


# 4You

*magazine*

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MUSICBOX

**KATARINA PEJAK**

Besplatno 

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# Uvodnik

**Dragi čitaoci,**

*Letnji raspust je vreme za opuštanje, relaksaciju i zabavu. Toplo vreme i duži dani čine ga idealnim periodom za aktivnosti na otvorenom, posećivanje novih mesta, provođenje vremena sa porodicom i prijateljima i malo više čitanja.*

#### **Lepo vreme**

*Једна od najznačajnijih prednosti letnjeg raspusta je lepo vreme. Sunce sija, a dani duže traju, što ga čini savršenim periodom za uživanje u aktivnostima na otvorenom poput plivanja, pešačenja, vožnje bicikla i izleta u prirodu. Takva vrsta fizičke aktivnosti doprinosi smanjenju stresa, poboljšanju fizičkog zdravlja i mentalnog blagostanja. To je takođe prilika da upijete vitamin D, do kojeg je teško doći tokom zimskih meseci. Lepo vreme nam omogućava da više vremena provodimo napolju, što pomaže da poboljšamo raspoloženje i povećamo nivo energije.*

#### **Knjige**

*Још jedna prednost letnjeg raspusta je prilika da se konačno posvetimo čitanju. Mnogi od nas vode užurbane živote i teško nalaze vremena za čitanje. Međutim, letnji raspust nam pruža priliku da uzmemo u ruke onu knjigu koju već dugo vremena nameravamo da pročitamo. Čitanje je odličan način da poboljšamo svoje mentalno zdravlje, jer nam omogućava da pobeđemo u drugačiji svet, smanjimo stres i poboljšamo svoje kognitivne sposobnosti. To je odličan način da se opustimo i relaksiramo, ali i jedna vredna veština koja nam može koristiti u mnogim oblastima našeg života.*

#### **Porodica i prijatelji**

*Letnji raspust takođe predstavlja odličnu priliku da provedete kvalitetno vreme sa porodicom i prijateljima. Sa svim zahtevima savremenog života, možemo imati poteškoća da nađemo vreme koje ćemo provesti sa bližnjima. Međutim, letnji raspust pruža priliku da nadoknadimo propušteno vreme sa ljudima do kojih nam je stalo, bilo da se radi o jednodnevnom izletu, vikend putovanju ili dužem odmoru. To je prilika za stvaranje trajnih uspomena i jačanje naših veza.*

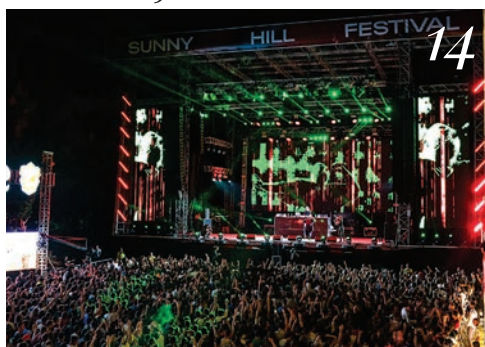
#### **Nova mesta**

*Posećivanje novih mesta je još jedan sjajan način da provedete letnji raspust. Bilo da je u pitanju putovanje u neku stranu zemlju, novi grad ili obilazak lokalne atrakcije, uvek postoji nešto novo za otkriti. Putovanja nam omogućavaju da proširimo svoje vidike, naučimo nešto više o novim kulturama i upoznamo nove ljude. To je prilika da izađemo iz svoje zone udobnosti i postavimo izazove pred sebe. Poseta novim mestima može biti odličan način za stvaranje trajnih uspomena a može doprineti i poboljšanju našeg mentalnog zdravlja i blagostanja.*

**I zato, zašto ne uživati u prednostima letnjeg raspusta i maksimalno iskoristiti ovo posebno vreme?**

*Leonora*

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# Editorial

Dear readers,

Summer holidays are a time to unwind, relax and have some fun. The warm weather and long days make it an ideal time for outdoor activities, visiting new places, spending time with family and friends, and catching up on some reading.

## Good weather

One of the most significant advantages of summer holidays is the good weather. The sun is shining, and the days are long, making it the perfect time to enjoy outdoor activities like swimming, hiking, cycling, and picnicking. This type of physical activity can help reduce stress, improve physical health and mental well-being. It is also an opportunity to soak up some Vitamin D, which can be hard to come by during the winter months. The good weather allows us to spend more time outside, which can help to boost our mood and energy levels.

## Books

Another benefit of summer holidays is the opportunity to catch up on some reading. For many of us, we have busy lives and can struggle to find the time to read. However, the summer holidays provide an opportunity to pick up that book we have been meaning to read for a long time. Reading is an excellent way to improve our mental health, as it allows us to escape into a different world, reduce stress, and improve our cognitive abilities. It is a great way to relax and unwind, and it is a valuable skill that can benefit us in many areas of our lives.

## Family & friends

Summer holidays are also an excellent opportunity to spend quality time with family and friends. With the demands of modern life, it can be challenging to find the time to spend with loved ones. However, the summer holidays provide an opportunity to catch up with those we care about, whether it is a day trip, a weekend away, or a longer vacation. It is an opportunity to create lasting memories and strengthen our bonds.

## New places

Visiting new places is another great way to spend summer holidays. Whether it is a foreign country, a new city, or a local attraction, there is always something new to discover. Travelling allows us to broaden our horizons, learn about new cultures, and meet new people. It is an opportunity to step outside our comfort zone and challenge ourselves. Visiting new places can be a great way to create lasting memories, and it can help to improve our mental health and well-being.

So, why not take advantage of the summer holidays and make the most of this special time?

*Leonora*

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# 4You magazine

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

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# MARIJA BRKIĆ: „NAJVAŽNIJI SU TRUD I MIRNA GLAVA“



U razgovoru za 4You Magazin, kaže nam da najviše voli stoni tenis, koji aktivno trenira. Saznajemo odmah i da joj je omiljeni predmet u školi istorija, kao i da nakon osnovne škole planira da upiše Srednju ekonomsku u Lapljem Selu. Ipak ono što je izdvaja od ostalih je činjenica da se bavi stoni tenisom, a voli i da igra fudbal. Kaže nam da planira da jednog dana živi u Istri, u Poreču, a tamo za sada, kod rođaka provodi letnje raspuste. Na početku razgovora, poručuje svojim vršnjacima da što više uče i razvijaju svoje veštine, kao i da se bave sportom. Govori nam i o prednostima sporta, kojim je odlučila da se bavi: “Stoni tenis je individualni sport, pun dinamike. Razvija motoriku, reflekse, intelekt. Pomaže pravilnom razvoju i idealan je za devojčice. Trenirajući stoni tenis, naučila sam da maksimalno, osim kretanja, koristim mozak. U njemu su najvažniji trud i mirna glava. Bitno je uvek najpre razmisliti, pa onda poslati lopticu tamo gde treba da ode. Naravno sve treba uskladiti sa brzinom pokreta”, objašnjava nam Marija.

Kaže da joj u bavljenju ovim sportom podršku daju

Zadovoljstvo je znati da postoje deca kojima je potreban samo drveni reket, loptica i drug prekoputa mrežice, da bi bila ispunjena i srećna. Marija Brkić je jedna od njih. Ima 14 godina i pohađa Osnovnu školu “Vladimir Nazor” u Janjevu. Ova devojčica pleni i osvaja svojim širokim osmehom i harizmom koju prenosi na sve u njenom okruženju.

drugari i porodica. Ipak prema njenim rečima, najveću podršku daje joj njen nastavnik fizičkog vaspitanja Srđan Pantić, zahvaljujući kome je i počela da se aktivno bavi stoni tenisom.

## Svestrana i spremna da pomogne

Mariju gledamo dok znalački drži stonoteniski reket i dok igra sa svojom drugaricom. Čuje se učestalo lupkanje o rekete, dok one smireno i elegantno pomeraju ruke i telo. Ovaj trening u maloj, neuslovnoj učionici, gde Marija trenira traje i po dva sata. Možemo samo da zamislimo kakav je osećaj u mišićima posle toliko napetosti, ali kakav je osećaj i u glavi, budući da ovaj sport zahteva maksimalnu koncentraciju, to znaju samo one koje su deo detinjstva i mladosti poklonile

ljubavi zvanoj stoni tenis. Marija kaže i da će pre da ode na trening nego na rođendan ili proslavu, zato i ne treba sumnjati u njenu svetlu sportsku budućnost. Druženja, ipak, ne manjka. Baš naprotiv, na treninzima se sklapaju prijateljstva.

Slobodno vreme Marija provodi sa svojim društvom i veoma je aktivna. Poput svih svojih vršnjaka dosta vremena provodi na društvenim mrežama. Od muzike voli sve da sluša, a što se tiče filmova uglavnom gleda komedije i akcije. U budućnosti sebe vidi prvenstveno kao uspešnu devojku, kako u sportu, tako i u privatnom životu. “Oduvek sam bila svestrana, pa sam pored dobrih školskih uspeha, imala i dobre rezultate na





raznim vannastavnim aktivnostima”, objašnjava Marija, a to nam potvrđuju njeni drugari iz razreda, od kojih saznajemo da je ona dobar drug i da je spremna da uvek svima pomogne.

Marija je na kraju razgovora kratko istakla: „Želim da kažem svojim vršnjacima da se klone loših navika, da se paze lošeg društva i da obrate pažnju na sebe. Pratite svoje snove, ne odustajte na vašem putu i aktivno se bavite sportom”.

*4You Magazin*u bilo je posebno zadovoljstvo i čast da upozna jednu ovakvu sjajnu devojčicu. Mariji Brkić na njenom putu želimo sve najbolje. 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 i od septembra na stranicama našeg i vašeg 4You Magazina.

## MARIJA BRKIC: „THE MOST IMPORTANT THINGS ARE HARD WORK AND A CALM HEAD”

It is a pleasure to know that there are children who only need a wooden racket, a ball and a friend across the net to be fulfilled and happy. Marija Brkic is one of them. She is 14 years old and attends the “Vladimir Nazor” Primary School in Janjevo. This little girl enchants and charms with her wide smile and charisma, which she spreads to everyone around her.

In an interview with 4You Magazine, she tells us that she likes table tennis the most, which she actively trains. We immediately learn that her favorite subject at school is history, and that after elementary school she plans to enroll in Secondary School of Economics in Laplje Selo. However, what sets her apart from the others is the fact that she plays table tennis and likes to play football. She plans to live in Istria, in Porec, for some time, and for now, she will spend her summer vacations there with her relatives. At the beginning of the conversation, she tells her peers to study and develop their skills as much as possible, as well as to do sports. She also tells us about the advantages of the sport she decided to play: "Table tennis is an individual sport, full of dynamics. Develops motor skills, reflexes, intellect. It helps with proper development and is ideal for girls. By training table tennis, I learned to use my brain as much as possible, in addition to movement. The most important things in it are hard work and a calm head. It is important to always think first, and then send the ball where it needs to go. Of course, everything should be coordinated with the speed of movement", Marija explains to us.

She says that her friends and family support her in doing this sport. However, according to her, she receives the most significant support from her physical education teacher Srdjan Pantic, thanks to whom she started to actively play table tennis.

### Versatile and willing to assist

We watched Marija skillfully holding a table tennis racket while playing with her friend. You can hear frequent tapping on the bats while they calmly and elegantly move their arms and body. Marija trains in a small, non-conditional classroom, and the training lasts for two hours. We can only imagine the feeling in the muscles after so much tension, but what the players feel in their heads since this sport requires maximum concentration is known only by those who

gave part of their childhood and youth to the love called table tennis.

Marija says she would rather go to training than to a birthday or other celebration. That's why you shouldn't doubt her bright sports future. However, there is no lack of friendship. On the contrary, friendships are made during training sessions.

Marija spends her free time with her friends and is very active. Like all her peers, she spends a lot of time on social networks. As for music, she likes to listen to everything, and as for movies, she mostly watches comedies and action movies. In the future, she sees herself primarily as a successful girl in sports and her private life. "I have always been versatile, so in addition to good school results, I also had good results in various extracurricular activities", explains Marija, and this is confirmed by her classmates, from whom we learn that she is a good friend and that she is always ready to help everyone.

At the end of the conversation, Marija briefly pointed out. "I want to tell my peers to stay away from bad habits, to beware of bad company, and to pay attention to themselves." Follow your dreams, don't give up on your way, and actively engage in sports".

*It was a special pleasure and honor for 4You Magazine to meet such a great girl. We wish Marija Brkić all the best in her career. We invite you, our dear readers, to suggest a friend, introduce yourself to us, and tell us why you are the best and what makes you stand out from others. We invite you introduce yourselves, and the best of you will appear on the pages of our and your 4You Magazine from September.*

# „KUĆA BEZ PRIJATELJA NE MOŽE OPSTATI“



**U organizaciji danskog vojnog kontingenta KFOR-a, 31. marta i 1. aprila, održan je tradicionalni humanitarni vojni marš u okolini KFOR-ove baze u Novom Selu. Tom prilikom, prikupljeno je 11.500 evra i taj iznos je uručen Školi za osnovno i srednje obrazovanje "Kosovski božur" u severnom delu Mitrovice. Škola za osnovno i srednje obrazovanje "Kosovski božur" se bavi obrazovno-vaspitnim radom dece i mladih sa posebnim potrebama i trenutno ima 52 učenika**

## Donacija informacione tehnologije za tri škole

Donacija od tradicionalnog marša DANCON MARCH nije bila jedina koja je realizovana tokom ovog perioda od strane pripadnika KFOR-a. U stvari, tri škole u opštini Suva Reka, takođe su dobile donacije, ali ovog puta od strane CIMIC-a KFOR-a (civilne-vojne saradnje). U okviru ove donacije, osnovne škole u selima Selogražde, Semetište i Nišor dobile su informatičku opremu poput projektora i laptopova. Ceremonija dodele ove opreme održana je u školi "Đerđ Kastriot Skenderbeg" u selu

Učenici osnovne i srednje škole "Kosovski božur" dočekali su pripadnike danskog kontingenta KFOR-a priredbom i pesmom. Pevali su o prijateljstvu kao znak zahvalnosti za donaciju koja će im omogućiti odlazak na Zlatibor ove godine. Direktorka škole, Marta Popović zahvalila je KFOR-u na ovom vrednom doniranju i najavila da će novac biti iskorišćen za rehabilitacionu ekskurziju. "Ovo već postaje vrsta tradicije jer vojnici svake godine organizuju DANCON marš i omoguće našoj deci odlazak na rekreativnu nastavu, sa obzirom na to da većina roditelja dece iz ove škole nije u mogućnosti da im to priušte. Naša saradnja se nastavlja. Želim da se ovom prilikom zahvalim vojnicima i kažem da će im vrata naše škole uvek biti otvorena", rekla je Popovićeva.

## Više od hiljadu vojnika KFOR-a su doprineli ovoj donaciji

Potpukovnik Kim Sorentsen, koji predvodi danski kontingent u misiji KFOR-a, izjavio je da je ponosan na svoje vojnike koji su organizovali ovaj humanitarni događaj i zajedno sa vojnicima drugih kontingenata prikupili značajnu sumu novca. "Više od hiljadu vojnika KFOR-a marširalo je 31. marta i 1. aprila oko Novog Sela. Ova akcija donosi

dvostruko zadovoljstvo. Prvo, vojnici se druže i saraduju sa vojnicima drugih nacija, a istovremeno pomažemo deci koja se ovde školuju da dobiju još jedno pozitivno iskustvo", rekao je potpukovnik Sorentsen.



Selogražde, gde su, pored predstavnika KFOR-a, prisutni bili i gradonačelnik opštine Suva Reka, Balji Muharemaj, opštinski direktor za obrazovanje, Remzi Bajseljmanaj, direktori sve tri pomenute škole, kao i nastavnici i učenici škole domaćina. Donaciju je u ime KFOR-a simbolično uručio komandant Zapadne regionalne komande KFOR-a, pukovnik Mario Bozzi.

### Zahvalni smo KFOR-u na kontinuiranoj podršci

Nakon što je primio ovu donaciju, gradonačelnik Muharemaj zahvalio se na kontinuiranom angažmanu KFOR-a na Kosovu i posebno za investicije u budućnost naše omladine. Kao znak zahvalnosti, on je komandantu Bozziju dodelio još jedno priznanje, za njegov rad i angažman, kao i za rad vojnika kojima on komanduje. Tim povodom, pukovnik Bozzi je istakao da je posebno srećan zbog realizacije donacija ove vrste, sa obzirom na to da su njegova deca iste starosti kao i učenici ovih škola, i zbog toga pomoć njima čini da se oseća kao da pomaže i svojoj deci. Takođe je dodao da je za KFOR važno da ulaže u obrazovanje mladih generacija, jer je to ulaganje u budućnost Kosova. Sa druge strane, direktor za obrazovanje, gospodin Remzi Bajseljmanaj, zahvalio je svim članovima KFOR-a na njihovom radu, i istakao je da su ovakve donacije još jedan dokaz da "kuća bez prijatelja ne može postati".

### Prvi DANCON marš organizovan je na Kipru

Humanitarni vojni marš je tradicionalna akcija koju su danski vojnici pokrenuli još sedamdesetih godina prošlog veka u stranim misijama. Prvi put je organizovan na Kipru. Od tada do danas, danski vojnici organizuju ovu akciju i pozivaju druge vojnike da im se pridruže i pomognu onima kojima je pomoć potrebna. Kapetan Danskog kontingenta KFOR-a u kampu Novo Selo, Rune Larsen, uputio je poruku mladima na Kosovu: "Vidim mnogo napretka ovdje i nadam se da će mladi imati sjajnu budućnost. Ispred vas su mnoge mogućnosti i nadam se da ćete ih iskoristiti", rekao je Larsen. Obe ove donacije pokazuju da KFOR nastavlja da bude posvećen naporima da stvori bolju budućnost za sve ljude koji žive na Kosovu

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## "A HOUSE WITHOUT FRIENDS CANNOT STAND"

**In the organization of the Danish military contingent of KFOR, on March 31 and April 1, a traditional humanitarian military march was held in the vicinity of the KFOR base in Novo Selo. On that occasion, 11,500 euros were collected and this amount was handed over to the School for Primary and Secondary Education "Kosovski Bozur" in the north Mitrovica. The school for primary and secondary education "Kosovski Bozur" deals with the educational work of children and young people with special needs and currently has 52 students.**

The students of the primary and secondary school "Kosovski Bozur" welcomed the members of the Danish KFOR contingent with a performance and a song. They sang about friendship as a sign of gratitude for the donation that will enable them to go to Zlatibor this year. The director of the school, Marta Popovic, thanked KFOR for this valuable donation and announced that the money will be used for a rehabilitation excursion. "This is already becoming a kind of tradition because the soldiers organize the DANCON march every year and enable our children to go to recreational classes, considering that most of the parents of the children from this school are not able to afford it. Our cooperation continues. On this occasion, I want to thank the soldiers and say that the doors of our school will always be open to them," said Popovic.

### More than a thousand KFOR soldiers contributed to this donation

Lieutenant Colonel Kim Sørensen, the Senior National Representative (SNR) for Denmark in the KFOR mission, said that he is proud of his soldiers who organized this humanitarian event and, together with soldiers from other contingents, collected a significant amount of money. "More than a thousand KFOR soldiers marched around Novo Selo on March 31 and April 1. This action brings double satisfaction. First, the soldiers socialize and cooperate with soldiers of other nations, and at the same time we help the children studying here to get one more positive experience," said Lt. Col. Sørensen.

### Donation of information technology for three schools

The donation from the traditional DANCON MARCH was not the only one made during this period by members of KFOR. In fact, three schools in the municipality of Suhareke/Suva Reka also received donations, but this time from CIMIC of KFOR (civil-military cooperation). As part of this donation, elementary schools in the villages of Salagražde/Salagrad, Semetishte/Semetist and Nishor/Nisor received IT equipment such as projectors and laptops. The ceremony of awarding this equipment was held at the school "Gjergj Kastrioti Skenderbeu" in the village of Salagražde/Salagrad, where, in addition to representatives of KFOR, the mayor of the municipality of Suhareke/Suva Reka, Bali Muharemaj, the municipal director of education, Remzi

Bajselmanaj, and the directors of all three mentioned schools were present, as well as teachers and students of the host school. The donation was symbolically handed over on behalf of KFOR by the commander of KFOR's Regional Command West, Colonel Mario Bozzi.

### We are grateful to KFOR for its continuous support

After receiving this donation, Mayor Muharemaj thanked KFOR for the continuous engagement in Kosovo and especially for the investments in the future of our youth. As a sign of gratitude, he awarded Commander Bozzi another award, for his work and commitment, as well as for the work of the soldiers he commands. On that occasion, Colonel Bozzi pointed out that he is especially happy about the realization of donations of this kind, considering that his children are the same age as the students at these schools, and therefore helping them makes him feel like he is helping his own children as well. He also added that it is important for KFOR to invest in the education of young generations, because it is an investment in the future of Kosovo. On the other hand, the director of education, Mr. Remzi Bajselmanaj, thanked all members of KFOR for their work, and pointed out that such donations are another proof that "a house without friends cannot exist".

### The first DANCON march was organized in Cyprus

The humanitarian military march is a traditional action that Danish soldiers started in the 1970s in foreign missions. It was organized for the first time in Cyprus. From then until today, Danish soldiers organize this action and invite other soldiers to join them and help those who need help. The captain of the Danish KFOR contingent in the Novo Selo camp, Rune Larsen, sent a message to the young people in Kosovo: "I see a lot of progress here and I hope that the young people will have a great future. There are many opportunities ahead of you and I hope you will take advantage of them." Larsen said. Both these donations show that KFOR continues to be committed to efforts to create a better future for all people living in Kosovo.



## KATARINA PEJAK

### "SANJAŃ KAO MUZIČAR"

#### Odrastanje i interesovanje za muziku

Katarina je odrasla u Beogradu, a kao dete provodila je mnogo vremena sa svojim bakama, jer su joj roditelji bili zauzeti karijerama. To je bilo veoma živopisno detinjstvo, kako je jednom prilikom izjavila. Muzika je postala deo njenog života od ranog perioda, zahvaljujući uticaju njenog oca i majke. Otac je bio angažovan u beogradskoj bluz sceni kao promoter i menadžer bluz kluba, pa su muzičari često dolazili u njihov dom, sa svojim instrumentima, što je Katarini bilo izuzetno privlačno. Uvek se čula muzika, a razgovori o albumima i izvođačima bili su deo svakodnevnog života. S druge strane, majka se bavila flamenkom, a Katarina veruje da ju je upravo majka podstakla da postane izvođač. Katarina ističe da su na nju najveći uticaj imali Otis Span, Rej Čarls, Tom Vejts, Nina Simon, Nora Džons i mnogi drugi.

Katarina Pejak je bluz pevačica, tekstopisac i pijanistkinja. Počela je nastupati u kasnim tinejdžerskim godinama u bluz klubovima u svom rodnom Beogradu, a kasnije i u drugim gradovima Srbije. Veoma rano se upoznala s muzikom, a nakon završetka muzičke škole, gde je stekla zavidno muzičko obrazovanje, nastavila je školovanje na prestižnom Berkliju (Berklee College of Music). Katarina je prepoznatljiva po svom eklektičnom muzičkom pristupu, a njen stil može se opisati kao raskršće američkih muzičkih žanrova poput bluza, soula, folka i džeza. Danas je mnogi nazivaju srpskom Norom Džons.

Sredinom maja, lokalna publika u Mitrovici imala je priliku upoznati se s njenim muzičkim opusom u Privatnom kulturnom centru "Akvarijus" na multimedijalnoj izložbi koju je zajedno sa Anom Protulipac priredila u okviru Mitrovačke umetničke rezidencije. Ova rezidencija, koja je okupila umetnike iz Srbije i Severne Makedonije, održana je od 3. do 13. maja u organizaciji PKC "Akvarijus".





## Berкли

Iako je Katarina klasično obučena pijanistkinja, u srednjoj školi se odlučila za karijeru u bluzu inspirisana muzičnom kolekcijom svoga oca. "Tada nije bilo nezavisnih konzervatorijuma na kojima se predavalo džez ili pop... Kao tinejdžerka sam slušala mnogo rokenrola, a kasnije sam se zainteresovala i za bluz, džez, američki folk... To se dešavalo tokom srednje škole. Shvatila sam da neću postati klasična muzičarka, ali sam pronašla još jednu kreativnu liniju koja me je više zanimala. Takođe sam oduvek volela da pišem, i sve se poklopilo", objasnila je. Katarina je završila šest godina osnovne muzičke škole i četiri godine srednje muzičke škole paralelno sa redovnom školom. Nakon završene muzičke škole, u januaru 2011. godine je upisala studije na Berkliju kao stipendista. Diplomirala je u maju 2014. godine na odseku za pisanje pesama.

Katarina ističe da je Berкли na mnogo načina imao veliki uticaj na njen život i muziku. "Najvažniji uticaj koji je Berкли imao na mene bio je upoznavanje s novim i nepoznatim vrstama muzike, kulturama i stilovima pisanja pesama. To mi je pružilo platformu da istražujem svoj sopstveni stil i izražavam svoju muziku s više samopouzdanja", naglasila je.



# KATARINA PEJAK

## *"DREAM LIKE A MUSICIAN"*

**Katarina Pejak is a blues singer, songwriter, and pianist. She started performing in her late teenage years in blues clubs in her native Belgrade and later in other cities in Serbia. She was introduced to music very early, and after graduating from music school, where she received an enviable musical education, she continued her education at the prestigious Berklee College of Music. Katarina is known for her eclectic musical approach, and her style can be described as a crossroad of American music genres such as blues, soul, folk, and jazz. Today, many call her the Serbian version of Norah Jones.**

**In the middle of May, the local audience in Mitrovica had the opportunity to get acquainted with her musical opus in the Private Cultural Center (PCC) "Aquarius" at the multimedia exhibition that she organized together with Ana Protulipac as part of the Mitrovica Art Residency. The exhibition organized by PCC "Aquarius" brought together artists from Serbia and North Macedonia and was held from May 3 to 13.**

### **Growing up and being interested in music**

Katarina grew up in Belgrade, and as a child, she spent a lot of time with her grandmothers because her parents were busy with their careers. It was a very colorful childhood, she once said. Music became a part of her life from an early period, thanks to the influence of her father and mother. Her father was engaged in the Belgrade blues scene as a promoter and manager of a blues club, so musicians often came to their home, often with their instruments, which was extremely attractive to Katarina. Music was always heard in the house, and conversations about albums and artists were part of everyday life. On the other hand, her mother practiced flamenco, and Katarina believes that her mother encouraged her to become a performer. Katarina points out that Otis Spann, Ray Charles, Tom Waits, Nina Simone, Norah Jones, and many

others influenced her the most.

### **Berklee**

Although Katarina is a classically trained pianist, in secondary school, she decided to pursue a career in blues, inspired by her father's music collection. "At that time, there were no independent conservatories where there were lectures on jazz or pop... As a teenager, I listened to a lot of rock and roll, and later I became interested in blues, jazz, and American folk... This happened during secondary school. I realized that I would not become a classical musician, but I found another creative line that interested me more. I've also always loved writing, and it all came together," she explained. Katarina completed six years of primary music school and four years of secondary music school in parallel with regular school. After graduating from music school, in January 2011 she enrolled in studies at Berklee as

## Muzički počeci, prvi albumi i prekretnice

Do sada je Katarina objavila pet albuma: "Perfume & Luck" 2010. godine, "First Hand Stories" 2012. godine, "Old, New Borrowed and Blues" 2016. godine, "Roads That Cross" 2019. godine i stilski različit EP pod nazivom "Outside Looking In" iste godine. Prva tri albuma su snimljena u Srbiji i objavljena pod etiketom Blues Time Records. "Prvi album je izašao neposredno pre mog odlaska na studije u SAD, a snimljen je samo s klavirom i vokalom u pozorištu. To je bio prekretnički trenutak za mene i pravi početak u profesionalnoj muzici", rekla je.

Njeni snimci i energični nastupi na kontinentalnim i azijskim festivalima privukli su pažnju Ruf Records-a, sa kojim je potpisala ugovor za album "Roads That Cross". Ovaj album je bio prekretnica u odluci da li će ostati u Nešvilu ili se vratiti u Beograd, a Katarina se odlučila da oстане u Evropi. Album "Roads That Cross" označio je početak njenog

međunarodnog uspeha i bio je izabran kao jedan od deset najboljih bluz albuma 2019. godine na sajtu Allmusic.

## Predavač i mentor

Katarina je počela da podučava kao tinejdžerka, prvobitno zbog toga što su prijatelji njene porodice imali malu decu, koja su želela da nauče da sviraju klavir. To joj se činilo zabavno i dobar način za zaradu džeparca, ali je kasnije shvatila da je to izuzetno ispunjavajuće iskustvo.



I dalje radi kao predavač, iako to nikada nije bio njen jedini posao. Podučavanje je oduvek bilo važan deo njenog muzičkog puta, jer je, kako kaže, učenje za samog predavača jednako bitno kao i za učenike.

Takođe je bila instruktor klavira, mentor za pisanje pesama i panelist. "Uvek sam izvlačila neka saznanja o sebi iz tih iskustava", ističe.

### Muzika kao karijera

Iako je u početku njena karijera napredovala sporije, što je u velikoj meri bilo posledica njenog boravka na Berkliju, u poslednjih nekoliko godina se ubrzala. "Imala sam sreće da upoznam mnoge sjajne muzičare tokom tog puta i da živim u različitim zemljama, što mi je pružilo bogato iskustvo kao tekstopiscu i kao osobi", dodaje.

Katarina je često iznosila svoje mišljenje o izboru karijere. Smatra da je kriza izazvana koronavirusom imala negativan uticaj na svet umetnosti, ali je istovremeno otkrila važnost umetnosti u našim životima.



### Sanjaj kao muzičar

"Nadam se da ću uvek ostati verna sebi kao tekstopisac i da ću izbeći zamke klišea", poručuje Katarina. Njen cilj je da nastavi da napreduje i da njena muzika dopre do publike.

a scholar. She graduated in May 2014 from the Department of Songwriting.

Berklee has been a foremost influence on her life and music in many ways. "The most important influence that Berklee had on me was the exposure to new and unknown types of music, cultures, and songwriting styles. It gave me a platform to explore my style and express my music with more confidence," she emphasized.

### Musical beginnings, first albums and milestones

So far, Katarina has released five albums: "Perfume & Luck" in 2010, "First Hand Stories" in 2012, "Old, New Borrowed and Blues" in 2016, "Roads That Cross" in 2019 and a different genre EP titled "Outside Looking In" the same year. The first three albums were recorded in Serbia and published by "Blues Time Records". "The first album came out just before I went to study in the USA, and it was recorded with only piano and vocals in the theatre. It was a turning point for me and the real beginning of a career in professional music," she said.

Her recordings and energetic performances at continental and Asian festivals attracted the attention of "Ruf Records", with whom she signed a contract for the album "Roads That Cross". This album was a turning point in the decision of whether to stay in Nashville or return to Belgrade, and Katarina decided to stay in Europe. The album "Roads That Cross" marked the beginning of her international success and

was selected as one of the ten best blues albums of 2019 by the website Allmusic.

### Lecturer and mentor

Katarina began her teaching career as a teenager, originally because friends of her family had young children who wanted to learn to play the piano. She thought it was fun and a good way to earn some pocket money, but later she realized that it was a great experience. She still works as a lecturer, although it was never her only job. Teaching has always been an important part of her musical journey, because, as she says, learning is as important for the lecturer as it is for the students.

She has also been a piano instructor, songwriting mentor, and panelist. "I always learned something about myself from those experiences," she points out.

### Music as a career

Although her career progressed slowly at first, largely due to her time at Berklee, it has accelerated in recent years. "I was lucky enough to meet many great musicians along the way and to live in different countries, which gave me a rich experience as a songwriter and as a person," she adds.

Katarina often expressed her opinion about her career choice. She believes that the crisis caused by the coronavirus had a negative impact on the world of art, but at the same time, it revealed the importance of art in our lives.

### Dream like a musician

"I hope that I will always be true to myself as a songwriter and that I will avoid the traps of clichés," says Katarina. Her goal is to continue to progress and for her music to reach an audience.

# „MIRĚDITA, DOBAR DAN!”



*Deseto jubilarno izdanje festivala “Mirėdita, dobar dan!” održano je od 4. do 6. maja u Prištini. Ovaj jedinstveni kulturni događaj se od 2014. godine organizuje u Beogradu i Prištini. Inspiracija za ovaj festival bio je Bekim Fehmiu, poznati glumac koji je predstavljao simbol jedinstva, kao i mogućnost povezivanja dva kulturna prostora u jednu jedinstvenu celinu. Cilj samog festivala je predstavljanje srpske umetničke i kulturne scene u Prištini kao i obrnuto. Festival akcentuje javne debate i javno zagovaranje kroz razmenu umetničkih ideja, diskusije o savremenim društvenim i problemima i doprinosi naporima na izgradnji trajnog mira i normalizaciji odnosa između Prištine i Beograda.*

## **Prilika za upoznavanje moderne, umetničke i kulturne scene ali i za diskusiju**

Prištinska publika je tokom tri dana trajanja festivala imala priliku da upozna modernu, umetničku i kulturnu scenu Srbije, muzičare, filmske kao i književne autore. Posetioci su na različitim lokacijama u Prištini, mogli da uživaju u projekciji filma, predstavi, poetskoj večeri, promociji knjiga ali i da razgovaraju i debatuju o važnim temama, koja se tiču kako prošlosti tako i budućnosti u vremenima koja predstavljaju veliki izazov za kosovsko i srpsko društvo.

## **Minut ćutanja i paljenje sveća**

Ovogodišnja jubilarna edicija ovog festivala otpočela je minutom ćutanja, u znak solidarnosti sa žrtvama i njihovim porodicama povodom zločina koji se ranije toga dana dogodio u beogradskoj Osnovnoj školi „Vladislav Ribnikar“. Potom je prikazana projekcija višestruko nagrađivanog filma Radivoja Andrića “Leto kada sam naučila da letim”, priča o odrastanju i opraštanju. Nakon završetka filma, posetioci festivala su se pridružili akciji ispred Narodnog pozorišta, gde su zapalili sveće u znak solidarnosti i sećanja na stradale u OŠ “Vladislav Ribnikar”.

## **Promocija knjiga i debata**

Tokom festivala razgovaralo se i o važnim temama za Beograd i Prištinu. Drugog dana festivala, u Barabar

centru u hotelu Grand održana je promocija knjige “Druga Srbija: Srđa Popović”, Škeljzena Gašija. Nakon autorovog polusatnog predstavljanja knjige, usledila i debata “Drugo nasleđe”. Na programu ovog festivala našla se i debata “Sloboda kretanja u regionu: Vreme je”, kao i promocija knjige “Trenutak kada je meni počeo rat” i razgovor sa autorima i autorkama iste.

## **Festival dragocen**

Nakon debate “Drugo nasleđe” o festivalu, očekivanjima i o važnosti samog festivala razgovarali smo sa Kuštrimom Koljićem, direktorom organizacije Integra (jednoj od organizatora festivala) kao i sa Đorđom

Bojovićem i Sofijom Mandić. Koljići je istakao da festival nastavlja da raste i da je doneo promene ali da još ima puno posla koji treba obaviti. “Verujemo da je ovaj festival model za naše političare o načinu na koji treba da se odnose jedni prema drugima, pregovaraju. Ideja je da nam trebaju hrabri političari koji na kraju žele da doprinesu našim društvima radeći na izlečenju od prošlosti”, naglasio je Koljići.

Đorđe Bojović je savetnik za spoljnu politiku, proširenje EU, Zapadni Balkan i transparentnost u Evropskom parlamentu. On ocenjuje da je ovaj festival važan jer predstavlja jednu od retkih mogućnosti da se čuje ono što se dešava u Srbiji i politički i umetnički



na prvom nivou u Prištini i obrnuto. Prema njegovim rečima, u kosovskom društvu postoji nerazumevanje šta se dešava u samoj srpskoj zajednici na Kosovu, te veruje da je ovaj festival način da se to smanji ili prevaziđe. Zbog toga, on je pozvao mlade ljude na Kosovu da nauče jezik jedni drugih, jer to je preduslov da bi mogli da razumeju jedni druge.

Sa druge strane, o važnosti festivala advokatica, Sofija Mandić je rekla da ovaj festival doprinosi mnogo. Mandić nam je otkrila, i to šta je na nju ostavilo poseban utisak tokom trajanja ovog festivala. „Dirnulo me je malopre, prišao je jedan gospodin i rekao da su nekada Srbi i Albanci bili najbolji prijatelji i da su se jako lepo slagali i da se on nada da će ta vremena ponovo doći. I ja se tome nadam, zato sam i došla“.

### Čitajte, budite kritični, razmišljajte

Na kraju, gospodin Koliqi je rekao: "Žao mi je kada vidim mlade ljude koji žive sa izuzetnim mržnjom prema jedni drugima samo zbog njihove etničke pripadnosti ili na osnovu neke druge generalizacije. Ja sam roditelj i ne mogu prihvatiti ideju da moja deca odrastaju u tako toksičnom okruženju. Zato je moja poruka da čitaju što više, budu kritičniji, više razmišljaju, da ne prihvataju generalizacije drugih i da gledaju stvari sopstvenim razumom, čak i ako to znači da izazivaju društvo i javno mnjenje. Na kraju, to je obaveza novih generacija."

### Nagrada i predstava za kraj festivala

Ovogodišnje izdanje festivala završeno je uručivanjem nagrade Bekimu Bljakaju, izvršnom direktoru kosovskog Fonda za humanitarno pravo, i pozorišnom predstavom "Bilo bi šteta da biljke krepaju", Ivora Martinića. Festival "Mirëdita, dobar dan!" organizuju organizacija Integra, Inicijativa mladih za ljudska prava i Građanske inicijative, uz podršku Evropske unije, Fonda za Zapadni Balkan, kosovskog Ministarstva kulture, omladine i sporta i Rockefeller Fondacije.

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# „MIRËDITA, DOBAR DAN!“

*The tenth-anniversary edition of the festival "Mirëdita, Dobar dan!" was held from May 4 to 6 in Prishtina/Pristina. This unique cultural event has been organized in Belgrade and Prishtina/Pristina since 2014. The inspiration for this festival was Bekim Fehmiu, a famous actor who represented a symbol of unity and the possibility of connecting two cultural spaces into one unique entity. The goal of the festival is to present the Serbian artistic and cultural scene in Pristina and vice versa. The festival accentuates public debates and public advocacy through the exchange of artistic ideas and discussions regarding contemporary social problems and contributes to efforts to build lasting peace and normalize relations between Prishtina/Pristina and Belgrade.*

### An opportunity to get acquainted with the modern, artistic, and cultural scene, but also for discussion

During the three days of the festival, the Prishtina/Pristina audience had the opportunity to get to know the modern, artistic, and cultural scene of Serbia, musicians, film, and literary authors. At various locations in Prishtina/Pristina, visitors were able to enjoy a film screening, a play, a poetry evening, and book promotion, but also to discuss and debate important topics, which concern both the past and the future, which represent great challenge for Kosovo and Serbia society.

### A minute of silence and lighting of candles

This year's jubilee edition of this festival began with a minute of silence as a sign of solidarity with the victims and their families regarding the crime that happened earlier that day in the Belgrade Elementary School "Vladislav Ribnikar". Next was a screening of Radivoj Andrić's movie "The Summer When I Learned to Fly" - a story about growing up and forgiveness that won several awards. After the movie, festival visitors joined the action in front of the National Theater, where they lit candles in solidarity and memory of the victims of the "Vladislav Ribnikar" elementary school.

### Promotion of books and debates

Essential topics for Belgrade and Prishtina/Pristina were also discussed during the festival. On the second day of the festival, at the Barabar Center in Grand Hotel, the promotion of the book "The Other Serbia: Srđa Popović" by Shkëlzen Gashi was held. The author's half-hour presentation of the book was followed by a debate titled "The Other Heritage". The festival's program also included the debate titled "Freedom of movement in the region: It's time", and the promotion of the book "The Moment the war started for Me" and a conversation with its authors.

### A precious festival

After the debate "The Other Heritage" we spoke with Kushtrim Koliqi, director of the Integra organization (one of the organizers of the festival) along with Djordje Bojovic and Sofija Mandic about the festival, expectations, and the importance of the festival itself. Koliqi pointed out that the festival continues to grow and has brought changes, primary because of the festival's acceptance by the general public on both sides but there's still much to do. "We believe this festival is a model for our politicians on how they should treat each other, negotiate. The idea is that we need brave politicians who ultimately want to contribute to our societies by working on healing from the past," emphasized Koliqi.

Djordje Bojovic is an advisor for foreign policy,

EU enlargement, the Western Balkans and transparency in the European Parliament. He assesses that this festival is important because it represents one of the few independent opportunities for those in Prishtina/Pristina to hear what is happening in Serbia both politically and artistically, and vice versa. According to him, there is a misunderstanding in Kosovo society about what is happening in the Serbian community in Kosovo, and he believes that this festival is a way to reduce or overcome it. Therefore, he called on young people in Kosovo to learn each other's language, as this is a prerequisite for them to be able to understand each other.

On the other hand, the lawyer, Sofija Mandic, speaking about the importance of the festival, said that this festival contributes a lot. Mandic revealed to us what made a special impression on her during this festival. "I was touched a little while ago, a gentleman approached and said that Serbs and Albanians used to be the best of friends and that they got along well and that he hopes that those times will come again. I also hope for that, that's why I came".

### Read, be Critical, Think

Finally, Mr. Koliqi said: "It saddens me when I see young people living with extreme hatred towards each other just because of their ethnicity or based on some other stereotypes. I am a parent and can't accept the idea that my children are growing up in such a toxic environment. That's why my message for them is to read as much as possible, to be more critical, think more, not accept the generalizations of others, and see things with their own reason, even if that means that they provoke society and public opinion. In the end, it is the obligation of the new generation."

### Award and performance at the end of the festival

*This year's edition of the festival ended with the presentation of an award to Bekim Blakaj, the executive director of the of the Humanitarian Law Center Kosovo, and the theater performance "Would be a shame if the plants died", by Ivor Martinic. The Festival "Mirëdita, Dobar dan!" is organized by the organization Integra, the Youth Initiative for Human Rights and Civic Initiatives, with the support of the European Union, the Western Balkans Funds, the Kosovo Ministry of Culture, Youth and Sports and the Rockefeller Foundation.*

# POĐIMO NA LETNJE FESTIVALE!

Letnji festivali okupljaju ljude, promovišu kulturne različitosti i donose ekonomske i društvene koristi. Oni slave lokalnu tradiciju, običaje i umetničke izraze, pružajući posetiocima priliku da dožive raznovrsne kulturne običaje i steknu bolje razumevanje sveta. Festivali takođe utiču na otvaranje novih radnih mesta i stimulišu lokalnu ekonomiju. Postoje brojni letnji festivali koji se održavaju širom sveta, a mi vam predstavljamo neke od najpoznatijih:



## Sunny Hill festival

Sunny Hill festival je godišnji muzički festival koji se održava u Prištini, a organizuju ga Dua Lipa i njen menadžerski tim. Festival je prvi put održan 2018. godine i od tada je postao popularan regionalni muzički događaj, privlačeći domaće i međunarodne umetnike i ljubitelje festivala. Festival se obično održava tokom tri dana u avgustu i pruža raznoliku postavu izvođača iz različitih žanrova, uključujući pop, hip-hop, elektronsku muziku i druge. Pored muzike, festival nudi i štandove sa hranom, umetničke instalacije i druge aktivnosti. Tokom godina, festival je ugostio nekoliko zapaženih izvođača, uključujući Martina Gariksa (Martin Garrix), Gašija (Gashi), Tigu (Tyga), Migosa i mnoge druge.



## EXIT Novi Sad

EXIT je popularan muzički festival koji se održava svakog jula u Novom Sadu u Srbiji. Jedna od jedinstvenih karakteristika EXIT festivala je njegova lokacija, tačnije održava se na Petrovaradinskoj tvrđavi, istorijskoj lokaciji na obali reke Dunav. Tvrđava predstavlja zadivljujuću lokaciju za festival, sa svojom srednjovekovnom arhitekturom i slikovitim pogledom na okolinu. Festival pruža raznoliku muzičku postavu, a osim muzike, nudi i razne kulturne događaje, kao što su pozorišne predstave, umetničke izložbe i filmske projekcije.



## Glastonberi Festival

Glastonberi (Glastonbury) festival je jedan od najvećih i najpoznatijih muzičkih festivala na svetu. Održava se svake godine u mestu Pilton u Somersetu u Engleskoj i poznat je po raznolikoj muzičkoj postavi. Festival je osnovan 1970. godine i tokom godina je rastao u veličini i popularnosti. Sada privlači oko 200.000 posetilaca svake godine, krajem juna. Na festivalu su tokom godina nastupili mnogi poznati umetnici, kao što su Dejvid Bouvi (David Bowie), Radiohead, Bijonse (Beyonce), Pol Makartni (Paul McCartney) i mnogi drugi.



## Sziget Festival

Sziget festival je popularan festival muzike i kulture koji se održava svakog avgusta na ostrvu Obudai u Budimpešti u Mađarskoj. To je jedan od najvećih muzičkih festivala u Evropi, koji svake godine privuče preko 500.000 posetilaca iz celog sveta. Neke od jedinstvenih karakteristika Sziget festivala su njegova živa atmosfera i lokacija koja podseća na karnevalsku, sa šarenim ukrasima, uličnim izvođačima i štandovima sa hranom na kojima se prodaju raznovrsna jela međunarodne kuhinje. Festival je poznat i po delu pod nazivom "ostrvo za žurke", gde posetioci mogu da plešu uz elektronsku muziku i uživaju u nizu zanimljivih aktivnosti poput "tihu diskoteke" ili "pena partija".



### Edinburški festival Fringe

Edinburški festival Fringe, koji se često jednostavno naziva "The Fringe", najveći je svetski festival umetnosti. Održava se svake godine u Edinburgu u Škotskoj, tokom tri nedelje u avgustu. Festival nudi širok spektar izvođenja, uključujući pozorišne predstave, komediju, ples, muziku, cirkus i poeziju. Festival je prvi put osnovan 1947. godine kao alternativa Međunarodnom festivalu u Edinburgu. Jedna od jedinstvenih karakteristika Edinburškog festivala Fringe je njegova politika otvorenog pristupa, koja omogućava bilo kome da učestvuje na festivalu kao izvođač, bez obzira na nivo iskustva ili slave. Upravo to je omogućilo raznoliki spektar predstava, od eksperimentalnih pozorišnih produkcija, pa do stand-up komedija.

### Roskilde festival

Roskilde festival je jedan od najvećih i najstarijih muzičkih festivala u Evropi. Održava se svake godine krajem juna u Roskildeu u Danskoj. Festival je 1971. godine osnovala grupa srednjoškolaca. Organizuje ga Roskilde Festival Charity Society, neprofitna organizacija koja prihod od festivala koristi za podršku društvenim i kulturnim projektima širom sveta. Festival je sproveo brojne inicijative za smanjenje karbonskog otiska i promovisanje dugoročnih strategija, kao što su korišćenje obnovljivih izvora energije, smanjenje otpada i reciklaža, kao i podsticanje posetilaca festivala da koriste javni prevoz i bicikl.



# LET'S GO TO A SUMMER FESTIVAL!

Summer festivals are bringing people together, promoting cultural diversity, and generating economic and social benefits. They celebrate local traditions, customs, and artistic expressions, providing visitors with an opportunity to experience different cultures and gain a greater understanding of the world. They also create jobs and stimulate the local economy. There are numerous summer festivals held all around the world, but here are some of the most famous ones:

### Sunny Hill Festival

Sunny Hill Festival is an annual music festival held in Prishtina, organized by Dua Lipa, and her management team. The festival first took place in 2018 and has since become a popular event in the region, attracting both local and international artists and fans. The festival typically takes place over three days in August and features a diverse line-up of performers from various genres, including pop, hip-hop, electronic, and more. In addition to music, the festival also includes food vendors, art installations, and other activities. Over the years, the festival has hosted several notable performers, including Martin Garrix, Gashi, Tyga, Migos, and many others.

### EXIT Novi Sad

EXIT is a popular music festival held annually in July, in the city of Novi Sad, Serbia. One of the unique features of the EXIT festival is its setting, which takes place at the Petrovaradin Fortress, a historic site located on the banks of the Danube River. The fortress provides a stunning backdrop for the festival, with its medieval architecture and scenic views of the surrounding area. The festival features a diverse line-up of music and in addition to music, the festival also features a variety of cultural events, such as theatre performances, art exhibitions, and film screenings.

### Glastonbury Festival

The Glastonbury Festival is one of the largest and most famous music festivals in the world. It is held annually in the town of Pilton, Somerset, England and is known for its diverse music lineup. The festival was founded in 1970 and over the years, it has grown in size and popularity. Now it attracts around 200,000 visitors each year at the end of June. The festival has featured performances by many famous artists over the years, including David Bowie, Radiohead, Beyonce, Paul McCartney, and many others.

### Sziget Festival

The Sziget Festival is a popular music and cultural festival held annually in

August, on Óbudai Island in Budapest, Hungary. It is one of the largest music festivals in Europe, attracting over 500,000 visitors from around the world each year. One of the unique features of the Sziget Festival is its vibrant atmosphere and carnival-like setting, with colourful decorations, street performers, and food vendors selling a variety of international cuisine. The festival is also known for its "party island" area, where visitors can dance to electronic music and enjoy a range of activities such as silent discos and foam parties.

### Edinburgh Festival Fringe

The Edinburgh Festival Fringe, often referred to simply as "The Fringe", is the world's largest arts festival. It takes place annually in Edinburgh, Scotland, over the course of three weeks in August. The festival features a wide variety of performances, including theatre, comedy, dance, music, circus, and spoken word.

The festival was first established in 1947 as an alternative to the Edinburgh International Festival. One of the unique features of the Edinburgh Festival Fringe is its open-access policy, which allows anyone to participate in the festival as a performer, regardless of their level of experience or fame. This has led to a diverse range of performances, from experimental theatre productions to stand-up comedy shows.

### Roskilde Festival

The Roskilde Festival is one of the largest and oldest music festivals in Europe. It is held annually at the end of June, in Roskilde, Denmark. The festival was founded in 1971 by a group of high school students. It is organized by the Roskilde Festival Charity Society, a non-profit organization that uses the proceeds from the festival to support social and cultural projects around the world. The festival has implemented a number of initiatives to reduce its carbon footprint and promote sustainable practices, such as using renewable energy sources, reducing waste and recycling, and encouraging festival-goers to use public transport and bike.

# KAKO DA NAPRAVITE LETNJU LJULJAŠKU

Ljulaške postoje hiljadama godina. Prvi zabeleženi slučaj da neko koristi ljuljašku datira iz antičke Grčke, gde su se deca igrala na ljuljaškama napravljenim od užadi i drvenih sedišta. Ljuljanje nije samo zabavna aktivnost, već ima i terapeutske prednosti. Takođe, ljuljanje može pružiti osećaj smirenosti i opuštanja. Ritmički pokreti ljuljanja napred-nazad imaju umirujući efekat na mozak i mogu pomoći u smanjenju stresa i anksioznosti.

## Potreban materijal

- Letva od hrasta dimenzija 3,2 cm x 92 cm
- Kanap dimenzija 1 cm x 5 m
- 1,8 m jednobojnog platna
- Alka od nerđajućeg čelika dužine 8 cm i alka za povezivanje dužine 5 cm
- Kuka za povezivanje od nerđajućeg čelika
- Crna farba za tkaninu
- Četka za farbanje

## Od alata će vam biti potrebno

- Bušilica
- Šivaća mašina
- Pegla i daska za peglanje
- Makaze
- Lenjir
- Upaljač

Stoga vam mi predlažemo, kako da na jednostavan i lak način napravite unikatnu ljuljašku i ulepšate prostor vašeg doma ili terase.

## Postupak izrade

1. Najpre savijte platno na pola i stavite ga na ravnu površinu i postavite kao što je prikazano na prvoj slici. Potom izmerite 7 cm uz gornju ivicu mereno od gornjeg desnog ugla i obeležite. Koristeći lenjir, iscrtajte liniju od obeleženog mesta do donjeg desnog ugla i isecite obe polovine platna. Potom raširite platno. Potom savijte gornju ivicu u dužini od 1,3 cm i prepegajte, pa ponovite postupak ponovo. Na kraju preštapajte, a isti postupak ponovite i na donjoj ivici.

2. Potom okrenite platno za 90 stepeni tako da najduža ivica bude sa leve strane i savijte svaki ćošak u dužini od oko 4 cm i prepegajte. Duplo preštapajte platno duž donje savijene ivice. Dodatno ojačajte krajeve štepa, a ovo isto ponovite i sa druge strane. Onda savijte još jednom u dužini od oko 4 cm i prepegajte. Onda uzmite letvu, potrebno je da izmerite i obeležite 5 cm i 10 cm od oba kraja letve i probušite rupe.

3. Postavite platno na novine, karton ili drugu vrstu zaštite i oslikajte jednu stranu platna i sačekajte da se osuši. Potom vežite čvor na kanapu dužine 5 m tako da ostane oko 8 cm „repa“ do kraja kanapa, a kraj kanapa istopite kako se ne bi razmotavao.

Potom provucite nadole kroz rupu koja je bliže kraju letve i nagore kroz širi kraj jedne strane platna i provucite kroz napravljen „džep“ do užeg kraja platna. Zatim vežite čvor otprilike 8 cm od prvog čvora i provucite kroz letvu. Onda uže provucite nadole kroz rupu udaljenu 10 cm od drugog kraja letve.

Izmerite 8 cm od slobodnog kraja kanapa i vežite labav čvor. Provucite kroz drugi „džep“ platna i nagore kroz poslednju rupu na drvenoj letvi, a zatim vežite čvor sa „repom“ od 8 cm. Vodite računa da strane budu jednake i podesite čvorove pre nego što ih zategnete.

4. Sada je potrebno da nađite centar kanapa iznad letve i da vežete čvor sa 20 do 25 cm prostora iznad čvora. Zakačite alke i okačite o kuku čvrsto ušrafaljenu u gredu na plafonu ili granu na drvetu. Potrebno je sada da testirate izdržljivost ljuljaške, tako što ćete se prvo okačiti o ležaljku, a tek onda da sednete.

Možete staviti malo okruglo jastuče u ležaljku, kako bi vam bilo udobnije.

I za kraj, ne zaboravite da uživate u vašoj ljuljašci!





**DO IT YOURSELF**



# HOW TO MAKE A SUMMER SWING?

*Swings have existed for thousands of years. The first recorded case of someone using a swing dates back to ancient Greece, where children played on swings made of ropes and wooden seats. Swinging is not only a fun activity, but also has therapeutic benefits. Also, rocking can provide a sense of calm and relaxation. The rhythmic motion of rocking back and forth has a calming effect on the brain and can help reduce stress and anxiety.*



## Material required

- Oak lath 3.2 cm x 92 cm
- rope 1 cm x 5 m
- 1,8 m plain canvas
- stainless steel spring snap link 8 cm and snap link 5 cm
- stainless steel hook
- black fabric paint
- paint brush

## Tools

- drill
- sewing machine
- iron and ironing board
- scissors
- ruler
- lighter

Therefore, we suggest how to make a unique swing in a simple and easy way and beautify the space of your home or terrace.

## The making process

1. First, fold the canvas in half and place it on a flat surface and place it as shown in the first picture. Then measure 7 cm from the top right edge and mark. Using a ruler, draw a line from that top mark to the bottom right corner, and cut out through both halves of the canvas. Then spread out the canvas. Then fold your top edge down in a length of 1.3 cm and iron flat, then repeat the process again. At the end, stitch over, and repeat the same procedure with the bottom edge.

2. Flip canvas 90 degrees so that the longest edge is on the left side and fold each corner in a length of about 4 cm and iron flat. Double stitch the canvas along the bottom folded edge. Reinforce the ending with stitches additionally, and repeat the same with the other side. Then fold it once more in a length of about 4 cm and iron it. Then take the lath, you need to measure and mark 5 cm and 10 cm from both ends of the dowel and drill the holes.

3. Place the canvas on newspaper, cardboard or other protective surface and paint one side of the canvas and wait for it to dry. Then tie a knot on a 5 m long rope so that there is about 8 cm of "tail" rope, and melt the end of the rope so that it does not fray.

Then thread it down through the hole that is closer to the dowel and up through the wider end of one side of the canvas and thread it through the created "pocket" to the narrow end of the canvas. Then tie a knot approximately 8 cm from the first knot and thread it through the lath. Then thread the rope down through the hole 10 cm from the other end of the lath.

Measure 8 cm from the free end of the rope and tie a loose knot. Thread it through the second "pocket" of the canvas and up through the last hole in the wooden lath, then tie a knot with the 8 cm "tail". Make sure the sides are even and adjust the knots before tightening them.

4. Now you need to find the center of the rope above the lath and tie a knot with 20 to 25 cm of space above the knot. Attach the spring links and hang on a hook screwed firmly into a ceiling beam or a tree branch. Now you need to test the durability of the swing by first hanging on it before sitting down.

You can put a small round pillow in the seat to make it more comfortable.

And finally, don't forget to enjoy your swing!



1



3



4



2



# OPČINJAVAJUĆE KINEMATOGRAFSKO BLAŽENSTVO: VENECIJANSKI FILMSKI FESTIVAL

*Čarobna Venecija je poznata po svojim kanalima, gondolama i istorijskoj arhitekturi. Međutim, jednom godišnje, ovaj očaravajući grad se pretvara u središte kinematografskog sjaja, kada Venecijanski filmski festival postaje centar zbivanja. Slaveći umetnost filmskog stvaralaštva, ovaj prestižni događaj privlači filmske stvaraocce, glumce i ljubitelje filma iz celog sveta.*



## Istorijsko nasleđe

Venecijanski filmski festival, poznat i kao Međunarodni filmski festival u Veneciji, ima bogatu istoriju koja datira još od 1932. godine. Smatra se najstarijim filmskim festivalom na svetu, što ga čini značajnom kulturnom prekretnicom u svetu filma. Festival se održava svake godine u avgustu ili početkom septembra, i dosledan je u prikazivanju raznovrsnog filmskog repertoara, počev od umetničkih dragulja, međunarodnih blokastera pa sve do dokumentarnih filmova koji podstiču na razmišljanje.

## Glamur i prestiž

Ne može se pričati o Venecijanskom filmskom festivalu, a da se ne spomene sav sjaj i glamur koji prožimaju ovaj događaj. Čuveni crveni tepih postaje pozornica na kojoj poznate ličnosti, filmski stvaraoci i profesionalci iz filmske

industrije imaju priliku da pokažu svoj istančan stil. Glavna lokacija festivala, Palazzo del Cinema, koja je smeštena na živopisnom ostrvu Lido, predstavlja savršeno okruženje za premijere i projekcije. Prestiž ovog festivala privlači priznate reditelje i glumce, unoseći primesu uzbuđenja i iščekivanja u čitav događaj.

## Platforma za umetničko istraživanje

Venecijanski filmski festival se ponosi svojom posvećenošću promovisanju umetničkog izražaja i negovanju novih talenata. Program festivala uključuje raznovrsnu selekciju filmova iz celog sveta koji obuhvataju različite zanrove, teme i tehnike pripovedanja. Festival predstavlja i platformu koja režiserima pruža mogućnost da pomeraju granice, eksperimentišu

sa svojim zanatom i osporavaju društvene norme kroz moć vizuelnog pripovedanja. Nagrade festivala, uključujući i prestižnog Zlatnog lava, su priznanja za izvrsnost i inovativnost u filmskom stvaralaštvu.

## Izvan okvira filmskog platna

Uticao Venecijanskog filmskog festivala prevazilazi filmsko platno. Festival služi i kao platforma za sadržajne diskusije o društvenim, političkim i kulturnim pitanjima koja zaokupljaju pažnju publike širom sveta. Na festivalu se održavaju panel diskusije, konferencije i radionice, pružajući prostor na kome filmski stvaraoci i ostali profesionalci iz filmske industrije mogu da razmenjuju ideje, sarađuju i rešavaju goruće probleme u okviru filmske industrije. Ovakvo okupljanje kreativnih umova stvara živu atmosferu koja podstiče inspiraciju i



intelektualni dijalog.

### **Statua Zlatnog lava**

Zlatni lav je glavna nagrada koja se dodeljuje na Venecijanskom filmskom festivalu i smatra se jednom od najprestižnijih nagrada u filmskoj industriji inače. Dobila je ime po simbolu Venecije, lavu Svetog Marka, a predstavlja statueta veličanstvenog lava koji stoji na postamentu i u zlatu prikazuje suštinu snage, moći i umetničke izuzetnosti. Sama statueta je približno 30 centimetara visoka i 25 centimetara dugačka i dodeljuje se najboljem filmu u glavnoj takmičarskoj selekciji festivala počev od 1949. godine. Dobitnike nagrade bira žiri sastavljen od međunarodnih filmskih profesionalaca u znak priznanja za izvrsnost u filmskom stvaralaštvu, i to za režiju, kinematografiju, scenario i ukupno umetničko dostignuće. Tokom godina, mnogi kulturni filmovi su nagrađeni Zlatnim lavom, a nagrada je takođe pomogla da se lansiraju karijere mnogih filmskih stvaralaca, uključujući Kventina Tarantina, koji je osvojio Zlatnog lava za "Petparačke priče" 1994. godine.

Venecijanski filmski festival je više od smotre filmova; to je proslava kinematografije kao umetničke forme i svedočanstvo o moći pripovedanja. Njegov istorijski značaj, glamurozna atmosfera i posvećenost raznovrsnom filmskom repertoaru koji podstiče na razmišljanje čine ga visoko cenjenim događajem u svetu filma. I dok festival nastavlja da se razvija, on ostaje svetionik umetničke izuzetnosti i izvor inspiracije kako za filmske stvaraoce tako i za filmske entuzijaste. Venecijanski filmski festival nas poziva da prigrlimo transformativnu prirodu kinematografije i uživamo u magiji koju stvara.

# CAPTIVATING CINEMATIC BLISS: THE VENICE FILM FESTIVAL

***The enchanting city of Venice is renowned for its canals, gondolas, and historical architecture. However, once a year, this captivating city transforms into a hub of cinematic brilliance as the Venice Film Festival takes center stage. Celebrating the art of filmmaking, this prestigious event draws filmmakers, actors, and cinephiles from around the globe.***

### **A Historical Legacy**

The Venice Film Festival, also known as the Venice International Film Festival, has a rich history dating back to 1932. It holds the distinction of being the oldest film festival in the world, making it a significant cultural milestone in the realm of cinema. Held annually in late August or early September, the festival has consistently showcased a diverse range of films, including arthouse gems, international blockbusters, and thought-provoking documentaries.

### **The Glamour and Grandeur**

One cannot discuss the Venice Film Festival without mentioning the glitz and glamour that permeate the event. The iconic red carpet becomes a stage for celebrities, filmmakers, and industry professionals to showcase their exquisite style. The festival's main venue, the Palazzo del Cinema, situated on the picturesque Lido di Venezia, sets the perfect backdrop for premieres and screenings. The festival's prestige attracts acclaimed directors and actors, adding an air of excitement and anticipation to the proceedings.

### **A Platform for Artistic Exploration**

The Venice Film Festival prides itself on its commitment to promoting artistic expression and nurturing emerging talent. The festival's lineup includes a diverse selection of films from around the world, encompassing various genres, themes, and storytelling techniques. It serves as a platform for directors to push boundaries, experiment with their craft, and challenge societal norms through the power of visual storytelling. The festival's awards, including the coveted Golden Lion, recognize excellence and innovation in filmmaking.

### **Beyond the Screen**

The Venice Film Festival extends its influence beyond the silver screen. It serves as a platform for meaningful discussions on social, political, and cultural issues that resonate with

audiences worldwide. The festival hosts panel discussions, conferences, and workshops, providing a space for filmmakers and industry professionals to exchange ideas, collaborate, and address pressing matters within the film industry. This convergence of creative minds creates a vibrant atmosphere that fuels inspiration and fosters intellectual dialogue.

### **The Golden Lion Statuette**

The Golden Lion is the highest prize awarded at the Venice Film Festival, and it is considered one of the most prestigious awards in the film industry. The award takes its name from the symbol of Venice, the lion of Saint Mark, and it is represented by a statuette of a lion majestic lion standing on a pedestal, capturing the essence of strength, power, and artistic excellence in gold. The statuette itself is approximately 30 centimeters in height and 25 centimeters in length and it has been awarded to the best film in the festival's main competition section since 1949. The prize is selected by a jury of international film professionals in recognition of excellence in filmmaking, including direction, cinematography, screenplay, and overall artistic achievement. Over the years, many iconic films have been awarded the Golden Lion and it has also helped to launch the careers of many filmmakers, including Quentin Tarantino, who won the Golden Lion for "Pulp Fiction" in 1994.

The Venice Film Festival is more than just a gathering of films; it is a celebration of the cinematic art form and a testament to the power of storytelling. Its historical significance, glamorous atmosphere, and commitment to diverse and thought-provoking cinema make it a revered event in the industry. As the festival continues to evolve, it remains a beacon of artistic excellence and a source of inspiration for filmmakers and film enthusiasts alike. The Venice Film Festival invites us to embrace the transformative nature of cinema and revel in the magic it creates.

# STONI TENIS KAO STRAST

*Stoni tenis je danas jedan od najpopularnijih sportova na svetu, sa velikim brojem rekreativnih igrača i profesionalnih takmičara širom sveta. Stoni tenis je dinamičan sport koji zahteva brze reflekse i oštru reakciju. Igrači moraju brzo proceniti putanju loptice i udariti je u pravom trenutku. Upravo ova brzina i reakcija čine sport vrlo uzbuđljivim i napetim.*

4You Magazin imao je nedavno priliku da poseti OŠ 'Vladimir Nazor' u Janjevu i izbliza se uveri kako izgleda kada osnovci ove škole amaterski i strastveno, igraju stoni tenis u ovom malom mestu na Kosovu. Na ljubav ka tom sportu podstakao ih je njihov nastavnik fizičkog vaspitanja, Srđan Pantić. Od njega saznajemo da ovaj sport razvija spretnost, oko i fleksibilnost i da je kao takav izuzetno važan za pravilan razvoj dece školskog uzrasta. "Veliki je odziv i interesovanje mladih i dece za ovaj sport u našoj školi. Mislim da je razlog tome jer deca traže, hoće i vole da se bave sportom. Stoni tenis blagotvorno deluje na razvoj pokretljivosti šaka, razvija finu motoriku, jača mišiće. Pomaže u povećanju brzine kretanja ruku, razvoju pažnje i reakcije", kazao nam je na početku razgovora nastavnik Pantić.

On dodaje da mu je stoni tenis ljubav iz detinjstva, koju je uspeo da uspešno prenese na đake škole u kojoj predaje. Naglašava da je za decu najbitnije da se bave sportom, jer oni tada u manjoj meri koriste mobilne telefone, društvene mreže i kompjutere. Prema njegovim rečima stoni tenis je vrlo pristupačan sport koji se može igrati u gotovo svakom okruženju. Može se igrati u dvoranama, na otvorenom prostoru ili čak u kućnim uslovima. Ova dostupnost sporta čini ga popularnim i omogućuje ljudima svih generacija da budu aktivni. "Stoni tenis je igra u kojoj igrači moraju koristiti taktiku i strategiju kako bi pobedili protivnika. Moraju razmišljati o svojim udarcima, postavljati zamke protivniku, menjati brzinu i spin loptice, kao i pronalaziti "rupe" u protivničkoj odbrani. Ovaj sport vas uči kako da pobeđujete, ali što je još bitnije, kako i da gubite na pravi način", istakao je Srđan.

## **Uslovi nikakvi, rezultati odlični**

Ipak uslovi u kojima decu ove škole treniraju, nisu nimalo zadovoljavajući. Imaju



samo jedan stonoteniski sto, a treniraju u učionici gde gotovo nema ni parketa. Neophodna im je i pomoć u rekvizitima (reketi, mrežice, loptice). Imajući to u vidu prosto je neverovatno da postižu odlične rezultate. "Oni imaju ogromnu volju, a bili smo nedavno na dva humanitarna turnira u Gračanici, a naše dve devojčice Mirijana i Marija osvojile su tada prva dva mesta.

Želja nam je da se uslovi za treniranje prave, zato pozivam sve koji mogu, da nam pomognu u tome. I nadam se da jednog dana organizujemo turnir u našoj školi za sve one koji vole ovaj sport", objašnjava Srđan. Na ovaj način i 4You Magazin upućuje apel svima koji su u mogućnosti da pomognu razvoj mladih stonotenisera i budućih sportista u Janjevu.





### Zanimljive činjenice o stonom tenisu

Stoni tenis, poznat i kao ping pong, nastao je krajem 19. veka u Engleskoj. Razvoj ovog sporta je započeo zbog popularnosti tenisa, koji se igrao na otvorenom prostoru. Međutim, zbog vremenskih uslova, igrači su počeli tražiti alternativu koju bi mogli igrati u zatvorenom prostoru.

Godine 1880., engleski aristokrata i novinar James Gibb je predstavio igru koju je nazvao "Gossima". Igra se igrala sa drvenim reketima, knjigom ili pergamentom kao mrežom, i lopticom napravljenom od plutajućeg materijala. Gossima je brzo postala popularna među višom klasom.

Godine 1901., engleski proizvođač sportske opreme John Jaques je uveo zaštićeni naziv "Ping Pong" za igru sa drvenim reketima i celuloidnim lopticama koje su bile popularne u to vreme. Naziv je odražavao zvuk loptice koja je odbijala od reketa i stola.

Tokom vremena, razvijene su različite tehnike i strategije igre, a poboljšani su i sportski rekviziti i materijali koji se koriste za izradu reketa i loptica. Stoni tenis je postao olimpijski sport 1988. godine i od tada je dobio još veću globalnu prepoznatljivost i popularnost.

## TABLE TENNIS AS A PASSION

*Today, table tennis is one of the most popular sports in the world, with a large number of recreational players and professional competitors worldwide. Table tennis is a dynamic sport that requires quick reflexes and a sharp reaction. Players must quickly judge the trajectory of the ball and hit it at the right moment. This speed and reaction is what makes the sport very exciting and tense.*

4You Magazine recently had the opportunity to visit Primary School Vladimir Nazor in Janjevo and see personally, what it looks like when the primary school students of this school play table tennis passionately as amateurs in this small place in Kosovo. Their physical education teacher, Srdjan Pantic, encouraged them to love that sport. From him we learn that this sport develops dexterity, eye and flexibility and that as such it is extremely important for the proper development of school-aged children. "There is a great response and interest of young people and children in this sport in our school. I think the reason for that is because children ask, want and love to do sports. Table tennis has a beneficial effect on the development of hand mobility, develops fine motor skills, and strengthens muscles. It helps in increasing the speed of hand movement, developing attention and reaction," teacher Pantic told us at the beginning of the conversation.

He adds that table tennis is his childhood love, which he managed to transfer successfully to the students of the school where he teaches. He emphasizes that it is most important for children to do sports, because then they use mobile phones, social networks and computers to a lesser extent. According to him, table tennis is a very accessible sport that can be played in almost any environment. It can be played in halls, outdoors or even at home. This accessibility of the sport makes it popular and allows people of all generations to be active. "Table tennis is a game where players must use tactics and strategy to defeat their opponents. They have to think about their shots, set traps for the opponent, change speed and spin balls, as well as find 'holes' in the opponent's defense. This sport teaches you how to win, but what is even more important, how to lose in the right way," said Srdjan.

### Poor conditions, excellent results

However, the conditions in which the children of this school are trained are not satisfactory at all. They have only one table, and they train in a classroom where there is almost no parquet. They also need help with props (racquets, nets, balls). With that in mind, it is simply amazing

that they achieve great results. "They have indomitable will, and we were recently at two humanitarian tournaments in Gracanica, and our two girls, Mirijana and Marija, won the first two places. We wish to improve the conditions for training, so I invite everyone who can, to help us in this. And I hope that one day we will organize a tournament in our school for all those who love this sport," explains Srdjan. In this way, 4You Magazine appeals to everyone who is able to help the development of young table tennis players and future athletes in Janjevo.

### Interesting facts about table tennis

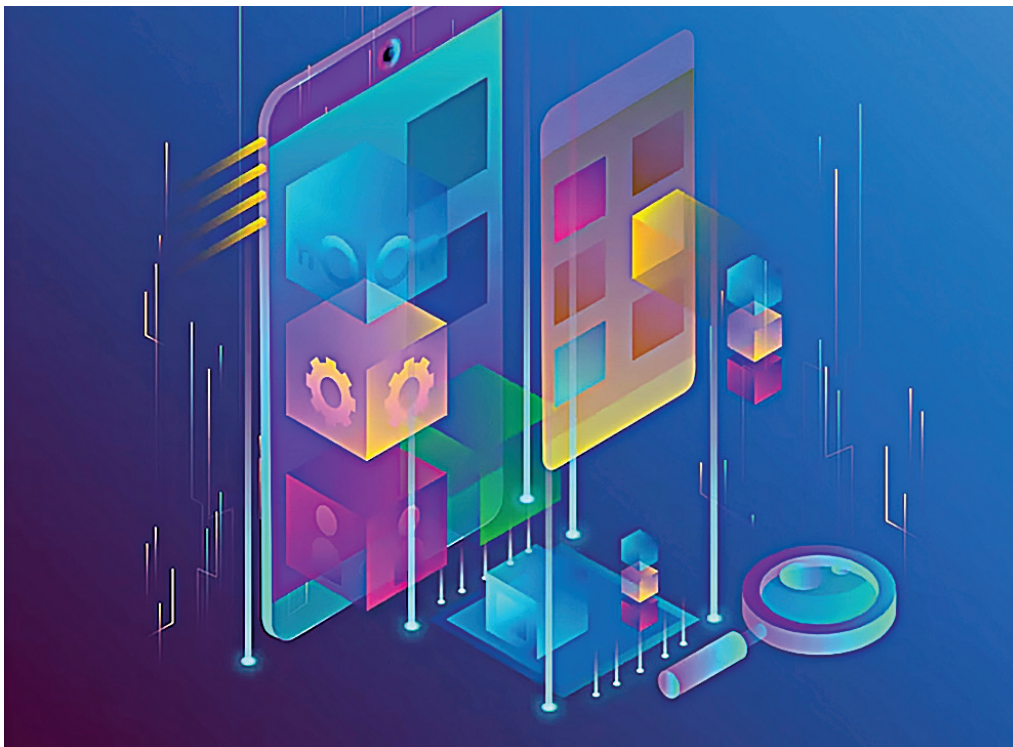
*Table tennis, also known as ping-pong, originated at the end of the 19th century in England. The development of this sport began due to the popularity of tennis, which was played in an open area. However, due to the weather conditions, players started looking for an alternative to play indoors.*

*In 1880, English aristocrat and journalist James Gibb introduced a game he called "Gossima". The game was played with wooden rackets, a book or parchment as a net, and a ball made of floating material. Gossima quickly became popular among the upper class.*

*In 1901, English sports equipment manufacturer John Jacques trademarked the name "Ping Pong" for the game with wooden rackets and celluloid balls that were popular at the time. The name reflected the sound of the ball bouncing off the racket and table.*

*Over time, different game techniques and strategies have been developed, and sports props and materials used to make rackets and balls have improved. Table tennis became an Olympic sport in 1988 and since then has gained even greater global recognition and popularity.*

## ISTRAŽIVANJE NEOGRANIČENE KREATIVNOSTI GUGLOVOG BARDA VEŠTAČKE INTELIGENCIJE (GOOGLE AI BARD)



*U carstvu veštačke inteligencije (VI), koje obiluje inovacijama i napretkom, Guglov Bard veštačke inteligencije se ističe kao svetli primer beskrajsnih mogućnosti koje mogu proistići iz kombinacije jezika i tehnologije. Ovaj izvanredni jezički model je osvojio umove i probudio maštu, pružajući uvid u zavidljivu potencijal veštačke inteligencije u oblasti kreativnog izraza.*

### Manifestacija napretka u obradi i generisanju jezika

Guglov Bard veštačke inteligencije (Google AI Bard), kreiran od strane kompanije OpenAI (iste organizacije koja je napravila ChatGPT-a), poseduje moć da generiše zanimljive narative, poeziju i vodi smislene razgovore. Predstavlja impresivan napredak u obradi i generisanju prirodnog jezika. Svojom sposobnošću da analizira i razume tekst, proizvodi odgovore slične ljudskim koji nas ostavljaju u čudu nad čarima mašinske inteligencije.

### Neprevaziđeno pripovedanje i poetske sposobnosti

Jedan od ključnih kvaliteta Guglovog Barda veštačke inteligencije je njegov kapacitet za pripovedanje. Koristeći ogroman skup podataka dobijenih iz prostiranja interneta, napravljen je da koristi ubedljive narative koji mogu da se mere sa delima ljudskih autora. Od dubina fantazije do zamršenosti naučne fantastike, Guglov Bard veštačke inteligencije stvara priče koje vode čitaoce u neistražene svetove i bude spektar emocija.

Kreativna moć Guglovog Barda veštačke inteligencije proteže se i na

oblast poezije. Bez napora sastavlja stihove koji oslikavaju živopisne slike i bude duboka osećanja. Od soneta do haiku pesme, njegovi poetski izrazi oličavaju suštinu lepote i ostavljaju emotivni utisak na čitaoce. Sposobnost veštačke inteligencije da istražuje polje emocija i izazove poetski odgovor predstavlja veliki napredak u oblasti veštačke inteligencije i generisanja jezika.

### Smisleni razgovori i raznovrsna primena

Pored svoje kreativne sposobnosti, Guglov Bard veštačke inteligencije se ističe u upuštanju u smislene razgovore. Pruža informativne odgovore, učestvuje u diskusijama koje podstiču na razmišljanje i pruža uvid u različite teme. Prilagodljivost različitim stilovima i kontekstima razgovora omogućava interaktivno iskustvo koje neverovatno podseća na ljude.





### Inspiracija, alatka i pomoćnik

Značaj Guglovog Barda veštačke inteligencije je dalekosežan. Pisци i kreativni ljudi mogu iskoristiti te sposobnosti da nađu inspiraciju, stvaraju ideje, i prevaziđu kreativne blokade. Doprinos koji ima u obrazovnom okruženju je podjednako dubok, pružajući personalizovano iskustvo učenja i olakšavajući istraživanje kompleksnih pojmova.

### Ograničenja mašine

Međutim, ključno je zapamtiti da je Gugl Bard veštačke inteligencije proizvod sofisticiranih algoritama i obuke. Iako pokazuje impresivan nivo poznavanja jezika, nedostaju mu lična iskustva, emocije i svest. Njegovi odgovori se zasnivaju isključivo na obrascima i podacima prisutnim u njegovom skupu za obuku, i ne poseduje sposobnost samostalnog razumevanja ili tumačenja sveta. Etička razmatranja prate upotrebu jezičkih modela veštačke inteligencije, a odgovorna integracija i upotreba tehnologije veštačke inteligencije se mora podržati kako bi se obezbedila privatnost, nepristrasno stvaranje sadržaja i poštovanje etičkih smernica.

### Svedočanstvo potencijala veštačke inteligencije

U zaključku možemo reći da je Gugl Bard veštačke inteligencije svedočanstvo izuzetnog napretka postignutog u oblasti veštačke inteligencije. Njegova sposobnost da stvara priče, piše poeziju i učestvuje u razgovorima naglašava potencijal veštačke inteligencije u domenu kreativnosti i jezika. Dok nastavljamo da istražujemo granice veštačke inteligencije, Guglov Bard veštačke inteligencije nudi uvid u ogromne mogućnosti koje nam predstoje, inspirišući nas da prihvatimo stalno evoluirajući odnos između ljudi i mašina u carstvu kreativnog izražavanja.

## EXPLORING THE LIMITLESS CREATIVITY OF GOOGLE AI BARD

*In the realm of artificial intelligence, where innovation and advancements abound, Google AI Bard stands as a shining example of the boundless possibilities that can emerge from the combination of language and technology. This remarkable language model has captivated minds and ignited imaginations, offering a glimpse into the astonishing potential of AI in the field of creative expression.*

### A Manifestation of Progress in Language Processing and Generation

Google AI Bard, created by OpenAI (the same organization behind ChatGPT), possesses the power to generate captivating narratives, poetry, and engage in meaningful conversations. It represents an impressive advancement in natural language processing and generation. With its ability to analyze and understand text, it produces human-like responses that leave us pondering the marvels of machine intelligence.

### Unmatched Storytelling and Poetic Abilities

One of Google AI Bard's defining qualities is its capacity for storytelling. Leveraging a vast dataset drawn from the expanse of the internet, it has been trained to craft compelling narratives that rival the works of human authors. From the depths of fantasy to the intricacies of science fiction, Google AI Bard weaves tales that transport readers to unexplored worlds and evoke a spectrum of emotions.

The creative prowess of Google AI Bard extends to the realm of poetry. It effortlessly composes verses that paint vivid imagery and evoke profound sentiments. From sonnets to haikus, its poetic expressions embody the essence of beauty and resonate with readers on an emotional level. The ability of AI to delve into the realm of emotions and evoke a poetic response is a testament to the remarkable progress made in the field of AI and language generation.

### Meaningful Conversations and Versatile Applications

Beyond its creative aptitude, Google AI Bard excels in engaging in meaningful conversations. It provides informative responses, engages in thought-provoking discussions, and offers insights on

a wide range of topics. Adaptability to various conversational styles and contexts allows for an interactive experience that feels remarkably human-like.

### An Inspiration, Tool, and Assistant

The implications of Google AI Bard are far-reaching. Writers and creatives can leverage its capabilities to find inspiration, generate ideas, and overcome creative blocks. Its contributions in educational settings are equally profound, offering personalized learning experiences and facilitating the exploration of complex concepts.

### The Machine Limitations

However, it is crucial to remember that Google AI Bard is a product of sophisticated algorithms and training. While it exhibits an impressive level of language proficiency, it lacks personal experiences, emotions, and consciousness. Its responses are based solely on patterns and data present in its training set, and it does not possess the ability to independently comprehend or interpret the world. Ethical considerations accompany the use of AI language models, and responsible integration and usage of AI technology must be upheld to ensure privacy, unbiased content generation, and adherence to ethical guidelines.

### A Testament to AI's Potential

In conclusion, Google AI Bard stands as a testament to the remarkable progress made in the field of artificial intelligence. Its ability to craft stories, compose poetry, and engage in conversations highlights the potential of AI in the realm of creativity and language. As we continue to explore the frontiers of AI, Google AI Bard offers a glimpse into the vast possibilities that lie ahead, inspiring us to embrace the ever-evolving relationship between humans and machines in the realm of creative expression.

# POZIV NA SAOSEĆANJE PREMA PSIMA LUTALICAMA



**Psi lutilice su preovlađujuće pitanje u mnogim modernim društvima, a problem može da bude značajniji u ekonomski nerazvijenim područjima. Psi imaju visoku stopu reprodukcije, sa dva okota godišnje, a nedostatak javnih sredstava za podršku sterilizaciji, kastraciji i drugim merama kontrole životinja doprinosi nekontrolisanom rastu njihove populacije.**

## **Psi lutilice i opasnost od bolesti**

Sve veći broj pasa lutilica povećava rizik da ljudi, posebno deca, budu napadnuti i potencijalno zaraženi bolestima koje ovi psi prenose, uključujući besnilo. Međutim, uprkos kontinuiranoj borbi Kosova da efikasno kontroliše populaciju pasa lutilica, pozitivna vest je ta, da do sada nije zabeležen nijedan slučaj bolesti koje prenose psi, kao što je besnilo. Ovaj ishod je rezultat napora raznih lokalnih i međunarodnih agencija i nevladinih organizacija koje se već dugi niz godina bave tretmanom i sterilizacijom pasa lutilica.

## **Uznemirujući trend trovanja pasa lutilica**

Uprkos problemima povezanih sa psima lutilicama, nedavno je došlo do porasta okrutne i potencijalno opasne prakse: trovanja pasa lutilica od strane pojedinaca. Uzimanje zakona u svoje ruke nikada se ne može opravdati, bez obzira na namere ili okolnosti. Kako kaže stara poslovice, "Put do pakla popločan je dobrim namerama." Uz to, upotreba otrova može dovesti do podjednako ili čak težih posledica.

## **Trajni efekti upotrebe otrova**

Jedan kritičan aspekt otrova je taj da oni

i insekti dođu u kontakt sa njihovim ostacima, ceo ekosistem može biti narušen. Štaviše, infiltracija ovih otrova u površinske ili podzemne vode može imati dugotrajne posledice u godinama koje dolaze.

## **Odbacivanje okrutnosti i prihvatanje saosećajnih rešenja**

Pored brojnih rizika povezanih sa upotrebom otrova protiv pasa lutilica, bitno je da ne zanemarimo da je ovaj čin inherentno jeziv i okrutan. Nijedno živo biće, bilo ljudsko ili životinjsko, ne zaslužuje da bude podvrgnuto tako bolnim metodama kao što je trovanje. Osim nepodnošljive patnje koju nanosi, otrov ne deluje odmah, već čini da ciljana meta doživi bolnu i sporu smrt. Drugim rečima, to je mučenje, a društvo to ne može da prihvati.

## **Promovisanje pozitivnih akcija i svesti**

Kako smo došli do ovde i šta dalje treba da učinimo? Prvo, ovo je socijalno pitanje i ne možemo da krivimo samo određenu instituciju ili agenciju; svi delimo

ne nestaju, već se rastvaraju u zemljištu, vodi ili čak u vazduhu. Ovo predstavlja opasnost ne samo za druge životinje već i za ljude koji žive u područjima gde su prisutni ovi koncentrisani otrovi. Problem se ne završava smrću pasa jer otrov ostaje u njihovom sistemu. Kada druge životinje





# A CALL FOR COMPASSION TOWARDS STRAY DOGS

odgovornost. Dakle, svako od nas treba da doprinese. Na primer, koliko vas se pridružilo nekoj volonterskoj akciji ili razmišljalo da donira sredstva nevladinoj organizaciji ili agenciji posvećenoj rešavanju problema pasa lualica? Lako je deliti onlajn video snimke pasa koji napadaju ljude, jer živimo u doba interneta gde svako može da dopre do velikog broja vršnjaka. Stoga je ključno da budemo oprezniji u vezi sa sadržajem koji delimo na mrežama. Korišćenje reči kao što je „viralno“ za opisivanje određenih video, audio ili pisanog sadržaja može izgledati privlačno, ali to treba posmatrati kao lavinu koja uništava sve na svom putu. Koliko nas je podelilo sadržaj koji promovise pozitivan rad i prakse usmerene na rešavanje ovog pitanja kao društvo?



**Prihvatajte saosećajna rešenja**  
Da zaključimo, pitanje pasa lualica zahteva saosećanje i pozitivnu akciju svih članova društva. Iako rastuća populacija pasa lualica predstavlja izazov, uznemirujući trend trovanja pasa lualica zahteva hitnu pažnju. Trovanje ne samo da je okrutno, već i predstavlja rizik za životnu sredinu i zdravlje ljudi. Umesto da pribegavamo nehumanim metodama, moramo da odbacimo okrutnost i da prihvatimo saosećajna rešenja. Svako od nas ima ulogu u rešavanju ovog pitanja, bilo kroz volonterski rad, donacije posvećenim organizacijama ili promovisanjem pozitivnih praksi i podizanjem svesti na mrežama. Zajedno možemo napraviti razliku i stvoriti društvo koje ceni dobrobit svih živih bića, kako ljudi tako i životinja.

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**Stray dogs are a prevalent issue in many modern societies, and the problem tends to be more significant in economically disadvantaged areas. Dogs have a high reproductive rate, with two litters per year, and the lack of public funds to support spaying, neutering programs, and other animal control measures contributes to the uncontrolled growth of their population.**

## Stray Dogs and the Threat of Diseases

The increasing number of stray dogs raises the risk of people, particularly children, being attacked and potentially infected with diseases carried by these dogs, including rabies. However, despite Kosovo's ongoing struggle to effectively control the stray dog population, the positive news is that no cases of dog-carried diseases, such as rabies, have been reported so far. This outcome demonstrates the efforts of various local and international agencies and NGOs that have been treating and sterilizing stray dogs for many years.

## The Disturbing Trend of Poisoning Stray Dogs

While acknowledging the problems associated with stray dogs, there has been a recent rise in a cruel and potentially dangerous practice: the poisoning of stray dogs by individuals. Taking the law into one's own hands can never be justified, regardless of intentions or circumstances. As the old proverb goes, "The road to hell is paved with good intentions." Additionally, the use of poison can lead to equally or even more severe consequences.

## The Lingering Effects of Poison Use

One critical aspect of poisons is that they do not disappear but instead dissolve in the soil, water, or even the air. This poses a risk not only to other animals but also to humans residing in areas where these concentrated poisons are present. The problem doesn't end with the death of the dog because the poison remains in their system. When other animals and insects come into contact with the carcasses, the entire ecosystem may become disrupted. Moreover, the infiltration of these poisons into surface or underground water resources can pose long-lasting effects for years to come.

## Rejecting Cruelty and Embracing Compassionate Solutions

In addition to the numerous risks associated with the use of poison against stray dogs, it is essential not to overlook that this act is inherently gruesome and cruel. No living being, whether human or animal, deserves to be subjected to such painful methods as poisoning. Apart from the unbearable

suffering it inflicts, poison works slowly, causing the intended target to experience a painful and prolonged death. In other words, it is torture, and society cannot accept it.

## Promoting Positive Action and Awareness

How did we reach this point, and what should we do next? Firstly, this is a social issue, and we cannot solely blame a specific institution or agency; we all share responsibility. Therefore, each of us needs to contribute. For instance, how many of you have engaged in voluntary work or considered donating to an NGO or agency dedicated to addressing the stray dog issue? It is effortless to share online videos of dogs attacking people, as we live in the age of the Internet where everyone can reach countless peers. Hence, it is crucial to exercise caution regarding the content we share online. Using words like "viral" to describe certain videos, audio, or written content might seem appealing, but it should be considered as an avalanche that destroys everything in its path. How many of us have shared content that promotes positive work and practices aimed at addressing this issue as a society?

## Embrace Compassionate Solutions

In conclusion, the issue of stray dogs requires compassion and positive action from all members of society. While the growing population of stray dogs presents challenges, the disturbing trend of poisoning stray dogs calls for immediate attention. Poisoning not only perpetuates cruelty but also poses risks to the environment and human health. Instead of resorting to such inhumane methods, we must reject cruelty and embrace compassionate solutions. Each of us has a role to play in addressing this issue, whether through voluntary work, donations to dedicated organizations, or promoting positive practices and awareness online. Together, we can make a difference and create a society that values the well-being of all living beings, both human and animal.

# Vaše mišljenje o letnjem raspustu?



**IVA BORIČIĆ**



## Šta misliš o letnjem raspustu?

Ono što je sigurno je to da svi se jako radujemo letu. Ono što je posebno vezano za ovaj letnji raspust je to, da smo od ove godine svi punoletni. Pa tako za ovaj letnji raspust, prvi put idemo sa društvom na more.

## Zašto je važan?

Za mene je ovo posebno važno, jer sam sada punoletna a kao što sam već rekla, ove godine ću po prvi put u svom životu letovati sa prijateljima. Tako da je za mene sve novo i posebno se radujem ovom letovanju.

## Koja je tvoja omiljena destinacija za letnji raspust?

Sa obzirom na to da ja ove godine planiram da leto provedem sa društvom na moru. Tako da će uglavnom naše destinacije biti skoncentrisane u Crnoj Gori kao najbližoj i relativno jeftinijom zemljom za letovanje. Ono što je sigurno je to da će ovo biti jedno ludo i nezaboravno leto.

## What do you think about summer vacation?

One thing is for sure - we are all very much looking forward to summer. What is special about this summer vacation is that we all come of age this year. Therefore, during this summer vacation, for the first time we are going to the seaside with friends.

## Why is it important?

This is especially important for me, because I am now an adult and, as I have already said, this year, for the first time in my life, I will go on summer vacation with my friends. So all this is new for me and I am especially looking forward to this vacation.

## What is your favorite summer vacation destination?

Given that this year I plan to spend the summer with my friends at the seaside, our destinations will mostly be concentrated in Montenegro as the closest and relatively cheaper country for vacationing. What is certain is that this will be one crazy and unforgettable summer.



**MAGDALENA NIČIĆ**



## Šta misliš o letnjem raspustu?

Ova školska godina je za mene lično bila veoma naporna. To je i razlog uostalom, zašto se jako radujem letu i letnjem raspustu. Mislim da sada kada je školska godina pri samom kraju i kada smo ispunili sve svoje zadatke i obaveze, ovaj raspust će nam i te kako biti potreban.

## Zašto je važan?

Letnji raspust je veoma važan jer znamo da nakon naporene godine učenja, sticanja novih znanja i ispunjavanje obaveza, imamo odmor. Tako da su pred nama letnji meseci koje možemo da iskoristimo da se odmorimo, putujemo i da se družimo.

## Koje je tvoja omiljena destinacija za letnji raspust?

Kao što sam već rekla, nakon ove naporene školske godine potreban mi je odmor. Stoga, ove godine planiram da idem sa društvom na more, u pitanju je Crna Gora. Ja mislim da će ovo biti jedna divna avantura, jer prvi put idem sama na more.

## What do you think about summer vacation?

This school year has been very busy for me personally. Besides, this is the reason why I am very much looking forward to the summer and summer vacation. Now that the school year is at the very end and we have fulfilled all our tasks and obligations, I think this summer vacation will be much needed.

## Why is it important?

Summer vacation is very important because we know that after a hard year of studying, acquiring new knowledge and fulfilling our obligations, we have a vacation. Now the summer months are ahead of us, which we can use for leisure, travel and for socializing.

## What is your favorite summer vacation destination?

As I have already said, after this busy school year, I need a break. Therefore, this year I plan to go to the seaside with my friends, more precisely to Montenegro. I think it will be a wonderful adventure, because this is the first time that I am going to the seaside by myself.



Molimo vas šalžite vaša razmišljanja o letnjem raspustu na email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)

# Your opinion on summer holidays?



MILJANA NIKOLIĆ



## Šta misliš o letnjem raspustu?

Radujem se završetku školske godine. Volim letnji raspust jer znam da me nakon završetka školske godine očekuje dugo leto. Tako da uglavnom letnji raspust provodim na moru ili na nekom drugom mestu.

## Zašto je važan?

Za mene je letnji raspust važan jer znam da sam dobro i uspešno završila školsku godinu. Zadovoljna sam rezultatima kojima sam postigla tokom godina, pa je zato letnji raspust pravo vreme za uživanje i odmaranje.

## Koja je tvoja omiljena destinacija za letnji raspust?

Jedva čekam da odem na letovanje. Planiram ove godine da po prvi put na more odem sa svojom najboljom drugaricom. Za sada, mislim da će nam letnja destinacija biti Budva u Crnoj Gori.

## What do you think about summer vacation?

I am looking forward to the end of the school year. I love summer vacation because I know that after the end of the school there is a long summer ahead. Therefore, I mostly spend my summer vacation by the seaside or in some other place.

## Why is it important?

For me, the summer vacation is important because I know that I have completed the school year well and successfully. I am happy with the results I have achieved over the years, so summer vacation is the right time for enjoyment and rest.

## What is your favorite summer vacation destination?

I cannot wait to go on vacation. This year, for the first time I am planning to go to the seaside with my best friend. For the moment, I think our summer destination will be Budva, Montenegro.



TIJANA PRICA



## Šta misliš o letnjem raspustu?

Smatram da je leto za svakog čoveka najlepše godišnje doba. Topli dani koji nam polako tada pristižu daje nam toplinu i čine nas veselijim i raspoloženijim tokom čitavog dana. To je ukoliko ono što me asocira na leto i letnji raspust.

## Zašto je važan?

Svima treba odmora nakon završene škole. Tako da je važno da letnji raspust iskoristimo i da se odmorimo, putujemo i da obiđemo neko novo mesto ili grad, a koji do sada nismo imali prilike da posetimo.

## Koje je tvoja omiljena destinacija za letnji raspust?

Svako od nas već sada pravi planove gde će putovati ovog leta, kako će ga provesti itd. Naravno, tako i ja već imam isplanirano više destinacija koje želim da posetim ovog leta. Prva jeste Turska, a potom i Crna Gora, imam u planu još jednu veoma egzotičnu i lepu ali to ne mogu da otkrijem dok ne odem. Naravno sva putovanja koja sam isplanirala ću realizovati sa mojim najbližim i najboljim prijateljima. Želim lep provod i ostalima!

## What do you think about summer vacation?

I think that summer is the most beautiful season for everyone. The warm days that gradually arrive warm us up and make us more cheerful and in a better mood throughout the day. This is, in short, what I associate with summer and summer vacation.

## Why is it important?

We all need a break after finishing school. Therefore, it is important to use the summer vacation to rest, travel and visit a new place or a city that we have not had the opportunity to visit so far.

## What is your favorite summer vacation destination?

We are all already making plans where to travel this summer, how we will spend it, etc. Of course, I have also already planned several destinations that I want to visit this summer. The first is Turkey, and then also Montenegro, I have another very exotic and beautiful one planned, but I cannot reveal it until I go. Of course, I will go on all the trips I have planned with my closest and best friends. I wish everyone else to have a good time as well!



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

## NEGATIVNA SLIKA O SOPSTVENOM TELU MEĐU TINEJŽERIMA I PROBLEMI KOJE PROUZROKUJE

**L**eto može biti period pun izazova za tinejdžere koji se bore sa problemima vezanim za negativnu sliku o sopstvenom telu, jer često podrazumeva nošenje svetlije odeće, kupaćih kostima i provođenje više vremena na otvorenom u društvenim situacijama. Problemi vezani za negativnu sliku o sopstvenom telu su česti među tinejdžerima i mogu imati značajne negativne posledice na njihovo mentalno zdravlje i blagostanje.



Tokom perioda adolescencije, telo prolazi kroz značajne promene koje donosi pubertet. Ove promene mogu dovesti do toga da se tinejdžeri osećaju nesigurno u vezi sa svojim telom, naroči-

određenom tipu tela ili da izgledaju na određeni način kako bi se uklopili sa svojim vršnjacima. Kulturna i porodična očekivanja takođe mogu uticati na način na koji tinejdžeri doživljavaju svoja tela.

Na primer, u nekim kulturama se više ceni mršavosti, dok se u drugima više vrednuje obla figura. Mediji i reklamna industrija promovišu određene standarde lepote koji mogu biti štetni za tinejdžere. Često koriste slike mršavih, zategnutih i besprekornih modela kako bi lakše prodali svoje proizvode, što može stvoriti nerealna očekivanja za tinejdžere.



to ako se razlikuju od svojih vršnjaka. Društveni mediji su postali moćno sredstvo za oblikovanje načina na koji tinejdžeri doživljavaju sebe i druge. Tinejdžeri su izloženi slikama savršenih tela i standardima lepote koji su često nerealni i nedostižni.

Pritisak vršnjaka takođe može igrati ulogu u problemima vezanim za iskrivljenu sliku o sopstvenom telu. Tinejdžeri mogu osećati pritisak da se prilagode

Važno je da roditelji, staratelji i prosvetni radnici budu svesni mogućih problema sa iskrivljenom slikom o telu među tinejdžerima i da preduzmu korake za promovisanje zdrave slike o telu. To može podrazumevati promovisanje pozitivne slike o sebi, podsticanje zdravih navika i pružanje podrške i resursa za tinejdžere koji se možda bore sa problemima vezanim za negativnu sliku o sopstvenom telu.

**Evo nekoliko načina da tinejdžeri rade na poboljšanju slike o sopstvenom telu:**

**Usredsredite se na uživanje u aktivnostima umesto na izgled**

Umesto da se fokusirate na to kako vaše telo izgleda, usredsredite se na aktivnosti i iskustva u kojima uživate. Uključite se u aktivnosti koje čine da se osećate dobro u svom telu, kao što su plivanje, pešačenje ili bavljenje sportom.

**Birajte udobnu odeću koja pristaje vašem tipu građe**  
**Birajte odeću koja je udobna i čini da se osećate dobro u svom telu. To može biti odeća koja pristaje vašem obliku tela, naglašava vaše adute i čini da se osećate samouvereno.**

**Oduprite se nerealnim standardima lepote**  
**Shvatite da su standardi lepote koji se prikazuju u medijima često nerealni i nedostižni. Umesto toga, usredsredite se na zdrave navike i stil života**

## BODY IMAGE ISSUES AMONG TEENAGERS AND PROBLEMS THEY CAUSE

*koji čini da se osećate dobro u svom telu.*

### **Okružite se pozitivnim uticajima**

*Okružite se pozitivnim uticajima, kao što su prijatelji i porodica koji vas podržavaju i ohrabruju. Težite uzorima koji imaju zdravu sliku o svom telu i koji sebe vrednuju na osnovu toga ko su, a ne na osnovu svog izgleda.*

**Zapamtite da svi imamo nesavršenosti**  
*Važno je da zapamtimo da svi imamo nesavršenosti i da niko nije idealan. Umesto da se usredsredite na ono što opažate kao mane, fokusirajte se na svoje prednosti i kvalitete koji vas čine jedinstvenim i vrednim.*

**Vodite računa o sebi**  
*Briga o svom fizičkom i mentalnom zdravlju može pomoći da poboljšate sliku o svom telu. Spavajte dovoljno, hranite se zdravo i uravnoteženo i redovno vežbajte. Izbegavajte negativne misli i umesto toga se fokusirajte na pozitivne afirmacije.*

**Potražite podršku**  
*Popričajte sa prijateljima u koje imate poverenja, članovima porodice ili profesionalnim terapeutom o problemima vezanim za negativnu sliku o svom telu. Oni vam mogu pružiti podršku, savete i strategije da komplekse vezane za telo držite pod kontrolom tokom leta.*

**Zapamtite da su za razvoj pozitivne slike o sopstvenom telu potrebni vreme i trud.** Važno je da budete strpljivi i blagi prema sebi dok radite na poboljšanju slike o svom telu i svom ukupnom blagostanju!

*Summer can be a challenging time for teenagers who struggle with body image issues, as it often involves wearing lighter clothing, swimsuits, and spending more time outdoors in social situations. Body image issues are common among teenagers and can have significant negative effects on their mental health and well-being.*

*During adolescence, the body undergoes significant changes as a result of puberty. These changes can cause teenagers to feel self-conscious about their bodies, especially if they are different from their peers. Social media has become a powerful tool for shaping the way teenagers perceive themselves and others. Teenagers are exposed to images of perfect bodies and beauty standards that can be unrealistic and unattainable.*

*Peer pressure can also play a role in body image issues. Teenagers may feel pressure to conform to a certain body type or to look a certain way in order to fit in with their peers. Cultural and family expectations can also influence the way teenagers perceive their bodies. For example, some cultures may place a higher value on thinness, while others may value a curvier body type. The media and advertising industry promote certain beauty standards that can be harmful to teenagers. They often use images of thin, toned, and flawless models to sell products, which can create unrealistic expectations for teenagers.*

*It is important for parents, caregivers, and educators to be aware of the potential for body image issues among teenagers and to take steps to promote a healthy body image. This can include promoting a positive self-image, encouraging healthy habits, and providing support and resources for teenagers who may be struggling with body image issues.*

*Here are some ways for teenagers' work on improving their body image:*

### **Focus on enjoying activities rather than appearance**

*Rather than focusing on how your body looks, focus on the activities and experiences that you enjoy. Engage in activities that make you feel good about yourself, such as swimming, hiking, or playing sports.*

**Choose comfortable and flattering clothing**  
*Choose clothing that is comfortable and makes you feel good about yourself. This can include clothing that flatters your body shape, emphasizes your favourite features, and makes you feel confident.*

**Challenge unrealistic beauty standards**  
*Recognize that the beauty standards portrayed in the media are often unrealistic and unattainable. Instead, focus on healthy habits and lifestyle choices that make you feel good about yourself.*

**Surround yourself with positive influences**  
*Surround yourself with positive influences, such as friends and family who support and encourage you. Seek out role models who have a healthy body image and who value themselves for who they are, rather than their appearance.*

**Remember that everyone has imperfections**  
*It's important to remember that everyone has imperfections and nobody is perfect. Rather than focusing on what you perceive as flaws, focus on your strengths and qualities that make you unique and valuable.*

### **Practice good self-care**

*Taking care of your physical and emotional health can help improve your body image. Get enough sleep, eat a healthy and balanced diet, and engage in regular exercise. Avoid negative self-talk and focus on positive affirmations instead.*

### **Seek support**

*Talk to trusted friends, family members, or a professional counsellor about your body image concerns. They can provide support, guidance, and strategies for managing body complexes during the summer.*

*Remember that developing a positive body image takes time and effort. It's important to be patient and kind to yourself as you work towards improving your body image and overall well-being!*





**Dreni**



**Jelena**

# Na bazenu Në pishinë

## Reçnik - Fjalor

Voda	Ujë
Hladno	Ftohtë
Vrelo	Nxehtë
Vruçina	Nxehtësi
Sunçanje	Rrezitje
Sladoled	Akullore
Ležaljke za sunçanje	Karrige për rrezitje (shezllon)
Bazen	Pishinë
Led	Akull
Sunçani zraci (zrak)	Rrezet e diellit (rreze)
Leto	Verë
Sunce	Diell
Plivanje	Not
Duboko	Thellë
Plitko	Cekët
Skakaonica	Kërcimore
Osvežavajuč/a	Freskues/e
Piće	Pije
Dolazak	Ardhje
Nedostatak	Mungesë
Nedostaje mi	Më mungon
Trajanje	Kohëzgjatje



Da li je voda previše hladna?  
A është uji shumë i ftohtë?



U početku da, ali kada se navikneš fantastična je i želiš da plivaš ceo dan. Në fillim po, por sa mësohesh është fantastik dhe të vjen të notosh tërë ditën.



Dolazak na bazen je bila veoma dobra ideja. Mnogo mi je nedostajalo sunčanje. Ardhja në pishinë ishte ide shumë e mirë. Sa më ka munguar rrezitja.



Da stvarno! Ove godine zima je mnogo dugo trajala. Po vërtetët! Sivjet dimri ka zgjatur shumë.



**Çadër dielli**

**Goma për not**



Vreme je da se malo osvežimo. Zato sam doneo vode i sladoled. Është koha për t'u freskuar pak. Andaj, të solla ujë dhe akullore.



Super, hvala punoi!  
O sa mirë, të falemnderit shumë.



"Sve ono što je do-  
bro, sve ono čarobno,  
događa se između  
juna i avgusta".  
- **Jenny Han**

Za više  
fotografija,  
skenirajte  
QR kod

