

# 4You

magazine

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Magazine4Usrpski

magazine4usrpski



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MUSICBOX  
SENIDAH

Besplatno

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## Uvodnik

**Dragi čitaoci, s vremena na vreme priprema uvodnika magazina „4You“ mi pričinjava posebno zadovoljstvo jer kroz ovaj kratki članak imam privilegiju da vas obavestim o izvanrednim dostignućima koje naše uredništvo obeležava.**

#### **4You magazin za sve**

*Kao što znate, jedan od naših glavnih ciljeva je da spremimo magazin koji mogu da čitaju svi tinejdžeri na Kosovu. Stoga je ovo izdanje našeg magazina veoma posebno, jer je u punom smislu reči ovo prvo potpuno sveobuhvatno izdanje.*

#### **Magazin se ponovo štampa Brajevom azbukom**

*Posle ne tako dugog vremenskog perioda, magazin „4You“ će ponovo početi da izlazi na Brajevoj azbuci, što će omogućiti svim mladim ljudima na Kosovu koji imaju problema sa vidom da sami čitaju magazin.*

#### **Verzija na pet jezika koji se govore na Kosovu**

*Pored izdavanja verzije magazina pisanog Brajevom azbukom, ovog meseca naš magazin će takođe biti objavljen na jezicima svih zajednica koje žive na Kosovu. Tako da u ovom izdanju imamo verzije na albanskom, srpskom, bosanskom, turskom i na romskom jeziku. Istovremeno, sve verzije magazina i dalje izlaze u dvojezičnom formatu, tako da svaka verzija magazina uključuje i verziju na engleskom jeziku.*

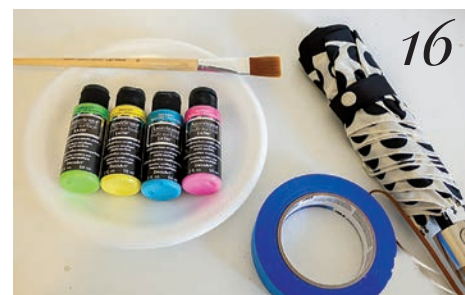
#### **Standardi koje nema nijedan drugi pisani medij na Kosovu**

*U vreme kada na Kosovu ne postoji nijedan pisani medij koji se štampa na papiru, magazin „4You“ nastavlja da donosi i štampanu verziju pored postojeće digitalne. Na ovaj način se staramo da svaki tinejdžer koji živi na Kosovu ima pristup ovom mediju bez ikakvih prepreka.*

*Takođe objavljivanje na pet jezika zajednica koje žive na Kosovu znači da možete da nas čitate na svom maternjem jeziku. A za mene pravi „šlag na tortu“ je povratak verzije pisane Brajevom azbukom. S druge strane, ovo ogromno ulaganje od strane KFOR-a u ovaj medij još jednom pokazuje posvećenost ove misije ne samo da obezbedi mir i bezbednost, već i da pomogne u ujedinjenju mladih ljudi. Magazin „4You“ je projekat koji dokazuje da kada postoji volja, sve je moguće.*

*Leonora*

## Sadržaj



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# Editorial

*Dear readers, from time to time the preparation of the editorial of '4You Magazine' gives me special pleasure because through this short article I have the privilege to inform you about the outstanding achievements that our editorial office marks.*

## **4You Magazine for all**

*As you know, one of our main goals is to prepare a magazine that can be read by all teenagers in Kosovo. Therefore, this issue of our magazine is very special, because in the full sense of the word this is the first all inclusive edition.*

## **The magazine is back in Braille**

*After a not too long period of time, 4You Magazine will start to be published again in Braille, thus enabling all young people in Kosovo who are visually impaired or blind to read the magazine by themselves.*

## **Version in five spoken languages in Kosovo**

*In addition to the publication of the Braille version of the magazine, this month our magazine also comes in versions of the languages of all the communities living in Kosovo. So in this edition we have the versions in Albanian, Serbian, Bosnian, Turkish, and in the Romani language. At the same time, all versions of the magazine continue to be published in a bilingual format, so each version of the magazine includes the English language version as well.*

## **Standards that no other written media in Kosovo has**

*At a time when in Kosovo there is no other written media that continues to be printed on paper, 4You Magazine continues to bring the printed version in addition to the digital version. In this way, we make sure that every teenager living in Kosovo will have the opportunity to have access to this media without any obstacles.*

*Also, the publication in the five languages of the communities living in Kosovo means that you can read it in your native language. And the real 'icing on the cake' for me is the return of the Braille version. On the other hand, this huge investment in this media by KFOR once again shows the commitment of this mission not only to provide peace and security, but also to help unite young people. 4You Magazine is a project that proves that when there is a will, anything is possible.*

*Leonora*

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# 4You magazine

"4You magazine" is an official publication of KFOR, produced and financed by KFOR, printed in Kosovo and distributed freely. The contents do not necessarily reflect the official point of view of the coalition or that of any of its member states. KFOR accepts and welcomes your opinions, it will publish some of these, eventually in a condensed form. If requested the name of the writer will be withheld but no anonymous, defamatory or malicious letters will be printed.

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Cover:  
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# ĐORĐE NAČIĆ: 'OSLONITE SE SAMI NA SEBE I PRONAĐITE SVOJ PUTOVANJE'



Na početku razgovora sa Đorđem saznajemo da mu škola nije naporna, da voli da uči, kao i da su mu roditelji i nastavnici usadili rutinu rada u ispunjavanju školskih obaveza. Planira da se u budućnosti bavi programiranjem, jer voli kompjutere i video igrice, a i matematika mu je jedan od omiljenih predmeta. „Svaka osoba u mladosti razmišlja o tome što želi postati u budućnosti. Moje omiljeno zanimanje je programer, daću sve od sebe da ga uspešno savladam. Kao programera, privlači me mogućnost rada na daljinu - da ne posećujem kancelarije i ne gubim vreme na putovanja u prevozu. Uostalom, vreme je novac“, kaže, uz smeh, ovaj četrnaestogodišnjak.

## *Programiranje kao strast i budući poziv*

Dodaje da živimo u vremenu informatičke tehnologije, kao i da će uloga interneta u našim životima biti sve veća. Prema njegovim rečima „učenje programiranja danas je prilika da sutra budete u korak s vremenom“. On smatra da je ova oblast sledeća etapa u razvoju čovečanstva, koja će uskoro promeniti svet do neprepoznatljivosti. Đorđe voli da izlazi sa prijateljima i da se druži, a nađe i vremena da se bavi sportom - fudbalom i košarkom. U lokalnom košarkaškom klubu odnedavno je započeo sa treninzima, a uspeo je da oko sebe okupi veliki broj drugih dečaka, zaljubljenika u ovaj sport. „Trudim se da vodim računa o ishrani, načinu života i disciplini. Da bi bili uspešni u bilo kom poslu, potrebno je uložiti puno rada, truda i znoja. Želja mi je da uvek budem na nivou zadatka i da postignem što bolje rezultate, kako u učenju, tako i u drugim sferama života“, kazao je Đorđe.

OŠ “Miladin Mitić” iz Lapljeg Sela iznedrila je generacije i generacije uspešnih učenika. Učestvujući na raznim takmičenjima, đaci ove škole iz godine u godinu pokazuju zapažene rezultate, ističu svoje talente i osvajaju nagrade. Jedan od njih je i 14-godišnji Đorđe Načić, kojeg upoznajemo u ovom, oktobarskom izdanju 4You Magazina.







## DJORDJE NACIC: *RELY ON YOURSELF AND FIND YOUR OWN PATH*

The elementary school "Miladin Mitić" from Laplje Selo has yielded generations and generations of successful pupils. By participating in various competitions, the pupils of this school show remarkable results year after year, highlight their talents and win prizes. One of them is fourteen-year-old Đorđe Načić, whom we are getting to know in this, October edition of 4You Magazine..

### *Spreman da pomogne svakom*

Od njegovih drugara saznajemo da je ono što ga izdvaja od drugih spremnost da uvek, u svakom trenutku pomogne svakom, bilo da je reč o učenju ili u rešavanju nekih drugih problema. Slobodno vreme Đorđe provodi sa svojim društvom i veoma je aktivan. Poput svih svojih vršnjaka dosta vremena provodi na društvenim mrežama. Od muzike voli sve da sluša, a što se tiče filmova uglavnom gleda komedije i akcije. U budućnosti sebe vidi prvenstveno kao uspešnu i ispunjenu osobu, kako u sportu tako i u privatnom životu. Đorđe ima mnogo planova koje želi da realizuje. Svojim vršnjacima poručuje da rade na sebi jer se uvek svaki trud isplati, kao i da sami sebi budu oslonac. „Oslonite se na sebe i pronađite svoj put. Zaboravite na loše navike, bavite se sportom, čitajte i obrazujte se. Budite vredni i radni. Slušajte svoje roditelje, svoje nastavnike, trudite se i uspeh neće izostati“, kazao nam je ovaj momak.

*Mi Đorđu na njegovom putu želimo sve najbolje. Vas, naše poštovane čitaoce pozivamo da predložite druga ili drugaricu, ili da nam se predstavite, kažete zašto ste najbolji i po čemu se izdvajate od drugih. Pozivamo Vas na upoznavanje, a najbolji od Vas naći će se na stranicama našeg i vašeg 4You Magazina.*

At the beginning of the interview with Djordje, we learn that school is not hard for him, that he likes to study, and that his parents and teachers instilled in him a work routine in fulfilling his school tasks. He plans to do programming in the future, because he likes computers and video games, and math is one of his favorite subjects. "Each individual in their youth thinks about what he or she wishes to become in the future. My favorite profession is programming, and I'll do my best to master it successfully. As a developer, I'm attracted to the possibility of working remotely – so I don't have to go to the office and to lose the time in commuting. After all, time is money", this fourteen-year-old says with a laugh.

### *Programming as a passion and future profession*

He adds that we are living in the age of information technology, and that the influence of the Internet in our lives will be bigger and bigger. According to him, to learn programming is the opportunity to keep up with time in the future. He believes that this field is the next stage in the development of humanity, which will soon change the world beyond recognition. Djordje likes to go out with friends and socialize, and he also finds time to do sports - football and basketball. He recently started training at the local basketball club, and he managed to gather a large number of other boys around him, who love this sport. "I'm trying to take care of my diet, my way of living and discipline. In order to be successful in any business, it is necessary to invest a lot of work, effort and sweat. My

wish is to always be up to the task and to achieve the best possible results, both in learning and in other fields of life", Djordje said.

### *Ready to help anyone*

We learned from his friends that the quality that separates him from the others is his readiness to always help anyone in any moment, regardless if it concerns learning or solving other problems. Djordje spends his free time with his friends and is very active. Like all his peers, he spends a lot of time on social networks. He likes to listen all kinds of music, and in terms of the movies, he mostly watches comedies and action movies. In the future, he sees himself primarily as a successful and fulfilled person, both in sports and in his private life. Djordje has many plans that he wants to fulfil. He sends the message to its peers to work on themselves, since every efforts pays off, as well as to rely on themselves. "Rely on yourself and find your own path. Forget about bad habits, do sports, read and get an education. Be diligent and hardworking. Listen to your parents, your teachers, work hard and success will not fail", this young guy told us.

*We wish all the best to Djordje on his path. We invite you, our dear readers, to propose a friend, or to introduce yourself to us, tell us why you are the best and how you stand out from others. We invite you to introduce yourselves, and the best of you will be on the pages of our and your '4You Magazine'.*





Skoro pa svakodnevno možemo da čujemo kako situacija u svetu, kao i na Kosovu, kada se radi o zaštiti životne sredine nije baš najsajjnija. Problem zagađenja životne sredine postaje tema koja okupira sve više pažnje, budući da njegove posledice postaju sve očiglednije. Vazduh i reke su sve zagađeniji, divlje deponije niču na obodima reka, a mi nismo ni blizu da kontrolišemo posledice klimatskih promena. Svi mi se sa vremena na vreme, zamislimo koliki doprinos možemo da damo kada se radi o ovakvim globalnim problemima. Možda naše akcije, pojedinačno ne menjaju mnogo na svetskom nivou, ali pojedinačne akcije hiljada ili miliona ljudi su već nešto drugo. Stoga je edukacija mladih u vezi sa zaštitom životne sredine od naročitog značaja, budući da su nove generacije nosioci budućnosti i njihov odnos prema životnoj sredini je važno blagovremeno pravilno oblikovati.

### **Mesto ekologije u planu obrazovnog sistema**

Bilo da je u pitanju formalno ili neformalno obrazovanje, prostora

**Zaštita životne sredine je prioritet opstanka ljudskog društva, a pravovremena edukacija mladih o zdravoj životnoj sredini, može tome uveliko doprineti.**

za edukaciju ima. Postoje odlični primeri u praksi, a kao jedan takav vid aktivnog uključivanja bavljenjem ekologijom dece je da nauče šta znači zdrava životna sredina, odnosno šta je ono što joj šteti, su organizovane akcije čišćenja prirode i neposrednog okruženja. Predavanja na ovu temu su takođe deo prakse, kao i akcije sadnje drveća, koje su deci ali i mladima naročito interesantne.

### **Mediji kao sredstvo edukacije i oglašavanja**

Mladi današnjice su fokusirani na virtuelni svet i činjenica je da je ovo smer u kojem se čovečanstvo kreće velikom brzinom. Bitno je baviti se preusmeravanjem pažnje mladih na njihovo fizičko okruženje, uticaj medija i društvenih mreža može biti koristan kao vid edukacije na temu važnosti zaštite životne sredine. Danas različite organizacije i inicijative oglašavaju potrebu za inten-

ziviranom brigom o životnoj sredini i na taj način se ova tema sve više otvara među pripadnicima mlađih generacija. Mladi tako postaju zainteresovani za načine na koje mogu da doprinesu ekološkom cilju i putem medija saznaju o pametnim praksama u težnji ka smanjivanju otpada, pozitivnim efektima štednje energije na životnu sredinu, o vodećim zagađivačima i načinima borbe protiv njih i tome slično.

### **Povratak prirodi**

Stil života koji negujemo nas sa jedne strane razdvaja od prirodnog okruženja i čini prirodni ambijent za nas gotovo stranim, dok sa druge strane upravo ovakva situacija budi u nama potrebu da se vratimo prirodi. Među pripadnicima takozvane Generacije Z je danas veoma rasprostranjena i intenzivna težnja ka jednostavnijem stilu života i prirodnom okruženju, a važno je podržati i generacije koje slede u



ovome i kroz boravak u prirodi ih edukovati o značaju iste. Što se tiče onih najmlađih, ovakva praksa je važna ne bi li ih ona naučila o načinima na koje se odvijaju prirodni procesi i na taj način razumeli zbog čega je važno podržati i ne remetiti ih.

Rutine, navike i odgovornost Edukaciju u vezi sa zaštitom životne sredine bi trebalo vršiti i kroz vaspitnu praksu, te decu od najmlađeg uzrasta učiti obrascima ponašanja koji imaju pozitivan efekat po njihovo okruženje. Pod ovim se podrazumevaju ekološki načini odlaganja otpada, težnja ka minimalizmu i zdrav odnos prema kupovini, te i biranje biorazgradivih pakovanja i izbegavanje plastike za jednokratnu upotrebu. Ono što je važno je to da će svakodnevno ponašanje roditelja postaviti čvrstu osnovu navikama dece u budućnosti, te je važno birati ekološke varijante pri izboru prevoznog sredstva i odeće, govoriti o uštedi energije i u osnovi sve svoje dobre izbore obrazlagati i ostavljati prostora deci da postave eventualna pitanja u vezi sa njima. Budućnost planete je u rukama mladih generacija i vrlo je važno da generacija koja se u ovom trenutku vaspitava i edukuje bude usmerena ka održavanju zdrave životne sredine.

Ono što možemo mi kao pojedinci je to da svojim ličnim primerom, pošaljemo poruku o važnosti ekoloških pitanja, dakle, da ekološki osveščujemo i sebe i druge, jer na taj način pružamo značajan doprinos čitavom čovečanstvu.



## YOUTH AND ENVIRONMENTAL PROTECTION

**Environmental protection is a priority for the survival of human society, and timely education of young people about a healthy environment can greatly contribute to this.**

Nearly every day we hear how the situation in the world, as well as in Kosovo, in terms of environmental protection is not the best. The problem of environmental pollution is becoming a topic that occupies more and more attention, given that its effects are becoming more and more obvious. The air and rivers are increasingly polluted, wild landfills are springing up on river banks, and we are not even close to controlling the effects of climate change. From time to time, we all think about how much we can contribute when it comes to these global problems. Our individual actions perhaps do not make a big difference globally, but individual actions of thousands or millions of people are something else. Therefore, educating young people about environmental protection is of particular importance, since the new generations are the torch-bearers of the future and it is important to shape their attitude towards the environment in a timely manner.

### Ecology in the educational system plan

Whether we are talking about formal or informal schooling, there is room for education. There are excellent examples in practice, and one such form of active involvement of children to deal with ecology is to teach them what a healthy environment means, that is, what harms it, as well as organizing actions to clean up nature and the immediate environment. Lectures on this topic are also part of the practice, as well as tree planting actions, which are particularly interesting for children as well as for young people.

### Media as education and advertising tools

Today's youth are focused on the virtual world and the fact is that this is the direction in which humanity is moving at a high velocity. While it is important to deal with redirecting young people's attention to their physical environment, the impact of the media and social networks can be useful as a form of education about the importance of environmental protection. Today, various organizations and initiatives advertise the need for intensified care for the environment, and in this way, this topic is being increasingly raised among

members of the younger generations. The youth are thus becoming interested in ways in which they can contribute to the environmental cause, and through the media they learn about smart practices in the pursuit of reducing waste, the positive effects of energy saving on the environment, about leading pollutants and ways to fight against them, and the like.

### Back to nature

The lifestyle we cultivate, on one hand separates us from the natural environment and makes the natural environment almost foreign to us, while on the other hand, precisely this situation awakens in us the need to return to nature. This striving for a simpler lifestyle and natural environment is very widespread and intense among members of the so-called Generation Z today, and it is important to also support the future generations in this and to educate them about the importance of nature through being in nature. As for the youngest, this practice is important in order to teach them about the ways in which natural processes take place and thus make them understand why it is important to support and not disturb them.

### Routines, habits and responsibility

Environmental education should also be conducted through educational practice, and children should be taught behavior patterns that have a positive effect on their environment since the earliest age. This includes eco-friendly ways of waste disposal, striving for minimalism and a healthy attitude towards shopping, as well as opting for biodegradable packaging and avoiding single-use plastic products. What is important is that the parents' everyday behavior will lay a solid foundation for children's habits in the future, hence it is important to opt for ecological options when choosing means of transportation and clothing, to talk about saving energy and basically explain all your good choices and leave room for children to ask possible questions about them. The future of the planet is in the hands of young generations, and it is very important that the generation that is being brought up and educated at this moment is directed towards maintaining a healthy environment.

What we can do as individuals is to send a message about the importance of environmental issues by our personal example, that is, to raise our own and the awareness of others about the environment, because in this way we make a significant contribution to the entire humanity.



## MODERNI KOSTIMI ZA NOĆ VEŠTICA NA TEMU POP KULTURE ZA 2022.



Noć veštica je više od poslastica i trikova, to je veče kada treba da budete kreativni i da se obučete kako god želite. Ako ste već nosili klasične kostime veštice ili vanzemaljaca, a želite da ovog puta razbijete taj koncept, postoji mnogo novih ideja za kostime kojima ćete zadiviti svoje prijatelje i porodicu tokom ovogodišnje proslave Noći veštica. Jedan od načina na koji možete da osvežite izgled za Noć veštica je da budete istaknuta figura iz 2022. godine ili kao lik iz popularne TV emisije ili filma – poput obožavalaca „Dr Strejndža“ ili „Bridžertona“!



### Kejt Šarma iz „Bridžertona“

Lejdi Visldaun je definitivno izazvala mnogo priče oko TV emisije „Bridžerton“ koja je vredna gledanja u jednom cugu! Bilo da ste pratili romansu Dafne i vojvode u prvoj sezoni ili su vas sa nogu oborili Vikont i Kejt Šarma u drugoj sezoni – nema sumnje da će kostimi Bridžertona biti u porastu ove Noći veštica. Pored toga, još mnogo toga je u pripremi za 3 i 4. sezonu „Bridžertona“!

### Dr Strejndž iz „Doktora Strejndža u multiverzumu ludila“

„Dr Strejndž u multiverzumu ludila“ upravo je stigao u bioskope u maju,

izvesno je da će ovaj kostim biti u porastu ove Noć veštica! Da biste upotpunili izgled Dr Strejndža, možete nositi njegov crveni ogrtač, plave čizme na pertlanje i privezak Oko Agamotoa. Ako želite da odete korak dalje, možete čak nositi njegovu periku i lepljive bradu i brkove.

### Ana Delvi iz „Stvaranje Ane“

Još jedan popularan kostim za Noć veštica ove godine će verovatno biti lažna nemačka naslednica koja je uz prevaru ušla u njujorško visoko društvo tako što je uvek davala do znanja ljudima da „bankovni transfer stiže“ (a nikad nije)! Možete da se „pretvarate sve dok ne

uspete“ sa ovim kostimom koji se lako može napraviti. Sve što vam treba je crna haljina i nekoliko blistavih dodataka da biste svakoga ubedili da ste vrhunska VIP (veoma važna ličnost).

### Mandalorijanac iz „Mandalorijanca“

Nakon epskog završetka 2. sezone „Mandalorijanca“, obožavatelji su uzbuđeni zbog datuma izlaska 3. sezone 2022. godine. Ako ste spremni za 3. sezonu, obucite se za ovu Noć veštica kao Din Đarin u kostim koji kao da je „van ovog sveta“. Da biste stvorili izgled lovaca na glave, moraćete da budete obučeni od

glave do pete. Nađite skafander, kacigu, kao i druge dodatke kao što su beba Joda i igračku pušku sa eksplozivnom municijom.



### *Džoker iz „Džokera“*

Jedan od najpopularnijih negativaca iz stripova, Džoker, uvek je favorit za Noć veštica. Ovaj negativac je oživeo uz pomoć filma iz 2019., „Džokera“, filma koji govori o životu Artura Fleka pre nego što je postao poznat kao Džoker. Ovaj kostim je veoma prepoznatljiv. Možete se obući kao Džoker tako što ćete nositi njegov zeleni prsluk, ljubičasto odelo, zelenu periku i naravno razmazanu farbu na licu.



### *Sia*

Ovog praznika izgledajte nezaboravno kao ova zagonetna pevačica. Trebaće vam istaknuta mašna ili perika za pokrivanje većine vašeg lica, jer je Sia obično pokrivena. Ako u svojoj garderobi već imate puno maski po meri, još bolje! Postignite njen stil superzvezde veće od života uz pomoć prevelike bob perike, visoke mašne za dodatnu pokrivenost i privlačne haljine u stilu marke „Lanvin“. Upotpnite svoju odevnu kombinaciju sjajnim mikrofonom i tečnim ružem u vašoj omiljenoj nijansi.

## POP CULTURE HALLOWEEN COSTUMES TO WEAR IN 2022 THAT ARE RIGHT ON TREND

**Halloween is more than just treats and tricks, it's a night to get creative and dress up as whoever or whatever you want. If you have already gone the classic route with a witch costume or alien costume and want to shake it up this time around, there are plenty of new costume ideas to stun your friends and family during this year's Halloween festivities. One way that you can freshen up a Halloween look is by going as a prominent figure from 2022 or as a character from a popular TV show or movie - like Dr. Strange or Bridgerton fans!**

### *Kate Sharma from Bridgerton*

Lady Whistledown has surely created a huge buzz around the binge-worthy TV show, Bridgerton! Whether you have followed the romance of Daphne and the Duke in season 1 or swooned over the Vicount and Kate Sharma in season 2 - there is no doubt that Bridgerton costumes will be on the rise this Halloween. Plus, there is more to come with season 3 of Bridgerton and season 4 in the works!

### *Dr. Strange from Doctor Strange in the Multiverse of Madness*

Dr. Strange in the Multiverse of Madness just hit theatres in May, it is certain that this costume will be on the rise this Halloween! To complete the Dr. Strange look, you can wear his red cape, blue lace-up boots and Eye of Agamotto pendant. To go the extra mile, you can even wear his wig and adhesive facial hair.

### *Anna Delvey from Inventing Anna*

Another popular Halloween costume this year will likely be the fake German heiress who bamboozled her way into New York's high society by always letting people know, "the wire transfer is coming" (it never did)! You can "fake it till you make it" with this easy-to-DIY costume. All you need is a black dress and a few flashy accessories to convince anyone you are the ultimate VIP.

### *The Mandalorian from The Mandalorian*

After being left with an epic season

2 finale of The Mandalorian, fans are raving with excitement over the 2022, season 3 release date of the series. If you are ready for season 3, dress up this Halloween as Din Djarin for an "out of this world" costume. To create the bounty-hunters-look, you'll need to be dressed up head to toe. Make sure to have the body suit, helmet, as well as other accessories like Baby Yoda and the blaster.

### *Joker from Joker*

One of the most popular comic villains, the Joker is always a Halloween favourite. This villain was revived from the latest 2019 film, Joker, a movie that tells the story of Arthur Fleck's life before he became known as the Joker. An iconic costume that is highly recognizable, you can dress up as the Joker by wearing his green vest, purple suit, green wig and of course, worn-down face paint.

### *Sia*

Serve a memorable look as the enigmatic singer this holiday. You'll need a stand-out headpiece bow or wig to envelop most of your face since Sia's is usually covered. If you've stocked your wardrobe with custom-made masks, even better! Snag her larger-than-life superstar style with an oversized bob wig, a sky-high bow for extra coverage, and an eye-catching ruffled Lanvin-esque gown. Complete your ensemble with a stellar microphone and liquid lipstick in your favourite shade.





## SENIDAH

### 'AUTENTIČNOST I RAD SE TREBAJU NEGOVATI'

**Senida Hajdarpašič, poznatija kao Senidah, jedna je od najvećih regionalnih zvezda, njeni hitovi beleže milionske preglede na YouTube-u, a gotovo i da ne postoji festival u zemljama u regionu na kom ona nije nastupala.**

Ova slovenačka hip-hop, ar en bi i trep kantautorka, rođena je 9. aprila 1985. godine u Ljubljani. Odrasla je u slovenačkoj prestonici i od malena je želela da nastupa, ali je „kočilo“, to što je bila vrlo sramežljiva, zato je pevala sama kod kuće. Međutim, njena sestra je postavila njenu pesmu na YouTube-u a potom je prijavila na jedno muzičko takmičenje, na kom je i pobedila. Senidah je dobila ponudu da potpiše ugovor sa jednim slovenačkom diskografskom kućom i svoju prvu pesmu pod nazivom „Pustinjom“ snimila 2010. godine.

#### Početak muzičke karijere

Već naredne godine, Senidah postaje članica soul-pop benda i glavni vokal grupe MUFF. Zajedno su objavili albume „Muff“ i „Unity“, kao i nekoliko singlova. Uporedo sa angažmanima u ovom bendu, Senidah je i sama snimala pesme. U solo vode je, kako je kazala, uplovila

neplanirano, željna eksperimentisanja, što je, ispostaviće se, bio pravi potez. Regionalnu popularnost stekla je pesmom „Slađana“, u proleće ne tako davne 2018. godine. Kako je otkrila u jednom od retkih intervjua u medijima, „Slađana“ je autentična pesma, koja joj je potvrdila da se autentičnost i veliki

rad trebaju negovati. Usledili su potom pesme „Belo“, „Nisi bio tu“, „4 strane sveta“ duet koji je sa Slobodanom Veljkovićem - Cobijem snimila za potrebe filma „Južni vetar“. Prvi solo album „Bez tebe“ izdaje je 2018. godine, a već naredne godine objavljuje singlove „Ride“, „Crno srce“ i „Mišići“. Usledila je

potom i saradnja sa Džala Bratom i Buba Korelijem.

#### Dino Merlin - muzički idol

Prošle godine saradivala je sa Dinom Merlinom, a pesma „Dođi“ je u kratkom roku osvojila publiku. Dino Merlin je kako je Senidah priznala, njen muzički idol od detinjstva. Kao mala kad god bi putovala sa mamom i sestrom uvek su slušale Dinovu muziku. „On je vrhunski muzičar i pesnik. Magično je



# SENIDAH

*'AUTHENTICITY AND WORK SHOULD BE NURTURED'*

sve što on napravi, a pesma „Dođi“ je još magičnija i jako sam ponosna na našu saradnju i čitav proces”, rekla je Senidah u jednom intervjuu. Želja joj je, kako je rekla, da snimi duete sa Bajagom, Massimom Savičem ili Oliverom Mandićem.

## Najgori i najbolji nastup

Senidah se prisetila u jednom od intervjuua, njenog prvog nastupa koji joj je ujedno bio i najgori. Naime, tada je sa još nepotpunim bendom nastupala na jednom festivalu u Sloveniji, a neka devojka je stala odmah ispred bine i vikala na nju na sav glas tako da je čula sve, obezbeđenje je moralo da reaguje. Senidah je istakla da je od tog nastupa naučila možda i najviše, da bude uvek jaka i sabrana. Sa druge strane, najbolji nastupi su joj svi oni gde ljudi pevaju u jedan glas, gde vidi njihove osmehe i gde oseti njihovu energiju.

## Stajling

Osim što se izdvaja se po svom specifičnom vokalu, Senidine zanimljive odevne kombinacije često privlače pažnju. Sama smišlja stajlinge i voli da se igra sa odećom. Nosi ono što joj se sviđa, nekad više udobno, nekad manje udobno, ali lepo. Ipak, naglašava da joj je muzika najveća ljubav, ali i da voli da čita i odmori uz neki dobar film. Kaže da je najbolje poznaju oni koji su joj najbliži, ali da ne dozvoljava ljudima da joj se lako približe. Naglašava da joj nije uvek bilo lako, ali da joj prijia neočekivan uspeh koji je stekla u proleće 2018. godine. I dalje je, kaže, sramežljiva i ne voli da daje intervjuue.

**Sama sebi najveća inspiracija**  
Senidah nastoji da bude „svoja“ jer je dokazala da je moguće izgraditi uspešnu karijeru ne prateći slepo trendove. „Sada mogu sa samopouzdanjem reći da sam sama sebi najveća inspiracija. Kada osećaš nešto, onda ne odustaješ od toga i danas sam tu gde jesam“, kazala je ova slovenačka muzičarka u jednom skorašnjem intervjuu.

**Senida Hajdarpasic, better known as Senidah, is one of the biggest regional stars, her hits record millions of views on YouTube, and there is almost no festival in the countries in the region that she has not performed in.**

Slovenian hip-hop, R&B, and trap singer-songwriter was born in Ljubljana on April 9, 1985. She grew up in the Slovenian capital and wanted to perform from an early age, the fact that she is very shy "stopped" her, so she sang alone at home. However, her sister uploaded her song on YouTube and then registered her for a music competition, where she won. In 2010, Senidah received an offer to sign a contract with a Slovenian record company and recorded her first song "Pustinjom".

## The beginning of a musical career

The following year, Senidah became a member of the soul-pop band and the main vocalist of the group MUFF. Together they released the albums "Muff" and "Unity" as well as several singles. Along with engagements in this band, Senidah also recorded songs herself. As she said, she started her solo career unplanned, eager to experiment, which, as it turns out, was the right move. She gained regional popularity with the song "Sladjana" in spring, not so long ago, in 2018. "Sladjana" is an original song and confirmed that authenticity and hard work should be nurtured, she revealed in one of the rare interviews with the media. Then followed the songs "Belo", "Nisi bio tu", "4 strane sveta", a duet she recorded with Slobodan Veljkovic - Cobi for the needs of the movie "Juzni vetar" (South Wind). She released her first solo album "Bez tebe" in 2018, and the following year she released the singles "Ride", "Crno srce" and "Misici". Cooperation with Jala Brat and Buba Corelli followed that.

## Dino Merlin - music idol

Last year, she collaborated with Dino Merlin, and the song "Dodji" quickly won over the audience. Senidah admitted that Dino Merlin was her music idol since childhood. As a child, whenever she traveled with her mother and sister, they always listened to Dino's music. "He is an excellent musician and poet. Everything he makes is magical, and the song "Dodji" is even more magical, and I am very proud of our collaboration and the whole process,"

Senidah said in an interview. Her wish, as she said, is to record duets with Bajaga, Massimo Savic, or Oliver Mandic.

## Worst and best performance

In one of her interviews, Senidah recalled her first performance, which was also her worst. Namely, at that time, she was performing with an incomplete band at a festival in Slovenia, and some girl stood right in front of the stage and shouted at her, so she heard everything, and security had to react. Senidah pointed out that she learned perhaps the most from that performance, to be firm and reasonable always. On the other hand, her best performances are all those where people sing in unison, where she sees their smiles and feels their energy.

## Styling

Apart from standing out for her distinctive vocals, Senidah's interesting outfits often attract attention. She comes up with her own styles and likes to play with clothes. She wears what she likes, sometimes more comfortable, sometimes less comfortable, but beautiful. However, she emphasizes that music is her greatest love, but she also likes to read and relax with a good movie. She says that those who are closest to her know her best, but she does not let people get close to her easily. She emphasizes that it was not always easy for her, but she is pleased with the unexpected success she achieved in the spring of 2018. She is still, she says, shy and does not like to give interviews.

**She is the biggest inspiration to herself**  
Senidah strives to be "herself" because she proved that it is possible to build a successful career without blindly following trends. "Now I can confidently say that I am my own biggest inspiration. When you feel something, then you don't give up on it, and today I am what I am", this Slovenian musician said in a recent interview.



# ŽIVOT SE MOŽE RAZUMETI SAMO UNAZAD, ALI SE MORA ŽIVETI UNAPRED

**Prošlog meseca u našem članku „Značaj kulturnog nasleđa i kome pripada?“ objasnili smo šta je kulturno nasleđe i šta ga kao takvo kvalifikuje. Međutim, ono o čemu nismo razgovarali je: Zašto je važno da ga sačuvamo? - Najbolji odgovor na ovo pitanje verovatno leži u rečima filozofa Sorena Kjerkegarda koji je rekao: „Život se može razumeti samo unazad, ali se mora živeti unapred.“ Očigledno, ove reči nisu bile smišljene u vezi sa značajem kulturnog nasleđa ili njegovim očuvanjem. One, međutim, nose sa sobom određeni stepen univerzalne istine koja je veoma prikladna i primenljiva i u ovom slučaju, takođe.**



## Život se može razumeti samo unazad

Prvi deo Kjerkegardove izjave je verovatno najbolje objašnjenje zašto osećamo tu unutrašnju potrebu da zaštitimo svoju prošlost koja se izražava kroz različite elemente materijalnog i nematerijalnog kulturnog nasleđa. Kroz njih učimo o sebi i drugima. Osim toga, proučavajući i analizirajući našu prošlost, možemo naučiti ponešto od naših prethodnika. Na primer, veoma smo navikli da kažemo da je određeni element našeg kulturnog nasleđa (tvrđava, crkva, džamija, planina, reka, igra, običaj itd.) **naš** ili **njihov**. Ipak, ono što često zaboravljamo jeste da su svi oni rezultat interakcije svih zajednica koje ovde žive zajedno vekovima. Samo bolje pogledajte sve sličnosti koje ovi elementi imaju i shvatićete da imamo toliko toga zajedničkog.

## Izlet u našu prošlost

U stvari, najfascinantnija karakteristika svih elemenata kulturnog nasleđa su priče koje nam donose. Vekovima stara građevina nam govori ne samo da je neko tu živio, već i kako je živio, koje veštine je posedovao, kakva je umetnost i tako dalje. Drugim rečima, učimo o njima i njihovim iskustvima. Tako učimo o sebi. Sa ciljem da tokom sunčanog dana krajem avgusta saznam više o našoj kulturnoj baštini, moja kolegnica J.S. i ja smo krenuli na put da posetimo nekoliko mesta kulturnog nasleđa na Kosovu i naučimo nešto više o našoj prošlosti.

## Arheološko nalazište Ulpijana

Prva lokacija koju smo posetili je arheološko nalazište Ulpijana, koje se nalazi samo nekoliko kilometara od centra Prištine. Kao i u slučaju slike Mona Lize o kojoj smo govorili u prethodnom broju, arheološki ostaci Ulpijane su jedinstveni. Istoričari su utvrdili da ovo naselje potiče od Ilira. Međutim, takođe je tačno da je tokom ovog perioda Rim već proširio svoju vlast na tom području. Ovo čini Ulpijanu rimskom jednako kao i ilirskom.

## Nacionalni park Šara

Naša sledeća destinacija bio je Nacionalni park Šara. Put prolazi kroz region Gore, koji je naseljen jednom od najjedinstvenijih etničkih zajednica specifičnog identiteta na Kosovu.

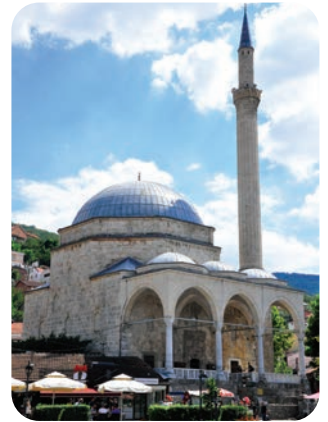
Kada stignemo do sela Brod, nalazimo tablu koja obaveštava sve posetioce da sada ulaze u ovaj prelepi nacionalni park. Zahvaljujući više od 1.500 vaskularnih biljnih vrsta, od kojih su 20% endemske i reliktno biljke Balkana, Šar planina svakako predstavlja jedno od najvažnijih zaštićenih područja centralnog Balkana.

## Manastir Svetih Arhangelata

Značaj Nacionalnog parka Šara dodatno naglašavaju mnoge kulturno-istorijske građevine koje se nalaze na ovom području. Jedna od njih je Manastir Svetih Arhangelata iz 14. veka, koji se nalazi u prizrenskom kanjonu reke Bistrice/Lumbardhi. Do ovog manastira, samo tri kilometra jugoistočno od Prizrena, stižemo iz centra grada vrlo brzo. Manastir Svetih Arhangelata je carska zadužbina i srednjovekovni manastir koji je podignut na temeljima starije crkve u periodu 1343-1352. godine kao zadužbina cara Dušana.

## Sinan-pašina džamija u Prizrenu

Još jedna građevina od velikog značaja za kulturnu baštinu Kosova je Sinan-pašina džamija u Prizrenu. Ovu džamiju je sagradio Budimski Sofi Sinan-paša. Procenjuje se da je njena izgradnja započeta 1600. ili 1608. godine, a završena 1615. godine. Pored postojanja od preko četiri stotine godina,



ova džamija je značajna i zbog svojih jedinstvenih obeležja klasične otomanske umetnosti, te kao takva predstavlja jednu od najređih estetskih dela na Balkanu.

## Katolička crkva u Letnici

Ova crkva u udaljenom selu Letnice je izuzetno popularno mesto hodočašća. Poznata je i kao crkva Gospe Cernagora ili Crkva Crne Gospe. Oba imena se odnose na statu Madone i bebe Isusa. Ipak, mora se napomenuti da nadimak Cernagora nema nikakve veze sa Crnom Gorom. U stvari se vezuje za oblast Skopskog Karadaka (Skopska Crna Gora), gde je, prema legendi, statua prenet. Očigledno, drugo ime Crna Gospa se odnosi na crnu boju iste statue. Postoji oko pet stotina statua Crne



### Kulturno nasleđe može postati značajan izvor prihoda

Sa svojim bogatim i raznovrsnim kulturnim nasleđem, Kosovo ima ogroman potencijal za razvoj kulturnog turizma. Prema Svetskoj turističkoj organizaciji Ujedinjenih nacija (UNWTO), kulturni turizam čini najmanje 40% svih turista širom sveta. Kulturni turisti pružaju više ekonomske koristi jer imaju tendenciju da ostanu duže od redovnih turista. Kulturni turizam može pomoći u očuvanju materijalne i nematerijalne baštine zajednice. Pruža priliku da se razviju sve vrste kreativnih aktivnosti i da turistima pruži autentičnija i istinska iskustva.



Gospa širom Evrope (skoro polovina njih – 237 – samo u Francuskoj), ali ovo je jedina za koju se zna da postoji na svim teritorijama na kojima se govori albanski.

### Život se mora živeti unapred

Ovo nas dovodi do drugog dela Kjerkegaardove izjave – **ali to (život) se mora živeti unapred**. To znači da život nije statičan, već se kreće napred i svaka odluka koju danas donesemo će oblikovati našu budućnost. Zato moramo sagledati svoja prošla iskustva, učiti iz njih i stvarati bolju budućnost. Kako kaže stara poslovice: „Ljudi uče na svojim greškama, a pametni uče na greškama drugih!“



## LIFE CAN ONLY BE UNDERSTOOD BACKWARDS, BUT IT MUST BE LIVED FORWARDS

**Last month in our article “The importance of cultural heritage and to whom it belongs?” we explained what cultural heritage is and what qualifies it as such. However, what we did not discuss is: Why is it important to preserve it? - The best answer to this question probably lies in the words of Philosopher Soren Kierkegaard who said: “Life can only be understood backwards, but it must be lived forwards.” Obviously, these words were not meant in relation to the importance of cultural heritage or its preservation. They do, however, carry with them a certain degree of universal truth that is very much appropriate and applicable in this case, as well.**

### Life can only be understood backwards

The first part of Kierkegaard’s statement is probably the best explanation why we feel this internal need to protect our past which is expressed through various elements of tangible and intangible cultural heritage. Through them we learn about ourselves and others. In addition, by studying and analyzing our past, we can also learn a thing or two from our predecessors. For example, we are very much used to saying that a certain element of our cultural heritage (castle, church, mosque, mountain, river, dance, custom, etc.) is **ours or theirs**. Yet what we tend to forget is that they are all the result of the interaction of all the communities that have lived here together for centuries. Just take a closer look at all the similarities these elements have, and you will realize that we have so much in common.

### A field trip to our past

In fact, the most fascinating feature of all cultural heritage elements are the stories they bring to us. A centuries-old building tells us not only that someone lived there but also how they lived, what skills they possessed, their artistry, and so on. In other words, we learn about them and their experiences. Thus, we learn about ourselves. With the aim of learning more about our cultural heritage during a sunny day in late August my colleague J.S. and me embarked on a trip to visit several cultural heritage sites in Kosovo and learn a little bit more about our past.

### Ulpiana archeological site

The first location we visited is the Ulpiana archeological site, as it is located just a few kilometers away from Prishtina/Pristina center. Just as in the case of the Mona Lisa painting that we discussed in our previous issue, the Ulpiana archeological remains are unique. Historians have determined that this settlement dates back to Illyrians. However, it is also true that during this period Rome had already expanded its rule in the area. This makes Ulpiana Roman just as much as Illyrian.

### Sharri/Sara National Park

Our next destination was the Sharri National Park. The road passes through Gora region, which is inhabited by one of the most unique ethnic communities of specific identity in Kosovo. Once we reach the village Brod, we find the sign that notifies all visitors they are now entering this beautiful national park. Thanks to more than 1,500 vascular plant species, 20% of which are endemic and relict plants of the Balkans, Mount Sharri certainly represents one of the most important protected areas of the central Balkans.

### Monastery of Saint Archangels

The importance of the Sharri National Park is further emphasized by many cultural and historical buildings that are found in this area. One of them being the 14th century Monastery of Saint Archangels, located in the Prizren Lumbardhi/Bistrica canyon. We reach this monastery, located just three kilometers

southeast of Prizren, from the city center very quickly. The Monastery of the Holy Archangels is an imperial endowment and a medieval monastery that was built on the foundations of an older church in the period 1343-1352 as an endowment of Emperor Dusan.

### Sinan Pasha Mosque in Prizren

Another building of great importance to the cultural heritage of Kosovo is the Sinan Pasha Mosque in Prizren. This mosque was built by Sofi Sinan Pasha of Budim. It is estimated that its construction started either in 1600 or 1608 and it was completed in 1615. In addition to its existence for over four hundred years this mosque is also important due to its unique features of the classic ottoman art, and as such represents one of the rarest aesthetic works in the Balkans..

### Catholic Church in Letnice

This church in the remote village of Letnice is an immensely popular place of pilgrimage. It is also known as Lady Cernagora or Black Madonna Church. Both of the names are in reference to the statue of Madonna and baby Jesus. However, it must be noted that the nickname Cernagora has nothing to do with Montenegro. It is in fact related to the Skopje Karadak (Skopska Crna Gora) area, whereby according to the legend the statue was transferred. Obviously, the second name Black Madonna refers to the black color of the same statue. There are some five hundred Black Madonna statues across Europe (almost half of them – 237 - being in France alone), but this is the only one that is known to exist in all Albanian speaking territories.

### Life must be lived forward

This brings us to the second part of Kierkegaard’s statement - **but it (life) must be lived forwards**. This means that life is not static, but it keeps moving forward and every decision we make today will shape our future. That is why we must look into our past experiences, learn from them and create a better future. As the old proverb says: “People learn from their mistakes, but smart people learn from the mistakes of others!”

### Cultural heritage can become a significant source of revenue

*With its rich and diverse cultural heritage, Kosovo has huge potential for developing cultural tourism. According to the United Nation’s World Tourism Organization (UNWTO) cultural tourism accounts for at least 40% of all tourists worldwide. Cultural tourists provide more economic benefits because they tend to stay longer than regular tourists. Cultural tourism can help to conserve tangible (material) and intangible (immaterial) heritage of a community. It offers the opportunity to develop all kinds of creative activities and to provide tourists with authentic and genuine experiences.*



# NAJPOZNATIJE I NAJLEPŠE PEĆINE NA SVETU

Ova prirodna čuda spajaju podzemne intrige sa zapanjujućom lepotom i izazivaju dečije oduševljenje. Skrivene misterije, avanture bez premca i najbolje čuvane tajne prirode, ovo su prve misli koje nam padaju na pamet kada pomislimo na „pećine“. Priroda nas uvek zadivljuje svojim sjajem i bezbrojnim čudima, a pećine su nesumnjivo jedna od njenih najveličanstvenijih kreacija. Kada uđete u neke od najpoznatijih pećina na svetu, sigurno ćete biti opčinjeni spektakularnim geološkim formacijama, stalaktitima, jezerima, amfiteatrima i drugim neverovatnim prizorima koji vas čekaju unutra. Pozivamo vas da u nastavku pročitate o nekim najpoznatijim pećinama.



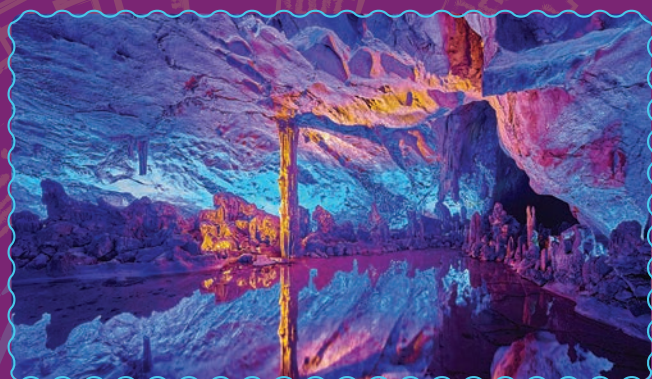
## Mamutova pećina, SAD

Ako imate određena očekivanja od nekog mesta zvanog „Mamutova pećina“, to je sasvim razumljivo. Mamutova pećina u Kentakiju je najduži poznati pećinski sistem na svetu, neverovatnih 420 milja podzemnog čuda. Pećina je dom nekih ogromnih jama i avenija, a poznato je da obilasci traju više od šest sati.



## Škocjan, Slovenija

Slovenija ima mnogo pećina, u rasponu od glavne turističke ekstravagantne Postojne do krhke Križne jame, ali Škocjanske jame daju joj prednost u konkurenciji. Na listi svetske baštine Uneska od 1986. godine, ovo ogromno prostranstvo je verovatno najznačajnija krečnjačka pećina u regionu, sa biološkim značajem u vezi sa pažljivim turizmom i lokalnim poštovanjem. Ljudi dolaze da ga vide od početka devetnaestog veka, a obilasci se sprovode na raznim jezicima.



## Flauta od trske, Kina

Kineska pećina flauta od trske je takođe poznata kao „Palata prirodnih umetnosti“ i to bi trebalo da vam govori mnogo o tome šta možete da očekujete. Nazvana po trsci koja raste spolja (a koristi se za pravljenje flauta), zidovi pećine Flauta od Trske prekriveni su natpisima iz prošlih vekova – je dokaz da su ljudi već dugo vremena obraćali pažnju na ovo mesto. Unutrašnjost pećine je takođe osvetljena raznobojnim svetlima, dajući joj tajnovitost koja odgovara nadimku.



## Pećine Vaitomo, Novi Zeland

Svetleće larve, svetleće larve, dokle pogled seže. U redu, ne bukvalno, ali sistem pećine Vaitomo na severnom ostrvu Novog Zelanda poznat je po fluorescentnoj fauni koja osvetljava zidove, dajući joj posebno kreativan, ali i potpuno prihvatljiv nadimak „Pećine svetlećih crva“. Ona je pristupačnija od većine pećina na ovoj listi, sa raftingom i avanturističkim turama, za sve one koji traže nešto malo više adrenalina.





### Grotto Azura (Plava pećina), Italija

Mornari su vekovima izbegavali ovo mesto jer su verovali da ga proganjaju veštice i čudovišta, ali ih je savremeni turizam od tada prikazao kao veoma glupe. Sunčeva svetlost se filtrira u pećinu kroz mali ulaz (posetioci moraju da leže u čamcu da bi ušli), ispunjavajući prostor zapanjujućom plavom svetlošću koja pećini daje njen nadimak. Plivanje je zabranjeno i to s pravom, ali posetioci Plave pećine obično dobijaju više nego dovoljno uživanja, znate, od asomog pogleda. Pećina se nalazi na Kapriju u Napuljskom zalivu.



### Son Dong, Vijetnam

Prirodne pećine nisu mnogo veće od Son Donga, blizu granice između Laosa i Vijetnama. Ovaj mamutski ponor ima najveći poprečni presek od bilo koje poznate pećine na planeti, ogromno područje koje je teško opisati. Navodno, Boeing 747 bi mogao da proleti bez oštećenja svojih krila, ali to zapravo ne odaje pravdu prostranstvu Son Donga. Stalagmiti su ovde takođe prilično masivni, a neki dosežu i do neverovatnih sedamdeset metara.

## MOST FAMOUS AND BEAUTIFUL CAVES IN THE WORLD

*These natural wonders marry subterranean intrigue with mind-blowing beauty and inspire childlike wonder. Hidden mysteries, unmatched adventure, and nature's best kept secrets, these are the first thoughts that come to mind when we think of 'caves. Nature never fails to leave us awestruck with its splendour and myriad wonders, and caves are undoubtedly one of its most magnificent creations. When you enter some of the most famous caves in the world, you will surely be mesmerised by the spectacular geological formations, stalactites, lakes, caverns, and other amazing sights that await you inside. We invite you to read below about some of these caves.*

### Mammoth Cave, USA

If you have certain expectations from somewhere called 'Mammoth Cave,' that is entirely understandable. Mammoth Cave in Kentucky is the world's longest known cave system, an incredible 420 miles of subterranean wonder. The cave is home to some vast theatres and avenues, and tours have been known to last more than six hours.

### Skocjan, Slovenia

Slovenia has a lot of caves, ranging from the mainstream tourist extravaganza of Postojna to the fragile Križna Jama, but the cavernous theatres of Skocjan give it a leg-up on the competition. A UNESCO World Heritage Site since 1986, this gargantuan expanse is arguably the most significant limestone cave in the region, with biological importance allied to careful tourism and local respect. People have been coming to see it since the beginning of the nineteenth century, and tours are conducted in a wide variety of languages.

### Reed Flute Cave, China

China's Reed Flute Cave is also known as the 'Palace of the Natural Arts,' and that should tell you plenty about what to expect. Named after the reeds that grow outside (which are used to make flutes), the Reed Flute Cave's walls are peppered with inscriptions from centuries gone by – proof if proof were needed that people have been paying attention to this place for a long old time. The interior of the cave is also lit up by multicoloured lights, giving it an otherworldly theme that adds weight to the nickname.

### Waitomo Caves, New Zealand

Glow-worms, glow-worms, as far as the eye can see. Okay, not literally, but the Waitomo Cave system on New Zealand's North Island is famous for the fluorescent fauna that light up the walls, giving it the not-particularly-creative but completely acceptable 'Glow-worm Caves' nickname. They are more accessible than most caves on this list, with rafting and adventure tours available to those looking for something a little more adrenaline heavy.

### Blue Grotto, Italy

Sailors avoided this place for centuries because they believed it was haunted by witches and monsters, but modern tourism has since proven them very silly indeed. Sunlight filters into the cave through a teeny-tiny entrance (visitors must lie flat in a boat to get in), filling the space with a stunning blue light that gives the cave its moniker. Swimming is forbidden and rightly so, but visitors to the Blue Grotto usually get more than enough enjoyment from, you know, just looking at it. The cave is found on Capri in the Bay of Naples.

### Son Doong, Vietnam

Natural caves do not come much larger than Son Dong, close to the border between Laos and Vietnam. This mammoth abyss has the largest cross-section of any known cave on the planet, a vast area that is difficult to describe. Supposedly, a Boeing 747 could fly through without damaging its wings, but that does not really do justice to the vastness of Son Dong. The stalagmites here are pretty massive too, with some reaching up to a whopping seventy metres.



# KAKO DA UKRASITE KIŠOBRAN?

Sa dolaskom jeseni stižu nam i kiše. Kišobrani nam ovih oktobarskih dana postaju obavezni aksesoari. Ali, pre nego što pokažemo kako da ukasite sopstveni kišobran, pročitajte neke od zanimljivosti vezanih za kišobrane.

## Evo šta vam je potrebno da napravite sopstveni kišobran u boji

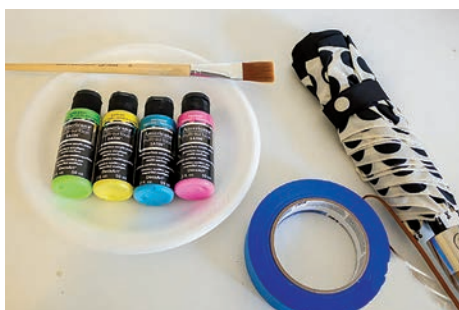
- običan crni kišobran
- molerska krep traka
- boja za platno
- četkica za farbanje



Iako ne postoji tačan podatak, veruje se da je kišobran u svom originalnom obliku star oko 5 milenijuma i da potiče iz Kine. Naime, kišobran se prvi put pojavio na pobjedničkom spomeniku Saragonu, caru Akada, iz oko 2400. godine pre naše ere. Saragon je prikazan kako jaše ispred svoje vojske sa slugom koji nosi suncobran iza njega. Nekada se izrađivao od svile, a u starim društvima Dalekog istoka, Afrike i Evrope kišobran je bio simbol moći i pripadnosti plemstvu. Danas se izrađuju od različitih materijala, voštanog papira, pamuka, svile, plastične folije i najlona.

Ukoliko su vam dosadili jednostavni crni kišobrani i volite da budete „sami svoj majstor“, pokažaćemo vam kako da u nekoliko koraka ukasite kišobran u neonske boje.

*Tmurne i sive dane započnite zabavnim kišobranom.*



### 1

Najpre na ivicama svog kišobrana zalepite molersku krep traku, a potom trakom napravite nasumične linije preko kišobrana. Uverite se da je vaša traka jako dobro zalepljena na kišobran. Neće se zalepiti za kišobran tako dobro kao za zid, ali definitivno funkcioniše.

### 2

Kada je vaš kišobran zalepljen, počnite da bojite! Pritisnite traku oko svakog dela još jednom pre nego što počnete da farbate. I dok nanosite boju, uverite se da počinjete od trake i četkate prema sredini dela. Ovo će pomoći da se boja ne razliva.

### 3

Prvi sloj boje neće u potpunosti prekriti crno, ali nemojte da brinete! Samo sačekajte da se taj sloj boje osuši i dodajte još jedan! Na ovom primeru koji smo vam pokazali žuta i roze boja su nanešene u tri sloja, dok su plava i zelena prekrivene nakon dva sloja.

Kada su svi delovi obojeni, nežno povucite traku. Uradite to pažljivo kako ne bi slučajno povukli i boju zajedno sa trakom!

Biće vam potrebno nekoliko sati za ovaj poduhvat, ali jednostavno bićete oduševljeni kako je to ispalo.

**Ukoliko imate bilo kakvih pitanja i ako odlučite da i sami ukasite svoj kišobran, voleli bismo da vidimo vaše fotografije.**



Molimo vas pošaljite vaše radove na email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)

**DO IT YOURSELF**

# HOW TO DECORATE AN UMBRELLA?

*With the arrival of autumn comes the rain. Umbrellas become must-have accessories for us these October days. But, before we show you how to decorate your own umbrella, read some interesting facts about umbrellas.*

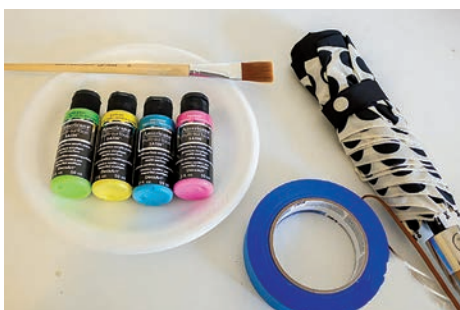
**Here is what you need to make your own colored umbrella:**

- A plain black umbrella
- Painter's crepe tape
- Canvas paint
- Paint brush

Although there is no exact data, it is believed that the umbrella, in its original form, is about five millennia old and originated in China. Namely, the umbrella first appeared on the victory monument of Saragon, the emperor of Akkad, from around 2400 BC. Sargon is shown riding in front of his army with a servant carrying a parasol behind him. It used to be made of silk, and in the ancient societies of the Far East, Africa and Europe, the umbrella was a symbol of power and nobility. Nowadays, they are made of different materials, wax paper, cotton, silk, plastic film and nylon.

If you are tired of simple black umbrellas and you like to be "your own master", we will show you how to decorate an umbrella in neon colors in a few steps.

*Start gloomy and gray days with a fun umbrella.*



**1** First, tape painter's tape along the edges of your umbrella, and then use the tape to make random lines across the umbrella. Make sure your tape is very well stuck to the umbrella. It will not stick to the umbrella as well as it sticks to the wall, but it definitely works.

**2** Once your umbrella is glued, start coloring! Press the tape around each section one more time before you start painting. Also, as you apply the paint, make sure you start at the strip and brush towards the center of the piece. This will help keep the paint from seeping through.

**3** The first coat of paint will not completely cover the black, but don't worry! Just wait for that coat of paint to dry and add another! On the sample that we showed you, the yellow and pink colors were applied in three layers, while the blue and green were covered after two layers.



When all parts are painted, gently pull the tape. Do this carefully so you don't accidentally pull the paint along with the tape!

It will take you a few hours to complete this endeavor but you will simply be delighted with how it turns out.

**If you have any questions and if you decide to decorate your own umbrella, we would love to see your photos.**

Please send us your work at this email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)



# SKARLET JOHANSON

## KOMPLETNA LIČNOST

Skarlet Johanson je možda poznata po ulozi Crne udovice, ali postoje mnoge druge zanimljive činjenice koje možda ne znate. Skarlet Johanson je američka glumica i pevačica koja je takođe jedna od najljepših, harizmatičnih i najšarmantnijih poznatih ličnosti našeg vremena. Ona je jedna od najuticajnijih žena u Holivudu i sada je postala idol za mnoge devojke koje žele dalje da se bave svojom strašću. Njena popularnost i slava izdvajaju je iz gomile i pošto je tako dugo bila na vrhuncu popularnosti, zaista se pojavila kao kompletna ličnost u industriji. Ovde dolazimo do nekih činjenica o njoj koje zaista doprinose njenoj kompletnoj ličnosti.



### Preci

Johanson je rođena 22. novembra 1984. godine na Menhetnu u Njujorku. Njen otac je poreklom iz Kopenhagena, Danska; njena majka je jevrejskog porekla.

### Počeci

Karijeru je započela radeći reklame i male pozorišne uloge. 1994. godine Johanson je uspela da dobije svoj prvi filmski debi sa filmom Sever (North). Kasnije, 1996. godine imala je ulogu trudne tinejdžerke u filmu Manni & Lo. Johanson je imala pravi proboj 2001. godine kada je dobila ulogu u kultnom klasiku Svet duhova (Ghost World).

### Odbijanje

Teško je pomisliti da bi se glumica poput Skarlet Johanson ikada suočila sa odbijanjem. Kako se ispostavilo, sve je počelo kada je imala sedam godina kada je njen brat uspešno potpisao ugovor sa agentom za talente, ostavljajući je iza sebe. Odbijanje se nastavilo 2003. godine kada se prijavila u školu umetnosti Tisch u Njujorku, a nekoliko nedelja



kasnije suočila se sa još jednom odbijenicom. Još jedan primer je čuveni film "Zamka za roditelje", gde je Johanson bila na audiciji za ulogu, ali je ona dodeljena Lindzi Lohan. Uprkos svakom značajnom ili malom odbijanju, ona se izborila i postala uspešna priča kakva je danas.

### Posvećenost

Johansonova je želela da postane glumica još od malena, roditeljima je postalo očigledno kada bi je zatekli ispred ogledala kako plače, samo da bi poboljšala svoju glumu. Još jedan nagoveštaj je bio kada je počela da izvodi neverovatne nastupe kod kuće pevajući i plešući za svoju porodicu.

## Izgled

U svojoj 25-godišnjoj karijeri, proglašena je za jednu od najseksipilnijih žena na svetu u bezbroj anketa i publikacija. Časopis "In Touch" joj je dodelio titulu 2006. godine, iste godine, časopis "Esquire" je odlučio da joj dodeli počasno prvo mesto, a sedam godina kasnije, 2013. to su učinili još jednom. To ju je učinilo jedinom ženom koja je ikada dobila ovu čast dva puta.

## Talenat

Godine 2003. Johanson je bila 18-godišnja glumica koja je imala jednu od onih odlučujućih uloga u karijeri u filmu -Izgubljeni u prevodu. Kritičari su je obožavali i hvalili zbog njene izvanredne izvedbe i sposobnosti da glumi stariju osobu. Iste godine dobila je glavnu ulogu u filmu "Devojka sa bisernom minđušom". U procesu selekcije, pobedila je 150 glumica i dobila ulogu.

## Inspiracija

Kejt Peri je 2008. godine uočila prelepu Skarlet Johanson u jednom časopisu i pitala svog dečka da li bi bilo u redu da je poljubi ako bi u tom trenutku prošla kroz vrata. Kako se ispostavilo, Skarlet je bila inspiracija za veliki hit, "I Kissed A Girl". Johansonova je sve shvatila kao jedan veliki kompliment i našalila se da će, uprkos tome koliko je cela ova stvar divna, ostati verna svom tadašnjem mužu Rajanu Rejnoldsu.

## Skromnost

Ljudi su često skloni verovanju da su holivudske glumice nepristojne, pune sebe i da vode ludo ekstravagantan način života kakav se viđa samo u filmovima u kojima glume. Možda u tome ima malo istine, ali ne kada je u pitanju Skarlet Johanson. 2004. godine već je bila megazvezda i odlučila je da proslavi svoj 20. rođendan u Diznilendu. Kako se ispostavilo, ona je mega obožavatelj Diznija i još uvek se tamo često fotografiše.

## Nagrade

Uz beskrajnu listu neverovatnih filmskih uloga i predstava, gotovo je nestvarno da Johanson tek treba da dobije Oskara. Tokom godina bila je nominovana za četiri Zlatna globusa. Takođe je dobila dve nominacije za Oskara za najbolju glumicu u glavnoj ulozi za "Bračnu priču" i najbolju glumicu u sporednoj ulozi u "Jojo Rabbit".

# SCARLETT JOHANSSON

## "WHOLE PACKAGE" PERSONALITY

**Scarlett Johansson might be known for playing Black Widow, but there are many other interesting facts you might not know. Scarlett Johansson is an American actress and singer who is also one of the most beautiful, charismatic, and charming celebrities of our time. She is one of the most influential women in Hollywood and now has become an idol to many girls that want to pursue their passion further. Her popularity and fame make her stand apart from the crowd and since she has been at the epitome of popularity for so long, she indeed has emerged as a whole package in the industry. Here, we come up with some facts about her that truly add up to her "Whole Package" personality.**

### Ancestors

Johansson was born on November 22, 1984, in Manhattan, New York. Her father is originally from Copenhagen, Denmark; her mother is of Jewish descent.

### Beginnings

She started her career doing commercials and small theatre roles. In 1994, Johansson managed to get her first film debut with the movie North. Later on, in 1996 she had a role as a pregnant teenager in Manny & Lo. Johansson's true breakthrough happened in 2001 when she landed a role in the cult classic Ghost World.

### Rejection

It is hard to think that an actress such as Scarlett Johansson, would ever face rejection. As it turns out, everything began when she was seven years old when her brother was successfully signed by a talent agent, leaving her behind. The turndowns continued in 2003 when she applied to Tisch School of the Arts in New York, and a few weeks later, she faced another rejection letter. One more example is the famous movie The Parent Trap, where Johansson had auditioned for the role but it was given to Lindsey Lohan. Despite every significant or small turn down, she fought through and became the success story she is today.

### Dedication

Johansson wanted to become an actress ever since she was a little girl, it became obvious to her parents when they would find her in front of the mirror crying her eyes out just to improve her acting. Another hint was when she began doing incredible performances at home by singing and dancing for her family.

### Looks

In her career of 25 years, she has been named one of the sexiest women alive in countless polls and publications. In Touch magazine gave her the title in 2006, the same year Esquire magazine decided to give her the honorary first spot, and seven years later, in 2013, they did it one more time. This made her the only woman to ever get this honour two times.

### Talent

In 2003, Johansson was an 18-year-old actress who had one of those deciding career roles in the movie Lost in Translation. The critics loved and praised her for her outstanding performance and the ability to act older. The same year she landed the leading role in the movie Girl with a Pearl Earring. In the process of selection, she beat out 150 rivals and got the part.

### Inspiration

In 2008, Katy Perry spotted the gorgeous Scarlett Johansson in a magazine and asked her boyfriend if it would be okay to kiss her if she would walk through the door at the moment. As it turns out Scarlett was the inspiration for the big hit, I Kissed A Girl. Johansson took everything as one huge compliment and joked that despite how adorable this whole thing is she would remain faithful to her then-husband Ryan Reynolds.

### Modesty

Often people tend to believe that Hollywood actresses are rude, full of themselves and lead a crazy extravagant lifestyle that is only seen in the movies they star in. Maybe there is a little truth in this but not when it comes to Scarlett Johansson. In 2004 she was already a megastar and chose to celebrate her 20th birthday at Disneyland. As it turns out, she is a mega fan of Disney and is still often photographed there.

### Awards

With an endless list of incredible movie roles and performances, it is almost unreal that Johansson has yet to win an Oscar. Throughout the years she has been nominated for four Golden Globes. She also got two Oscar nominations for Best Performance by an Actress in a Leading Role for Marriage Story and Best Performance by an Actress in a Supporting Role in Jojo Rabbit.



# SVETSKO PRVENSTVO FIFA

## STADIONI KATAR 2022



## FIFA WORLD CUP Qatar 2022

### Zašto se Svetsko prvenstvo u fudbalu igra u novembru?

Odgovor je jednostavan (a verovatno ste ga već čuli mnogo puta) zbog vrućine. Katar ima pustinjsku klimu i zbog toga se temperature penju iznad 45°C. Zbog toga organizovanje Svetskog prvenstva tokom letnjih meseci nije dolazilo u obzir. I u novembru se očekuju veoma visoke temperature, zbog čega stadioni izgrađeni za ovaj događaj imaju specijalnu tehnologiju hlađenja koja do sada nije korišćena ni na jednom stadionu u svetu.

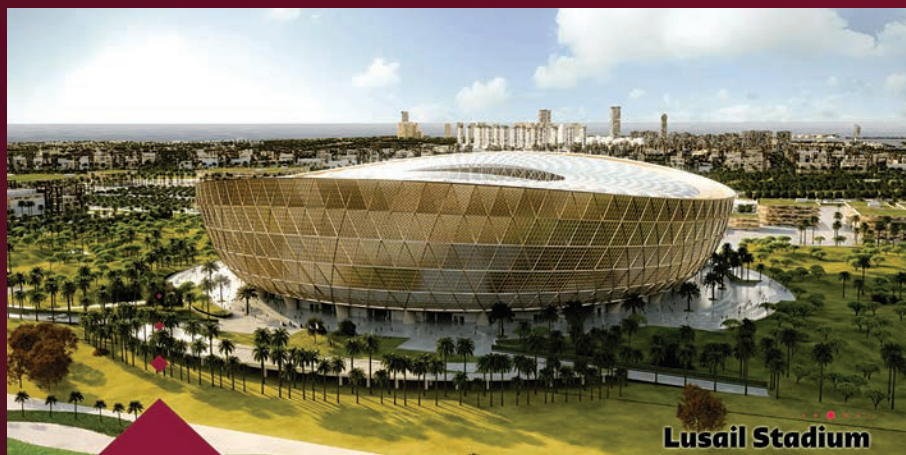
### Favoriti ovog turnira

Kao i kod svakog drugog takmičenja, glavna diskusija se usredsređuje na pitanje koji timovi imaju najveću šansu za pobjedu. Kao i uvek, „uobičajeni favoriti“ su Brazil, Francuska, Engleska, Španija, Nemačka. Ipak, čini se da je Brazil najveći favorit, a slede sadašnji nosioci Francuska, a potom Engleska, Španija i Nemačka. Međutim, iskustvo nam govori da na svakom turniru postoji tim ili dva koji prkose izgledima – kao što je to uradila Hrvatska prošli put.

### Mesta održavanja utakmica

Ukupno 8 stadiona će biti korišćeno za održavanje ovog turnira i pored svih kontroverzi oko njihove izgradnje, sva ova mesta su izuzetna dostignuća ljudskog inženjersstva.

*Posle svih rasprava, optužbi i pritužbi počinje Svetsko prvenstvo u fudbalu i svi ljubitelji fudbala mu se raduju. Ali pre nego što krenemo dalje, hajde da se još jednom kažemo nešto o onome što svakoga interesuje tako što ćemo odgovoriti na veliko pitanje:*



### Stadion Lusail

Stadion Lusail sa 80.000 sedišta je središnji deo grada Lusail: najsavremenije metropole. Ovde će biti održano finale Svetskog prvenstva FIFA u Kataru 2022., a gledaće ga milijarde širom sveta. Dizajn ovog veličanstvenog stadiona inspirisan je interakcijom svetlosti i senke koja karakteriše fanar fenjer. Njegov oblik i fasada odražavaju složene dekorativne motive na zdelama, posudama i drugim umetničkim delima pronađenim širom arapskog i islamskog sveta tokom uspona civilizacije u ovom regionu.



### Stadion Al Bait

Džinovska šatorska struktura pokriva ceo stadion sa kapacitetom da primi 60.000 ljudi, koji se nalazi u severnom gradu Al Kor. Na ovom stadionu će se odigrati prva utakmica Svetskog prvenstva 2022. kao i sve ostale utakmice do polufinala. Stadion je dobio ime po šatorima bait al šar (bait al sha'ar) koje su istorijski koristili nomadi u Kataru i regionu Zaliva. Dizajn



# FIFA WORLD CUP

## QATAR 2022 VENUES

*After all the discussions, accusations, and complaints the FIFA World Cup is about to begin, and all football fans are looking forward to it. But before we go any further let us, once more, address the elephant in the room by answering the big question:*

### **Why is the World Cup Tournament played in November?**

The answer is simple (and you probably heard it many times already) because of the heat. Qatar has a desert climate and because of that temperatures rise above 45°C. Therefore, organizing the World Cup during the summer months was out of the question. Even in November, the expected temperatures are very high, which is why the stadiums constructed for this event have special cooling technology never used before on any stadium in the world.

### **Favorites of this tournament**

As with any other competition, the main discussion centers on the matter of the favorite teams to win. As always, the “usual suspects” are Brazil, France, England, Spain, Germany. However, it seems that Brazil are the biggest favorite followed by the current holders France, and then England, Spain, and Germany. Although experience tells us that in every tournament there is a team or two that defy the odds – like Croatia did the last time.

### **World cup venues**

In total 8 stadiums will be used to host this tournament, and putting aside all the controversies surrounding their construction, all these venues are remarkable accomplishments of human engineering.

#### **Lusail Stadium**

The 80,000-seat Lusail Stadium is the Centerpiece of Lusail City: a state-of-the-art metropolis. It is here that the FIFA World Cup Qatar 2022 final will be staged, with billions around the globe watching on. The design of this magnificent stadium is inspired by the interplay of light and shadow that characterises the fanar lantern. Its shape and façade echo the intricate decorative motifs on bowls, vessels and other art pieces found across the Arab and Islamic world during the rise of civilisation in the region.

#### **Al Bayt Stadium**

A giant tent structure covers the entire 60,000-capacity stadium, located in the northern city of Al Khor. The stadium will host the opening match of the FIFA World Cup 2022 and fixtures right through to the semi-finals. The stadium takes its name from bayt al sha'ar – tents historically used by nomadic people in Qatar and the Gulf region. The stadium design honours Qatar's past and present, while

stadiona odaje počast prošlosti i sadašnjosti Katara, uz pogled ka budućnosti zajednice.

#### **Stadion 974**

Ova arena, koja ima kapacitet da primi 40.000 ljudi. Izgrađena je od brodskih kontejnera i modularnog čelika, odražava obližnju luku i pomorsku istoriju Dohe. Inovativni dizajn stadiona 974 inspirisan je svetskom trgovinom i pomorstvom Katara. 974 je međunarodni pozivni broj za Katar, kao i tačan broj transportnih kontejnera koji se koriste u građevinarstvu.





Nakon završetka turnira, stadion će omogućiti dalji razvoj na obali gde će lokalno stanovništvo moći da uživa.

### **Stadion Al Džanub**

Jedno od najstarijih stalno naseljenih područja Katara, Al Vakrah je dugo bio centar za ronjenje radi prikupljanja bisera i za pecanje. Tradicionalni čamci 'dov' (Dhov) koji se koriste u ovim aktivnostima inspirisali su dizajn stadiona Al Džanub (Al Janoub). Nakon FIFA Svetskog prvenstva u Kataru 2022, ovaj stadion će postati novi dom za sport i zabavu u južnom Kataru. Njegov kapacitet će biti smanjen na 20.000, što garantuje živu atmosferu.



Ostalih 20.000 mesta biće donirano projektima za razvoj fudbala.

### **Međunarodni stadion Kalifa**

Ovu arenu koja ima kapacitet da primi 40.000 ljudi mnogi obožavaju kao dom fudbala u Kataru. Izgrađen je 1976. i transformisan za Svetsko prvenstvo u fudbalu u Kataru 2022. Sada se može pohvaliti ultramodernim oblikom i dvostrukim lukovima koji predstavljaju kontinuitet i obuhvataju navijače iz celog sveta. Unutar stadiona, sve oblasti za sedenje su zaštićene od vremenskih prilika nadstrešnicom, uz dodatnu kontrolu klime koju pružaju napredne tehnologije hlađenja.

### **Stadion Ahmad Bin Ali**

Stadion Ahmad Bin Ali u svojoj spektakularnoj talasastoj fasadi ima inkorporirane simbole katarske kulture. Objekti koji okružuju stadion takođe odražavaju zemlju, sa strukturama u obliku peščanih dina koje podsećaju na prelepe divlje oblasti na zapadu. Svaki deo stadiona i njegovog okruženja je dizajniran imajući na umu i održivost. Nakon završetka FIFA Svetskog prvenstva u Kataru 2022, skoro polovina od 40.000 modularnih sedišta na stadionu biće uklonjena i data projektima za razvoj fudbala u inostranstvu.



### **Stadion Al Tumama**

Stadion Al Tumama, koji se nalazi 12 km južno od blistavog obrisa Dohe, biće domaćin utakmica Svetskog prvenstva u fudbalu u Kataru 2022. do četvrtfinala i uključujući



keeping one eye on the future of the community.

### **Stadium 974**

This 40,000-capacity arena constructed from shipping containers and modular steel echoes the nearby port and Doha's maritime history. Stadium 974's innovative design is inspired by Qatar's worldwide trade and seafaring. 974 is the international dialing code for Qatar, as well as the exact number of shipping containers used in construction. Following the tournament's conclusion, the stadium will make way for a waterfront development for local people to enjoy.

### **Al Janoub Stadium**

One of Qatar's oldest continuously inhabited areas, Al Wakrah was long a centre for pearl diving and fishing. The traditional dhow boats used in these pursuits inspired the design of Al Janoub Stadium. After the FIFA World Cup Qatar 2022, Al Janoub Stadium will become a new home for sport and entertainment in southern Qatar. Its capacity will be reduced to 20,000, guaranteeing an electric atmosphere. The other 20,000 seats will be donated to football development projects.

### **Khalifa International Stadium**

This 40,000-capacity arena is adored by many as the home of football in Qatar. It was built in 1976 and transformed for FIFA World Cup Qatar 2022. It now boasts an ultramodern shape and dual arches that represent continuity and embracing fans from all over the globe. Inside the stadium, all seating areas are protected from the elements by a canopy, with further climate control delivered by advanced cooling technologies.

### **Ahmad Bin Ali Stadium**

Ahmad Bin Ali Stadium incorporates symbols of Qatari culture into its spectacular undulating façade. The facilities surrounding the stadium also mirror the country, with sand dune-shaped structures recalling the beautifully wild lands to the west. Every part of the stadium district has been designed with sustainability in mind. After the FIFA World Cup Qatar 2022 ends, almost half of the stadium's 40,000 modular seats will be removed and given to football development projects abroad.

### **Al Thumama Stadium**

Located 12km south of Doha's glittering skyline, Al Thumama Stadium will host FIFA World Cup Qatar 2022 matches up to and including the quarterfinals. The stadium's bold, circular form reflects the gahfiya – a traditional woven cap adorned by men and boys all across the Middle East for centuries – marking every young boy's path to adulthood.

### **Education City Stadium**

The landscape around Education City Stadium is dotted with leading universities. The stadium's most direct contribution to international development will come after it has hosted matches through to the quarter-finals stage of the tournament. The arena's capacity will be reduced by half and 20,000 seats will be donated to build stadiums in developing countries, helping cultivate a passion for the game around the globe.



četvrtfinale. Smela, kružna forma stadiona odražava gahfiju - tradicionalnu tkanu kapu koju su vekovima nosili muškarci i dečaci širom Bliskog istoka - obeležavajući put svakog mladog dečaka u odraslo doba.



### **Stadion Edjukejšn Siti**

Pejzaž oko stadiona Edjukejšn Siti (Education Citi Stadium) je prošaran vodećim univerzitetima. Najdirektniji doprinos stadiona međunarodnom razvoju doći će nakon što bude domaćin utakmica do četvrtfinalne faze turnira. Kapacitet arene će biti smanjen za polovinu, a 20.000 sedišta će biti donirano za izgradnju stadiona u zemljama u razvoju, pomažući da se neguje strast za igru širom sveta.



# POSAO NAS POVEZUJE

*BRAĆA U UZGOJU MALINE NA EVROPSKOM TRŽIŠTU!*

*Ove godine je oko 200 tona jagodičastog voća, uglavnom maline, izvezeno na evropska tržišta sa plantaža u regionu Prizrena i Šar planine. Zahvaljujući udruženom i marljivom radu voćara ovog kraja, koji dolaze iz svih kosovskih zajednica, berba „crvenog zlata“, kako zovu prizrensku malinu, našla je put do tržišta Švajcarske, Nemačke, Italije, Austrije, Turske...*



Ismet Osmani, jedan od prvih uzgajivača maline i direktor prizrenske zemljoradničke zadruge RED GOLD, vratio se na Kosovo iz Švedske pre 15 godina i počeo da uzgaja maline. On je za 4You Magazine rekao da ovu zadrugu čini više od 100 proizvođača jagodičastog voća, koji dolaze iz svih zajednica u regionu: "Mi proizvodimo i beremo tone i tone jagodičastog, šumskog voća i lekovitog bilja, pre svega zato što svi učestvujemo u tome, bez obzira iz koje etničke zajednice potičemo, a neki od nas dolaze iz bošnjačke, srpske ili albanske zajednice. Zahvaljujući zajedništvu, dobroj organizaciji i zajedničkom interesu, uspešni smo i naša budućnost u ovom poslu je zagantovana, a mi smo dokaz za to".

U prostorijama zadruge postoje i pogoni za proizvodnju sokova i džemova, kao i za sakupljanje i preradu lekovitog bilja. Osmani je dodao da na visinskom području Šar planine ima oko 100 hektara zemljišta zasađenog malinom, a da se u uzgoju jagodičastog i lekovitog bilja primenjuju sve agrotehničke mere i poštuju svetski standardi. "Naša malina raste na nadmorskoj visini između 1.000 i 1.200 metara i u ovom kraju nema fabrika. Na ovoj nadmorskoj visini susreću se kontinentalna, polukontinentalna i planinska klima, što omogućava malini da, između ostalog, ima više šećera i bude boljeg kvaliteta od drugih", rekao je Osmani.

## Uzgoj maline sve popularniji

Uzgajivači maline godišnje zaposle oko 6.000 radnika tokom sezone. Zajedničkim snagama pokušavaju da izbere svoje mesto na tržištu i, kako kažu, uspevaju u tome, a ohrabreni su činjenicom da su uslovi izvoza iz godine u godinu sve bolji. Bojan Stojčetović i Arnel Alija su malinari i dugi niz godina su deo ove zadruge. U razgovoru sa nama istakli su da su zadovoljni poslom koji donosi prihode i sa razlogom se nadaju da će malina postati strateški proizvod i brend Kosova. Proizvodnja

maline postala je njihov porodični posao, a planiraju da se time bave i u budućnosti jer smatraju da su uspeh i pristojna zarada rezultat multietničke saradnje.

"Od samog početka bio sam siguran da je ovaj multietnički poduhvat predodređen da bude uspešan jer je njegova multietnička priroda velika prednost. Osim toga, gospodin Osmani nam je bio od velike pomoći i svojom stručnošću i znanjem u oblasti uzgoja maline, đubriva, a posebno u pronalaženju tržišta za



## Uspeh kroz sinergiju i zajedništvo

Direktor RED GOLD-a Ismet Osmani rekao je za naš Magazin da zadruga nastoji da pruži primer „kako raditi i biti uspešni kroz sinergiju i zajedništvo“. Prema njegovim rečima, poljoprivrednici treba samo da rade, dok oni brinu o nabavci, isporuci i stručnom obrazovanju. On smatra i da je ova vrsta zadruga jedna od najboljih i najmodernijih, jer prvenstveno služi za zaštitu poljoprivrednika, odnosno neposrednog uzgajivača. Posao ih je sve spojio, pa gospodin Osmani kaže: **“Mi ignorišemo sve predrasude koje nas dele. Pokušavamo da dokažemo da posao spaja ljude. U tome uspevamo. Ne delimo se po etničkim standardima. Za nas nema barijera, a svuda smo prepoznati po tome što smo braća u industriji maline. Moja poruka svima je da zaboravimo loše navike i dokažemo da nas posao spaja, jer je to jedina budućnost i put ka uspehu na ovim prostorima”**, poručio je na kraju razgovora direktor zemljoradničke zadruge RED GOLD Ismet Osmani narodu na Kosovu, kao i svim budućim uzgajivačima maline.

naše proizvode“, rekao je Arnel Alija”.

On je, zajedno sa kolegom Bojanom Stojčetovićem, pozvao sve buduće malinare da se ne ustručavaju da se pridruže ovakvim inicijativama. Zajednički su istakli da je zadruga RED GOLD primer uspeha, jer ima ogroman potencijal za različite proizvodne delatnosti.



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## BUSINESS CONNECTS US BROTHERS IN RASPBERRY CULTIVATION IN THE EUROPEAN MARKET!

*This year, around 200 tons of berries, mainly raspberries, were exported to the European markets from plantations in the Prizren region and Sharr/Sar Mountain. Owing to the united and diligent work by the fruit growers of this region, who come from all Kosovo communities, the harvest of the “red gold,” as they call the Prizren raspberry, has found its way to the markets of Switzerland, Germany, Italy, Austria, Turkey...*

Ismet Osmani, one of the first raspberry growers and director of the Prizren-based agricultural cooperative RED GOLD, returned to Kosovo from Sweden 15 years ago and started to grow raspberries. He told the 4You Magazine that this cooperative is composed of more than 100 berry producers, who come from all communities in the region: “We produce and pick tons and tons of berries, forest fruits and medicinal herbs, primarily because we all participate in it, regardless of which ethnic communities we come from, and some of us come from the Bosniak, Serb or Albanian communities. Thanks to unity, good organization and common interest, we are successful and our future in this business is guaranteed, and we are proof of that.”

In the cooperatives’ premises, there are also units which produce juices and jams, as well as for the collection and processing of medicinal herbs. Mr. Osmani added that there are about 100 hectares of land planted with raspberries in the high-altitude area of the Sharr/Sar Mountain, and that all agrotechnical measures are used in the cultivation of berries and medicinal plants and world standards are followed. “Our raspberry grows at an altitude between 1,000 and 1,200 meters above sea level and there are no factories in this area. At this altitude, continental, semi-continental and mountain climates meet, allowing the raspberries to, among other things, have more sugar and be of better quality than others,” Mr. Osmani said.

### Increasingly popular raspberry cultivation

Raspberry growers hire around 6,000 workers annually during the season. With joint effort, they are trying to earn their place on the market and, as they say, they are succeeding in this, and they are encouraged by the fact that the export conditions are getting better year by year. Bojan Stojcetovic and Arnel Alija are raspberry growers and have been part of this cooperative for many years. In the conversation with us, they highlighted that they are satisfied with the business which generates income, and with good reason, they hope that raspberries will become a strategic product and brand of Kosovo. The raspberry production has become their family business, and they plan to continue doing it, also in the future because they

believe that success and decent earnings are a result of the multi-ethnic cooperation.

“From the very beginning, I was sure that this multi-ethnic venture was destined to be successful because its multi-ethnic nature is a great advantage. In addition, Mr. Osmani was very helpful to us both with his expertise and knowledge in the field of raspberry cultivation, fertilizers, and especially in finding a market for our products,” Arnel Alija said.

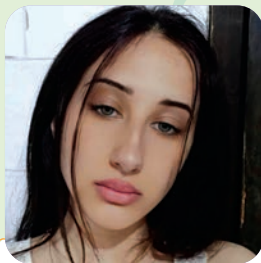
He, together with his colleague Bojan Stojcetovic, called upon all future raspberry growers not to hesitate to join such initiatives. They jointly emphasized that the RED GOLD cooperative is an example of success, because it has huge potential for various production activities.

### Success through synergy and togetherness

*Director of RED GOLD Ismet Osmani told our Magazine that the cooperative strives to set an example of “how to work and be successful through synergy and togetherness.” According to him, farmers only need to work, while they take care of the procurement, delivery and professional education. He also believes that this type of cooperative is one of the best and most modern, because it primarily serves to protect the farmer, that is, the immediate grower. Business brought them all together, and therefore Mr. Osmani says: “We ignore all the prejudices that divide us. We are trying to prove that business brings people together. We are succeeding in that. We are not divided by ethnic standards. There are no barriers for us, and we are recognized everywhere for being brothers in the raspberry industry. My message to all is to forget the bad habits and prove that business unites us, because it is the only future and the road to success in this region,” the director of the agricultural cooperative RED GOLD Ismet Osmani said at the end of the conversation to the people in Kosovo, as well as to all future raspberry growers.*



## Vaše mišljenje o baki i dedi?



Anastasija Todorović



### Koliko su ti bitni baba i deda?

Moja baka je neko ko je meni drag u svakom pogledu. Njen osmeh je kao sunce koje uljepšava svaki novi dan. Kada se osmehne, linije na njenom licu postaju epski narativi koji prate priče generacija koje nijedna knjiga ne može da zameni.

### Zašto je odnos unuka sa babama i dedama poseban i jedinstven?

To je poseban odnos jer su oni tu da nas razmazu mnogo više nego naši roditelji. Bake nam spremaju divne kolače i razna jela, a dede nas šetaju ili čekaju kad dolazimo iz škole. Mnogi svoju baku nazivaju „drugom mamom“ zato što je baka osoba koja je prisutna uvek kada mama nema, a potrebna je uteha.

### Imate li neku posebnu uspomenu sa vašim babama i dedama?

Svaki dan sa njima mi je bitan i dragocen, imam mnogo uspomena, a najviše se sećam jednog leta, kada me je baka odvela na more i tamo smo provele mesec dana, uživajući u svakom delu dana.

### How important are grandparents to you?

My grandmother is someone very dear to me in every sense. Her smile is like a sun that brightens every new day. When she smiles, her facial lines become epic narratives that follow the stories of the previous generations that cannot be replaced by any book.

### Why is the relationship between grandchildren and grandparents exceptional and unique?

That is the exceptional relationship because they exist to spoil us much more than our parents. Grannies are preparing us splendid cookies and different dishes, and grandpas are walking us or waiting for us when we are returning from school. A lot of persons are calling their grandmas the “second mother”, because the granny is the person that is always present when the mother is not there and we need comfort.

### Do you have some particular memory related to your grandparents?

Every day with them is important and valuable to me, I have many memories, and I remember the most one summer, when my grandma took me to the seaside and we spent a whole month there, enjoying every part of the day.



Đorđe Načić



### Koliko su ti bitni baba i deda?

Veoma su mi bitni u životu, jer mnogo toga mogu da naučim od njih. Bitno mi je njihovo životno iskustvo, koje oni prenose na mene. Vrlo sam vezan za njih i želim da im u što većoj meri pomognem, kao što oni svakodnevno pomažu meni.

### Zašto je odnos unuka sa babama i dedama poseban i jedinstven?

Oni su tu uvek za nas, čuvaju nas od malena, sa njima ponekad provodimo više vremena nego sa roditeljima. Takav odnos od početka stvara veliku vezanost, posvećenost i ljubav, koja traje zauvek.

### Imate li neku posebnu uspomenu sa vašim babama i dedama?

Sa majčine strane imam baku, a sa tatine dedu. Stvaramo uspomene svaki dan, a moj deda mene najviše voli, ja sam mu ljubimac, pored moje tri sestre. Meni je ta njegova ljubav posebna uspomena koju imam i koju ću imati.

### How important are grandparents to you?

They are very important in life, since I can learn a lot from them. Their experience is very important for me, which they pass on to me. I'm very attached to them and I wish to help them as much as possible, in the same way as they help me every day.

### Why is the relationship between grandchildren and grandparents exceptional and unique?

They are always there for us, they take care of us since childhood, and we sometimes spend more time with them than with our parents. Such a relationship from the beginning creates a great attachment, commitment and love, which lasts forever.

### Do you have some particular memory related to your grandparents?

I have the granny from my mother's side, and the grandpa from my father's side. We are creating memories every day, and my grandfather loves me the most, I'm his favorite, in addition to my three sisters. For me his love is a special memory that I cherish and that I will continue to cherish.

Molimo vas šalžite vaša razmišljanja o baki i dedi na email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)

# Your opinion about grandparents?



**Petar Kostić**



## Koliko su ti bitni baba i deda?

O babama i dedama imam samo najbolje reči. Oni su naša najveća podrška i tu su samo zbog nas. Čuvaju nas i vole i zbog toga su mi veoma bitni.

## Zašto je odnos unuka sa babama i dedama poseban i jedinstven?

Zato što oni svoje unučiče, tj. nas smatraju najvećim blagom na svetu i nema šta ne bi uradili da nas učine srećnim. Oni su spremni da u strašnim momentima spakuju torbu i odu u posetu svom unučetu kako bi ga spasili od nezgodne situacije i 'čeljusti' mame i tate.

## Imate li neku posebnu uspomenu sa vašim babama i dedama?

Baka pruža utehu i u najgorim trenucima, a njeni saveti koje daje na osnovu svih svojim mnogogodišnjih iskustava su dragoceni i nezamenjivi. Moja baka uvek ima spremno izobilje hrane, od supe, mesa, peciva i kolača, niko ne sprema tako dobru hranu kao baka. Pamtim uvek taj ukus i to mi je uspomena.

## How important are grandparents to you?

I can only say the nicest things about my grandparents. They are my biggest support and they are here just for us. They take care of us and love us and that is why they are very important.

## Why is the relationship between grandchildren and grandparents exceptional and unique?

Because they see their grandchildren, that is us, as the greatest treasure in the world and they would do anything to make us happy. In scary moments, they are ready to pack the bag and visit their grandchildren in order to save them from the tricky situation, and "the jaws" of mom and dad.

## Do you have some particular memory related to your grandparents?

Granny provides comfort even in the worst moments, and her advice based on all her long-term experience is precious and irreplaceable. My granny always has plenty of food ready, starting from soup, meat, pastries and cakes, and no one prepares as good food as grandma. I will always remember that taste and that is my memory.



**Aleksandra Micić**



## Koliko su ti bitni baba i deda?

Sa očeve strane imam samo dedu. Bitan mi je jer je uvek tu da me brani od mame i tate, a i uvek mi daje džeparac.

## Zašto je odnos unuka sa babama i dedama poseban i jedinstven?

Bez njih svet ne bi bio isti, ni upola tako toplo i ušuškano mesto u danima detinjstva. Naši su najveći obožavaoci, spremni za svaku akciju koju dečije radoznale glave smisle - palačinke u ponoć, krofne za doručak, mač od drveta iz dekinje radionice, priča za laku noć... Bake, deke i unuci su neraskidiva veza generacija, lanac ljubavi za sva vremena.

## Imate li neku posebnu uspomenu sa vašim babama i dedama?

Jednom smo se vraćali iz naše duge šetnje i na stepeništu u našoj zgradi zatekli dečaka kako rida. Plakao je i plakao sa licem zarivenim u ruke, a deda ga je upitao šta mu je. Deda je popričao sa njime - prvo ozbiljno, utešio ga je kako je samo on znao (deda su ga uvek volela) i već posle pet minuta dečak se smejao dedinim šalama...

## How important are grandparents to you?

I only have a grandpa from my father's side. He is very important to me since he always 'protects' me from mom and dad and he is always giving me pocketmoney.

## Why is the relationship between grandchildren and grandparents exceptional and unique?

The world wouldn't be the same without them, it wouldn't be even as half warm and secluded in the childhood days. They are our greatest admirers, ready for any action that child's curious heads can come up with - pancakes at midnight, donuts for breakfast, a wooden sword from grandpa's workshop, a bedtime story... grandmas, grandpas and grandchildren are the unbreakable bond of the generations, a love chain for eternity.

## Do you have some particular memory related to your grandparents?

Once we were coming back from our long walk, and on the staircase in our building we saw a boy crying. He was crying and crying with his face buried in his hands, and my grandfather asked him what was wrong with him. He was scared and confused. Grandpa talked to him - first seriously, he comforted him as only he knew how (children always loved him) and after five minutes the boy was laughing at my grandpa's jokes.

Please send us your thoughts on grandparents at this email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)



## TINEJDŽERI I ZDRAVE VEZE

Imamo različite vrste odnosa u našim životima, međutim, naš odnos prema sebi je najvažniji, jer ćemo taj odnos imati ceo život. Pored toga, ovaj odnos sa nama samima će u velikoj meri odrediti naše odnose sa našim partnerima, prijateljima, porodicom, zajednicom, ljudima u školi ili na poslu. Stoga, deo zdravog odnosa sa samim sobom je znati kako biti u zdravim odnosima sa drugima. Ovo uključuje mogućnost postavljanja zdravih granica sa ljudima u našim životima, kao i poštovanje njihovih granica.



### Zdrave granice

Postavljanje emocionalnih i fizičkih granica sa ljudima u našim životima je važan deo stvaranja zdravih odnosa. Razgovor o granicama omogućava ljudima da budu svesni međusobnih potreba i nivoa udobnosti. Ovo postavlja osnovu poštovanja, tako da se osobe mogu osećati sigurno i zdravo u vezi.

### Nezdravi odnosi

Svi naši odnosi mogu postojati u nizu, od zdravih do nezdravih i ponekad uvredljivih. U zdravim odnosima, svi ljudi imaju jednaku moć i uključeni su u donošenje odluka. Takođe nam je potrebno međusobno poštovanje i poverenje. Ako nedostaju važne stvari kao što su poštovanje i poverenje, možda je reč o nezdravoj vezi. Ako postoji strah, pretnje i/ili fizičko, seksualno, finansijsko, emocionalno/mentalno ili duhovno zlostavljanje, onda je to nasilna veza. Važno je i u redu je da imate granice o kojima se ne može pregovarati, posebno u vezi sa zabavljanjem (romantičnim, izlaskom ili kako god to želite da nazovete), a ako partner ne poštuje vaše granice, pritiska vas da uradite nešto što jednostavno smatrate da nije u redu, ili pokušavaju

da vas kontrolišu na neki način, to nije u redu..

### Zdravi odnosi

pozitivni odnosi u kojima se ljudi osećaju sigurno i poštovano su dobri za naše emocionalno, fizičko, mentalno i duhovno zdravlje. Zdravi odnosi mogu biti izvor sreće i pomoći ljudima da se osećaju povezani. Teško je dati strogu listu stvari koje zdrava veza sadrži, jer svi imamo različite stvari koje želimo i koje nas privlače. Međutim, postoje neke osnovne osobine koje bi svaka lista trebala da ima, bez obzira na prirodu veze, kao što su:

### Uzajamno poverenje

- To znači da verujete odgovarajućoj osobi (partneru, prijatelju, članu porodice) i da ona veruje vama. Verujete jedno drugom da ćete poštovati granice i sporazume na koje ste se obav-

ezali u vašoj vezi. Verujete da ćete se ophoditi jedni prema drugima na ljubazan i brižan način. Poverenje je često nešto što se vremenom razvija i ljudi grade zajedno u vezi.

**Poštovanje** – Poštovanje znači da se prema drugoj osobi odnosite ljubazno, kao prema dostojnom i vrednom biću. To znači da se prema njima dobro odnosite i poštu-



jete njihov integritet, prava i nezavisnost..

**Iskrenost** - Biti iskren često znači govoriti istinu, ali više od toga se odnosi i na to da budete verni sebi, da poštujete sebe i da komunicirate o tome ko ste i šta vam je potrebno ili želite u vezi.

**Jednakost** - To znači da obe strane imaju jednaku moć i reč u odnosu. To znači da se emocionalna i fizička opterećenja/ odgovornosti dele.

### **Dobra komunikacija**

- Otvorena i ljubazna komunikacija može zahtevati vežbu. Možete da vežbate da budete asertivni u vezi sa svojim potrebama i željama svaki dan, uključujući i tokom sukoba, kao i slušanjem potreba i želja drugih i poštenim pregovorima. Što više vežbate komunikaciju, bolji ćete biti u tome.

### **Načini za postizanje zdravih odnosa**

Napravite svoju listu! Ako imate svoju ličnu listu onoga što zdrava veza znači za vas, to vam može olakšati da shvatite šta želite u vezi, a šta ne. Takođe vam može pomoći da razmislite o tome kakav partner želite da budete i procenite u čemu ste već dobri i na čemu bi možda trebalo da radite. Stvaranje zdravih odnosa je proces i svi učimo. Izgradnja zdravih odnosa zahteva rad, ali bi one trebale da budu i zabavne i prijatne! Ne vidimo uvek dobre primere zdravih odnosa u našim životima ili u medijima, pa je važno pronaći dobre uzore ili tražiti više primera.

### **NE ZABORAVITE:**

Svi zaslužuju zdrave, pozitivne i brižne veze.

## TEENS AND HEALTHY RELATIONSHIPS

We have different kinds of relationships in our lives, however, our relationship with ourselves is the most important, because we will have this relationship our whole lives. In addition, this relationship with ourselves will determine to a great deal our relationships with our partners, friends, family, community, people at school or work. Therefore, part of having a healthy relationship with ourselves is knowing what being in healthy relationships with others looks like. This includes being able to set healthy boundaries with the people in our lives as well as respecting their boundaries.

### **Healthy Boundaries**

Setting emotional and physical boundaries with people in our lives is an important part of creating healthy relationships. Talking about boundaries allows people to be aware of each other's needs and comfort levels. This sets up a foundation of respect so both people can feel safe and healthy in the relationship.

### **Unhealthy Relationships**

All our relationships can exist on a spectrum, from healthy to unhealthy and sometimes abusive. In a healthy relationship, all people have equal power and are involved in decision making. We also need mutual respect and trust. If important things like respect and trust are missing, it may be an unhealthy relationship. If there is fear, threats and/or physical, sexual, financial, emotional/mental, or spiritual abuse happening, then it is an abusive relationship. It's important and okay to have boundaries that are not negotiable especially in dating (romantic, going out, or whatever you want to call it) relationships, and if a partner isn't respecting your boundaries, pressures you to do something that just doesn't feel right, or they try to control you in some way, that's not okay.

### **Healthy Relationships**

Positive relationships where people feel safe and respected are good for our emotional, physical, mental, and spiritual health. Healthy relationships can be a source of happiness and help people to feel connected. It is difficult to provide a strict list of things a healthy relationship contains, because we all have different things we want and are attracted to. However, there are some basic qualities that everyone's list should have in common, no matter the nature of the relationship, such as:

**Mutual Trust** - This means that you trust your counterpart (partner, friend, family member) and they trust you. You trust each other to respect the boundaries and agreements you've committed to in your relationship. You have faith that you will treat each other in a kind and caring way. Trust is often something that develops over time and people build together in a relationship.

**Respect** - Respect means treating the other person with kindness, as a worthy and valuable being. It means that you treat them well and honor their integrity, rights, and independence.

**Honesty** - Being honest often means telling the truth, but more than that it's also about being true to yourself, honoring yourself, and communicating about who you are and what you need or want in a relationship.

**Equality** - This means that both parties have equal power and say in the relationship. It means that emotional and physical workloads are shared.

**Good communication** - Communicating openly and kindly can take practice. You can practice being assertive about your needs and wants every day including during a conflict and also by listening to the needs and wants of others and by negotiating fairly. The more you practice communicating the better you will get at it.

### **Ways to achieve healthy relationships**

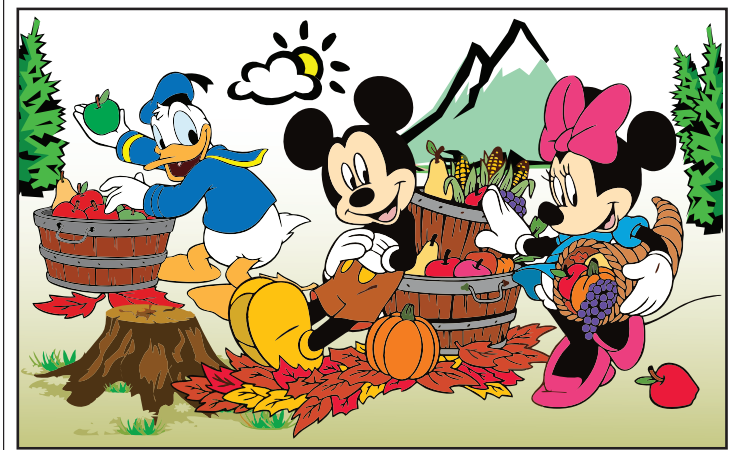
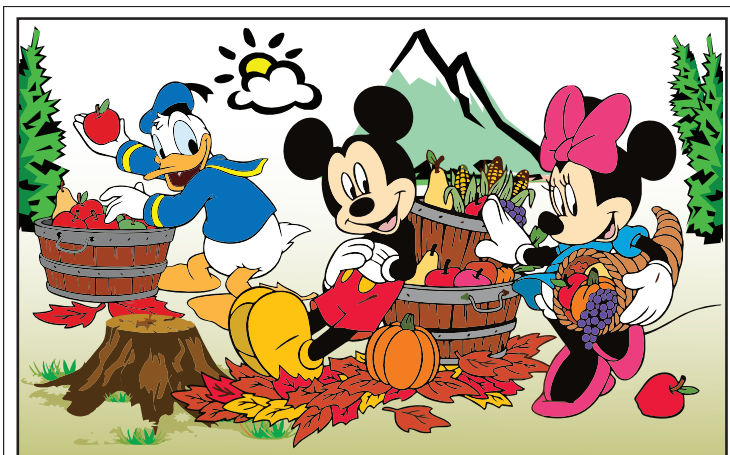
Make your own list! Having your own personal list of what a healthy relationship means for you can make it easier to figure out what you want in a relationship and what you don't want. It can also help you think about what kind of partner you want to be and assess what you are good at already and what you might need to work on. Creating healthy relationships is a process and we are all learning. Building healthy relationships does take work, but they should be fun and enjoyable too! We don't always see good examples of healthy relationships in our lives or in media, so it's important to find good role models or seek out more examples.

**DON'T FORGET:** Everyone deserves healthy, positive, and caring relationships.





## PRONAĐITE 10 RAZLIKA



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### **JESEN**

„Postoji nešto tako posebno u lišću koje opada sa drveća – kao da nam se ponovo svima pruža šansa da se rasteretimo, osvežimo i da počnemo iznova.“

- *Ruth Ahmed*

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