

4You

magazine

www.magazineforyou.com 



4You Magazine - Srpski 

magazine4usrpski 



Mesečni KFOR magazin Br. 194 - Februar 2023



MUSIC BOX

**EJO &
MILICA DOBRIĆ**

Besplatno 

"4You magazine" je službena publikacija KFOR-a, proizvedena i finansirana od strane KFOR-a. Štampa se na Kosovu i distribuira besplatno.

Sadržaj magazina ne odražava uvek stavove koalicije ili bilo koje zemlje članice pojedinačno. KFOR prihvata i traži vaša mišljenja, neka od njih će i objavljivati, verovatno u skraćenoj formi. Ako autor pisma tako želi, njegovo/njeno ime neće biti objavljeno. KFOR neće objavljivati anonimna, maliciozna ili klevetnička pisma.

Glavni urednik:

Leonora Shabanaj Nikšić

Novinari:

Ali Rexha,

Violeta Matović,

Jelena Simić Rašić

Fotografije:

Ekipa "4You"

Design & Layout:

Bekim Shabani &

Leopard Cana

Uredništvo možete

kontaktirati na telefon:

038/503-603-2139

Pisma možete slati

na adresu:

HQ KFOR - Kosova Film;

"4You Magazine";

Strasbourg Building;

10000 Priština

E-mail:

magazineforyou2003@gmail.com;

www.magazineforyou.com



Naslovna: EJO &
Milica DOBRIĆ

Uvodnik

Da budem iskrena, veoma sam uzbuđena dok pišem ovaj uvodnik a razlog za ovo uzbuđenje je vezan za poslednji novitet koji Vam donosimo putem našeg časopisa. Počevši od ovog izdanja pozivamo vas sve da zajedno sa nama naučite albanski/srpski jezik.

Zašto učiti novi jezik?

Kao što svi znamo, svrha jezika je da komuniciramo sa drugima, da se organizujemo i izrazimo svoje ideje. Međutim, u multietničkom i višejezičnom okruženju kao što je Kosovo, poznavanje više od sopstvenog maternjeg jezika je ogromna prednost. Imajući ovo u vidu, naša redakcija je odlučila da pokuša da vam pomogne da napravite prve korake ka učenju albanskog/srpskog jezika. Naša ideja koja stoji iza ovih lekcija je vrlo jednostavna - nemamo za cilj da zamenimo odgovarajuće profesionalne kurseve jezika. Naprotiv, naš cilj je da obezbedimo jednostavne i praktične lekcije zasnovane na rečniku koje će vam pružiti osnovne alate za početak samostalnog učenja ili dopuniti bilo koji drugi kurs jezika koji možda pohađate.

Kako će ove lekcije funkcionisati?

Kao što sam već navela, ove lekcije se neće fokusirati na detaljna gramatička objašnjenja, već će se zasnivati na učenju jezika kroz metod izgradnje rečnika sa najčešćim rečima i rečenicama koje se susreću u svakodnevnoj komunikaciji. One će takođe biti praćene ilustracijama. Tako ćete samostalno kroz svoju intuiciju razumeti i moći da ih koristite u praksi. Naravno, izuzimanje gramatike i njenih pravila nije sasvim moguće, pa će predavanja obuhvatiti i najneophodnija pravila, ali će ona biti maksimalno pojednostavljena.

Zaključak

U našem svakodnevnom životu, komunikacija nam pomaže da izgradimo odnose omogućavajući nam da podelimo svoja iskustva i potrebe i pomaže nam da se povežemo sa drugima. To je suština života, omogućava nam da izražavamo osećanja, prenosimo informacije i delimo misli. Nadamo se da će ove lekcije podstaći vašu radoznalost da naučite novi jezik i shodno tome poboljšati vašu sposobnost da komunicirate sa svojim vršnjacima iz drugih etničkih grupa. Na kraju krajeva, komunikacija je ključ za izgradnju mirnog i demokratskog društva zasnovanog na međusobnom razumevanju i poštovanju. Na kraju bih vam samo poželela uspeh na ovom putovanju.

Do našeg sledećeg sastanka, čuvajte se i 'Hajde da učimo zajedno'!

Leonora

Sadržaj



2. Uvodnik, sadržaj

4. Student meseca: IVAN DENIĆ: 'NE DOZVOLITE PRITISAK DRUGIH LJUDI NA VAŠE STAVOVE I UBEĐENJA'

6. PREKINITE NASILJE U PORODICI - PRIJAVITE GA!

8. LIFESTYLE: VOLIM TE!

10. MUSICBOX: MILICA DOBRIĆ: 'RADITE ONO ŠTO VOLITE I BUDITE ISTRAJNI'

12. MSU - MULTINACIONALNA SPECIJALIZOVANA JEDINICA

14. World around Us: DESET VRHUNSKIH DESTINACIJA ZA DAN ZALJUBLJENIH

16. Do it Yourself: KAKO SAMI DA NAPRAVITE MIRISNU SVEĆU?

18. Moviemania: PET NAJBOLJIH ROMANTIČNIH FILMOVA SVIH VREMENA

20. Health & Sports: KANGOO JUMPS

22. Generation#: ČETIRI PREDNOSTI KOJE TEHNOLOGIJA PRUŽA TINEJDŽERIMA

24. HAJDE DA NAUČIMO KAKO DA UŠTEDIMO ELEKTRIČNU ENERGIJU!

26. Your opinion about: VAŠE MIŠLJENJE O DANU ZALJUBLJENIH?

28. Wellbeing & teens: BITNO JE IZRAZITI OSEĆANJA!

30. Brainteasers: ENIGMATSKI UGAO

32. Did you know? VENECIJA

Editorial

Truth be told I am very excited while writing this editorial and the reason for this excitement is related to the latest novelty, we bring through our magazine to you. Starting with this issue we invite you all to learn together with us the Albanian/Serbian language.

Why learn a new language?

As we all know the purpose of language is to communicate with others, organize ourselves and express our ideas. However, in a multiethnic and multilingual environment like Kosovo knowing more than your mother tongue is an immense advantage. Having this in mind, our editorial office has decided to try and help you take the first steps towards learning Albanian/Serbian language. Our idea behind these lessons is very simple - we do not aim to replace proper professional language courses. On the contrary, our aim is to provide simple and practical vocabulary-based lessons that will provide you with the basic tools for you to start learning independently or complementing any other language course you might be attending.

How will these lessons work?

As I have already stated above, these lessons will not focus on detailed grammar explanations, but will be based on learning the language through the vocabulary building method with the most frequent words and sentences encountered in everyday communication. They will also be accompanied by illustrations. Thus, independently through your intuition you will understand and be able to use them in practice. Of course, the exclusion of grammar and its rules is not entirely possible, therefore the lectures will also include the most necessary rules, but they will be simplified to the maximum.

In conclusion

In our daily life, communication helps us build relationships by allowing us to share our experiences, and needs, and helps us connect to others. It's the essence of life, allowing us to express feelings, pass on information and share thoughts. We hope these lessons will stimulate your curiosity to learn a new language and consequently improve your ability to communicate with your peers from other ethnicities. After all, communication is the key to building a peaceful and democratic society based on mutual understanding and respect. In the end I would just like to wish you success in this journey.

Until our next meeting, stay safe and 'Let's learn together'.

Leonora

Index



- 3. Editorial, index
- 5. Student of the month: IVAN DENIĆ: 'DON'T ALLOW PRESSURE FROM OTHER PEOPLE ON YOUR ATTITUDES AND BELIEFS'
- 7. STOP DOMESTIC VIOLENCE - REPORT IT!
- 9. LIFESTYLE: I LOVE YOU!
- 11. MUSICBOX: MILICA DOBRIĆ: 'DO WHAT YOU LOVE AND BE PERSISTENT'

- 13. MSU - MULTINATIONAL SPECIALIZED UNIT
- 15. World around Us: TOP TEN ROMANTIC DESTINATIONS
- 17. Do it Yourself: HOW TO MAKE A SCENTED CANDLE AT HOME?
- 19. Moviemania: FIVE BEST ROMANTIC MOVIES OF ALL TIME
- 21. Health & Sports: KANGOO JUMPS
- 23. Generation#: FOUR BENEFITS OF TECHNOLOGY FOR TEENS
- 25. LET US LEARN HOW TO SAVE ELECTRICITY!
- 27. Your opinion about: YOUR OPINION ON VALENTINES DAY?
- 29. Wellbeing & teens: THE IMPORTANCE OF EXPRESSING YOUR FEELINGS
- 31. Brainteasers: LET'S LEARN TOGETHER!

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.

Chief Editor:

Leonora Shabanaj Nikshiq

Journalists:

Ali Rexha,
Violeta Matovic,
Jelena Simic Rasic

Photos by:

"4You" Team

Design & Layout:

Bekim Shabani &
Leopard Cana

The editorial staff can be contacted on:

038/503-603-2139

Any letters can be sent at:

HQ KFOR - Film City;

"4You Magazine";

Strasbourg Building;

10000 Pristina

E-mail:

magazineforyou2003@gmail.com

www.magazineforyou.com



Cover: EJO &
Milica DOBRIĆ

IVAN DENIĆ: 'NE DOŽVOLITE PRITISAK DRUGIH LJUDI NA VAŠE STAVOVE I UBEĐENJA'



Još u detinjstvu, politika je bila njegova strast. Dok su njegovi prijatelji šutirali loptu, njega su više zanimala vesti i politička dešavanja. Svoj politički aktivizam nadgradio je u Gimnaziji koju pohađa, gde, među školskim drugovima promovise pitanja zaštite životne sredine.

Ivan Denić učenik je četvrtog razreda prirodno matematičkog smera Gimnazije u Laljem Selu. Odmah na početku razgovora za 4 You Magazin, kaže nam da se od drugih izdvaja po tome što ga interesuju neke druge, ozbiljnije teme nego njegove drugare, a pre svega mu je kao nauka zanimljiva politika. Iz tog razloga plan mu je da nakon položene mature upiše Fakultet političkih nauka. „Oduvek su me više interesovale stvari koje bi trebale da interesuje odrasle, a ne moje vršnjake. Izlasci i provod me ne interesuju toliko, već čitam dosta stvari iz istorije i politike. Spremam se polako za upis na Fakultet političkih nauka u Beogradu i iskreno se nadam da ću ga upisati“, kazao nam je Ivan.

Istoričari Miloš Ković i Predrag Marković i njihova dela su mu omiljeno štivo koje proučava u slobodno vreme dok se priprema za upis na studije. Omiljeni pisac mu je Borislav Pekić. Od ovog maturanta saznali smo i da je učestvovao na mnogim takmičenjima iz istorije još od početka školovanja, gde je osvajao visoke plasmane. Ipak sad mu je cilj mu da svoju strast prema političkim naukama koju gaji još od detinjstva, pretvori u karijeru. Kaže nam da maksimalno veruje u sebe, da ima dosta talenata i da mu je najteže bilo da se pronađe u raznim stvarima u kojima je bio uspešan. Ipak, sebe u budućnosti vidi kao uspešnog političara.

Ulaganje u obrazovanje znači prkositi eroziji društva

Ivan se ranije bavio folklorom, trenirao je pet godina u Kulturno umetničkom društvu Venac, ali je zbog povrede, morao da prekine svoje angažovanje. Od sportova voli košarku, ali mu je je uzor nedavno preminuli fudbaler, Siniša Mihajlović. „On je bio veliki čovek i





IVAN DENIĆ: 'DON'T ALLOW PRESSURE FROM OTHER PEOPLE ON YOUR ATTITUDES AND BELIEFS'

Even in his childhood, politics was his passion. While his friends were kicking the ball around, he was more interested in news and political events. He developed his political activism in the Gymnasium he attends, where he promotes environmental protection issues among his classmates.

velika ličnost, svrstavam ga među najveće svetske sportiste, ali je pre svega bio humanista, zbog čega mu se neizmerno divim“, objašnjava nam ovaj zanimljivi momak. Ivan sa mnogo entuzijazma govori o svemu šta ga zanima, kaže nam i da ima izvanredan odnos sa svojim profesorima i drugarima koji ga podržavaju na njegovom putu. Prema njegovom mišljenju ulaganje u obrazovanje znači prkositi eroziji društva, a biti akademski građanin znači stajati iza svojih stavova, bez straha, bez sputanosti, hrabro i odlučno koračati putevima sa bezbroj prepreka.

On je na kraju razgovora za Magazin 4 You poručio mladima na Kosovu da na svom životnom putu moraju pravilno proceniti koje bitke vode, a da pritom ne dozvole uticaj drugih ljudi i njihovih mišljenja. „Svojim vršnjacima na Kosovu poručio bih da se što više trude i da gledaju prave vrednosti, koje su u današnje vreme prilično zanemarene. Obrazujte se i učite što više, i stremite ka tome da imate svoje mišljenje i stavove, kao i da na vas ne utiče niko sa strane. Ne dozvolite pritisak drugih ljudi na vaše stavove i ubeđenja“, zaključio je Ivan.

Mi njemu kao i svim ostalim uspešnim đacima želimo da ispune sve svoje želje i planove i da u punom sjaju nastave da ostvaruju sve veće i veće uspehe! Vas, naši poštovani čitaoci pozivamo da predložite druga ili drugaricu, ili da nam se predstavite, kažete nam 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.

Ivan Denić is a student in the fourth grade of science and mathematics department at the Grammar School in Lalje Selo. Right at the beginning of the interview for 4 You Magazine, he tells us that he stands out from the others because he is interested in some other, more serious topics than his friends, and above all, politics is interesting to him as a science. For this reason, his plan is to enroll in the Faculty of Political Sciences after passing his matriculation. "I have always been more interested in things that should interest adults, not my peers. I'm not so interested in going out and having fun, but I read a lot of things from history and politics. I am slowly preparing to enroll in the Faculty of Political Sciences in Belgrade and I sincerely hope that I will," Ivan told us.

Historians Miloš Ković and Predrag Marković and their works are his favorite reading, which he studies in his spare time while preparing to enroll in studies. His favorite writer is Borislav Pekić. We also learned from this high school graduate that he participated in many history competitions since the beginning of his schooling, where he won high places. However, his goal now is to turn his passion for political science, which he has had since childhood, into a career. He tells us that he believes in himself as much as possible, that he has a lot of talents and that the hardest thing for him was to find himself in the various things in which he was successful. Nevertheless, he sees himself as a successful politician in the future.

Investing in education means defying the erosion of society

Ivan was previously engaged in folklore, he trained for five years at the Venac Cultural and Artistic Society, but due to an injury, he had to stop his engagement. Among sports, he likes basketball, but his role model is the

recently deceased footballer, Siniša Mihajlović. "He was a great man and a great personality, I rank him among the world's greatest athletes, but above all he was a humanist, which is why I admire him immensely," this interesting guy explains to us. Ivan talks enthusiastically about everything that interests him, and tells us that he has a wonderful relationship with his professors and friends who support him on his path. According to his opinion, investing in education means defying the erosion of society, and being an academic citizen means standing behind one's views, without fear, without restraint, boldly and decisively walking the roads with countless obstacles. At the end of the conversation with 4 You Magazine, he told the young people in Kosovo that they must correctly assess the battles they are fighting in their life path, without allowing the influence of other people and their opinions. "I would tell my peers in Kosovo to try as hard as possible and to look at the true values, which are quite neglected nowadays. Educate yourself and learn as much as you can, and strive to have your own opinions and views, and not to be influenced by anyone from outside. Don't allow pressure from other people on your attitudes and beliefs," Ivan concluded.

We wish him, as well as all other successful students, to fulfill all their wishes and plans and to continue to achieve greater and greater success in full glory! We invite you, our respected readers, to suggest a friend, or to introduce yourself, tell us why you are the best and what makes you stand out from others. We invite you to get to know each other, and the best of you will be found on the pages of our and your 4You Magazine.



Slučajevi nasilja u porodici su veoma osetljivi, jer pored nasilja žrtve proživljavaju i druge emocije kao što su krivica i stid. Osim toga, zbog fizičke i emocionalne bliskosti između žrtava i njihovih zlostavljača, čak i žrtve imaju tendenciju da traže da se slučaj tretira u tišini i privatnosti. Iz tog razloga, nasilje u porodici se često ne prijavljuje, što omogućava počiniocima da nastave sa nasilnim ponašanjem.



Svi slučajevi nasilja u porodici tretiraju se sa najvećom ozbiljnošću

U pogledu načina na koji Kosovska policija (KP) postupa u slučajevima nasilja u porodici, major Baki Keljani (Baki Kelani), šef Kancelarije za informisanje i odnose sa javnošću Kosovske policije, ističe da je KP od prvog dana pristupala svim prijavljenim slučajevima sa najvećom ozbiljnošću. „U svakoj policijskoj stanici slučajeve nasilja u porodici vode službenici koji su završili dodatnu obuku za takve slučajeve. Pored toga, sve se radi u bliskoj saradnji sa centrima za socijalni rad (CSR), zaštitnicima žrtava i naravno nadležnim pravosudnim organima. U slučajevima kada su i deca uključena kao žrtve, prisustvo predstavnika centra

za socijalni rad je obavezno“, dodaje major Keljani.

Politika nulte tolerancije daje rezultate

Prema podacima KP, Kosovo već nekoliko godina beleži konstantan porast broja prijavljenih slučajeva nasilja u porodici. Na primer, 2020. godine broj prijavljenih slučajeva nasilja u porodici bio je 2069, dok je 2022. godine broj prijavljenih slučajeva nasilja u porodici bio 2757. Ovakvu statistiku nije potrebno komentarisati jer je očigledno da je nasilje u porodici ozbiljan problem sa kojim se naše društvo suočava. Porast broja prijavljenih slučajeva, međutim, može se posmatrati u pozitivnom svetlu jer

je ne tako davno u našem društvu nasilje u porodici (posebno nad ženama i decom) bilo opšteprihvaćen standard, i shodno tome prijavljivanje nije dolazilo u obzir. Imajući ovo u vidu, povećan broj prijavljenih slučajeva pokazuje da ljudi, odnosno žrtve postaju svesni i imaju poverenje da će KP zaustaviti nasilje nad njima ili članovima njihovih porodica.

S tim u vezi, major Keljani naglašava da je nasilje u porodici kažnjiv zločin i dodaje: „Pristup Kosovske policije u svim slučajevima nasilja u porodici, odnosno svest o nasilju s jedne strane i ozbiljnost u postupanju sa druge, doveo je do povećanja broja



prijavljenih slučajeva." On je dalje objasnio da su i pre nego što je nasilje u porodici uvršteno u krivični zakonik kao posebno krivično delo, svi takvi slučajevi procesuirani prema drugim postojećim kvalifikacijama kao što su: telesne povrede, napad i pretnja. Ovo dokazuje da je KP uvek sprovela politiku nulte tolerancije prema nasilju u porodici.



Nasilje nije prihvatljivo ponašanje

Prema rečima psihologa Visara Sadikua, još uvek nismo svesni šta je to nasilje, da ono nije uspešan način međusobne interakcije i da ne doprinosi međusobnim odnosima. „Svaki postupak koji u suštini omalovažava, degradira, ponižava i šteti osobi koju želimo da promenimo predstavlja nasilje. Prijavlivanje nasilja u porodici pomaže počiniocu da shvati da je njegovo ponašanje neprihvatljivo zato što na taj način podstiče samorefleksiju. Potrebna nam je stalna edukacija kako bismo razumeli da se nasilje ne može posmatrati kao sredstvo za konsolidovanje odgovarajućeg ponašanja. Ne postoji način da se verbalnim, fizičkim ili psihičkim nasiljem može oblikovati lepo odrastanje deteta.”

Zaustavite nasilje u porodici – PRIJAVITE GA!

Na kraju su i major Keljani i gospodin Sadiku apelovali na sve, a posebno na omladinu, da ne oklevaju da prijave svaki slučaj nasilja u porodici za koji znaju. Uostalom, postoji samo jedan način da se zaustavi nasilje u porodici, a to je prijavljivanje policiji.



STOP DOMESTIC VIOLENCE

– REPORT IT!

Domestic violence cases are very sensitive, because in addition to violence, victims also experience other emotions such as guilt and shame. Moreover, due to the physical and emotional closeness between the victims and their abusers, even victims tend to seek the case to be treated silently and kept private. Consequently, often domestic violence is not reported, which enables its perpetrators to continue their abusive behavior.

All Domestic Violence Cases are Treated with Outmost Seriousness

In relation to the way Kosovo Police (KP) handles cases of domestic violence, major Baki Kelani, Head of Kosovo Police Information and Public Relations Office, stressed that from day one KP has approached with outmost seriousness all the reported cases. “In each police station, domestic violence cases are handled by officers that have finished additional trainings for such cases. In addition, everything is done in close cooperation with Social Work Centers (SWC), victim protectors and of course the relevant justice authorities. In cases when children are involved as victims, the presence of representatives of SWC’s is mandatory,” major Kelani added.

The Zero-Tolerance Policy is Paying Off

According to the KP data, for quite some years now Kosovo has registered a constant increase in the number of reported cases of domestic violence. For example, in 2020 the number of reported domestic violence cases was 2069, whereas in 2022 the number of reported domestic violence cases was 2757. Such stats need no comment, because it is obvious that domestic violence is a serious problem our society faces. The increase in the number of reported cases, however, can be seen in a positive light as not so long ago, in our society, domestic violence (especially against women and children) was a generally accepted standard. Thus, reporting it was never taken into consideration. Consequently, the increased number of reported cases shows that people, namely victims are becoming aware and are trusting the KP to stop the violence against them or their family members.

In relation to this major Kelani stressed that domestic violence is a

punishable crime and added: “The approach by the KP in all domestic violence cases, namely the awareness to violence on one side and the seriousness in handling cases on the other, has increased the number of reported cases.” He further explained that even before domestic violence was included in the criminal code as a specific crime, all such cases were processed under other existing classifications such as: body injuries, assault, and threat. This proves that KP has always implemented a zero-tolerance policy against domestic violence.

Violence is Not an Acceptable Behavior

According to psychologist Visar Sadiku we are still unaware what violence is, that it is not a successful way of interacting with each other, and it does not contribute to mutual relations. “Any action that in essence denigrates, breaks, humiliates, and damages the person we intend to change is violence. Reporting domestic violence helps the perpetrator to understand that his behavior is unacceptable as it stimulates self-reflection. We need constant education to understand that violence cannot be seen as a mean to consolidate an appropriate behavior. There is no way that through verbal, physical, or psychological violence we can shape the beautiful growth of a child.”

Put a stop to domestic violence – REPORT IT!

In the end, both major Kelani and Mr. Sadiku appealed to everyone, and the youth in particular, to not hesitate to report any case of domestic violence they are aware of. After all, there is only one way to stop domestic violence and that is by reporting it to the police.

VOLIM TE!

Ljubav je emocija koja nas tera da osećamo mnoge stvari: bilo da su to leptirići u stomaku, ili toliko jako lupanje srca u grudima, da nam se dlanovi znoje svaki put kada je ta, nama posebna osoba u blizini. Čak i kada izgovorimo, često je teško objasniti koliko nam zapravo voljena osoba znači. Kako bismo vam pomogli da pronađete pravi način da kažete osobi do koje vam je stalo ono šta vam je na srcu, napravili smo listu najboljih ljubavnih citata.

Bilo da vam je potrebna kratka rečenica kojom čestitate Dan zaljubljenih ili vam je potrebna romantična pesma, kako biste svom partneru izrazili vaša osećanja, na pravom ste mestu. U ovom tekstu pronađite savršene reči za svoje voljene, kojima ćete im dati do znanja koliko cenite snažnu vezu koju imate. I ne zaboravite, i ljubav prema sebi je jednako važna kao i romantična ljubav, zbog čega smo ovde takođe naveli i neke citate o tome da volite i poštujete sebe kao ličnost.



NEPOZNATI AUTOR

Razmišljanje o tebi, čuva me budnim. Sanjanje o tebi čuva me u snu. To što sam sa tobom me održava u životu.

HELEN KELER

Nikada ne možemo izgubiti ono u čemu smo nekada uživali. Sve ono što mnogo volimo, postaje deo nas.

BERTRAND RASEL

Od svih oblika opreza, oprez u ljubavi je možda najkobniji za istinsku sreću.

BEL HUKS

Iskreno voleti je zadatak u svim ozbiljnim vezama, a ne samo u onim romantičnim.

BUDA

Vi kao osoba, kao i bilo ko drugi u celom univerzumu, zaslužuje sopstvenu ljubav i naklonost.

LORETA ŽANG

Ljubav nije nešto što nađeš. Ljubav je nešto što te pronalazi.

PAULO KOELŽO

Čovek je voljen, prosto zato jer se voli. Za ljubav nije potreban razlog.

ROBERT A. HEINLAJN

Ljubav je ono stanje u kojem je sreća druge osobe bitna za vas..

LAV TOLSTOJ

Mislim... ako je tačno da ima umova koliko je glava, onda je svuda oko nas toliko ljubavi koliko ima i srca.

I LOVE YOU!

Love is an emotion that makes us feel so many things: it's the butterflies in our stomachs, our hearts beating fast in our chests and our palms sweating whenever that special someone is near. With that said, it can often be difficult to articulate just how much a loved one means to you. That's exactly why we created this list of the best love quotes to help you find a beautiful way to tell the person who has your heart exactly how much you care.

Whether you need a short phrase for a Valentine's Day card or a seriously romantic poem to express to your partner that what you both share is true love, we have a quote for every scenario. Find the perfect words for your love ones that will let them know just how much you cherish the strong bond you share. And don't forget, self-love is just as important as romantic love, which is why we've also included empowering quotes about loving and respecting who you are as a person.

UNKNOWN AUTHOR

Thinking of you keeps me awake.
Dreaming of you keeps me asleep.
Being with you keeps me alive.

is essential to your own.

LEO TOLSTOY

I think... if it is true that there are as many minds as there are heads, then there are as many kinds of love as there are hearts.

HELEN KELLER

What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.

CORETTA SCOTT KING

Love is such a powerful force. It's there for everyone to embrace—that kind of unconditional love for all of humankind. That is the kind of love that impels people to go into the community and try to change conditions for others, to take risks for what they believe in.

BERTRAND RUSSELL

Of all forms of caution, caution in love is perhaps the most fatal to true happiness.

BELL HOOKS

To love well is the task in all meaningful relationships, not just romantic bonds.

ERIC FROMM

Love isn't something natural. Rather it requires discipline, concentration, patience, faith, and the overcoming of narcissism. It isn't a feeling; it is a practice.

BUDDHA

You, yourself, as much as anybody in the entire universe, deserve your love and affection.

LORETTA YOUNG

Love isn't something you find.
Love is something that finds you.

VICTOR HUGO

The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves.

PAULO COELHO

One is loved because one is loved. No reason is needed for loving.

MARTIN LUTHER KING, JR.

I have decided to stick to love; hate is too great a burden to bear.

ROBERT A. HEINLEIN

Love is that condition in which the happiness of another person

ERIK FROMM

Ljubav nije nešto prirodno. Umesto toga, zahteva disciplinu, koncentraciju, strpljenje, veru i prevazilaženje narcizma. Ljubav nije osećaj; ljubav je praksa.

VIKTOR IGO

Najveća sreća u životu je uverenje da smo voljeni; voljeni zbog sebe, ili bolje rečeno, voljeni uprkos sebi.

KORETA SKOT KING

Ljubav je tako moćna sila. Tu je da je svi prihvate - tu vrstu bezuslovne ljubavi prema celom čovečanstvu. To je ona vrsta ljubavi koja tera ljude da uđu u zajednicu i pokušaju da promene uslove koji ih okružuju, kao i da rizikuju za ono u šta veruju..

MARTIN LUTER KING MLAĐI

Odlučio sam da se držim isključivo ljubavi; mržnja je preveliki teret za nošenje.



MUSICBOX



MILICA DOBRIĆ:

'RADITE ONO ŠTO VOLITE I BUDITE ISTRAŽNI'

Mladi i džez

Sa obzirom na to da je muzika kojom se Milica bavi nije toliko "popularna", upitali smo je koliko mladi danas slušaju džez. Smatra da mladi slušaju džez više nego ranije. „Postoje odseci za džez na Fakultetu muzičke umetnosti, pa se stvara ta neka mlađa publika. Ima mnogo više nego ranije, baš zbog tog džez odseka i u srednjim školama i na fakultetu”, naglašava. Motivaciju nalazi u svemu što je okružuje i što doživljava. “U nekoj novoj muzici koju čujem ili u nekom filmu koji pogledam”, iskrena je Milica. Muzički uzori su joj Stivi Vonder, Ela Fiddžerald, Sara Von...

"EJO" - Etno Jazz Orchestra

Muzički sastav "EJO" - Etno Jazz Orchestra nastao je 2015. godine, a Milica vokalni solista ovog benda postaje već 2017. godine. Bend je nastao pod nazivom Mina Matijašević Ethno Jazz Orchestra, koja je tada i bila vokalni solista. Nakon toga bend u sledećem sastavu postoji već šest godina, a čine ga osim Milice, još jedna vokalna solistkinja - Nataša Pejčić, zatim klavijaturista, Stevan Milijanović, Aleksandar Jovan Krstić (flauta i kavala), basista Armand Mesaroš, Aleksandar Alempijević (perkusije) i bubnjar Aleksa Milijanović. Sam bend karakteriše fuzija afričkog džeza i Balkana ali sa elementima džeza.

Na repertoaru „EJO“ nalaze se obrade tradicionalnih pesama Balkana i autorske numere, ali eksperimentišu i sa drugim žanrovima. Milica je između ostalog i napisala tekst za jednu pesmu. 2021. godine objavili i svoj prvi album pod nazivom „Ptica“ „EJO“ je dobitnik prošlogodišnje prestižne GODUM nagrade za "Mlade nade", koje dodeljuje Udruženje muzičara džez, zabavne i rok muzike Srbije. Ovaj sastav nagrađen je i priznanjem za najslušaniju džez numeru na listi „Deset dana“. Sa pesmom "Trag" nastupali su i na Beoviziji 2019. godine. Ovaj bend se iste godine našao među dvanaest finalista za nagradu "Milan Mladenović" sa autorskom pesmom "Deset dana".

"MING" i predstojeći nastupi

Milica je, kao što smo već ranije pomenuli, i članica vokalnog kvarteta "MING". Ovaj

Dvadesetšestogodišnja Mitrovčanka Milica Dobrić već godinama unazad gradi uspešnu muzičku karijeru. Iza sebe ima bogato iskustvo, nastupe na brojnim festivalima u Srbiji i zemljama u regionu. Dečiji festival „Cvrkuti sa Ibra“, „North City Jazz & Blues“, „Nišville jazz“ festival samo su neki od festivala na kojima je do sada nastupala. Vokalni je solista u bendu "EJO" - Etno Jazz Orchestra, a takođe je članica vokalnog kvarteta „MING“. U razgovoru za 4You Magazin sa Milicom smo razgovarali o njenim muzičkim počecima, obrazovanju, o tome da li mladi danas slušaju džez, bendu "EJO", šta je motiviše i planovima za budućnost.

Muzički počeci i upoznavanje sa džezom

U svom rodnom gradu završava osnovnu

muzičku školu "Miodrag Vasiljević" i prvu godinu srednje škole. Tokom osnovne škole počinje da peva u crkvenom horu „Branislav Nušić" koji je vodio Petar Rakić, poznati mitrovački umetnik i jedan od osnivača mitrovačkog džez festivala. Upravo je on bio Miličin uzor i zaslužan za upoznavanje kako ona kaže sa džezom. Zbog džeza, Milica odlučuje da školovanje nastavi u Beogradu.

Tri razreda srednje škole završava u beogradskoj Muzičkoj školi „Stanković“, jednoj od najstarijih muzičkih škola u Srbiji. Na Fakultetu muzičke umetnosti u Beogradu, na Odseku za džez i popularnu muziku, smer džez pevanje, Milica završava i osnovne i master studije. Ljubav prema muzici, Milica neguje još od detinjstva, budući da se u njenoj kući, kako ona ističe, uvek slušala kvalitetna muzika.

MILICA DOBRIĆ:

'DO WHAT YOU LOVE AND BE PERSISTENT'



ženski kvartet je prošle godine objavio svoj prvi album, a prva svirka nakon duže pauze planirana je u aprilu. Milica kaže da su joj nastupi pred publikom u Mitrovici posebno dragi. Od svih nastupa koje je imala u svom rodnom gradu, izdvojila bi nastup na „North City Jazz & Blues“ festival 2018. godine.



Milica se trenutno bavi marketingom ali i muzikom. Voli da kaže da sve to zajedno radi. Ona je imala i poruku za sve mlade na Kosovu. „Radite ono što volite i trudite se da istrajete u tome“

Twenty-six-year-old Milica Dobrić from Mitrovica has been building a successful music career for years. She has rich experience with performances at numerous festivals in Serbia and regional countries. Children's festival Cvrkuti sa Ibra, North City Jazz & Blues, Nišville Jazz festival are just some of the festivals where she has performed so far. She is the lead vocalist in the band EJO - Ethno Jazz Orchestra, and is also a member of the vocal quartet MING. In an interview with Milica for the 4You Magazine, we talked about her musical beginnings, education, whether young people nowadays listen to jazz, the EJO band, what motivates her and her plans for the future.

Musical beginnings and getting to know jazz?

She finished the Elementary Music School Miodrag Vasiljević in her hometown, as well as the first year of high school. During elementary school, she started singing in the Branislav Nušić church choir led by Petar Rakić, a famous Mitrovica artist and one of the founders of the Mitrovica Jazz Festival. It was he who was Milica's role model and credited with introducing her to jazz, as she says. Because of jazz, Milica decided to continue her education in Belgrade. She completed three high school years at the Stanković Music School in Belgrade, one of the oldest music schools in Serbia. Milica completed both her undergraduate and master's studies at the Department of Jazz and Popular Music of the Faculty of Music in Belgrade, majoring in jazz singing. Milica has nurtured her love of music since her childhood, given that, as she pointed out, high quality music was always listened to at her home.

Youth and jazz

Given that the music Milica plays is not that "popular," we asked her how many young people listen to jazz today. She believes that young people listen to jazz more than before. "There are jazz departments at the Faculty of Music, so a younger audience is being created. Much more than before, precisely because of that jazz department in both high schools and at universities," she underscored. She finds motivation in everything that surrounds her and that she experiences. "In some new music I hear or in a movie I watch," Milica was honest. Her musical role models are Stevie Wonder, Ella Fitzgerald, Sarah Vaughan...

EJO - Ethno Jazz Orchestra

The musical group EJO - Ethno Jazz Orchestra was created in 2015, and Milica became the band's lead vocalist already in 2017. The band was created under the name Mina Matijašević Ethno Jazz Orchestra, who was the lead vocalist at the time. After that, the band has existed for six years with the following composition: besides Milica, there is another lead vocalist - Nataša Pejčić, keyboard player Stevan Milijanović, Aleksandar Jovan Krstić (flute and kaval), bassist Armand Mesaroš, Aleksandar Alempijević (percussion) and drummer Aleksa Milijanović. The band is characterized by a fusion of African jazz and Balkans, but with elements of jazz.

EJO's repertoire includes covers of traditional Balkan songs as well as original tracks, but they also experiment with other genres. Among other things, Milica also wrote lyrics for a track. In 2021, they released their first album called Ptica (bird). EJO is the winner of last year's prestigious GODUM Young Hopes Award, which is presented by the Association of Jazz, Pop and Rock Musicians of Serbia. The band has also received the recognition for the most played jazz track on the Ten Days chart. They also performed at the 2019 Beovision with the track "Trag" (Trace). In the same year, the band was among the twelve finalists for the Milan Mladenović Award with their original track "Deset dana" (Ten Days).

MING and upcoming performances

As we mentioned earlier, Milica is also a member of the vocal quartet MING. This female quartet released their first album last year, and their first gig after a long break is planned for April. Milica says that she particularly likes performing in front of the audience in Mitrovica. Of all the performances she had in her hometown, she would single out the performance at the North City Jazz & Blues festival in 2018.

Milica currently practices marketing as well as music. She likes saying that she does it all together. She also had a message for all young people in Kosovo. "Do what you love and try to persevere in it."

MSU - MULTINACIONALNA SPECIJALIZOVANA JEDINICA



MSU (Multinacionalna specijalizovana jedinica), koja se u potpunosti sastoji od pripadnika italijanskih karabinjera, deo je mirovne misije KFOR-a od prvih dana njenog razmeštanja na Kosovu.

i sigurno okruženje, kao i slobodu kretanja za sve ljude koji žive na Kosovu. Lokalno stanovništvo

je uvek cenilo naš svakodnevni rad, kao i ravnopravan pristup

Specijalne uniforme za specijalizovane jedinice

Verovatno ste videli pripadnike ove jedinice na ulicama, sa njihovim karakterističnim tamnoplavim uniformama i prepoznatljiva tri slova MSU. Pored karakterističnih uniformi, jedinica se odlikuje i po prirodi posla, jer služe kao vojnici, ali u isto vreme i kao žandarmerija (policijske snage). Oni zapravo obavljaju ovu dvostruku ulogu ne samo na Kosovu, već i u svojoj zemlji porekla, odnosno u Italiji gde su poznati kao „karabinjeri“.

Policijske snage sa vojnim statusom

„MSU su policijske snage sa vojnim statusom, sa opštim policijskim sposobnostima. MSU ima značajno iskustvo u borbi protiv organizovanog kriminala i terorizma, a posedujemo i ljudske resurse i namenske istražne alate za analizu strukture subverzivnih i kriminalnih organizacija“, izjavio je pukovnik Mauricio Mele (Maurizio Mele), komandant MSU na Kosovu. Shodno

tome, neki od glavnih primarnih zadataka MSU su: održavanje bezbednog i sigurnog okruženja, patroliranje, operacije vezane za građanske nemire, itd. Prema potrebi, MSU može pružati i treninge. MSU je takođe donirao i opremio šest prostorija na različitim lokacijama širom Kosova kako bi podržao borbu protiv nasilja u porodici.

Cenjani od strane lokalnog stanovništva

Pukovnik Mele dalje ističe da MSU patrolira i sprovodi operacije širom Kosova. Međutim, najviše su koncentrisani u severnom delu, odnosno u gradu Mitrovici. „Naš glavni zadatak je da obezbedimo bezbedno



Pukovnik Ruggiero Capodivento

MSU - MULTINATIONAL SPECIALIZED UNIT

svim etničkim grupama, i zato mogu da kažem da smo dobro radili od 1999. godine, ispunjavajući zahteve društva tokom dešavanja kroz koje je Kosovo prošlo u poslednje dve decenije". On je dalje najavio da će vrlo brzo i pripadnici češke žandarmerije ući u sastav ove jedinice, koji, kao i italijanski karabinjeri, imaju i vojni i policijski status.

Omladina želi normalan život

Na pitanje kako vidi omladinu Kosova, pukovnik Mele je odgovorio: „Omladina na Kosovu, kao i njihovi vršnjaci širom sveta, žele da žive normalnim životom. Žele bezbrižan život u mirnodopskom društvu u kojem će se osećati ispunjeno i moći da ostvare svoje snove, radeći za bolju budućnost". Iz tog razloga, pukovnik Mele je na kraju našeg intervjua, umesto tradicionalne poruke, podsetio sve mlade ljude na moto komandanta KFOR-a: „Oblikovanje sadašnjosti za bolju budućnost“.



Pukovnik Maurizio Mele je komandovao MSU jedinicom od januara 2022. do kraja januara 2023. Od 26. januara 2023. na čelu ove jedinice zamenio ga je pukovnik Ruggiero Capodivento koji će ovom jedinicom komandovati do januara 2024.



The MSU (Multinational Specialized Unit), which consists entirely of members of the Italian Carabinieri, has been part of the KFOR peacekeeping mission from the first days of its deployment in Kosovo.

Special Uniforms for Specialized Units

You have probably seen the members of this unit on the streets, with their characteristic dark blue uniforms and the distinctive three letters MSU. In addition to the characteristic uniforms, the unit is also distinguished by the nature of their work, since they serve as soldiers, but also as a gendarmerie (police) force. In fact, they perform this double role not only in Kosovo, but also in their country of origin, respectively in Italy where they are known as "Carabinieri".

A Police Force with Military Status

"The MSU is a police force with military status, with an overall police capability. It has substantial experience in combating organized crime and terrorism and we possess human resources and the dedicated investigative tools to analyze subversive and criminal organizations' structure," Colonel Maurizio Mele, the Commander of the MSU in Kosovo stated. As such some of the main primary tasks of MSU are: Maintaining a safe and secure environment, patrolling, civil disturbance operations, etc. When necessary, the MSU can also provide training. MSU has also donated six Family Rooms in different locations all over Kosovo to support the fight against domestic violence.

Appreciated by the Local Population

Colonel Mele went on highlighting that MSU has been patrolling and conducting operations throughout Kosovo. However, their main

concentration has been in the northern part, namely in the city of Mitrovica. "Our main task is to ensure a safe and secure environment, as well as freedom of movement for all those living in Kosovo. The local population has always appreciated our daily work, as well as our equal approach to all ethnicities, therefore I can say that we have worked well since 1999, meeting the demands of society during the course of developments that Kosovo has gone through in the past two decades." He further announced that very soon members of the Czech gendarmerie will be included in the composition of this unit, who, like the Italian Carabinieri, have military and police status.

Youth Wants a Normal Life

Asked about how he sees the youth of Kosovo, Colonel Mele answered: "The youth in Kosovo, just like their peers everywhere else in the world, want to live a normal life. They want a carefree life in a peaceful society where they can feel fulfilled and realize their dreams while working for a better future." For this reason, at the end of our interview, instead of a traditional message, Colonel Mele reminded all the young people of the KFOR Commander's motto: "Shaping the present for a better future."

Colonel Maurizio Mele was in charge of the MSU from January 2022 until the end of January 2023. As of January 26, 2023, he was replaced at the head of this unit by Colonel Ruggiero Capodivento who will remain in charge of this unit until January 2024.

VRHUNSKE, ROMANTIČNE, SVETSKE DESTINACIJE

Kako nam je stigao najromantičniji mesec u godini, vreme je da smislimo ideje za putovanja sa vašim voljenima! Ali sva ova mesta su osim za mesec ljubavi, dobra i za romantične odmore u bilo koje doba godine.



#Venecija

Pazite da vas ne pogode Kupidonove strelice! Romantika ne bi bila potpuna bez putovanja gondolom. Opustite se i dozvolite gondolijerima da veslaju dok uživate gledajući kanale i upoznajete ovaj grad onako kako su ga parovi doživljavali generacijama. Ako želite da doživite pravi romantični odmor u jednom od najlepših gradova Evrope, Venecija je nesumnjivo jedno od najboljih mesta za posetu na Dan zaljubljenih!



#Budimpešta

Iako je napolju možda hladno, topli banjski izvori u Budimpešti uvek ispuštaju vrelu paru. Budimpešta se ne naziva bez razloga Evropskom prestonicom termalnih kupatila. Najpriyatnija mesta da provedete Dan zaljubljenih su Muzej Palinke, kao i mnogi restorani gde ćete zajednički uživati uz tipična mađarska pića.



Amsterdam

Započnite jutro šetnjom kroz Rijksmuseum (Nacionalni Muzej). Uživate u umetnosti Zlatnog doba, divite se nameštaju iz 16. veka koji nikada neće naći mesto u vašem domu, a zatim idite do Van Gogovog muzeja, pre nego on bude krcat posetiocima. Nakon jutra posvećenog kulturi, opustite se u romantičnoj vožnji čamcom kroz kanale, ispod šarmantnih mostova Amsterdama.



Pariz

Posetite stan legendarnog Gistava Ajfela u insajderskom obilasku impozantne pariske znamenitosti, a zatim priuštite sebi pogled na Monmartr, Luvr i naravno, vašeg voljenog. Ako je napolju hladno, ugrejte se u Luvru i uporedite osmeh svog partnera sa osmehom Mona Lize.



Firenca

Postoji toliko toga što može da vam ubrza rad srca u Firenci. Ali, ako znate pravilno da tražite, ovaj grad je zapravo jedno od najromantičnijih mesta u celoj Evropi. I dok se penjete prema vrhu Firentiske Kupole, jednog od najvećih arhitektonskih čuda Firence, uskladite svoja osećanja i fizičku spremnost sa vama bitnom osobom.



Rim

Obujte odgovarajuće cipele za šetnju za planirani obilazak Rima. Učinite to uz igru, proveravajući koliko divnih zajedničkih fotografija možete da uslikate dok je Papa u blizini i dok u rukama držite Vatikansku propusnicu za celodnevnu posetu bazilici Svetog Petra, Vatikanu i Sikstinskoj kapeli. Potom naglas razmišljajte koje vrhunsko umetničko delo iz Galerije Borgeze biste kupili jedno drugome, naravno ukoliko biste dobili na lutriji!

TOP ROMANTIC WORLD DESTINATIONS

As the most romantic month of the year arrived, it's time to brainstorm romantic trip ideas with your loved one! But these spots are not the perfect getaways only for the month of love but for romantic vacations at any time of the year.



Njujork

I ovog Dana zaljubljenih pogledajte zašto je takvo ludilo posetiti Empajer Stejt Bilding, koji je sinonim za svaku, dobru njujoršku romansu. Divite se najboljim neonskim reklamama u ovoj zemlji sa njene najprepoznatljivije građevine. Bez Velike Jabuke, naš spisak mesta koje možemo da posetimo za Dan zaljubljenih, ne bi bio potpun.



Barselona

Šta je bolje od toga nego da budete u Barseloni sa svojom voljenom osobom? Tako je, zato neka vaš poklon za Dan zaljubljenih bude deo istorije. Gaudi bi te poljubio da je mogao. Šarena i groteskna, omaž Gaudovoj razigranoj mašti, Klupa za zmije u Parku Guelj je odlično mesto da zagrlite vašu voljenu osobu..



London

Ako želite da šerujete fotografije vas i vaše ljubavi, idite u muzej Madam Tiso i slikajte se u društvu Ajnštajna, Šekspira, Dikensa, Kraljice, Obame i još mnogih drugih. Zatim posetite Kensingtonsku Palatu da biste je izbliza pogledali. To je tako britanski! Fina šoljica čaja i malo gundanja o lošem vremenu su još jedine stvari koje vam nedostaju. Zbog toga vas savetujemo da uvek proverite vremensku prognozu, pre nego što odete u London!

Venice

Keep Cupid's arrows from missing. Romance wouldn't be complete without a little gondola trip. By relaxing and allowing someone to row your unique selves down the canals, you can experience the city the way couples have for generations. Venice is unquestionably one of the best places to visit on Valentine's Day if you want to experience a really romantic getaway in one of Europe's most beautiful cities!

Budapest

Even though it may be cold outside, Budapest's hot springs are always steaming. Budapest isn't referred to as the European capital of thermal baths for nothing. The most enjoyable venues to spend Valentine's Day, are the Palinka Museum and continuing the pleasure together while enjoying a typical Hungarian beverage.

Amsterdam

Start your morning more sedately with a stroll through the Rijksmuseum. Mix with the Golden Age masters, share your envy of the 16th-century furniture that will never fit in your tiny home, and then head to the Van Gogh Museum before the throng arrive. After a morning filled with culture, relax in a romantic canal boat beneath Amsterdam's charming bridges.

Paris

Visit the legendary Gustave Eiffel's apartment on an insider's tour of the imposing Parisian landmark, and then treat your eyes to views of Montmartre, the Louvre, and of course, your beloved. If it's cold outside, get warm in the Louvre and compare your date's smile to the Mona Lisa's.

Florence

In Florence, there is a lot to make your heart race. But, if you know where to look, it's actually one of the most romantic sites in all of Europe. So, as you climb to the pinnacle of Florence Duomo, one of Florence's

greatest architectural marvels, get culturally and spiritually fit with your significant other.

Rome

Put on your matching walking shoes for a Rome itinerary that we've planned. Make it a game to see how many adorable couple photos you can get while the Pope is around with your all-access Vatican Pass for the St. Peter's Basilica, the Vatican, and the Sistine Chapel. Later, decide which valuable work of art from the Borghese Gallery you'd each buy for the other if you won the lottery.

New York

This Valentine's Day, take a look at what all the hoopla is about by visiting the Empire State Building, which appears in every good New York romance at some point. View the country's best neon-lit vistas from its most recognizable structure. Without a little bit of the Big Apple, we couldn't have a piece on places to go for Valentine's Day.

Barcelona

What could be better than being in Barcelona with your significant other? That's right, your Valentine's Day gift might actually be a part of history. Gaudi would have given you a kiss if he could have. A colourful and grotesque tribute to Gaud's deranged imagination, the Serpent Bench at Park Güell is an excellent place to wrap an arm around your significant other.

London

If you want to share some photographs of you and your new love, go to Madame Tussauds and take pictures of yourselves mingling with Einstein, Shakespeare, Dickens, the Queen, Obama, and more. Then, pay a visit to Kensington Palace to get a closer look. What a Brit! A nice cup of tea and some weather whining are the only things lacking. This brings up the advice to always check the weather in London before leaving!

KAKO SAMI DA NAPRAVITE MIRISNU SVEĆU?

Februar je mesec posvećen ljubavi i darivanju. Nekoliko godina unazad, Dan zaljubljenih koji se proslavlja 14. februara, se možemo slobodno reći odomaćio kod nas i sve više ljudi ga slavi. Pokloni ili mali znaci pažnje postali su obavezni za ovaj praznik ljubavi.

Ukoliko želite da poklonite nešto svom prijatelju, najboljoj prijateljici ili voljenoj osobi, sjajan način darivanja mogu biti pokloni koje možete da napravite sami kod kuće od materijala koje već posedujete.

Možete pronaći mnoštvo ideja za poklon, a mi vam kao savršen poklon predlažemo da napravite domaću mirisnu sveću. Ne postoji osoba koje može odoleti toplom i utešnom mirisu sveća. Ukoliko vaša voljena osoba voli sveće, onda je ovo svakako idealan poklon za nju ili njega. Mirisnu sveću možete napraviti sami kod kuće koristeći prirodan vosak, eterična ulja, fitilj i staklenu teglicu. Samo da napomenemo da je sam proces izrade veoma lak.

Potrebna materijal:

- Vosak za sveće
- Staklena tegla otporna na toplotu
- Dvodelni lonac za kuvanje na pari
- Silikonska lopatica
- Esencijalna ulja
- Fitilji za sveće
- Štapići za jelo
- Trimer za fitilj



Potom je potrebno da pažljivo uklonite vosak sa ringle i da ga sipate u teglu. Ako se fitilj odlepi sa dna, možete koristiti uređaj za centriranje fitilja ili ukoliko želite da zadržite fitilj na mestu, to ćete postići tako što ćete postaviti dva štapića preko vrha tegle.

I za kraj, da znate da je potrebno nekoliko sati da se vosak



1. Pripremite teglu

Pre nego što počnete da topite vosak ili mešate mirise, biće vam potrebno nešto u šta ćete sipati mešavinu voska. Mi vam zbog sigurnosti preporučujemo da sveće pravite samo u čvrstim staklenim posudama. Ako već imate teglu za sveće koja vam se sviđa, takođe možete očistiti vosak iz tegle i iskoristiti posudu. Kada su vaše posude za sveće čiste, suve i spremne za upotrebu, vreme je da otopite vosak.

2. Izmerite vosak

Sav materijal koji vam je potreban za pravljenje sveća možete kupiti zasebno, ali takođe moguće je kupiti i komplet za pravljenje sveća koji uključuje sav vosak, fitilje i uređaje za centriranje fitilja. Neophodno je odrediti količinu voska koja će vam biti potrebna za sveću. Ovo možete lako odrediti, tako što ćete napuniti posudu ljuspicama voska do mesta gde želite da površna sveće počne, a potom te ljuspice sipajte u šerpu.

3. Otopite vosak i dodajte miris

Kada izmerite ljuspice voska, istopite ih na srednjoj vatri koristeći lonac. Polako mešajte ljuspice silikonskom lopaticom, a kada se vosak potpuno otopi, dodajte 10-20 kapi eteričnih ulja u smesu. Mi smo za ovu sveću koristili i 6 kapi ulja eukaliptusa i 6 kapi ulja lavande.

4. Pričvrstite fitilj i sipajte vosak

Pre nego što sipate sveću, moraćete da pričvrstite fitilj na dno posude. Svaki fitilj treba da ima ravno metalno dno; umočite metalni deo u otopljeni vosak i stavite ga na sredinu dna tegle ili posude. Držite ga na mestu dok se vosak ne stvrdne i fitilj ne ostane sam.



ponovo potpuno stvrdne, pa vam stoga preporučujemo da ostavite sveću da odstoji preko noći.

Kada se vaša sveća potpuno stvrdne, potrebno je da podrežete fitilj. To možete učiniti koristeći makaze, ali trimer za fitilj je najlakši način da to uradite. Nakon toga vaša sveća je spremna da gori.

Ukoliko vam se svideo ovaj naš predlog i odlučite da napravite mirisnu sveću, molimo vas da nam pošaljete vaše radove i da sa nama podelite utiske na email: magazineforyou2003@gmail.com

DO IT YOURSELF

HOW TO MAKE A SCENTED CANDLE AT HOME?

February is the month dedicated to love and gift giving. We can say that a few years ago, Valentine's Day, which is celebrated on February 14, became popular with us, and more and more people are celebrating it. Gifts or small tokens of attention have become necessary for this festival of love.

If you want to give something to your friend, best girlfriend or a loved one, great gifts can be those that you can make yourself at home from materials you already own.

You can find many gift ideas and we suggest that a homemade scented candle would be a perfect gift. No one can resist the warm and comforting scent of candles. If your loved one loves candles, then this is definitely an ideal gift for him or her. You can make a scented candle yourself at home using natural wax, essential oils, a wick and a glass jar. Just to note, the process of making it is very easy.

Materials needed:

- Candle wax
- Heat-resistant glass jar
- Two-part steamer
- Silicone spatula
- Essential oils
- Candle wicks
- Chopsticks
- Fuse trimmer

1. Prepare the jar

Before you start melting the wax or mixing the scents, you will need to prepare something that you will pour the wax mixture into. For safety reasons, we recommend that you make candles only in sturdy glass containers. If you already have a candle jar that you like, you can clean it and use the container. Once your candle containers are clean, dry and ready to use, it is time to melt the wax.

2. Measure the wax

You can buy all the materials you need to make candles separately, but it is also possible to buy a candle making kit that includes all the wax, wicks and wick centering devices.

It is necessary to determine the amount of wax that you will need for the candle. You can easily do this by filling the bowl with wax flakes to where you want the surface of the candle to start, and then pour those flakes into the pot.

3. Melt the wax and add the fragrance

Once you have measured out the wax flakes, melt them over medium heat using a saucepan. Mix the flakes slowly with a silicone spatula, and when the wax is completely melted, add 10-20 drops of essential oils to the mixture. We used 6 drops of eucalyptus oil and 6 drops of lavender oil for this candle.

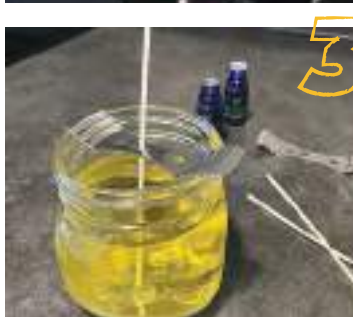
4. Attach the wick and pour the wax

Before pouring the candle, you will need to attach the wick to the bottom of the container. Each wick should have a flat metal bottom; dip the metal part into the melted wax and place it in the center of the bottom of the jar or container. Hold it in place until the wax hardens and the wick stands alone.



Then you need to carefully remove the wax from the stove and pour it into the jar. If the wick comes off the bottom, you can use a wick-centering device or if you want to keep the wick in place, you can do this by placing two sticks over the top of the jar.

Finally, you should know that it takes several hours for the

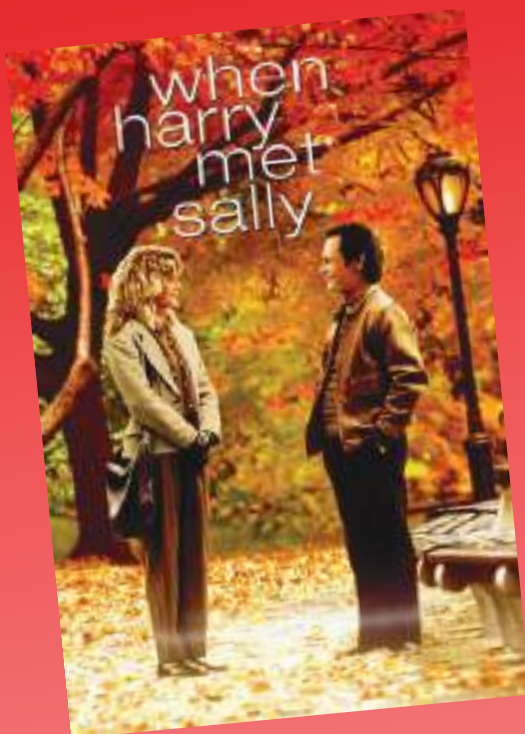


wax to harden again completely, so we recommend that you leave the candle overnight.

Once your candle is completely hardened, you need to trim the wick. You can do it using scissors, but a wick trimmer is the easiest way to do it. After that, your candle is ready to burn.

If you liked this proposal of ours and you decide to make a scented candle at home, please send us your works and share your impressions with us at the email: magazineforyou2003@gmail.com

Obeležavajući Dan Svetog Valentina, poznatiji kao Dan zaljubljenih, u našoj rubrici posvećenoj svetu kinematografije, nismo mogli da odolimo a da vam ne pripremimo listu pet filmova koje mnogi smatraju najboljim romantičnim filmovima svih vremena.



Kada je Hari sreo Seli (1989)

1987. godine, dvojica tek svršenih diplomaca Hari Berns (Bili Kristal) i Seli Olbrajt (Meg Rajan) se zajedno voze (nevoljno) od Čikaga do Njujorka. Tokom puta razgovaraju o tome da li muškarci i žene zaista mogu da ostanu samo platonski prijatelji. Deset godina kasnije, Hari i Seli se ponovo sreću u knjižari zajedno sa svojim najboljim prijateljima Džesom (Bruno Kirbi) i Meri (Keri Fišer). Pokušavaju da ostanu prijatelji bez mešanja svojih osećanja.



Lepotica i zver (1991)

Ovo je jedna od klasičnih priča koja je bezbroj puta adaptirana u različite verzije. Međutim, Diznijeva animirana verzija iz 1991. je možda jedna od najpopularnijih ekranizacija ove priče, kako među decom, tako i među odraslima. Priča ovog filma je dobro poznata. Začarani muškarac mora da natera ženu da se zaljubi u njega kako bi razbio kletvu. Produkcija je bila do te mere odgovarajuća da film nisu obožavali samo gledaoci, već je postao i prvi animirani film koji je nominovan za Oskara u kategoriji za najbolji film.



Noting Hil (1999)

Vilijam Taker (Hju Grant) je vlasnik londonske knjižare, čiji ljubavni život potpuno poremeti susret sa američkom glumicom Anom Skot (Džulija Roberts). Slučajni susret, sa prolivenim sokom od pomorandže, dovodi do poljupca koji se pretvara u senzacionalnu romansu. Kako se slavna filmska zvezda i ovaj običan čovek sve više zbližavaju, postaje im sve teže da pomire svoje radikalno različite stilove života zarad ljubavi.

FIVE BEST ROMANTIC MOVIES OF ALL TIME

Marking the Valentine's Day, or as it is otherwise known, Lovers' Day, in our column dedicated to the world of cinema, we couldn't help but create for you a list of the five films that many consider to be the best romantic films of all time.



Beležnica (2004)

Nijedna lista romantičnih filmova ne bi bila potpuna bez filma Beležnica iz 2004. godine. Priča je vrlo jednostavna, fizički radnik se zaljubljuje u devojku iz bogate porodice čiji roditelji ne odobravaju njihovu vezu. Ovaj film svoj uspeh duguje možda najviše činjenici da su tokom snimanja filma glavni glumci Rejčel Mekadams i Rajan Gosling bili par i u stvarnom životu. Samim tim, njihova povezanost u ovoj adaptaciji jednog od romana Nikolasa Sparksa je izuzetno snažna i realna..



Kazablanka (1942)

N Ne može se govoriti o romansi na velikom ekranu, a da se ne spomene ljubav Ilse i Rika, likova koje igraju Ingrid Bergman i Hemfri Bogart. Ova ratna romansa hrabro tvrdi da samo ljubav izdržava test vremena. Takođe, Kazablanka, za razliku od većine romantičnih filmova do danas, usuđuje se da ne dobije srećan kraj. Navodno, ovo je jedan od glavnih razloga zašto je ovaj film toliko obožavan.

When Harry Met Sally (1989)

In 1987, two recent college graduates Harry Burns (Billy Crystal) and Sally Albright (Meg Ryan) drive together (unwillingly) from Chicago to New York. During their journey they discuss whether men and women can really remain platonic friends. Ten years later, Harry and Sally meet again in a bookstore with their respective best friends Jess (Bruno Kirby) and Marie (Carrie Fisher). They try to remain friends without involving their feelings.

Beauty and the Beast (1991)

This is one of those classic stories that has been reworked endlessly in different versions. However, the animated version made by Disney in 1991 is perhaps one of the most popular screen versions of this story, both by children and adults. The history of this film is known. A cursed man must make a woman fall in love with him to break the curse. The production was so adequate that not only viewers adored it, but it became the first animated film to be nominated for an Academy Award in the Best Picture category.

Notting Hill (1999)

William Thacker (Hugh Grant) is the owner of a London bookshop, whose romantic life is completely disrupted after meeting the American actress Anna Scott (Julia

Roberts). A chance encounter with spilled orange juice leads to a kiss that turns into a very sensational romance. As the famous movie star and this ordinary man become increasingly closer to each other, they find it difficult to reconcile their radically different lifestyles for the sake of love.

The Notebook (2004)

No romantic movie list would be complete without the inclusion of The Notebook from 2004. The story is very simple, a manual laborer falls in love with a rich girl whose parents do not approve this relation. Perhaps, one of the main reasons for the success of this film is the fact that during the shooting of this film the main actors Rachel McAdams and Ryan Gosling were a couple in real life. Subsequently, their connection in this adaptation of one of Nicholas Sparks' novels is extremely powerful and real.

Casablanca (1942)

One cannot talk about big screen romance without mentioning the love of Ilsa and Rick, characters played by Ingrid Bergman and Humphrey Bogart respectively. A wartime romance that boldly states that only love withstands the test of time. Also, Casablanca does what most romantic movies to this day dare not do – forgo the happy ending. Apparently, this is one of the main reasons why this film is so adored.

KANGOO JUMPS

Još jedan zimski mesec je pred nama, možda vam je jedna od novogodišnjih odluka bila ta da u ovoj 2023. godini počnete da vežbate ili da se rekreirate. Za sve ljubitelje fitnesa i aerobika ali i za one koje to tek planiraju da postanu, mi vam u ovom izdanju našeg magazina predstavljamo jedan interesantan vid vežbanja. Reč je o Kangoo jumps-u, koji je sve popularniji i traženiji kod nas. Obavezan "rekvizit" je posebna obuća, takozvane rolerke na kojima se odskače. Naime, Kangoo Jumps predstavlja intenzivan, visoko motivacioni trening, koji pokreće čitavo telo, povećava izdržljivost mišića i pozitivno utiče na kardio-vaskularni i respiratorni sistem. Program vežbanja se može prilagoditi svakom nivou, odličan je za vrhunske sportiste, ali i za apsolutne početnike, rekreativce.



i zglobove toliko kao trčanje. Specijalno patentirani sistem opruga apsorbuje 80% udarca, a akcija odbijanja pomaže da se sagori 20% više kalorija nego samo hodanjem, skakanjem ili trčanjem u običnim patikama!

moguće raditi u Kangoo Jumps-u, odgovor je - praktično sve aerobne vežbe i intervalni treninzi! Čizme jednostavno dodaju intenzitet kroz težinu i prirodnu silu gravitacije, pa stoga vežbanje sa Kangoo Jumpsom sagoreva i do 25 odsto više kalorija.



Kangoo Jumps su prvobitno razvijene od strane lekara posebno za rehabilitaciju ortopedskih pacijenata koji su se oporavljali od povreda kolena, kuka i leđa. Ubrzo nakon toga, otkriveno je da nude neverovatan kardio trening, pomažu u jačanju i tonusu mišića i da su neverovatno zabavne za korišćenje!!

Jedan tipičan Kangoo trening počinje aerobik, a potom se prelazi na intervalne treninge kao što su skokovi i čučnjevi. Još jedna od nedoumica vezano za ovaj tip treninga je udobnost "rolerki". Kangoo čizme se prave u fleksibilnim veličinama sa podstavljenom postavom koja se prilagođava stopalu. Stoga ih može nositi svako, bez ograničenja od 6 do 92 godine!

Kakve vežbe mogu da se rade u Kangoo Jumps-u?

Ukoliko ste se pitali kakve vežbe je

Šta je Kangoo Jumps?

Kangoo Jumps je lak, bezbedan i efikasan sistem kardio treninga koji se sastoji od specijalno dizajniranih čizama i licenciranih fitnes programa koji je razvijen u Evropi ranih 1990-ih. Zajedno, čizme i fitnes programi čine vežbanje toliko zabavnim da nećete verovati da zapravo vežbate!

Kangoo predstavlja više od običnog treninga, jer čizme koje se koriste dizajnirane su tako da pomažu izgradnji mišića i izdržljivosti. Ono što je posebno interesantno je upravo već pomenuti dizajn čizama - rolerki. One podsećaju na čizme za skijanje, koje su povezane sa oprugama u obliku jajeta i pružaju „vežbu povratka“, koja ne opterećuje leđa



KANGOO JUMPS

Dizajnirane u Švajcarskoj od visokokvalitetnih materijala, Kangoo Jumps čizme su napravljene tako da budu „teretana u torbi“ u bilo kom trenutku.

Benefiti Kangoo Jumps-a

Osim što je zabavan, ovaj vid vežbanja ima i nekoliko benefita. Mi ćemo vam nabrojati samo neke od prednosti:

- Kardio trening visokog intenziteta
- Vežba sa malim uticajem
- Promoviše gubitak masti
- Stimuliše limfni sistem
- Jača imuni sistem
- Povećava kardiovaskularnu izdržljivost
- Poboljšava koordinaciju, snagu i ravnotežu
- Pomaže u poboljšanju držanja
- Optimizuje kardiovaskularno zdravlje
- Smanjuje verovatnoću oštećenja zglobova
- Pomaže u prevenciji osteoporoze



I za kraj još jedna prednost Kangoo Jumps

Osim fizičke spremnosti, oni koji ispražnjuju ovu vrstu fitnesa slažu se u tome da se osećaju samopouzdanije, imaju bolju mentalnu jasnoću, pa čak i bolje spavaju kada vežbaju sa Kangoo Jumps. Stoga, sve što je potrebno je da obujete čizme, pojačate muziku i krenete zajedno u zabavnu, laku za učenje koreografiju koja radi na celom telu.

Another winter month is ahead of us, perhaps one of your New Year's resolutions was to start working out or doing some recreational activities in 2023. For all the fans of fitness and aerobics, but also for those who are only planning to become one, in this edition of our magazine we present you an interesting form of exercise. We are talking about Kangoo jumps, which is increasingly popular and in demand around here. Mandatory "props" are the special shoes, so-called rebound roller skates. Namely, Kangoo Jumps is an intense, highly motivational training that works the entire body, increases muscle endurance and has a positive effect on the cardiovascular and respiratory systems. The exercise program can be adjusted to any level, it is excellent for professional athletes, as well as for absolute beginners and recreational athletes.

What is Kangoo Jumps?

Kangoo Jumps is an easy, safe and effective cardio workout system consisting of specially designed boots and licensed fitness programs developed in Europe in the early 1990s. Together, the boots and fitness programs make working out so much fun that you won't believe you're actually exercising!

Kangoo is more than just a workout, as the boots used during exercise are designed to help build muscle and endurance. What is particularly interesting is the already mentioned design of boots - roller skates. They resemble ski boots, which are connected to egg-shaped springs providing "rebounding exercise" that does not place stress on the back and joints as much as running. The specially patented spring system absorbs 80% of the impact and the rebound action helps burn 20% more calories than just walking, jumping or running in regular sneakers!

Kangoo Jumps were originally developed by doctors specifically for the rehabilitation of orthopedic patients recovering from knee, hip and back injuries. Soon afterward, it was discovered that they offered an amazing cardio workout, helped strengthen and tone muscles, and were incredibly fun to use!

What kind of exercises can be done in Kangoo Jumps?

If you were wondering what exercises you can do in Kangoo Jumps, the answer is - practically all aerobic exercises and interval training! The boots simply add intensity through weight and the natural force of gravity, so exercising with Kangoo Jumps burns up to 25 percent more calories.

A typical Kangoo workout starts with aerobics and then moves on to interval training such as hops and squats. Another doubt about this type of training is the comfort of the "roller shoes." Kangoo boots are made in flexible sizes with a padded lining that conforms to the foot. Therefore, anyone can wear them, without restrictions from age 6 to 92! Designed in Switzerland with high-quality materials, Kangoo Jumps boots are made to be a "gym in a bag" at any time.

Benefits of Kangoo Jumps

In addition to being fun, this type of workout has a number of benefits. We will list only some of the advantages:

- High-Intensity Cardio Workout
- Low impact exercise
- Promotes fat loss
- Stimulates lymphatic system
- Boosts immune system
- Increases cardiovascular endurance
- Improves coordination, strength and balance
- Helps improve posture
- Optimizes cardiovascular health
- Reduces likelihood of joint damage
- Helps prevent osteoporosis

For the end, one more advantage of Kangoo Jumps

Aside from physical fitness, those who practice this type of workout agree that they feel more confident, have better mental clarity and even sleep better when they workout with Kangoo Jumps. So, all you need to do is put your boots on, turn the music on and move together to a fun, easy-to-learn choreography that works the entire body.

ČETIRI PREDNOSTI KOJE TEHNOLOGIJA PRUŽA TINEJDŽERIMA



Ponekad je teško uočiti prednosti koje tehnologija pruža tinejdžerima. Na kraju krajeva, kada tinejdžeri provode beskonačne sate igrajući video igrice ili zureći u svoje pametne telefone, tehnologija može da izgleda više kao teret nego kao korist. Međutim, u današnjem svetu punom izazova, pozitivni efekti tehnologije na tinejdžere su značajni. U nastavku smo naveli četiri najznačajnije koristi.

1. Socijalizacija i izgradnja odnosa

APopularne aplikacije za razmenu poruka i platforme društvenih medija povezuju tinejdžere međusobno. Ovi digitalni alati omogućavaju tinejdžerima da ostanu u kontaktu sa svojim prijateljima iz škole, putem onlajn video poziva, grupnih poruka ili slanjem smešnih TikTok video snimaka, od kojih su mnogi postali viralni tokom poslednjih nekoliko meseci.

2. Veštine rešavanja problema

Učeći kako da koristi različite uređaje i aplikacije, tinejdžer se suočava sa izazovom novih inovacija, s obzirom na brzi napredak tehnologije. Takvo rešavanje problema može uključivati otkrivanje kako da povežete novi PlayStation sa televizorom ili prenošenje podataka sa jednog telefona na drugi. Ili čak upotrebu Google mape za navigaciju po novom gradu. Kako se inovativne aplikacije i tehnološki napredak razvijaju, tinejdžer primenjuje rudimente rešavanja problema na svaku novu prepreku koja će se kasnije isplatiti u „stvarnom svetu“. Na primer, kada osoba radi u kancelari-



ji, tehnološka virtuoznost je dragocena ekspertiza.

3. Poboljšani alati za obrazovanje i digitalno učenje

Jednostavna realnost je da današnja deca uče na načine koje mi nismo mogli ni zamisliti dok smo odrastali. Tinejdžeri koriste aplikaciju Duolingo za učenje jezika, aplikaciju Audible za slušanje knjiga i aplikaciju Evernote za vođenje beleški sa časa. Zaista, sa aplikacijama za pametne telefone, društvenim mrežama i interaktivnim veb-sajtovima, novi horizonti su normativni za tinejdžere. Kao rezultat toga, tinejdžeri brzo postaju vešti sa mnoštvom različitih digitalnih alata za učenje, čime se poboljšavaju obrazovne mogućnosti.

4. Interaktivna kreativnost i digitalno izražavanje

Prevazilazeći obojene markere i bojice, aplikacije za pametne telefone i interaktivne internet stranice nude tinejdžerima mogućnost da pokažu svoje umetničke strasti nadaleko. Na primer, tinejdžeri mogu da snime muzički nastup na aplikaciji YouTube, da naprave tablu raspoloženja na aplikaciji Pinterest, da uređuju fotografije u aplikaciji VSCO ili da nauče novi TikTok ples

(Izvor: <https://www.teenrehab.org>)



i postavite ga na svoj nalog. Koristeći video i zvuk, tinejdžeri mogu pristupiti različitim vrstama digitalnih alata koji im pomažu da kreativno napreduju i lako pokažu svoje kreacije. Takođe nudi priliku za ohrabrenje i kreativne povratne informacije o reakcijama.

Napredovanje uz tehnologiju

Tehnologija omogućava tinejdžerima da ostanu u kontaktu sa svojom porodicom, prijateljima i širom zajednicom. Drugo, Internet je značajan resurs za informacije i obrazovne alate, jednostavno je potrebno znati šta je dostupno.

Nadamo se da ćete pronaći aplikacije i tehnologije o kojima se govori u ovom članku koje vam mogu pomoći. Kao i uvek, neka vaša bezbednost bude glavni prioritet dok eksperimentišete sa različitim tehnologijama. Mnoge aplikacije i uređaji nude roditeljski nadzor tako da možete da blokirate prikazivanje neprikladnog sadržaja. Ali i učenje o bezbednosti na mreži je takođe važno. Da zaključimo, sa sigurnošću se može reći da sa pravim alatima i odgovornim načinom razmišljanja, postoje mnoge prednosti koje tehnologije pružaju tinejdžerima.

FOUR BENEFITS OF TECHNOLOGY FOR TEENS

Sometimes it is hard to see the benefits of technology for teens. After all, when teens spend endless hours playing video games or staring at their smartphones, technology can feel more like a burden than a benefit. However, in today's challenging world, the positive effects of technology on teenagers are significant. Below we have listed four of the most significant benefits.

1. Socialization and Relationship Building:

Popular messaging apps and social media platforms connect teenagers with other teenagers. These digital tools allow teens to keep in contact with their friends from school, via online video calls, group messaging, or in sending funny TikToks, many of which have gone viral during the last few months.

2. Problem Solving Skills

By learning how to use different devices and apps, a teen faces the challenge of new innovations, given the rapid advancement of technology. Such problem solving may include figuring out how to connect a new PlayStation to the television or moving data over from one phone to another. Or even using Google Maps to navigate a new city. As innovative applications and technology advancements develop, a teen applies the rudiments of problem-solving to each new hurdle that will later pay off in the "real world." For example, when a person works in an office, technological virtuosity is a valuable expertise.

3. Enhanced Education and Digital Learning Tools

The simple reality is that today's kids are learning in ways that we would not have imagined when we were growing up. Teens are using the Duolingo app to learn languages, Audible app to listen to books, and Evernote app to take notes from class. Indeed, with smartphone applications, social networking, and interactive websites, new horizons are normative for teenagers. As a result, teenagers quickly become adept with a multitude of different digital learning tools, thus enhancing educational opportunities.

4. Interactive Creativity and Digital Expression

Transcending colored markers and crayons, smartphone applications and interactive websites offer teens the ability to share their artistic passions far and wide. For example, teens can record a musical performance on YouTube, make a mood board on Pinterest, edit photos on the VSCO app, or learn a new TikTok dance and post it on their account. Using video and sound, teens can access different types of digital tools that help them thrive creatively and easily share their creations. It also offers the opportunity for encouragement and creative feedback.

Moving Forward with Technology

Technology allows teenagers to keep in contact with their family, their friends, and their greater community. Secondly, the Internet is a significant resource for information and educational tools, it is simply a matter of knowing what is available. Hopefully you may find the apps and technologies discussed in this article that are helpful to you. As always, ensure that you are keeping safety a top priority as you experiment with different technologies. Many apps and devices offer parental controls so you can block inappropriate content from view. But also learning about online safety is important as well. In conclusion, it is safe to say that with the right tools and a responsible mindset, there are many benefits of technology for teens.

HAJDE DA NAUČIMO KAKO DA UŠTEDIMO ELEKTRIČNU ENERGIJU!



Verovatno su svi čuli rečenicu: „Ugasi svetlo kada izlaziš iz sobe/kuće, da ne bi trošio struju“. Ove zime tu rečenicu čujemo češće nego ranije, a razlog je globalna nestašica energenata širom sveta. Kosovo nije izuzetak, pa je veoma važno da shvatimo da se svi suočavamo sa energetskom krizom i da je neophodno da promenimo navike i počnemo da štedimo struju. Postoji mnogo saveta, ali nemaju svi isti efekat. U ovom izdanju, 4You Magazin vam nudi vodič: za sve one koji žele da uštede struju, ali nisu sigurni odakle da počnu!

potrošnjom energije i samim tim nižim troškovima domaćinstva, neka uputstva čine veću razliku. Zato moramo početi da obraćamo više pažnje na to koja uputstva i saveti su najefikasniji i da ih primenimo.

Bojler za vodu (ne treba da bude stalno uključen!

Vodoinstalateri kažu da nema potrebe da bojler bude stalno uključen. Bojlери se mogu uključiti preko noći kada je struja jeftinija, s obzirom da savremeni kotlovi održavaju

temperaturu relativno stabilnom zahvaljujući izolaciji. Takođe, kada su podešavanja u pitanju, bojler treba podesiti na temperaturu do 60 °C.

Uštede u kuhinji

Ako kuvate u proseku oko sat i po svakog dana, to bi iznosilo otprilike 60 kilovat-sati – što je oko 15% potrošnje u prosečnom domaćinstvu. Postoji mnogo načina da se ovo smanji: od upotrebe ekspres lonca do usklađivanja tiganja prilikom kuvanja. Prilikom kuvanja nemojte koristiti posude čije je dno manje od površine ploče za kuvanje. Ako spremate čorbasto jelo, smanjite temperaturu čim voda proključa.

Osvetljenje je važno

U vreme kada ljudi obično dolaze sa posla i pale svetla u kući, idealno bi bilo da se mašine za pranje veša i sudova, kao i šporet i drugi veliki potrošači ne uključuju, osim ako to

Život u vreme trenutne energetske krize, kada cene vrtoglavo rastu, zahteva od svih stanovnika, uključujući i vas, mlade ljude, da budu racionalniji prema potrošnji energije. Stoga su i domaće institucije i međunarodne organizacije bile glasne sa svojim preporukama za uštedu električne energije. Imajući to na umu, predstavljamo nekoliko saveta o tome kako da se pridržavate tih preporuka.

"Sušite veš na vazduhu, a ne u mašinama za sušenje! Isključite punjače kada ih ne koristite! Isključite računar kada se ne koristi!"

Bez obzira na to što sveukupno ove aktivnosti rezultiraju manjom





nije neophodno. „Odloži sve što možeš da odložiš. Pritisak na elektromrežu, a samim tim i na novčanik, možete smanjiti tako što ćete obične sijalice zameniti LED svetlima, koja troše znatno manje energije.

Nakon energetske krize koja je zahvatila Kosovo i svet zbog poskupljenja, Vlada Kosova objavila je priručnik za uštedu električne energije. Kosovska elektrodistributivna kompanija (KEDS) takođe apeluje na građane da skoro svakodnevno štede struju, posebno tokom zimske sezone. Portparol KEDS-a Viktor Bužala podelio je nekoliko saveta o uštedi električne energije, od kojih su neki:

- Način uštede struje je korišćenje uređaja koji troše mnogo struje noću, kada je tarifa niža.
- Ako ste odlučili da kupite novu mašinu za sudove, već mašinu ili mašinu za sušenje veša, onda se fokusirajte na kvalitetniji i ekonomičniji proizvode. Pogledajte uputstva proizvođača koja sadrže opis glavnih karakteristika, a zatim odlučite koja je ekonomičnija.
- Bojler u našim domovima tokom letnje sezone troši 30 do 50 odsto mesečnog računa, a tokom zimske 40 do 60 odsto. Savet je da bojler ostavite uključen preko noći, odnosno nešto posle 22 časa.
- Izaberite prave sijalice. LED sijalice su efikasnije. One troše 75% manje struje. Najbolji način da počnete da štedite električnu energiju je da ugasite svetla u prostorijama koje ne koristite.

Posetite nas na:
Visit us at:



LET US LEARN HOW TO SAVE ELECTRICITY!

Everyone has probably heard the sentence: "Turn off the light when you leave the room/house, so as not to waste electricity." This winter we hear that sentence more often than before, and the reason is the global shortage of energy sources all over the world. Kosovo is no exception, so it is very important to understand that we are all facing an energy crisis and that it is necessary to change our habits and start saving electricity. There are many tips, but not all of them have the same effect. In this edition, 4You Magazine offers you a guide: for all those who want to save it but are not sure where to start!

Life during the current energy crisis, when prices are skyrocketing, requires all residents, including you, young people, to be more rational towards energy consumption.

Therefore, both local institutions and international organizations have been vocal with their recommendations to save electricity. With this in mind, we present several tips on how to comply.

"Dry laundry in the air, not in dryers! Unplug chargers when not in use! Turn off the computer when not in use!"

Regardless of the fact that all of these activities cumulatively result in lower energy consumption and therefore lower household costs, some of the instructions make a bigger difference. Therefore, we have to start paying more attention to what instructions and which tips are the most effective and implement them.

The water boiler should (not) be on all the time!

Plumbers say there is no need to have the boiler constantly on. The boilers can be turned on overnight, when electricity is cheaper, given that modern boilers keep the temperature relatively stable thanks to insulation. Also, when it comes to the settings, you should set the water heater to a temperature of up to 60 °C.

Savings in the Kitchen

If you cook on average for about an hour and a half every day, that will amount to roughly 60 kilowatt-hours - which is about 15% of the consumption in an average household. There are many ways to reduce this: from using a pressure cooker to matching the pan when cooking. When cooking, do not use containers whose bottom is smaller than the surface of the hob.

If you are preparing a liquid dish, reduce the temperature as soon as the water boils.

Lighting is Important

At the time when people typically come home from work and turn on the lights in the home, it would be ideal not to turn on the washing machine and dishwasher, as well as the stove and other large consumers, unless absolutely necessary.

"Postpone everything you can postpone." You can reduce the pressure on the electricity network, and thus the pressure on your wallet, by replacing ordinary light bulbs with LED lights, which consume significantly less energy.

After the energy crisis that affected Kosovo and the world due to price increases, the Government of Kosovo published a manual for saving electricity. The Kosovo Electricity Distribution Company (KEDS) also urges citizens to save electricity almost every day, especially during the winter season. KEDS spokesperson Viktor Buzhala shared several tips on saving electricity, some of which are:

- A way to save electricity is to use devices that consume a lot of electricity at night, when the tariff is lower.
- If you have decided to buy a new dishwasher, washing machine or tumble dryer, then focus on higher quality and products that are more economical. Look at the manufacturer's instructions containing description of the main features and then decide which one is more economical.
- The boiler in our homes consumes 30 to 50% of the monthly bill during the summer season, and 40 to 60% during the winter season. The advice is to leave the water heater on overnight, i.e. a bit after 10 p.m.
- Choose the right light bulbs. LED bulbs are more efficient. They consume 75% less electricity. The best way to start saving electricity is to turn off the lights in rooms you do not use.

VAŠE MIŠLJENJE O DANU ZALJUBLJENIH?



NIKOLA PETKOVIĆ



Šta mislite o Danu zaljubljenih?

Znam da se tradicionalno na ovaj dan daruje cveće, slatkiši i čestitke. Ipak 14.februar, kada se proslavlja Dan zaljubljenih je prema mom mišljenju dan kao i svaki drugi. Ni po čemu mi nije karakterističan. Sa druge strane, kod nas Srba se istog dana obeležava Sveti Trifun, svetac koji je zaštitnik vinogradara, pa ovaj dan neke porodice proslavljaju kao krsnu slavu.

Da li treba da postoji poseban dan posvećen ljubavi?

Mislim da treba da postoji dan koji je posvećen ljubavi. Posebno kada neko ima devojku ili dečka. Ali takođe smatram da bi obeležavanje ovog dana trebalo biti simbolično, kao i da ne bi trebalo trošiti silan novac na skupe poklone, jer se i ljubav ne kupuje.

Da li je naše društvo spremno za obeležavanje ovog praznika?

Društvo kao društvo je maksimalno spremno na obeležavanje ovog praznika. Ali trenutno, po mom mišljenju ovaj praznik možemo okarakterisati isključivo kao konzumeristički, jer ljudi troše previše novca na poklone.

What do you think about Valentine's Day?

I know that flowers, sweets and cards are traditionally given on this day. However, February 14, when Valentine's Day is celebrated, is, in my opinion, a day like any other. It is not characteristic of me in any way. On the other hand, among us Serbs, Saint Trifun, the patron saint of winegrowers, is celebrated on the same day, so some families celebrate this day as their patron saint baptism.

Should there be a special day dedicated to love?

I think there should be a day dedicated to love. Especially when someone has a girlfriend or boyfriend. But I also think that the celebration of this day should be symbolic, and that you shouldn't spend a lot of money on expensive gifts, because you can't buy love either.

Is our society ready to celebrate this holiday?

Society as a society is maximally ready to celebrate this holiday. But at the moment, in my opinion, this holiday can only be characterized as consumerist, because people spend too much money on gifts.



ANDREA TRAJKOVIĆ



Šta mislite o Danu zaljubljenih?

Volim ovaj dan jer me podseća na ljubav, a ljubav kao ljubav je vredna proslavljanja. Ja smatram da ljubav treba širiti i slaviti svakog dana

Da li treba da postoji poseban dan posvećen ljubavi?

Bitno je i neizmerno važno da volimo, budemo voljeni i ne samo to, već i da se trudimo i budemo pažljiviji prema drugim osobama. Da budemo bolji ljudi i da izbegavamo svađe. Iz tog razloga važno je i da postoji dan koji slavimo u čast ljubavi.

Da li je naše društvo spremno za obeležavanje ovog praznika?

Mislim da mi kao društvo jesmo spremni. Valentino više proslavljaju mladi ili mladi parovi. Međutim, ne volim to što se ovaj praznik svodi samo na darivanje poklona. Dan zaljubljenih treba da bude više od toga, svoju pažnju i naklonost dragim osobama, trebamo poklanjati svakog dana. Bitno je da na to ne gledamo kao na neku obavezu, već da to istinski osećamo i želimo. Jednostavno da slavimo ljubav!

What do you think about Valentine's Day?

I love this day because it reminds me of love, and love as love is worth celebrating. I believe that love should be spread and celebrated every day.

Should there be a special day dedicated to love?

It is essential and extremely important to love, to be loved and not only that, but also to try and be more attentive to other people. To be better people and to avoid quarrels. For this reason, it is important that there is a day that we celebrate in honor of love.

Is our society ready to celebrate this holiday?

I think we as a society are ready. Valentine's Day is mostly celebrated by young or younger couples. However, I don't like that this holiday is all about gift giving. Valentine's Day should be more than that, we should give our attention and affection to loved ones every day. It is important that we do not see it as an obligation, but that we truly feel and want it. Simply to celebrate love!

Molimo vas šalžite vaša razmišljanja o Danu zaljubljenih na email: magazineforyou2003@gmail.com

YOUR OPINION ON VALENTINES DAY?



IVAN DENIĆ



Šta mislite o Danu zaljubljenih?

Za mene lično, ovaj dan ne predstavlja ništa posebno. To je samo Dan zaljubljenih koji se proslavlja širom celog sveta. Po meni je ovaj dan isti kao i svaki drugi. Međutim, ne znam da li bi isto ovako razmišljao, kada bih bio zaljubljen, a ja to trenutno nisam. Kod nas se na današnji dan proslavlja Sveti Trifun, koji je posebno bitan ljudima u Orahovcu ili Velikoj Hoći, jer je ovaj svetac, prema srpskoj tradiciji, zaštitnik vinogradara.

Da li treba da postoji poseban dan posvećen ljubavi?

Nisam siguran, s jedne strane treba, a sa druge ne. Mislim da dan koji je posvećen ljubavi ne treba biti nametnut. Ali sa druge strane, smatram da ljubav treba slaviti svakog dana. Zato, vođen ovom logikom, dajem prednost mišljenju da je dobro imati dan posvećen ljubavi.

Da li je naše društvo spremno za obeležavanje ovog praznika?

Kod nas je, pod uticajem zapadne kulture, otpočelo obeležavanje Dana zaljubljenih. Ipak mi se čini da je ovaj dan najbolji za trgovce, jer se puno novca troši na poklone. Ja mislim da znak pažnje i naklonosti može da bude nešto originalno i lično i da ne košta puno.

What do you think about Valentine's Day?

For me personally, this day does not represent anything special. It is just day for those in love that is celebrated all over the world. To me, this day is the same as any other day. However, I don't know if I would think the same way if I were in love, which I am not at the moment. On this day in society, Saint Trifun is celebrated, which is especially important to people in Orahovac or Velika Hoća, because this saint, according to Serbian tradition, is the patron saint of winegrowers.

Should there be a special day dedicated to love?

I'm not sure, on the one hand it should, and on the other hand it shouldn't. I think that a day dedicated to love should not be imposed. But on the other hand, I believe that love should be celebrated every day. Therefore, guided by this logic, I prefer the opinion that it is good to have a day dedicated to love.

Is our society ready to celebrate this holiday?

In our society, under the influence of Western culture, the celebration of Valentine's Day began. However, it seems to me that this day is the best for merchants, because a lot of money is spent on gifts. I think that a sign of attention and affection can be something original and personal and not cost a lot.



VALENTINA SLAVIĆ



Šta mislite o Danu zaljubljenih?

Smatram da je ovo veoma divan dan i ja ga proslavljam svake godine. Posebno je bitan zaljubljenim parovima i veoma mi je drago što se Dan zaljubljenih proslavlja. Drago mi je što se ovaj dan prigodno obeležava i kod nas.

Da li treba da postoji poseban dan posvećen ljubavi?

Apsolutno se slažem sa tim što postoji poseban dan koji slavi ljubav. Ja mislim da svi treba da proslavljaju ljubav. Mislim da treba da imamo veru u ljubav i da je ljubav nešto najlepše na ovom svetu. Vera u to da sutra stvorimo svoje porodice.

Da li je naše društvo spremno za obeležavanje ovog praznika?

Ja smatram da jeste. Mnogi ga slave i obeležavaju kupovinom poklona i slanjem čestitki. Ipak, još uvek su u našem društvu podeljena mišljenja u vezi ovog praznika, pa ima i mnogo onih koji ga ne obeležavaju, jer se ne uklapa u tradicionalne srpske praznike.

What do you think about Valentine's Day?

I think this is a very wonderful day and I celebrate it every year. It is especially important for couples in love and I am very glad that Valentine's Day is celebrated. I'm glad that this day is appropriately celebrated in our society.

Should there be a special day dedicated to love?

I absolutely agree that there is a special day that celebrates love. I think everyone should celebrate love. I think we should have faith in love and that love is the most beautiful thing in this world. Faith in creating our own families tomorrow.

Is our society ready to celebrate this holiday?

I think it is. Many people celebrate it and mark it by buying gifts and sending cards. However, there are still divided opinions in our society regarding this holiday, so there are many who do not celebrate it, because it does not fit in with traditional Serbian holidays.

Please email your thoughts on Valentine's Day to: magazineforyou2003@gmail.com

BITNO JE IZRAZITI OSEĆANJA!

Izražavanje osećanja je bitno onda kada vam život donese izazove. Ali nije uvek lako reći kako se osećate. Zato imamo nekoliko saveta koji će vam pomoći kako da na pravi način izrazite vaše emocije, bilo da su dobre ili loše...



Osećanja - svi ih imamo!

Ponekad su dobra, a u drugim prilikama je teško da izađemo na kraj sa njima. Osećanja nastaju usled procesa koji se odvijaju u mozgu i mogu se osetiti u celom telu. Pokreću ih vaša iskustva i misli. Osećanja pomažu ljudima da prežive jer nas podstiču da tražimo nagrade i zadovoljstvo, a istovremeno izbegavamo pretnje i opasne situacije. Osećanja nas mogu zaštititi i voditi nas. Ona nam pomažu da izbegnemo opasnost. Takođe nam pomažu da se povežemo, razumemo i uspostavimo vezu sa drugima. Ali ponekad naša osećanja mogu biti nesrazmerna situaciji ili nismo sigurni kako da odgovorimo na ono što osećamo. Razgovor o osećanjima pomaže vam da očuvate dobro mentalno zdravlje i prebrodite trenutke uznemirenosti.

Šta se dešava kada izražavamo osećanja?

Izražavanje emocija može vam pomoći da se osećate: povezano, osnaženo, shvaćeno, spokojno, saslušano, zahvaljujući njima imate osećaj da vas podržavaju, da je sve pod kontrolom i da niste preterano emocionalni.

Šta se dešava kada ne izražavamo osećanja?

Kada poričemo, izbegavamo ili

sakrivamo svoja osećanja, ona mogu: da se nagomilaju, pogoršaju, izoluju vas, povećavaju stres, stvaraju mnogo problema, utiču na vaše zdravlje, čine da se osećate izvan kontrole, utiču na povećanje napetosti kako u vašem organizmu, tako i u odnosima sa drugima.

Kako postati bolji u izražavanju osećanja?

Pre nego što izrazite osećanja, morate da ih pravilno odredite! Provedite neko vreme sami razmišljajući o tome kako se osećate. Izmislite određene reči koje opisuju tačno kako se osećate. Umesto da kažete da se osećate „loše“ – pronađite konkretnije reči kao što su strah, frustriranost, uznemirenost ili anksioznost.

Zapamtite:

Osećanja se često opisuju jednom rečju (srećan, uzbuđen, tužan, ljut). Ako se javi nešto jače od toga, to onda može biti misao koju pokušavate da izrazite, na primer- Osećam

da joj se ne sviđam. Ako ne možete da pronađete pravu reč koja najbolje opisuje kako se osećate, pokušajte da potražite skalu osećanja na internetu. Takođe možete razgovarati sa nekim ko je objektivan i stvari posmatra van situacije, poput nekog savetnika, koji će vam pomoći da shvatite šta osećate.

Važno je da izrazite svoja osećanja - dobra i loša!

Izražavanje osećanja može vam pomoći da se osećate bolje u vezi sa samim sobom i celokupnom situacijom u kojoj se nalazite.



THE IMPORTANCE OF EXPRESSING YOUR FEELINGS



U početku osećaj može biti neprijatan, ali što više govorite o svojim osećanjima, situacija će vam biti lakša. Pomaže i praksa! Počnite najpre da izražavate pozitivne osećaje, poput – Osećam se voljeno kada moj ljubimac dođe da me pozdravi kada dođem kući, jer to pokazuje da sam mu nedostajao. ...Kada naučite da savladate pozitivne emocije, pređite na one teže.



Postoje i drugi načini izražavanja osećanja, osim priče...

Niste spremni da pričate o svojim osećanjima? Postoji mnogo načina da izrazite svoja osećanja. Budite kreativni! Pogledajte ove ideje u nastavku:

- Crtanje
- Pevanje
- Ples
- Pisanje
- Meditiranje
- Dnevnik
- Vežbanje
- Vizualizacija

Expressing how you feel can help you cope when life throws you challenges. But saying how you feel isn't always easy. We've got some tips to help you get those feelings out.

Feelings - we all have them!

Sometimes they're good, other times they're hard to cope with. We're wired to have feelings. Feelings are created by chemicals in your brain and can be felt throughout your body. They are triggered by your experiences and thoughts. Feelings have helped our species survive by driving us to seek out rewards and pleasure while at the same time avoiding threats and dangerous situations. Feelings can protect and guide us. They help us to seek out positive experiences and avoid danger. Feelings also help us to connect, understand and relate to others. But sometimes our feelings might be out of proportion to the situation or we aren't sure how to respond to what we're feeling. Talking about your feelings can help you stay in good mental health and help you cope when you feel upset.

What happens when we express feelings?

Expressing feelings can help you to feel: connected, empowered, understood, relieved, heard, supported, in control and less emotional.

What happens when we don't express feelings?

When we deny, avoid or hide our feelings, they can: build-up, get worse, isolate you, increase stress, create more problems, impact on your health, make you feel out of control, create tension in your body, put strain on your relationships.

How to get better at expressing feelings

Before you express a feeling, you need to know what it is! Spend some time alone thinking about how you're feeling. Come up with specific words that describe exactly how you feel.

Instead of saying you feel 'bad' - find more specific words like afraid, frustrated, upset or anxious.

Remember:

Feelings are often described in one word (happy, excited, sad, angry). If you've got more than that it might be a thought you're trying to express - eg. I feel that she doesn't like me. If you can't find the right word that describes how you're feeling, try looking up feelings lists and charts online. You could also speak with someone outside the situation, like a counselor, to help you figure out what it is you're feeling.


It's important to express your feelings - the good and the difficult

Expressing feelings can help you to feel better about yourself and the situation. It can feel awkward at first, but the more you talk about feelings the easier it will get. Practice helps too! Start off easy by expressing positive feelings - "I feel loved when my pet comes to greet me when I get home, because it shows that he missed me". Once you've mastered them, move onto more challenging ones.

There are more ways to express your feelings than just talking about them

Not up for talking about your feelings? There are lots of ways to get your feelings out. Get creative! Check out these ideas below:

- Drawing
- Singing
- Dancing
- Writing
- Meditating
- Journaling
- Exercising
- Visualisation

K F O R K O O P	POZNATA AMERIČKA GLUMICA SA SLIKE	ODISEJEVA POSTOJBINA	MUZIČKA NOTA	CRNA ŠUMSKA KREDA	VLAKNO, KONČIĆ (MN.)	AUTOMOBILSKA BATERIJE																
DIVOTA																						
VRSTA SLOVA																						
LANTAN			OSTRVO KOD ALJASKE																			
LUKA U IZRAELU			STRANO (M.) IME	I. M.																		
				A. N.																		
DVOSEKLI BODEŽ					U.																	
					SRODNOŠT, SLIČNOŠT																	
URANIJUM		LETOPIŠ																				
		JEDNA OD SAD																				
MOGRANJ				F. A.																		
				STANOVNIK KAMERUNA																		
IRIDIJUM			NAJVEĆI VODENI SISAR																			
			OZLEDA																			
LIK SA ROSTANOVE DRAME, ... DE BERŽERAK																						
STRANO (M.) IME									IZRAĐIVAČ I PRODAVAČ KORITA	VREĆA OD KOSTRETI	<i>You magazine</i>	NEMAČKI PREDLOG	FILM SA ŠVARCENEGEROM	MESTO KOD OPATIJE	USKLADIVAČ, UPRAVLJAČ (LAT.)							
ŽENSKOST, ŽENSTVENOST											KOMPOZ. TAMIROF											
											MITSKI LETAČ											
NAUKA O GLASOVIMA I TVORBI GLASOVA																						
JEZERO U FINSKOJ									REKA U JUŽNOJ AMERICI													
									O. P.													
MILI-AMPER			DAN U SEDMICI									IZNAD, POVRH										
			SPRAVA, NAPRAVA									AERODROM U TOKIJU										
IMAGINARAN BROJ		NEMAČKI PREDLOG			JUŽNOAMERIČKA GRABLJIVA RIBIČA									ENERGIJA								
		ŠTAMPAR. GREŠKE			LITAR									ŠAMPION								
DRŽAVA U AZIJI									TONA	VIDAR RANA												
									GLAVNI GRAD JEMENA	FRANC. GLUMAC, ŽAK												
STANOVNIK, ŽITELJ IRSKE											REALNI BTOJEVI		SARAJEVO									
									ČASOVNIK		DEMINTIV (SKR.)		JUŽNI VETAR KOD ST. GRKA									
									K. A.													
PRILOG									AMERIČKI GLUMAC, DEJVID					TEMPERATURA								
									1001 (RIM.)					DOMAĆA ŽIVOTINJA								
KOZAČKI POGLAVAR										GRAD U SEV. MAKEDONIJI												
										AZOT												
MAJKA									CRTAČ ANIMIRANIH FILMOVA													



Hajde da učimo zajedno!



„Vrediš onoliko koliko jezika govoriš“, kaže narodna izreka koja najbolje opisuje važnost poznavanja stranih jezika. Dok svi pokušavamo da naučimo strane jezike poput engleskog ili nemačkog jezika, čini se kao da smo zaboravili na važnost poznavanja jezika naših komšija. Imajući to u vidu, redakcija našeg magazina je odlučila da od ovog broja pripremi seriju praktičnih časova albanskog jezika. Iako ove lekcije nemaju za cilj da vas nauče da tečno govorite albanski jezik, nadamo se da će vam one pružiti osnovu iz koje možete da proširite svoje znanje po želji i potrebi.

Kako će se odvijati ove lekcije?

Zbog praktičnih razloga, lekcije se neće fokusirati na detaljna gramatička objašnjenja, već će biti zasnovane na učenju jezika kroz metod učenja najčešćih reči i rečenica koje se susreću u svakodnevnoj komunikaciji. Sve to će biti praćeno ilustracijama. Na taj način ćete biti u mogućnosti da ih razumete i da ih koristite u praksi. Naravno, izuzimanje gramatike i njenih pravila nije sasvim moguće, pa će lekcije obuhvatiti i najneophodnija pravila, koja će biti maksimalno pojednostavljena. Nadamo se da će ove lekcije podstaći vašu radoznalost da naučite nešto novo, u ovom slučaju – jezik vaših komšija, a mi vam želimo uspešno učenje!

Lekcija broj 1

Abeceda i osnovna pravila albanskog jezika

Bez sumnje prvi korak u učenju albanskog jezika je upoznavanje sa abecedom. Kao i u srpskom, i u albanskom jeziku je poznavanje abecede veoma važno, jer se u oba slučaja radi o fonetskim pismima. To znači da svako slovo pripada određenom zvuku. Shodno tome, reči se čitaju kao što su napisane, a pišu se na način na koji se izgovaraju. Kompletna abeceda je prikazana na Ilustraciji 1.

Posebna slova

Abeceda albanskog jezika ima 36 slova, i u njoj, kao i u srpskom jeziku postoje neka posebna slova za posebne glasove.

Na ilustraciji 2 možemo videti da je deo posebnih slova i glasova u albanskom jeziku sličan nekim glasovima i slovima u srpskom jeziku. Izuzetak je slovo „L“ čiji je ekvivalent našem slovu „Lj“.

Takođe ne zaboravite da se naše slovo „L“ na albanskom piše kao „LL“. Imajući u vidu da albanski jezik ima 36 slova, to znači da ima i 36 glasova, dakle albanski jezik ima 6 slova i zvukova više od srpskog jezika. Na ilustraciji broj 3 možete da vidite ova slova. Što se tiče njihovog izgovora, ispod svakog slova ponaosob, možete pronaći uputstvo za pravilno izgovorjanje.

Ilustracija 1

A	B	C	Ç	D	Dh	E	Ë	F	G	Gj	H	I	J	K	L	LL	M
a	b	c	ç	d	dh	e	ë	f	g	gj	h	i	j	k	l	ll	m
N	Nj	O	P	Q	R	Rr	S	Sh	T	Th	U	V	X	Xh	Y	Z	Zh
n	nj	o	p	q	r	rr	s	sh	t	th	u	v	x	xh	y	z	zh

Ilustracija 2

Ç	Q	Xh	Gj	LL	L	Nj	Sh	Zh
ç	q	xh	gj	ll	l	nj	sh	zh
Ç	Ç	Dž	Đ	L	Lj	Nj	Š	Ž
ç	ć	dž	đ	l	lj	nj	š	ž

Ilustracija 3

Dh	Ë	Rr	Th	X	Y
Ovaj zvuk je sličan zvuku "D", samo što stavite jezik između zuba i pustite da zvuk dolazi sa strane vašeg jezika.	Ovo je bezvučno "E" koje dolazi iz vašeg grla.	Ovaj zvuk je sličan imitaciji zvuka motora (brrrr) samo bez "B".	Ovaj zvuk je sličan "T" samo što stavite jezik među zube i pustite da zvuk dolazi sa središnjeg dela vašeg jezika.	Ovo slovo dobijate kada istovremeno izgovarate „D“ i „Z“.	Ovaj zvuk je između „U“ i „I“ i stvarate ga tako što oblikujete usta kao da želite da izgovorite „U“, ali umesto toga izgovorite „I“.

To bi bilo sve za ovu lekciju. Do sledeće lekcije: GJITHË TË MIRAT!

Did
you
know!

„Najdublja ljubav koju možete dobiti od nekoga je kada vam pruži beskrajnu ljubav, strpljenje i podršku, a istovremeno vas ohrabruje da se razvijate”.

- *Nepoznati autor*

Za više fotografija,
skenirajte QR kod

