, ali i COVID-19 virusa je dodirivanjem lica. I tu su programeri bili kreativni i pronašli način da smanjite ili u potpunosti prestanete da dodirujete svoje lice. Na Internet stranici www.donottouchyourface.com, putem web kamere, algoritam prati koliko često dodirujete lice. Kada prođe dovoljno vremena kako bi algoritam "naučio" koliko često dodirujete lice, putem kamere nastavlja vaše posmatranje i upozorava vas kad god dodirujete lice. Ne brinite o sopstvenoj bezbednosti, jer ova Internet stranica radi "lokalno", tako da se svi proračuni sa vaše web kamere i upozorenja vrše se na vašem kompjuteru i nikada se ne šalju putem Interneta.



FACE

APPLICATIONS AND INTERNET TOOLS AT TIME OF COVID-19 PANDEMIC

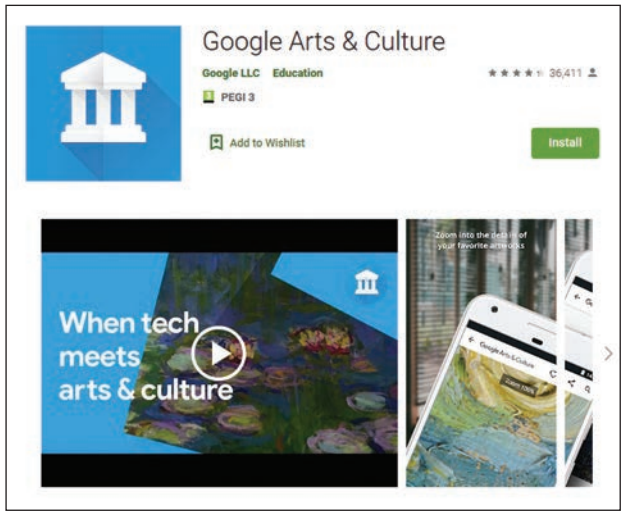
Developers are constantly working on new ideas for developing applications and tools that can help us in our everyday lives, enable access to contents on smartphones or help us spend our free time in the best possible way. This is also the case at the present time. There is a multitude of new ideas they are working on even amid the COVID-19. You are already familiar with some of the applications and tools you will find below, but at the time of physical distancing, they have become more popular and useful.

Google umetnosti i kultura

Osim na kompjuteru, ova Google usluga dostupna je i u vidu aplikacije za pametne telefone. Putem nje istražite umetničke radove, kolekcije, priče širom sveta. Obiđite najpoznatije muzeje na svetu, pogledajte najpoznatije slike, fotografije po određenim temama, čitajte o tradicijama. Pratite uživo kulturne događaje, ili naučite kako da koristite aplikacije za stvaranje sopstvenih umetničkih radova. Najbolje od svega je što sve možete da uradite iz svog doma, putem Interneta.

Google Arts and Culture

This Google service is available both on computers and as a smartphone application. Use it to explore works of art, collections, stories from around the world. Visit the most famous museums in the world, see the most famous paintings, explore photos by specific topics, read about traditions. Follow live-streams of cultural events, or learn how to use the application to create your own artwork. Best of all is that you can do everything from your home, through the internet.

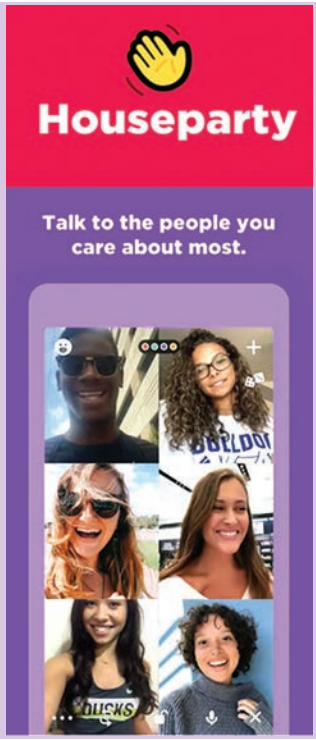


“Houseparty” - “Kućna žurka” na telefonu

Skajp, Zum, Fejsbuk, Google video ćaskanje su vam poznati. Ali tu je i aplikacija “Kućna žurka” čija popularnost takođe raste, i ne samo to, ima niz interesantnih mogućnosti. Ćaskanje je omogućeno po “sobama” i to sa po osam osoba, po sobi. Uz ovu aplikaciju takođe možete da menjate grupe u kojima ćaskate. Tako da u jednoj ćaskajte sa porodicom, potom pređite u “sobu” sa prijaljima, a onda u onu kojoj možda želite da ćaskate sa društvom iz škole. Takođe, sobu, odnosnu grupu možete da zaključate, ukoliko ste je vi i kreirali, tako da ne bude moguće za bilo koga da uđe bez vašeg odobrenja. Omogućeno je i da uz i bez obaveštenja uđete u grupu, ali i da šaljete istovremeno privatne poruke pojedinačnim članovima. Postoji i mogućnost da igrate igrice, te da šaljete video poruke.

“Houseparty” on your phone

You are all familiar with Skype, Zoom, Facebook, Google Hangouts. But there is also the “Houseparty” application which is gaining popularity as well. Not only that, it has an array of interesting features. The app allows you to chat in “rooms,” where a room can have up to eight people. You can also switch between the groups, meaning that you can chat with your family in one group, and then hop to a “room” with your friends and then to one where you may want to chat with school friends. You can also lock a room, or a group, provided that you have created it so that no one can enter without your permission. The app also gives you the ability to join a group with or without a notification, and to send private messages individually to certain members of a group at once. Houseparty also gives you the possibility to play games and to send video messages.



Don’t touch your face!

Another way to transmit bacteria, germs, but also the coronavirus, is by touching your face. This is also where developers have been creative and they have come up with a method for you to minimize or completely stop touching your face. An algorithm at the www.donottouchyourface.com website, through a webcam, monitors how often you touch your face. Once the algorithm has “learned” how often you touch your face after a certain amount of time, it continues to watch you through the camera and alerts you whenever you touch your face. Do not worry about the security, as the site runs “locally,” and all the calculations from your webcam and alerts are done on your computer and are never sent over the Internet.

KAKO SZO POMAŽE U BORBI PROTIV PANDEMIJE COVID-19?

Otkako su u decembru 2019.godine, u kineskom gradu Vuhanu otkriveni prvi slučajevi, Svetska zdravstvena organizacija (SZO) igrala je ključnu ulogu u rešavanju pandemije COVID-19. Na jednoj od mnogih konferencija za štampu vezanih za ovu pandemiju, generalni direktor SZO Dr. Tedros Adhanom Gebrejesus istakao je pet načina na koje agencija vodi globalni odgovor.

1) Pomaganje zemljama da se pripreme i odgovore

SZO je izdala strateški plan za spremnost i reagovanje na COVID-19, koji identifikuje glavne akcije koje države treba da preduzmu, i resurse potrebne za njihovo sprovođenje. Plan, koji je ažuriran kako bi nove informacije i podaci poboljšali razumevanje SZO o karakteristikama virusa i kako na njih reagovati, deluje kao vodič za konkretne planove zemalja u razvoju.

Šest regionalnih kancelarija zdravstvene agencije i 150 kancelarija u državama blisko sarađuju s vladama širom sveta kako bi pripremili njihove zdravstvene sisteme za posledice COVID-19 virusa i efikasno reagovali kada se slučajevi pojave i počnu da rastu. SZO je sa partnerima osnovala Fond solidarnosti u odgovoru na COVID-19, kako bi se osiguralo da pacijenti dobiju negu koja im je potrebna, a radnici na prvoj liniji dobiju osnovni materijal i informacije, i da se ubrza istraživanje i razvoj vakcine i lečenje za sve kojima je potrebno. Sa donacijama vlada, privatnog sektora i pojedinaca do sada je za delovanje obećano ili primljeno više od 800 miliona dolara.

2) Pružanje tačnih informacija, razbijanje opasnih mitova

Internet je prepun informacija o pandemiji, neke od njih su korisne, neke lažne ili pogrešne. Usred ove „infodemije“, SZO plasira tačne, korisne smernice koje mogu pomoći u spašavanju života. To uključuje oko 50 radova o tehničkim savetima za javnost, zdravstvene radnike i zemlje, uz smernice zasnovane na dokazima o svakom elementu odgovora i razbijanju opasnih mitova. Zdravstvena agencija ima koristi od ekspertize globalne mreže zdravstvenih radnika i naučnika, uključujući epidemiologe, bolničke doktore i infektologe, kako bi se osiguralo da je odgovor što sveobuhvatniji, autoritativniji i reprezentativniji. Kako bi se osiguralo da su informacije tačne i korisne, SZO je osnovao tim koji će svima pružiti pravovremene, tačne i lako razumljive savete, iz pouzdanih izvora. Uz to, svakodnevni izveštaji o situacijama i konferencije za štampu, kao i informisanje sa vladama, informišu svet o najnovijim podacima, informacijama i dokazima. Mnogo društvenih medija i tehnoloških kompanija blisko sarađuju sa SZO kako bi pomogle u protoku pouzdanih informacija, uključujući Instagram, Linkedin i TikTok, a četbotovi na platformama Whatsapp-a i Viber-a okupile su milione pratioca, šaljući blagovremena ažuriranja i izveštaje.

3) Obezbediti da vitalne potrepštine stignu do zdravstvenih radnika na prvoj liniji

Lična zaštitna oprema je neophodna da bi se osiguralo da zdravstveni radnici mogu spasiti živote, uključujući i sopstvene. Do sada je SZO isporučila više od dva miliona predmeta lične zaštitne opreme u 133 zemlje i priprema se za isporuku još dva miliona predmeta u narednim nedeljama. Više od milion dijagnostičkih testova poslato je u 126 zemalja, u svim regionima, a prikuplja se još. Međutim, potrebno je mnogo više, a SZO sarađuje sa Međunarodnom privrednom komorom, Svetskim ekonomskim forumom i drugima u privatnom sektoru, kako bi pojačali proizvodnju i distribuciju neophodnih medicinskih potrepština. SZO je 8. aprila pokrenula “Radnu grupu UN COVID-19 lanac snabdevanja”, koja ima za cilj da dramatično poveća isporuku osnovne zaštitne opreme tamo gde je to potrebno.

4) Obuka i mobilizacija zdravstvenih radnika

SZO ima za cilj da obuči milione zdravstvenih radnika, putem svoje platforme OpenWHO. Zahvaljujući ovom onlajn alatu, organizacija i njeni ključni partneri prenose znanje o spašavanju života osoblju na prvoj liniji. Korisnici učestvuju u svetskoj mreži društvenog učenja zasnovanoj na interaktivnim, onlajn kursevima i materijalima koji pokrivaju različite teme. OpenWHO takođe služi kao forum za brzo deljenje ekspertize o javnom zdravlju i temeljnu diskusiju i povratne informacije o ključnim pitanjima. Do sada se više od 1,2 miliona ljudi prijavilo na 43 jezika.
Države su takođe podržane od stručnjaka, raspoređenih širom sveta od strane Globalne mreže za upozoravanje i odzivanje (GOARN). Tokom izbijanja mreža obezbeđuje da se odgovarajuća tehnička ekspertiza i veštine nalaze na terenu, kada i gde su najpotrebnije. Timovi hitne medicinske pomoći takođe su važan deo globalne zdravstvene radne snage. Ovi timovi su visoko obučeni i samodovoljni i šalju se na mesta identifikovana kao zone elementarne nepogode ili vanredne situacije.

5) Potraga za vakcinom

Laboratorije u mnogim zemljama već vrše ispitivanja za koja se očekuje da će, na kraju, dovesti do vakcine. U pokušaju da se ti napori povežu, SZO je u februaru oku-

(Izvor: https://news.un.org/)

pila 400 vodećih svetskih istraživača kako bi identifikovala istraživačke prioritete. Agencija je pokrenula „Solidarno ispitivanje“, međunarodno kliničko ispitivanje, u kome je učestvovalo 90 država, kako bi se pronašlo efikasno lečenje. Cilj je brzo otkriti da li neki postojeći lekovi mogu da usporavaju napredovanje bolesti ili povećaju preživljavanje.
Da bi bolje razumeli virus, SZO je razvila protokole istraživanja koji se koriste u više od 40 zemalja, na koordinisani način, a oko 130 naučnika, finansijera i proizvođača iz celog sveta potpisalo je izjavu kojom se obavezuje da sarađuje sa SZO na ubrzanju razvoja vakcine protiv COVID-19.

Pomoć najsiromašnijima i najugroženijima

Na njegovoj konferenciji za novinare 8. aprila, dr. Tedros je rekao da je SZO uključena u brojne druge inicijative i akcije, ali da se sve one nalaze u okviru ovih pet osnovnih stubova. On je rekao da je fokus agencije “na radu sa zemljama i sa partnerima, kako bi se svet okupio da bi se zajedno suočili sa ovom zajedničkom pretnjom”. Posebna zabrinutost, dodao je on, postoji za najsiromašnije i najugroženije u svetu, u svim državama, a SZO je posvećena da „služi svim ljudima sveta jednakošću, objektivnošću i neutralnošću.“

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HOW DOES THE WHO HELP FIGHT THE COVID-19 PANDEMIC?

Ever since the first cases were identified in the Chinese city of Wuhan in December 2019, the World Health Organization (WHO) has played a crucial role in tackling the COVID-19 pandemic. In one of many press conferences related to this pandemic, the WHO director-general Dr. Tedros Adhanom Ghebreyesus, outlined five ways the agency is leading the global response.

1) Helping countries to prepare and respond

The WHO has issued a COVID-19 Strategic Preparedness and Response Plan, which identifies the major actions countries need to take, and the resources needed to carry them out. The plan, which is updated as fresh information and data improve the WHO’s understanding of the characteristics of the virus and how to respond to it, acts as a guide for developing country-specific plans.
The health agency’s six regional offices, and 150 country offices, work closely with governments around the world to prepare their health systems for the spread of COVID-19, and to respond effectively when cases arrive and begin to mount. With partners, the WHO set up the COVID-19 Solidarity Response Fund, to ensure patients get the care they need, and frontline workers get essential supplies and information; and to accelerate research and development of a vaccine and treatments for all who need them. With donations from governments, the private sector and individuals, more than $800 million has been pledged or received for the response so far.

2) Providing accurate information, busting dangerous myths

The internet is awash with information about the pandemic, some of it useful, some of it false or misleading. In the midst of this “infodemic”, the WHO is producing accurate, useful guidance that can help save lives. This includes around 50 pieces of technical advice for the public, health workers and countries, with evidence-based guidance on every element of the response and busting dangerous myths. The health agency benefits from the expertise of a global network of health professionals and scientists, including epidemiologists, clinicians and virologists, to ensure that the response is as comprehensive, authoritative and representative as possible.
To ensure information is correct and helpful, the WHO set up a team to give everyone access to timely, accurate and easy-to-understand advice, from trusted sources. In addition, daily situation reports and press briefings, as well as briefings with governments, are keeping the world informed about the latest data, information and evidence. Many social media and tech companies are working closely with the WHO to aid the flow of reliable information, including Instagram, Linkedin and TikTok; and chatbots on the Whatsapp and Viber platforms have garnered millions of followers, sending out timely updates and reports.

3) Ensuring vital supplies reach frontline health workers

Personal protective equipment is essential to ensure health professionals are able to save lives, including their own. So far, the WHO has shipped more than two million items of personal protective equipment to 133 countries and is preparing to ship another two million items in the coming weeks. More than a million diagnostic tests have been dispatched to 126 countries, in all regions, and more are being sourced. However, more is needed, and the WHO is working with the International Chamber of Commerce, the World Economic Forum, and others in the private sector, to ramp up the production and distribution of essential medical supplies. On 8 April, the WHO launched a “UN COVID-19 Supply Chain Task Force”, which aims to dramatically increase the supply of essential protective equipment where it is needed.

4) Training and mobilizing health workers

The WHO is aiming to train millions of health workers, via its OpenWHO platform. Thanks to this online tool, life-saving knowledge is being transferred to frontline personnel by the Organization, and its key partners. Users take part in a worldwide, social learning network, based on interactive, online courses and materials covering a variety of subjects. OpenWHO also serves as a forum for the rapid sharing of public health expertise, and in-depth discussion and feedback on key issues. So far, more than 1.2 million people have enrolled in 43 languages.
Countries are also being supported by experts, deployed around the world by the WHO’s Global Outbreak Alert and Response Network (GOARN). During outbreaks, the network ensures that the right technical expertise and skills are on the ground where and when they are needed most. Emergency Medical Teams are also an important part of the global health workforce. These teams are highly trained, and self-sufficient, and are sent to places identified as disaster or emergency zones.

5) The search for a vaccine

Laboratories in many countries are already conducting tests for a vaccine. In an attempt to combine these efforts, the WHO brought together 400 of the world’s leading researchers in February to identify research priorities.
The agency launched a “Solidarity Trial”, an international clinical trial, involving 90 countries, to help get an effective treatment. The aim is to rapidly discover whether any existing drugs can slow the progression of the disease or improve survival.
To better understand the virus, the WHO has developed research protocols that are being used in more than 40 countries, in a coordinated way, and some 130 scientists, funders and manufacturers from around the world have signed a statement committing to work with the WHO to speed the development of a vaccine against COVID-19.

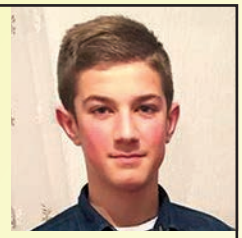
Helping the poorest and most vulnerable

In his 8 April press briefing, Dr. Tedros said that the WHO is involved with many other initiatives and actions, but all of them come under these five essential pillars. The agency’s focus, he said, is “on working with countries and with partners to bring the world together to confront this common threat together”. A particular concern, he added, is for the worlds poorest and most vulnerable, in all countries, and the WHO is committed to “serve all people of the world with equity, objectivity and neutrality.”

(Source: https://news.un.org/)

KOJA JE VAŠA PORUKA NEKOM KO VAM NEDOSTAJE, A SA KIM NE MOŽETE DA SE SASTANETE ZBOG SOCIJALNOG DISTANCIRANJA?

Danijel Marinković



Meni puno toga nedostaje, poput druženja sa drugovima u školi i kod kuće...Ali najviše mi nedostaje moja tetka Olivera koja živi u Beogradu i tetka Dušica koja živi u Švajcarskoj. Nadam se da će sve ovo brzo da se završi i da ćemo se videti. Volim ih najviše na svetu!

I miss a lot of things, like hanging out with friends at school and at home ... But most of all I miss my aunt Olivera who lives in Belgrade and aunt Dusica who lives in Switzerland. I hope this will end soon and we will see each other. I love them the most in the world!

Sofija Jovanović

Moja poruka za mog tatu je da mi mnogo nedostaje i da ga puno volim. Tata volim te puno i volela bih da se brzo završi ovaj virus i da nam ti dođeš ili da mi dođemo tebi. Znam da si sam i da brineš za nas i mi brinemo za tebe. Mi smo dobro, nekako se snalazimo. Ne izlazimo iz našeg dvorišta. Sa sekom se igramo u kući i dvorištu. Nadam se da si i ti dobro i da se čuvaš. Moja poruka za tatu ČUVAJ SE I NE IZLAZI IZ KUĆE. VIDIMO SE USKORO.

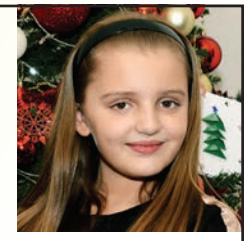
My message to my dad is that I miss him a lot and love him a lot. Daddy, I love you so much and I wish the pandemic will end soon and that you come to us or we come to you. I know that you are alone and that you care about us as we care about you. We are well, we are managing somehow. We don't go out of our yard. My sister and I play in the house and yard. I hope you're doing well and taking care of yourself. My message to dad: TAKE CARE AND STAY AT HOME. SEE YOU SOON.

Luka Somić

Prolećni raspust sam planirao da provedem u Beogradu kod mog rođaka Mateje. Zbog novonastale situacije ostali smo kod kuće, moja porodica i ja. Mateji želim da u zdravlju provede Uskršnje praznike, pa kad sve ovo prođe, za vreme letnjeg raspusta, da dođe on kod mene.

I've planned to spend spring school break in Belgrade with my cousin Mateja. Due to the new situation, my family and I stayed at home. I wish Mateja to spend Easter holidays in good health, so when this is all over, during the summer break, he may come to my place.

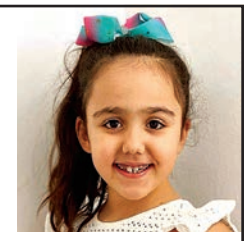
Lea Nikšić



Moja poruka onima koji mi nedostaju i koje ne mogu da vidim zbog društvenog distanciranja je da iako nam svakoga dana nedostaje svakodnevna ljubav koju ukazujemo jedni drugima, moramo imati na umu da je društveno distanciranje za naše dobro i za dobro naše zemlje, i moramo u potpunosti poštovati svako higijensko pravilo. Ova posebna posveta je za moje dve bake koje mi jako nedostaju i želim im puno zdravlja i sreće tokom ove pandemije. Na kraju, želim da vam kažem da jedva čekam da osetim zagrljaje svojih divnih dveju baka. VOLIM VAS!

My message to those that I miss and can't meet because of social distancing is "even though we miss people's daily love for each other every single day, we need to remember that social distancing is for our own good and for the good of our country, and we must respect every rule of hygiene with precision. This special dedication goes to my two grandmothers whom I am missing very much and I wish them much health and luck in this time of pandemic. At the end, I want to tell you that I can't wait to feel the embraces of my two wonderful grandmothers. "I LOVE YOU!"

Tiara Shala



Puno mi nedostaje moja učiteljica Egzontina Meća i vršnjaci iz razreda. Tokom vremena koje sam provela kod kuće, napisala sam i posvetila im pesmu: Ja sam Tiara, dolazim iz Prištine,Malo sam uznemirena zbog ove karantine!,Pohađam časove u školi "Hasan Priština", Moja učiteljica je prelepa Egzontina. Nedostaju mi škola i knjige, A želim videti i svoje prijatelje! Radujem se našem susretu, Kada ću vas s ljubavlju držati u zagrljaju!

I miss my teacher Egzontina Meqa and my classmates very much. During my time at home, I've dedicated a poem to them: I am Tiara, I come from Prishtine. I'm a little upset about this quarantine! I attend lessons at the school "Hasan Prishtina", My teacher is beautiful Egzontina. I miss school and books, As well as my friends! I look forward to meeting you, And with much love embracing you!

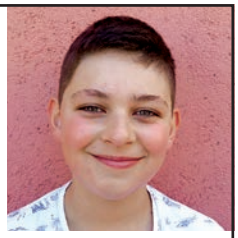
Driana Pecani

Moja poruka onima sa kojima se ne viđam zbog društvenog distanciranja je da mi nedostaju, i da uprkos okolnostima možemo komunicirati svaki dan putem interneta, do dana kada se ponovo budemo sreli. A ovo će se sigurno dogoditi nakon nekog vremena, pa vam želim reći DA VAS VOLIM!!!!! Ovo posvećujem svojim dvema dragocenim prijateljicama Lei i Alei.

My message to those that I have not met due to social distancing is that I miss them, and despite the circumstances we can communicate every day through the Internet until we meet again. And this will certainly happen after a while, so I want to tell you that I LOVE YOU!!!!! I dedicate this to my two precious friends Lea and Alea.

WHAT IS YOUR MESSAGE TO SOMEONE YOU ARE LONGING TO MEET, BUT YOU CANNOT BECAUSE OF COVID-19?

Mihajlo Hectić



Čuvaj se ujače na tom velikom brodu u tamo nekoj zemlji, čekam te da nam se vratiš živ i zdrav kako bih te ponovo zagrlio.

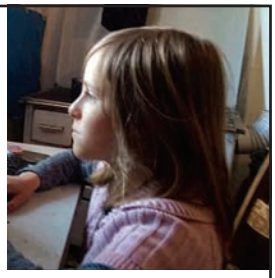
Uncle, be careful while on that big ship whereever you are, I am waiting for you to come back safe and sond and hug you again.

Dajana Ivković

Ja sam Dajana.Učenica sam Osnovne škole u Kos. Kamenici. Svuda u svetu je vanredno stanje. Distancirana sam od ljudi koje volim. Ima ih dosta, ali meni baš nedostaje moja sestra. Zove se Andrijana i živi u Nišu. Moja poruka njoj je da je mnogo volim, da mi nedostaje druženje i pevanje sa njom i da cu otići kod nje prvom prilikom kad nam zabrane budu ukinute. Pozdrav!

My name is Dijana. I am a student of primary school in Kosovska Kamenica. There is a state of emergency everywhere in the world. I distance myself from the people I love. There are many, but I really miss my sister. Her name is Andrijana and she lives in Nish. My message to her is that I love her so much, I miss hanging out with her and singing along, and I'll visit her at the first opportunity when our travel bans are lifted. Greetings!

Nikolija Maksimović



Najviše mi nedostaje učiteljica Miljana i drugari iz razreda. Mi nastavljamo tamo gde smo stali, vežbamo, učimo i družimo se preko interneta. Sviđa mi se kod ovih časova što radimo svašta zanimljivo i vidimo jedni druge. Ali jedva čekam da krenemo u školu i da vidim svoju učiteljicu i drugare. Moja poruka za njih je da ne izlaze iz kuće, da se čuvaju kako bi ovaj virus prošao i kako bismo što pre bili zajedno!

I miss my teacher Miljana and classmates the most. We continue where we left off, with online learning, practicing and socializing. I like these school lessons because we do interesting things and see each other. But I can't wait to go back to school and see my teacher and classmates. My message to them is to stay at home and take care, in order to stop the virus and to be together as soon as possible!

Lea Drenori

Od 14. marta nisam videla svoju rođaku Violu. Obično se sastajemo najmanje jednom nedeljno. Ali da bismo sačuvali svoje zdravlje, odlučili smo da se ne sastajemo. Sada komuniciramo samo pomoću tehnologije. Nedostaje mi da je vidim, bar na minut, i da je čvrsto zagrlim. Međutim, za sada je važno ostati zdrav, pa zato: ostanite kod kuće, često perite ruke, ne dodirujte lice, izbegavajte mesta gde ima drugih ljudi, čitajte knjige i igrajte se sa svojom braćom i sestrama.

Since March 14, I have not met my cousin Viola. Usually, we meet at least once a week. But in order to maintain our health, we decided not to meet. Now we communicate only through technology. I miss meeting her, at least for a minute, and hugging her tightly. However, for now it is important to stay healthy, so: "stay home, wash your hands often, avoid touching your face, avoid places where there are other people, read books and play with your siblings.

Dea Berisha

Moja poruka svim ljudima koje volim je: „Molim vas ostanite kod kuće za dobrobit svog zdravlja i celog društva. Svesni smo da su se od 12. marta 2020. životi svih nas veoma iznenada promenili, iako mi nismo želeli da se promene, zbog virusa COVID-19. Moji ljudi koje puno volim i čija mi fizička prisutnost puno nedostaje, kao što si ti – tetko (s majčine strane), ujače, tetko (sa očeve strane), učiteljice, prijatelju i posebno moji bako i deko, imajte još malo strpljenja, brinite se za svoje zdravlje, zaštitite sebe i druge kako biste se sa sigurnošću suprotstavili ovom nevidljivom neprijatelju i sa nadom da ćemo što pre izaći iz ove neobične situacije bezbedni i zdravi.

My message to all the people I love is: "Please stay home for the good of your health and of the whole society. We are aware that since March 12, 2020, the lives of all of us have changed very suddenly and against our wishes due to COVID-19. My people that I love you very much and physically miss you very much, such as you – aunts and uncles, teachers, friends and especially my grandparents, have a little more patience, take care of your health, protect yourself and others in order to challenge this invisible enemy with confidence and hope that we will overcome this unusual situation safe and sound, as soon as possible.

Tia Shabanaj

Imam poruku za jednu veoma važnu osobu u mom životu. To je moja učiteljica kojoj poručujem: „Draga učiteljice, nadam se da ste dobro i ja sam takođe dobro. Volela bih da ovo vreme prođe što je brže moguće i da se sa svojim drugovima i drugaricama iz razreda vratim u školsku klupu i nadam se da ćemo uspeti da imamo koristi od znanja koje nam prenosite sa toliko ljubavi i brige. Grlim vas svim srcem i nadam se da ćemo se videti uskoro."

I have a message for a very important person in my life - my teacher to whom I say: "Dear teacher, I wish you well, and I am well, too. I wish for this time to pass as soon as possible and that I, together with my classmates, return to the school benches and that we still manage to benefit from the knowledge that you pass on to us with so much love and care. I embrace you with all my hearth and wish to see you soon."

UTICAJ COVIDa-19 NA MLADE LJUDE

Globalna pandemija 2020. godine je zahvatila svaku osobu u svakom aspektu njegovog/njenog života. Svet je usporio svoj brzi tempo i čini se da se sve smiruje. Ljudi su napustili dinamičan život i zatvoreni su u svojim domovima, prvi put nakon mnogo godina. Ova ogromna promena načina života je definitivno imala ogroman efekat. Taj efekat je primećen i kod nas, mladih. Učenje, druženje i rekreacija, poprimili su različito značenje i ostvaruju se novim metodama. Moram ipak reći da efekti COVIDa-19 na moj život nisu u potpunosti negativni.

Naravno, ostati izolovan od sveta dok sedite kod kuće nije dobra stvar. Međutim, može se reći da je u svetu u kojem većinu dana provodimo napolju, radeći, boravak kod kuće je gotovo dobra promena. Boravak u kući omogućio mi je da provodim više vremena sa porodicom, što dugo nisam radio. Kad nismo bili u karantinu, budio sam se u šest ujutro i vraćao se kući tek u sedam uveče. Čak i kad bih se vratio, radio sam domaći ili učio. Često nisam mogao da ostanem sa svojim roditeljima. Sada kada smo svi zajedno, osećam se srećno i dovoljno mirno, jer imam nekoga sa kim mogu da ostanem kući. Tokom ovog perioda sam postao veoma blizak sa svojom porodicom.

Učenje nije problem. U stvari, sada sam mnogo efikasniji tokom nastave. Radim vrednije, čitam više i trudim se više, jer me je potreba da naučim stvari bez pomoći drugih naterala da ubrzam tempo učenja. Onlajn konferencije sa nastavnicima su prilično efikasne i svi nastavnici daju sve od sebe da nam pomognu. Mogu reći da će mi ova metoda učenja puno pomoći kada dođe vreme za moje univerzitetske studije. Ovakav način učenja je stvorio neku vrstu nezavisnosti u smislu kako učim stvari, što je prilično dobro.

S druge strane, druženje sa drugima je malo teže. Nedostaju mi prijatelji iz škole i želim da izađem u šetnju sa njima. Međutim, uz pomoć tehnologije, mogu da razgovaram sa njima svakoga dana i razgovaramo jedni sa drugima bez problema. Video pozivi ili čak jednostavne poruke, postali su za mene vrlo važni alati, jer su to alati koji me povezuju sa spoljnim svetom u ovo turbulentno vreme.

Izolacija sigurno ima svojih nedostataka. Fizički sam manje aktivan i spavam mnogo duže nego inače, ali sa druge strane, ova izolacija je takođe pozitivno uticala na mene. Veliki stres brzog života u ovom veku je nestao i uspevam da se lepo provedem sa svojom porodicom. Sve vreme pokušavam da sagledam dobru stranu svega ovoga, jer će tako sve lakše proći. Nadam se da ni drugi neće imati puno poteškoća u suočavanju sa ovim izazovom koji je zahvatio ceo svet.

B.R.

THE IMPACT OF COVID-19 ON YOUNG PEOPLE

The global pandemic of 2020 has affected every person in every aspect of his or her life. The world has slowed down its fast pace and everything appears to be calming down. People have left their dynamic life and are confined in their homes for the first time in many years. This huge lifestyle change has certainly had a huge effect. Such an effect has been noticed also in us, the young people. Learning, socializing and recreation have taken on a different meaning and are achieved through new methods. However, I must say that the effects of COVID-19 on my life are not entirely negative.

Of course, staying isolated from the world while staying home is not a good thing. However, it can be said that in a world where we spend most of the day outside, working, staying at home is quite welcome. Staying at home has enabled me to spend more time with my family, which I hadn't done in a long time. Before the quarantine, I used to wake up at six in the morning and did not return home until seven in the evening. Even when I came back, I was doing homework or learning. I often could not stay with my parents. Now that we are all together, I feel happy and sufficiently calm to have someone to stay home with. During this time I've become very close to my family.

Learning is not a problem. In fact, I am now much more effective during class. I work harder, I read more, and I try harder, as the need to learn things without the help of others has made me elevate my pace of learning. Online conferences with teachers are quite effective and all teachers are giving their best to help us. I can say that this method of learning will help me a lot when the time for my university studies comes. This kind of learning has created a kind of independence in terms of how I learn things, which is pretty good.

On the other hand, socializing with others is a little harder. I miss my school friends and I want to go out for a walk with them. However, with the help of technology, I am able to talk to them every day and talk to each other without any problems. Video calls or even simple messages have become very important tools for me, as they are tools that connect me to the outside world at this turbulent time.

Isolation certainly has its drawbacks. I have reduced my physical activity and also sleep much longer than usual, but on the other hand, this isolation has also had a positive effect on me. The great stress of the fast-paced life of this century has disappeared, and I have been able to have a good time with my family. All the time, I try to look at the good side of all this, since that way all this will pass more easily. I hope that others will also not have much difficulty in facing this challenge that has engulfed the entire world.

B.R.

PORUKA SA NASLOVNE STRANE NAŠEG MAGAZINA: # O s t a n i K o d K u ć e

KOPNO OKRUŽENO VODOM

MAJSTOR ZA DRVENARIJU

JAPANSKA MERA ZA POVRŠINU

DIMOV MUSKETAR

GRČKO SLOVO / GLUMICA RAJDER

FRANCUSKA GLUMICA, ANA

KISEONIK

DOTICAJ (MN.)

KILOVOLT-AMPER

U. C.

ŽENSKI POTOMAK

ENERGIJA

LOPOV (STR.) / FRANCUSKI REŽISER, ROŽE

ZNAČAJNI LJUDI

KONJI U NARODNIM PESMAMA

ONO ŠTO JE DANO

ITALIJA

JEDAN ŠKOLSKI PREDMET (BROJEVI)

ANTIKA

MERA ZA TEŽINU

R. L.

DRŽAVA U ITALIJI

KOŠTUNJAV PLOD (MN.)

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PEVAČ, RAHIMOVSKI / MORSKA RIBA

GLAVNI GRAD GRČKE

ARGON / DOMAĆA ŽIVOTINJA (MN.)

TEMPO / RAVNA POVRŠINA

NAUKA U MEDICINI / ŽIVOTINJSKI POROD (MN.)

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ITALIJANSKA GLUMICA, VITI / METAR

IRIDIJUM

SILAN, SNAŽAN

ŽITELJ AMERIKE

OKVIR ZA SLIKU / VULKANSKA TEČNA MASA

K. E. / POVREDITI, OZLEDITI

RADIJUS / ALE, AŽDAJE

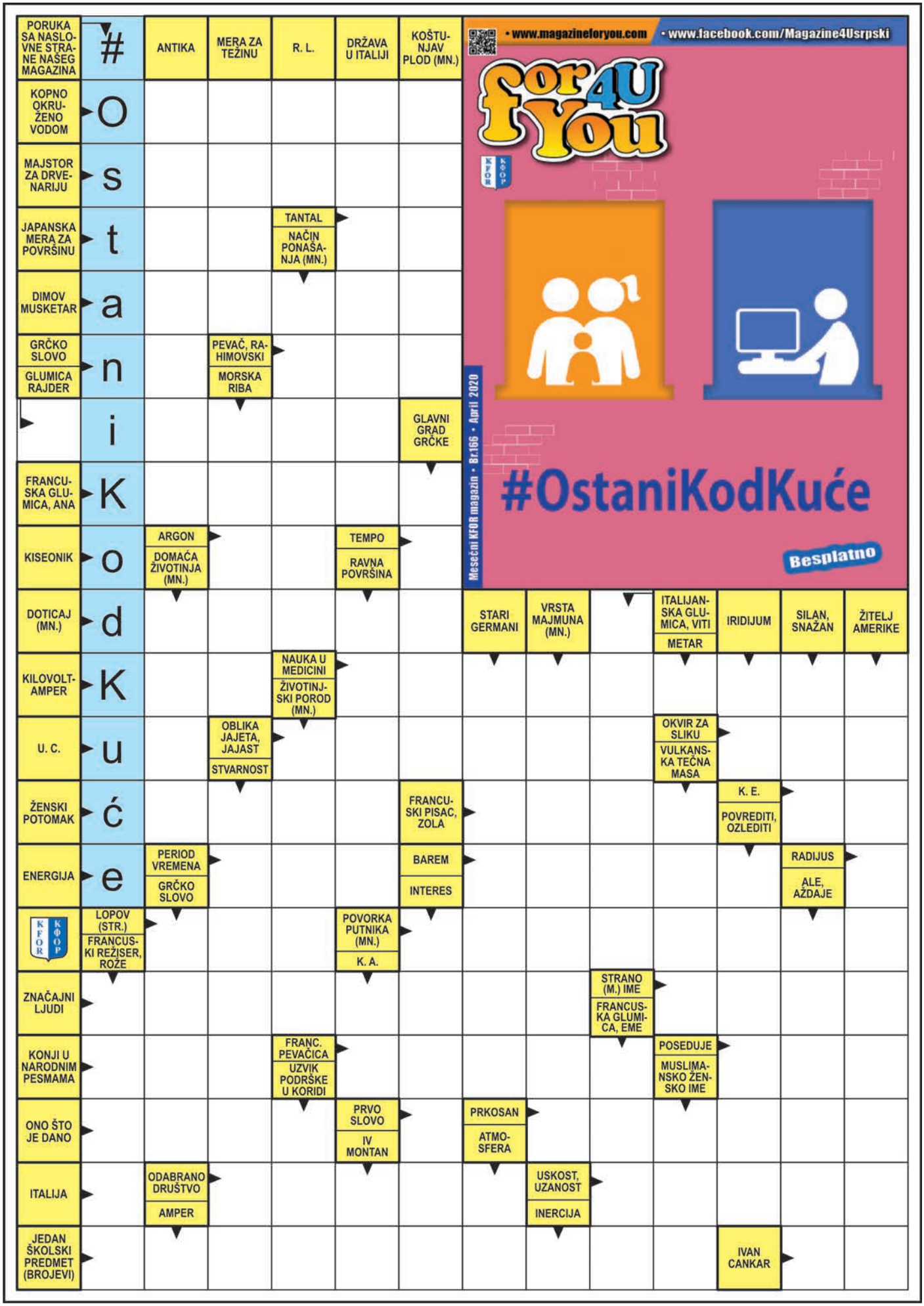
STRANO (M.) IME / FRANCUSKA GLUMICA, EME

POSEDUJE / MUSLIMANSKO ŽENSKO IME

PRKOSAN / ATMOSFERA

USKOST, UZANOST / INERCIJA

IVAN CANKAR



Pisma čitalaca

Pozdrav svima,
Ja sam Anastasija i imam dvanaest godina. Redovno čitam Magazin For You, a posebno volim rubrike posvećene sportu i muzici. U slobodno vreme volim da čitam i gledam filmove. Moja omiljna serija je "Stranger things". Volela bih i da u skorije vreme objavite poster mog omiljenog glumca Ashton Kutcher-a. Pozdravljam sve koji me znaju!
Anastasija Radovanović
OŠ "Vuk Karadžić"
Lepina

Ćao,
Zovem se Jovan i sedmi sam razred. Omiljeni sport mi je fudbal, koji treniram.Film koji obožavam je "Montevideo, vidimo se", a glumac Miloš Biković, čiji poster bih voleo da objavite u Magazinu For You. U slobodno vreme volim da igram igrice sa svojim drugarima. Šaljem pozdrave svim mojim vršnjacima na Kosovu.
Jovan Marinković,
OŠ "Vuk Karadžić"
Lepina

Pozdrav svima,
Ja sam Marija i idem u sedmi razred. Imam puno drugarica sa kojim najviše volim da provodim slobodno vreme. Ima puno stvari koje me interesuje, volim da pevam, da igram, bavim se baletom. Omiljeni pevač mi je reper Rasta, pa bih volela da u skorije vreme pročitam u Magazinu nešto o njemu. Takođe volim da gledam filmove i serije na Netflixu. Srdačan pozdrav svima,
Marija Sekulić,
OŠ "Kralj Milutin",
Gračanica

Zdravo,
Ja sam Igor i imam dvanaest godina. Omiljena rubrika u Magazinu For You mi je o muzici. Dosta slobodnog vremena provodim na društvenim mrežama ili igram igrice. Omiljeni pevač mi je Gibonni, pa bih voleo da uskoro objavite njegov poster. Pozdravljam vas!
Igor Arsenijević
OŠ "Kralj Milutin",
Gračanica

Ćao svima,
Zovem se Jovana i imam dvanaest godina. Treniram odbojku i mnogo volim taj sport. Redovno čitam Magazin For You, a najviše mi se sviđaju rubrike o životinjama i modi. Omiljena pevačica mi je Billie Eilish, a od filmova volim komedije i "Ice age". Slobodno vreme provodim tako što se družim sa drugarima iz odeljenja ili idem na treninge. Na ovaj način želim da pozdravim sve koje poznajem.
Jovana Denić,
OŠ "Vuk Karadžić"
Lepina

Br.166

Pitanja:

1. Moja najomiljenija pevačica/grupa: _____
2. Moja najomiljenija ploča/CD: _____
3. Koji je vaš najomiljeniji film: _____
4. Moj najomiljeniji/a glumac/glumica: _____
5. Rado bih želeo/želela poster: _____
6. Kako provodiš svoje slobodno vreme: _____
7. Moj omiljeni sport: _____

Ako želiš da napišeš još nešto (možda o tvojim hobijima, kako ti se sviđa magazin ili šta te posebno zanima), jednostavno napiši ispod:

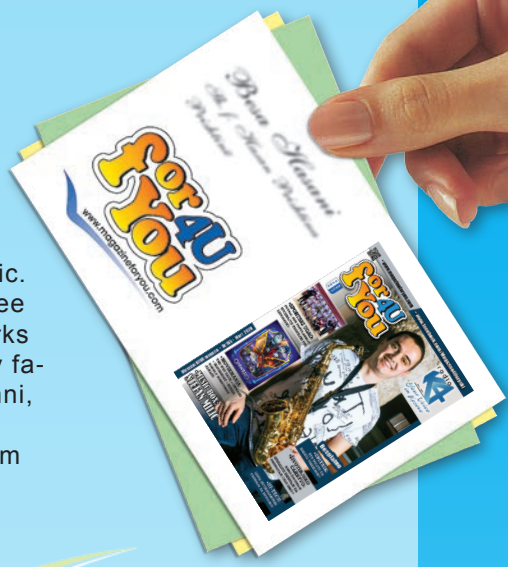
Reader's letters

Hello to everyone,
My name is Anastasia and I am twelve years old. I regularly read For You Magazine, and I especially love the columns dedicated to sports and music. In my spare time, I like to read and watch movies. My favorite series is Stranger Things. I would also love you to publish a poster of my favorite actor Ashton Kutcher soon. Hello to everyone who knows me!
Anastasija Radovanović
PS "Vuk Karadzic" Lepina

Ciao,
My name is Jovan and I am in the seventh grade. My favorite sport is football, which I train. In my spare time I like to play games with my friends. Warm regards to all my peers in Kosovo.
Jovan Marinkovic,
PS "Vuk Karadzic" Lepina

Greetings to everyone,
I'm Marija and I am in the seventh grade. I have a lot of friends that I like to spend my spare time with them the most. There are many things that interest me: I love to sing, to dance, I play ballet. My favorite singer is rapper Rasta, so I would love to read something about him in the Magazine soon. I also like to watch movies and series on Netflix. Kind regards to everyone,
Marija Sekulic,
PS "Kralj Milutin", Gracanica

Hello,
I'm Igor and I'm twelve years old. My favorite column of For You Magazine is the one about music. I spend a lot of my free time on social networks or playing games. My favorite singer is Gibonni, so I would like you to publish a poster of him soon. I salute you!
Igor Arsenijevic
PS "Kralj Milutin", Gracanica



Hi everyone,
My name is Jovana and I'm twelve years old. I practice volleyball and I love sports a lot. I read For You Magazine on a regular basis, and I like the most the columns about animals and fashion. My favorite singer is Billie Eilish, and I like comedies and animated films such as Ice Age. I spend my free time hanging out with classmates or going to trainings. I'd like to greet everyone I know in this way.
Jovana Denic,
PS "Vuk Karadzic" Lepina

Br.166

Dragi čitaoci našeg magazina!

Treba nam vaša pomoć!

Napišite na ovoj kartici:

- Šta vas zanima
- Šta volite
- Šta želite

Ovo je vaša prilika da učestvujete u pravljenju našeg magazina. Zato bismo voleli da ispunite ovu karticu i da je date bilo kom KFOR vojniku ili da je pošaljete poštom.

Srdačan pozdrav! ***for You***

Napišite vašu adresu:

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Ime: _____

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For You magazine
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10 000 Pristina

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for You
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