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4You

magazine



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MUSICBOX

NINA ANDREJEVIĆ

Besplatno 

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Uvodnik

Dragi čitaoci,

Moram da započnem ovaj uvodnik tako što ću još jednom istaći svoj entuzijazam u pripremi ovog broja našeg časopisa, koji predstavlja još jednu izuzetno značajnu prekretnicu na našem putu. Veliko mi je zadovoljstvo da to podelim sa vama, dok ponosno nastavljamo našu tradiciju objavljivanja na pet različitih jezika. Ova dugotrajna posvećenost naglašava našu predanost cilju da se svaki tinejdžer, bez obzira na njegov maternji jezik, oseća priznatim, kao i da se njegov/njen glas čuje i da je u potpunosti zastupljen na stranicama našeg časopisa.

Značaj različitosti u štampanim medijima

Raznolikost je dragocena prednost koja obogaćuje naše živote, proširuje naše vidike i oblikuje naš pogled na život. Naš svet je jedna složena tapiserija satkana od mnoštva jezika, kultura i tradicija. Prihvatanje i slavljanje ove raznolikosti nije samo izbor već i neophodnost. Ovim izdanjem našeg časopisa na više jezika, iznova potvrđujemo našu osnovnu misiju: rušenje jezičkih barijera i upućivanje otvorenog poziva mladima iz svih sredina da postanu deo naše živopisne zajednice.

Inkluzivnost na delu

Možda se pitate zašto ova tekuća inicijativa ima toliki značaj. Pre svega, tu se radi o inkluzivnosti. Posvećeni smo tome da svaki tinejdžer, bilo da je sa nama od samog početka ili je tek nedavno počeo da otkriva naš časopis, oseti dubok osećaj pripadnosti. Čvrsto verujemo da jezik nikada ne bi trebalo da služi kao prepreka koja ometa pristup informacijama, zabavi i inspiraciji.

Inspiracija za širi pokret

Inkluzivnost i raznolikost nastavljaju da budu u samom srcu naše misije. Kroz našu nepokolebljivu predanost izdavanju našeg višezječnog časopisa, nastojimo da inspirišemo i druge publikacije da slede naš primer i da njihov sadržaj učinimo dostupnim za sve. Srdačno pozivamo kako mlade, tako i iskusne čitaoce, da nam se pridruže u ovoj fascinantnoj avanturi.

Poziv na višezječnu odiseju

Spremite se za još jedno prožimajuće, višezječno iskustvo u našem sledećem izdanju. Bilo da vam je jedan od predstavljenih jezika maternji, ili jednostavno želite da istražujete nove svetove kroz reči, obećavamo da će ovo izdanje biti još jedna živopisna proslava jezika, kulture i jedinstva.

Proslava zajedništva usred razlika

U svetu koji često stavlja akcenat na razlike, mi se nepokolebljivo zalažemo za slavljanje onoga što nas ujedinjuje: naša zajednička humanost i duboka sposobnost reči da premoste čak i najdublje podele. Zajedno, istrajavamo u stvaranju svetlije, inkluzivnije budućnosti u kojoj se svaki glas ne samo čuje već i slavi.

Hvala vam, kao i uvek, što ste neprocenjivi deo naše raznolike i dinamične zajednice. Ostanite sa nama do našeg sledećeg izdanja, u kojem jezik nastavlja da bude ključ koji otključava svet bezgraničnih mogućnosti.

**Do našeg sledećeg susreta,
budite zdravi prijatelji moji!**

Leonora

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Editorial

Dear readers,

I must commence this editorial by emphasizing, once more, my enthusiasm in preparing this issue of our magazine. This marks yet another remarkable milestone in our journey, and it brings me great pleasure to share it with you, as we proudly continue our tradition of publishing in five different languages. This enduring commitment underscores our dedication to ensuring that every teenager, regardless of their linguistic background, feels recognized, heard, and fully represented within the pages of our magazine.

The Significance of Diversity in Print

Diversity is a precious asset that enriches our lives, broadens our horizons, and shapes our perspectives. Our world is an intricate tapestry woven from a multitude of languages, cultures, and traditions. Embracing and celebrating this diversity is not just a choice but a necessity. By once again offering our magazine in multiple languages, we reaffirm our core mission: breaking down linguistic barriers and extending an open invitation to teenagers from all backgrounds to become part of our vibrant community.

Inclusivity in Action

Now, you may wonder why this ongoing initiative holds such significance. First and foremost, it revolves around inclusivity. We are committed to ensuring that every teenager, whether they have been with us from the very beginning or are just discovering our magazine, feels a profound sense of ownership. We firmly believe that language should never serve as a barrier hindering access to information, entertainment, and inspiration.

Inspiring a Wider Movement

Inclusivity and diversity remain at the very heart of our mission. Through our unwavering commitment to publishing our magazine in multiple languages, we aspire to inspire other publications to follow suit and make their content accessible to everyone. We warmly invite both young and seasoned readers to join us on this captivating journey.

An Invitation to a Multilingual Odyssey

Prepare yourselves for yet another immersive, multilingual experience in our upcoming issue. Whether you are a native speaker of one of the featured languages or simply curious about exploring new worlds through words, we promise that this edition will stand as another vibrant celebration of language, culture, and unity.

Celebrating Commonality Amidst Differences

In a world often fixated on differences, we steadfastly uphold the celebration of what unites us: our shared humanity and the profound ability of words to bridge even the widest divides. Together, we persist in creating a brighter, more inclusive future where every voice is not only heard but celebrated.

Thank you, as always, for being an invaluable part of our diverse and dynamic community. Stay tuned for our next issue, where language continues to be the key unlocking a world of boundless possibilities.

Until our next meeting,
stay healthy my friends!

Leonora

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MARIJA SPASIĆ: LJUBAV PREMA JEZICIMA, PUTOVANJIMA I KNJIGAMA



Sedamnaestogodišnja Marija Spasić, učenica je trećeg razreda Gimnazije društveno-jezičkog smera u severnom delu Mitrovice. Od drugih se izdvaja po tome što je neodoljivo privlače knjige, učenje stranih jezika i putovanja.

emocijama i perspektivama, čime postaje sve bogatija kao osoba. Knjige su njene verni saputnici kroz sve faze života, podržavajući je i podstičući na intelektualni rast.

Hrabro korakažite ka prilikama

Osim prema jezicima i knjigama, ova simpatična devojka obožava putovanja. Marijina strast prema putovanjima, ogleda se u njenom čestom istraživanju različitih destinacija. Svako putovanje za nju predstavlja priliku da se uroni u različite kulture, običaje i načine razmišljanja. Kroz nova iskustva i susrete, Marija širi svoj svet i postaje svesna bogatstva raznolikosti koja oblikuje ljudske živote širom planete.

zaista posebnom jeste njen duboki i promišljeni pogled na svet. Njena sposobnost da razmišlja izvan okvira i da se suočava sa životnim izazovima hrabro i sa optimizmom čini je uzorom za svoje vršnjake. Njeno razmišljanje inspiriše i sve nas da razmislimo o svetu na dublji način, da budemo otvoreni prema novim idejama i da neustrašivo sledimo svoje strasti. Ona stoga hrabro poziva vršnjake na Kosovu da slede svoje srce i da se ne zaustavljaju pred preprekama. "Svi naši padovi samo koraci ka uspehu, a svaki izazov nosi priliku za rast i odjekuje kao podsticaj i inspiracija, koja nam govori da nikada ne odustajemo od svojih snova", zrelo poručuje ova sedamnaestogodišnjaka.

Na početku razgovora sa Marijom, prvo što nam upada u oči je njen jedinstveni pogled na svet, širina njenih interesovanja, kao i inspiracija koju svakodnevno crpi iz različitih aspekata svoje svakodnevnice. Ono što posebno voli je učenje stranih jezika, jer prema njenim rečima jezik nije samo sredstvo komunikacije, već prava umetnost koja spaja ljude i kulture. Veliku ljubav gaji prema svom maternjem, srpskom jeziku, a to postaje očigledna kroz njen entuzijazam prema predmetu, koji je postao njen omiljeni predmet u školi

"Očarana sam raznolikošću jezika širom sveta, svakog sa svojim karakterističnim izrazima, zvukovima, pismom i specifičnim govornim područjima. Svoj maternji jezik obožavam i trudim se da ga što bolje savladam, kroz pisanje pesama i pripovetki", objašnjava Marija.

Dodaje i da obožava knjige i čitanje, jer prema njenim rečima "knjige su mnogo više od slova na papiru". Za nju one su prozor u neki drugi svet, inspiracija za rast i razvoj. Kroz svaku pročitano stranicu, Marija se suočava sa novim idejama,

Ipak, ono što Mariju čini

Na kraju dodajmo da kroz svoju strast prema učenju jezika, ljubav prema





MARIJA SPASIĆ: LOVE FOR LANGUAGES, TRAVEL AND BOOKS

Seventeen-year-old Marija Spasić is a third grade student of the Grammar School in northern part of Mitrovica, with Linguistics and Humanities major. She stands out from others by being irresistibly drawn to books, learning foreign languages and travel.

putovanjima i duboku povezanost sa knjigama, Marija Spasić osvetljava put ka inspiraciji i ličnom razvoju. Njen jedinstveni pogled na svet nas podseća na vrednost raznolikosti, hrabrosti i dubokog razmišljanja. Marijin put nam ukazuje na to da je svaka prilika korak ka rastu i da je svako iskustvo dragoceno. Ona je izvor inspiracije i uzor za sve vas, njene vršnjake, koji težite da živite život ispunjen strašću, otvorenosću i hrabrošću.

*4You Magazin*u bilo je posebno zadovoljstvo i čast da upozna jednu ovakvu sjajnu devojčicu. Mariji 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 na stranicama našeg i vašeg 4You Magazina.

At the beginning of our conversation with Marija, the first thing that struck us is her unique mindset, a broad range of interests, as well as inspiration that she draws from different aspects of her everyday life. What she likes in particular is learning foreign languages, because according to her, the language is not just a means of communication, but a true art that connects people and cultures. She is very fond of her mother tongue, Serbian, and that becomes obvious through her enthusiasm for this subject, which grew to become her favorite subject in school.

“I am amazed at the variety of languages across the world, each with its own distinct expressions, sounds, alphabet and specific speech areas. I adore my mother tongue and I try my best to perfect it, through writing poems and short stories,” Marija explained.

She added that she also adores books and reading, because according to her, “books are much more than letters on paper.” For her, they are a window into another world, an inspiration for growth and development. Through each read page, Maria is facing new ideas, emotions and outlooks, thereby getting richer as a person. Books are her faithful companions through all life stages, supporting her and inciting her to intellectual growth.

Take bold steps towards opportunities

Apart from languages and books, this charming girl loves to travel. Marija’s passion for travel is reflected in her frequent exploration of various destinations. For her, every trip is an opportunity to immerse herself in different cultures, customs and ways of thinking. Through new experiences and encounters, Maria is expanding her world and becoming aware of the richness of diversity that shapes human lives across the globe.

Still, what makes Maria truly special is her deep and thoughtful view of the world. Her ability to think outside the box and confront life challenges bravely and with optimism makes her a role model for her peers. Her thinking also inspires all of us to look at the world in a deeper way, to be open to new ideas and to fearlessly follow our passions. Therefore, she bravely invites her peers in Kosovo to follow their heart and do not let obstacles stop them. “All our failures are just steps towards success, and each challenge carries an opportunity for growth and resonates as an enticement and inspiration, telling us that we should never give up our dreams,” said this mature seventeen-year-old.

Finally, let us add that through her passion for learning languages, love for travel and a deep connection to books, Marija Spasić illuminates the path to inspiration and personal growth. Her unique outlook on the world reminds us about the value of diversity, courage and deep thinking. Marija’s journey shows us that every opportunity is a step towards growth and that every experience is precious. She is a source of inspiration and a role model for all of you, her peers, who strive to live a life of passion, openness and courage.

The 4You Magazine was particularly pleased and honored to meet such a great girl. We wish Marija all the best on her journey. We invite you, our dear readers, to propose a friend, or to introduce yourself, tell us why you are the best and what sets you apart from others. We invite you to get to know your peers, and the best of you will be featured on the pages of our and your 4You Magazine.



Tokom tri dana, prelepi istorijski grad Prizren je bio domaćin prvog MostUra festivala. Ova jedinstvena trodnevna proslava je okupila mlade različitog etničkog porekla, osnažujući jedinstvo i podstičući povezivanje.

Rođenje MostUra festivala

MostUra festival, zamisao Ildae Krame, mlade arhitektice iz Mitrovice, nosi ime koje oslikava njegovu samu suštinu. Nastalo od srpske i bosanske reči "Most" i albanske reči "Ura", koje obe znače most, ovaj festival simbolizuje jedinstvo među mladima na Kosovu. Ideja je zaživela nakon što su Ilda i njene kolege u junu 2023. učestvovali u Omladinskoj skupštini u Prizrenu, gde su njihove veze prijateljstva prerasle u projekat koji obezbeđuje novčana sredstva za sprovođenje.

Prema Ildinim rečima, ispostavilo se da je festival mnogo više od onoga čemu su se ona i ostali suosnivači nadali ili očekivali. „Ovaj festival je prevazišao kulturne debate, običaje i porodične veze. Učesnici su se otisnuli na kulturnu turneju, posetivši čuvene lokacije u Prizrenu, Đakovici i Dečanima, uključujući istorijsku zgradu Albanske lige i zadivljujući manastir Dečani. Poslednji dan obeležilo je kreativno izražavanje mira kroz slikarstvo, izlaganje kulturnih dobara i multikulturalne nastupe mešovitog benda“, istakla je Ilda.

Tapiserija različitosti

Prvi MostUra festival je trajao tri izvanredna dana, privlačeći mlade ljude različitog etničkog porekla koji žive na Kosovu, uključujući Albance, Srbe, Bošnjake, Turke i Rome. Tokom našeg razgovora, Ilda je istakla da je za nju bilo veoma dirljivo da vidi kako se mladi različitog porekla okupljaju, stiču razumevanje i saraduju.

Ildine utiske potvrdila je Riga Sadiku, student i učesnik



ovog festivala. „Kroz saradnju, prijateljstvo i istraživanje spomenika, MostUra festival je pokazao potencijal za jedinstvo na Kosovu. Bila sam duboko dirnuta sposobnošću MostUre da okupi mlade ljude različitog porekla“, navela je Riga. Ona je zatim pozvala mlade na Kosovu da budu otvorenog uma i rade u cilju mirnog Kosova.

Osnivači iz različitih svetova: Multikulturalni tim

Osnivači MostUre, među kojima su Ilda Krama (iz Mitrovice), Blerina Halili (iz Prištine), Shenoll Çulanhxi (iz Prizrena) i Eris Hasani (iz Peći), predstavljaju mikrosos-

'MostUra' FESTIVAL UNITES KOSOVO'S YOUTH

For three days the beautiful historic city of Prizren hosted the first edition of the MostUra Festival. This unique three-day celebration brought together young people from diverse ethnic backgrounds, empowering unity, and fostering connections.

mos multikulturalizma. Uprkos nedostatku iskustva u organizovanju ovakvih događaja, njihov multikulturalni tim je uspešno realizovao festival za pamćenje. Ilda je naglasila strmu krivu učenja, posebno u vezi sa logistikom, ali je istakla i da je iskustvo obogatilo njihovo razumevanje organizacije događaja.

„Uticaj festivala odjekuje duboko u nama kao osnivačima, ali i u učesnicima. Za mene, naučene lekcije prevazilaze logistiku i planiranje događaja. Ono što je najvažnije, MostUra je demonstrirala potencijal mladih ljudi na Kosovu da izgrade mirno društvo, naglašavajući želju za razumevanjem i saradnjom izvan etničkih i kulturnih linija, kao put u složnu budućnost“, istakla je Ilda. S tim u vezi, Sanja Radosavljević, 18-godišnja matrantkinja Srednje medicinske škole, sa zadovoljstvom je opisala vreme koje je provela na MostUri. Najviše joj se dopala prilika da upozna vršnjake iz različitih sredina, da istražuje nova mesta i da se divi bogatom kulturnom nasleđu Kosova.

Šenol Čilandži još jedan suosnivač MostUre, istakao je ulogu festivala u razbijanju stereotipa i predrasuda: „Negujući saradnju, prijateljstvo i kulturnu razmenu, događaji poput MostUre postavljaju temelje budućim generacijama da efikasnije komuniciraju i saraduju, na kraju oblikujući bolje Kosovo.“

Svetlije, inkluzivnije Kosovo

I da zaključimo, MostUra festival snažno svedoči o potencijalu za zajedništvo i razumevanje među mladima na Kosovu. Pokazao je da odbacivanjem predrasuda i prihvatanjem različitosti, mladi mogu izgraditi svetliju i složniju budućnost za sebe i generacije koje dolaze. Prvo izdanje MostUre ostavilo je neizbrisiv trag, osvetljavajući put ka inkluzivnijem i mirnijem Kosovu.



The Beginning of MostUra Festival

The MostUra Festival, a brainchild of Ilda Krama, a young architect from Mitrovica, carries a name that embodies its essence. Derived from the Serbian and Bosnian words "Most" and the Albanian word "Ura," both meaning "Bridge," the festival symbolizes unity among Kosovo's youth. The idea took root after Ilda and her colleagues participated in the June 2023 Youth Assembly in Prizren, where their bonds of friendship evolved into a project securing grant funding for implementation.

According to Ilda, the festival turned out to be much more than what she and the other cofounders hoped or expected. "This festival transcended cultural discussions, traditions, and familial bonds. Attendees embarked on a cultural tour, visiting iconic sites in Prizren, Gjakova/Djakovica, and Deçan/Decane, including the historic Albanian League building and the awe-inspiring Deçan/Decane Monastery. The concluding day featured creative expressions of peace through painting, cultural object showcases, and multicultural performances by a diverse band," Ilda stressed.

A Tapestry of Diversity

MostUra's inaugural edition spanned three remarkable days, attracting young people from diverse ethnic backgrounds living in Kosovo, including Albanians, Serbs, Bosnians, Turks, and Roma. During our conversation Ilda highlighted that it was profoundly emotional for her to witness youth from different backgrounds come together, forge understanding, and collaborate.

Riga Sadiku, a student, and participant of this festival confirmed Ilda's sentiments. "Through cooperation, friendship, and exploration of monuments, the MostUra Festival showcased the potential for unity in Kosovo. I was profoundly moved by MostUra's ability to bring together young people of diverse backgrounds," Riga stated. She went on urging Kosovo's youth to be open-minded and work toward a peaceful Kosovo.

Founders from Different Worlds: A Multicultural Team

MostUra's founders, including Ilda Krama (from Mitrovica), Blerina Halili (from Prishtinë/Pristina), Shenoll Çulanxhi (from Prizren), and Eris Hasani (from Peja), represent a microcosm of multiculturalism. Despite their lack of experience in organizing such events, their multicultural team successfully executed a memorable festival. Ilda emphasized the steep learning curve, especially concerning logistics, but noted that the experience enriched their understanding of event organization.

"The festival's impact resonates deeply with us as founders but the participants as well. For me, the lessons learned extend beyond logistics and event planning. Most importantly, MostUra demonstrated the potential for Kosovo's youth to build a peaceful society, emphasizing the desire to understand and cooperate across ethnic and cultural lines as the path to a harmonious future," Ilda stated. In relation to this, Sanja Radosavljevic, an 18-year-old graduate from the Medical High School, cherished her time at the MostUra. She appreciated the most the opportunity to meet peers from various backgrounds, explore new places, and appreciate Kosovo's rich cultural heritage.

Shenoll Çulanxhi, another cofounder of MostUra, emphasized the festival's role in dismantling stereotypes and prejudices: "By fostering cooperation, friendship, and cultural exchange, events like MostUra lay the groundwork for future generations to communicate and collaborate more effectively, ultimately shaping a better Kosovo."

A Brighter, More Inclusive Kosovo

In conclusion, the MostUra Festival stands as a powerful testament to the potential for unity and understanding among Kosovo's youth. It demonstrated that by shedding prejudices and embracing diversity, the youth can build a brighter and more harmonious future for themselves and generations to come. MostUra's inaugural edition has left an indelible mark, lighting the way toward a more inclusive and peaceful Kosovo.

JESENJE BOJE 2023



Jesen je već uveliko stigla kod nas. Dani su kraći, spoljne temperature niže, priroda se transformiše u prelep spektakl boja, a i isto se dešava sa modnim trendovima. Svako godišnje doba nosi sa sobom karakteristične boje koje nas inspirišu, pa tako i jesen utiče na prirodu i modu, donoseći sa sobom svežu paletu boja i stilskih izazova. Jesenje boje su mnogo više od običnih nijansi. One su odraz prirode u koja se menja ali i prilika da svoj stil prilagodite novom okruženju.

U nastavku teksta pročitajte o raznolikosti jesenjih boja, o toplim zemljanim tonovima poput tamno crvene, oker žute i terakota smeđe koje donose toplinu i udobnost u hladnijim danima, kao i o hladnijim nijansama poput sive i maslinasto zelene, koje unose osećaj mira i ozbiljnosti. Bez obzira na to da li preferirate tople ili hladne nijanse, jesen

pruža mnogo mogućnosti da eksperimentišete sa bojama i kreirate autentične odevne kombinacije.

Tamno crvena

Ova nijansa podseća na boju vina i borovnica, čime se stvara osećaj raskoši i elegancije. Ova bezvremenska nijansa se pojavljuje u svakoj jesenjoj sezoni. Tamno crvena se

savršeno uklapa sa ostalim jesenjim bojama, kao što su smeđa, zlatna, ili maslinasto zelena. Tamno crvena ili bordo može se koristiti kao osnovna boja, a posebno je popularna za večernje odevne kombinacije.

Oker žuta

Oker žuta je nijansa koja se često može videti na lišću pre nego što padne sa drveća. Ova nijansa žute boje donosi vedrinu jesenjim danima svojom toplom i sunčanom nijansom. Ova boja se često kombinuje sa tamnijim bojama kako bi stvorila kontrast.

Maslinasto zelena

Maslinasto zelena je jedna od vodećih boja ove jeseni. Sa svojim neutralnim tonom, ona donosi mir i uravnoteženost svakom izgledu. Ova nijansa je svestrana i može se nositi u raznim varijantama, od lagane svakodnevne odeće do sofisticiranih večernjih kombinacija.

AUTUMN COLORS 2023

Terakota smeđa

Terakota smeđa je boja koja se savršeno uklapa sa toplinom jesenjim tonovima. Ono što posebno odlikuje, ovaj zemljani ton je to, da podseća na jesenje lišće i dodaje autentičnost svakom izgledu. Terakota smeđa može biti osnovna boja odeće ili aksesora, kao što su šalovi ili torbe.

Teget plava

Teget plava je mirna nijansa koja asocira na vedro nebo u hladnijim jesenjim danima. Ova boja se uklapa sa jesenjim paletama, stvarajući kontrast sa toplijim bojama lišća. Često se koristi kao osnovna boja za kapute, džempere i pantalone ali i kao detalj u šeširima, rukavicama ili torbama. Teget plava je odličan izbor za suptilan izgled.

Siva sa nijansama plave

Klasična siva boja često se koristi kao neutralna baza u jesenskim kombinacijama. Nijanse plave doprinose dubini boje i čine je interesantnijom. Siva sa nijansama plave donosi dozu ozbiljnosti i elegancije a takođe otvara mogućnost za kreativnost u modnom izražavanju. Ova boja može da se koristi u slojevitim kombinacijama koje stvaraju dimenziju i dubinu, dodajući teksturu i interesantne kontraste.

Jesen nas podseća na promene i pruža nam priliku da istražimo raznolikost i bogatstvo boja koje nas okružuju. Uz ovakav izbor jesenjih boja, svako od nas može kreirati odevne kombinacije koje odražavaju duh sezone ali istovremeno naglašava individualnost.

Here we are, already well into autumn. Days are shorter, outside temperatures are lower, nature is being transformed into a beautiful spectacle of colors, and the same is happening with fashion trends. Each season brings along characteristic colors that inspire us, and autumn as well impacts nature and fashion, bringing a fresh palette of colors and style challenges. Autumn colors are much more than just hues. They are a reflection of the changing nature, but also an opportunity to adapt your style to the new environment.

Read below about the diversity of autumn colors, about warm earthy tones like burgundy, ochre yellow and terracotta brown that bring warmth and comfort during colder days, as well as about cooler shades like gray and olive-green, which bring a sense of peace and seriousness. Whether you prefer warm or cool shades, autumn offers many opportunities to experiment with colors and create authentic outfits.

Burgundy

This shade is reminiscent of the color of wine and blueberries, creating a feeling of sumptuousness and elegance. This timeless shade appears in every autumn season. Burgundy matches perfectly with other autumn colors, such as brown, gold, or olive-green. Dark red or burgundy can be used as a base color, and is especially popular for evening outfits.

Ochre

Ochre is a shade that can often be seen on leaves before they fall from the trees. This shade of yellow brings cheerfulness to autumn days with its warm and sunny shade. This color is often combined with darker hues to create contrast.

Olive-green

Olive-green is one of the top colors this autumn. With its neutral tone, it adds a touch of peace and balance to any look. This shade is versatile and can be worn in a variety of ways, from lightweight everyday clothes to sophisticated evening combinations.

Terracotta brown

Terracotta brown is a color that fits perfectly with the warmth of autumn tones. What is special

about this earthy tone is that it is reminiscent of autumn leaves and adds authenticity to any look. Terracotta brown can be used as a base color for clothing or accessories, such as scarves or bags.

Navy blue

Navy blue is a calm shade that is associated with clear skies on cooler autumn days. This color blends in with autumn palettes, creating contrast with the warmer colors of the leaves. It is often used as a base color for coats, sweaters and trousers, but also as a detail in hats, gloves or bags. Navy blue is a great choice for a subtle look.

Gray with shades of blue

Classic gray is often used as a neutral base in autumn combinations. Shades of blue add depth to the color and make it more interesting. Gray imbued with shades of blue adds a touch of seriousness and elegance and also opens up the possibility for creativity in the fashion expression. This color can be used in layered combinations that create dimension and depth, adding texture and interesting contrasts.

Autumn reminds us of changes and gives us the opportunity to explore the diversity and richness of colors that surround us. With this selection of autumn colors, each of us can create outfits that reflect the spirit of the season while at the same time highlighting individuality.

NINA ANDREJEVIĆ

„*VERUJTE U SEBE*“

Otkako se pojavila na muzičkoj sceni 2017. godine, lokalna publika u Mitrovici, Gračanici, Leposaviću i Štrpcu imala je priliku da upozna 25-godišnju Ninu Andrejević i njene vokalne sposobnosti. Ova mlada umetnica, koja osim što je pevačica, radi i kao stomatološka sestra, ističe da ne voli da govori o sebi, već ostavlja tu ulogu svojim najbližima. Ne trpi nepravdu i veruje da ljubav može spasiti svet. Pored muzike, piše i poeziju. Njena majka joj je pružila dragocen savet, a najvažnije životne lekcije naučila je upravo kroz sopstvene greške. Ključ uspeha, prema Ninim rečima, leži u konstantnom trudu da bude najbolja verzija sebe. U ekskluzivnom intervjuu za 4You Magazine, razgovarali smo sa Ninom o njenim muzičkim počecima, ljubavi prema poeziji, odnosu prema muzici, slobodnom vremenu i planovima za budućnost.

Kako bi opisala sebe?

Ne volim puno da pričam o sebi, više volim da to prepustim ljudima koji provode dosta vremena sa mnom. Oni uvek imaju dosta toga da kažu. Ono što ja mogu da kažem, jeste da sam osoba koja ne podnosi nepravdu i veruje da će ljubav spasiti svet.

Kada si se prvi put zainteresovala za muziku i pevanje?

Bilo je to davno, još u osnovnoj školi. Nastavnica muzičkog je otkrila moj talenat i uticala na mene da se malo ozbiljnije pozabavim time. Počela sam da učestvujem na raznim takmičenjima i događajima u našem okruženju. Upravo u tom periodu sam upoznala mnogo divnih ljudi, sa kojima i danas posle toliko godina sarađujem.

Diplomirali ste na odseku za Engleski jezik i književnost, kako se vaša muzička karijera razvijala od trenutka kada ste završili studije?



Ja sam 2017. godine upisala fakultet, a iste te godine počela da nastupam, tako da sam sve vreme i radila i studirala. Za vreme pandemije korona virusa nije bilo posla, tada smo svi napravili jednu dužu pauzu, a ja sam tada i diplomirala. Kada se sve vratilo u normalne tokove, imala sam više vremena da se posvetim muzici. Tako da se sve nekako uklopilo baš kako treba.

U jednom od intervjua si izjavila da ćeš uskoro da objaviš knjigu, pa kako napreduje proces pisanja?

Tako je, nadam se da će se to uskoro realizovati. Proces pisanja ide baš kako treba - polako ali sigurno. Radim dva posla, kao stomatološka sestra i pevam, pa samim tim nemam toliko vremena kao što sam imala u tom periodu kada sam obećala da ću objaviti knjigu. Međutim, knjige će svakako biti, ali nigde ne žurim. Volim da sve bude skockano kako treba, a kada žurimo, ne možemo da damo svoj maksimum.

Kako bi opisala svoj muzički stil i imaš li muzičkih uzora?

Moj muzički stil je zapravo onaj pravi "narodnjački". Iako mogu da slušam i pevam svaku vrstu muzike, najviše uživam u narodnoj muzici koja datira još iz vremena kada nisam ni bila rođena. Muzičkih uzora nemam, poštujem svačiji rad i trud. Smatram da je pogrešno upoređivati se sa bilo kim, pa makar to bilo i sa velikim

umetnicima, kojih mi svakako imamo. Uvek se trudim da budem najbolja verzija sebe i smatram da je to ključ uspeha.

Koji je najbolji savet koji si ikada dobila?

To je bio savet moje majke: Da uvek budem ono što jesam, da nikada ne glumim i ne pretvaram se. Poenta je u tome da nas ljudi zavole, takve kakvi stvarno jesmo i jedino je to prava ljubav.

Od koga si najviše naučila?

Najviše sam saveta u životu dobila od majke, ali sam najviše naučila iz grešaka, koje sam napravila onda kad nju nisam poslušala.

Kako muzika utiče na tvoj lični rast i samopouzdanje?

Muzika je, pored pisanja, moja velika ljubav. Verovatno su svi gledali film „Toma“, a neki smo se dobro i isplakali. Stoga ću da iskoristim priliku i citiram glumca Milana Marića, koji je u filmu tumači Tomu Zdravkovića rekao: „Ja moram da pevam. Meni duša traži da pevam“. Mislim da ne treba ništa da dodam.

Najzбудljiviji nastup do sada?

Svaki nastup mi je uzбудljiv i poseban, ali je prvi svakako bio najzбудljiviji.





NINA ANDREJEVIĆ

„BELIEVE IN YOURSELF“

Since her first performance on the music scene in 2017, the local audience in Mitrovica, Gračanica, Leposavic, and Štrpce had the opportunity to meet 25-year-old Nina Andrejević and her vocal talents. This young artist, who, in addition to being a singer, also works as a dental nurse, points out that she does not like to talk about herself, but leaves that role to those closest to her. Averse to injustice, she believes in love as the world's savior. Besides music, she is also passionate about writing poetry. Her mother gave her the most valuable advice, and she learned the most important life lessons through her own mistakes. According to Nina, the key to her success lies in her constant effort to be the best version of herself. In an exclusive interview with 4You Magazine, we spoke with Nina about her beginnings in music, her love for poetry, her relationship with music, her free time, and her plans for the future.

Bila sam ponosna što sam i pored ogromne treme znala skoro svaku pesmu na pamet.

Planovi za budućnost vezano za muziku i poeziju?

Što se muzike tiče, volela bih da snimim cover neke pesme. Sa svojim kolegama sada tražim predloge, pa ćemo videti koju ćete pesmu na kraju čuti u mom izvođenju. A kada je poezija u pitanju, nastaviću da pišem kao i do sada - u naletu emocija i inspiracije.

Kako najčešće provodiš slobodno vreme?

Slobodno vreme koristim za čitanje, gledanje filmova, šetnju, i izlaske... Sve zavisi od raspoloženja.

Facebook, Instagram, Snapchat, WhatsApp, TikTok ili?

Imam sve navedene društvene mreže i provodim dosta vremena na njima. Instagram koristim najčešće. Smatram da svaka mreža ima i prednosti i mane, ali nisam od onih koji misle da ih treba ukinuti. Svako bira šta pretražuje, a ako se nekom neki sadržaj ne sviđa, uvek može da ga zaobiđe.

Telefonski pozivi, e-pošta ili SMS poruke?

Telefonski pozivi i SMS poruke. E-poštu koristim retko.

Na kraju razgovora, Nina je imala poruku za sve mlade na Kosovu. „Nikada nemojte da prestanete da verujete u sebe“, poručila je mladima ova svestrana umetnica.

How would you describe yourself?

I don't like to talk a lot about myself. I prefer to leave that to people who spend time with me. They always have a lot to say. What I can say is that I am a person who does not tolerate injustice and believes that love will save the world.

When was the first time you expressed interest in music and singing?

It was a long time ago, back in elementary school. My music teacher discovered my talent and influenced me to take it more seriously. I started participating in various competitions and events in our surroundings. During that period, I met many wonderful people with whom I still collaborate today after so many years.

How has your music career developed since the moment you finished your studies and graduated in English Language and Literature?

I enrolled at the university in 2017, and in the same year, I started performing, so I was working and studying all the time. During the coronavirus pandemic, there was no work, then we all took a long break, and that's when I graduated. When everything was back to normal, I had more time to devote myself to music. Everything fit together just right.

In one of the interviews, you stated that you would soon publish a book, so how is the writing process progressing?

That's right. I hope to finish it soon. The writing process is going as it should - slowly but surely. I have two jobs, as a dental nurse and a singer, so I don't have as much time as I had during that period when I promised to publish the book.

However, there will be a book, but I'm not in a hurry. If we rush, we can't do our best. That's why I like everything to be done right.

How would you describe your musical style, and do you have any musical role models?

My musical style is original "folk". Although I can listen to and sing any music, I enjoy folk music the most, which dates back to before I was born. I have no musical role models. I respect everyone's work and effort. I think it's wrong to compare yourself with anyone, even if it's with great artists, which we certainly have. I always try to be the best version of myself and believe that is the key to success.

What is the best advice you have ever received?

That was my mother's advice: To always be who I am, to never act or pretend. The point is that people love us as we are. That is the only true love.

From whom did you learn the most?

I got the most advice in my life from my mother, but I learned the most from the mistakes I made when I didn't listen to her.

How does music affect your personal growth and self-confidence?

Music, besides writing, is my great love. Probably everyone has seen the movie "Toma", and some of us cried while watching the movie. Therefore, I will take the opportunity to quote the actor Milan Marić, who portrayed Toma Zdravković in the film, who said: "I have to sing. My soul wants me to sing". I don't think I need to add anything.

Most exciting performance to date?

Every performance was exciting and unique for me, but the first one was the most exciting. I was proud that despite the tremendous stage fright, I could sing every song without looking at the lyrics.

Plans for music and poetry?

As for music, I would like to record a cover song. I am asking for suggestions from my colleagues, so we will see which one you will eventually hear in my performance. When it comes to poetry, I will continue to write as before - in a burst of emotion and inspiration.

How do you usually spend your free time?

I use my free time to read, watch movies, go for a walk, and go out... It all depends on my mood.

Facebook, Instagram, Snapchat, WhatsApp, TikTok or?

I have all the mentioned social networks and spend a lot of time on them. I use Instagram most often. I believe that every network has both advantages and disadvantages. I am not one of those who think there should be a ban on social networks. Everyone chooses what they search for, and if someone doesn't like some content, they can always bypass it.

Phone calls, email, or text messages?

Phone calls and text messages. I rarely use e-mail.

At the end of the conversation, Nina had a message for the young people in Kosovo. "Never stop believing in yourself," said this versatile artist to young people.

PARASPORTSKE IGRE „KOSOVO 2023“ - STVARANJE VEZA, OSNAŽIVANJE ZAJEDNIŠTVA!



Sunce je jasno sijalo nad gradom Vučitrnom/ Vushtrri kada su otvorene Parasportske igre „Kosovo 2023“ uz erupciju energije i entuzijazma. Uzavrela atmosfera na Kosovskoj akademiji za javnu bezbednost mogla se opipati i bilo je jasno da se dešava nešto posebno. Ovogodišnje igre su bile kao nijedne do sada jer su okupile ne samo paraolimpijce iz svih delova Kosova, već i njihove kolege iz susednih zemalja, Hrvatske, Crne Gore i Severne Makedonije.

Skup šampiona

Ovogodišnje Parasportske igre su okupile preko 450 parasportista, što je jasan znak da iz godine u godinu ovaj događaj raste i po broju takmičara i po značaju. Ali nije se radilo samo o igrama; ovaj događaj je takođe bio proslava izdržljivosti, zajedništva i nesalomivog duha parasportista. Među izuzetnim pojedincima koji su uveličali svečanost otvaranja bili su Antonia Balek, hrvatska parasportistkinja sa inspirativnom pričom, i Egzon Vatovci, odlučni parasportista sa Kosova koji ima velike snove za Pariz 2024.

Antonija Balek, koja je prethodno osvojila dve zlatne medalje na Paraolimpijskim igrama u Pekingu 2008. godine, podelila je svoja razmišljanja o značaju sporta i takmičenja. Uprkos izazovima sa kojima se suočila nakon saobraćajne nesreće, Antonija je izrazila radost što može da se takmiči na Kosovu i ohrabrila mlade ljude da slede svoje snove, kako u sportu tako i svakodnevnom životu.

Egzon Vatovci, zvezda u usponu u svetu para stonog tenisa, sa strašću je govorio o važnosti prijema Kosova u punopravno članstvo Evropskog paraolimpijskog komiteta. On je obećao da će kući doneti zlatnu medalju iz Pariza 2024. i istakao posebnost ovih igara koje su po prvi put ugostile parasportiste iz regiona.

Odavanje počasti šampionima života

General-major Anđelo Mikele Ristuča, komandant KFOR-a, uputio je iskrenu poruku divljenja i zahvalnosti parasportistima. Nazvao ih je „supersportistima“, izrazom koji

prevazlazi sferu sporta. Odabir reči generala Ristuče imao je za cilj da istakne izuzetne kvalitete i podvige parasportista koji uveliko izlaze van okvira tradicionalnih sportova.

Parasportisti se suočavaju sa jedinstvenim izazovima na svom putu ka uspehu, često prevazilazeći fizičke, emocionalne i društvene barijere koje mogu biti zastrašujuće. Njihov režim treniranja je rigorozan, a svoje telo i um dovode do krajnjih granica. Međutim, ono što ih zaista izdvaja je njihova nepokolebljiva odlučnost, izdržljivost i nesalomiv duh.

Ilustrujući svoju tezu, general Ristuča je podelio potresnu priču o svom prijatelju po imenu Luka, paraolimpijcu iz Italije. Ispričao je kako je Lukina odlučnost ostavila trajan utisak na njega i njegove vojnike: „Pozvao sam Luku u svoju brigadu i zamolio svoje vojnike da prihvate izazov

i pokušaju da izvedu iste aktivnosti koje je Luka, kao paraolimpijski sportista, koristio u svom treningu. Uprkos njihovoj izuzetnoj obučenosti, moji vojnici su otkrili da su Lukine rutinske aktivnosti za njih predstavljale ogroman izazov, dodatno naglašavajući neverovatnu snagu i izdržljivost parasportista poput njega.”

Tako, kada je general Ristuča parasportiste nazvao „supersportistima“, on je to učinio uz duboko poštovanje prema njihovom izuzetnom karakteru i njihovoj sposobnosti da nedaće pretvore u trijumf. Parasportisti se ističu ne samo u sportovima koje su izabrali već i u životu, pokazujući nenadmašnu istrajnost i inspirišući sve oko sebe da idu preko svojih granica, što ih, prema njegovim rečima, čini ne samo sportistima već i šampionima u životu.

Edvard Anderson, direktor OEBS-ovog odeljenja za javnu bezbednost, takođe je izrazio svoje divljenje prema svim parasportistima zbog njihove sposobnosti da inspirišu i spajaju zajednice. I on je ispričao priču o kolegi koji se popeo na Kilimandžaro i učestvovao u mnogim maratonskim trkama, uprkos svom invaliditetu, ističući



da su parasportisti najbolji primer koji dokazuje da ništa nije nemoguće. Na taj način je ohrabrio sve ljude da dosledno i sa predanošću slede svoje snove.

Vizija jedinstva i napretka

Njomza Emini, predsednica Paraolimpijskog komiteta Kosova (KPK), izrazila je radost zbog prijema KPK-a u punopravno članstvo Evropskog paraolimpijskog komiteta. Takođe je istakla da su Parasportske igre „Kosovo 2023“ predstavljale značajnu prekretnicu, okupljajući parasportiste sa Kosova i susednih zemalja u duhu zdravog takmičenja i druženja. Prema njenim rečima, sve to je bilo moguće zahvaljujući čvrstoj podršci raznih organizacija poput Misije OEBS-a na Kosovu, Kosovske akademije za javnu bezbednost i KFOR-a. Ističući da se igre ne bave samo sportom već i promovisanjem zajedništva, različitosti i inkluzivnosti na Kosovu, predsednica Emini je još jednom podsetila sve parasportiste da nijedan cilj nije nedostižan, uprkos ograničenjima ili izazovima.

I da zaključimo, Parasportske igre „Kosovo 2023“ bile su svedočanstvo nesalomivog duha parasportista, proslava različitosti i zajedništva, i sjajan primer šta se može postići kada se zajednice udruže. Ove igre će biti upamćene ne samo po osvojenim medaljama, već i po stvorenim vezama i inspiraciji koju dele ovi šampioni života. Dok je sunce zalazilo na kraju ovog savršenog vikenda, zaostavština ovih igara će nastaviti da sija, osvetljavajući put budućim generacijama parasportista na Kosovu i šire.

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PARASPORT GAMES KOSOVO 2023- FORGING BONDS, EMPOWERING UNITY!

The sun shone brightly over the town of Vushtrri/Vucitrn as the Parasport Games Kosovo 2023 kicked off with a burst of energy and enthusiasm. The vibrant atmosphere at the Academy for Public Safety of Kosovo was palpable, and it was clear that something special was unfolding. This year's games were like no other, as they brought together not only Paralympians from all corners of Kosovo but also their peers from neighboring countries, including Croatia, Montenegro, and North Macedonia.

A Gathering of Champions

This year's edition of the parasports games attracted over 450 para-athletes, a clear sign that year after year this event keeps growing in both numbers and importance. Nevertheless, it was not just about the games. This event was also a celebration of resilience, unity, and the unbreakable spirit of para-athletes. Among the remarkable individuals gracing the opening ceremony were Antonia Balek, a Croatian para-athlete with an inspiring story, and Egzon Vatovci, a determined para-athlete from Kosovo who has big dreams for Paris 2024.

Antonia Balek, who has previously won two gold medals at the Beijing 2008 Paralympic Games, shared her thoughts on the importance of sports and competition. Despite facing life-altering challenges due to a traffic accident, Antonia expressed her joy at being able to compete in Kosovo and encouraged youth to pursue their dreams, whether in sports or everyday life.

Egzon Vatovci, a rising star in the world of para-table tennis, spoke passionately about the significance of Kosovo's acceptance as a full member of the European Paralympic Committee. He pledged to bring home a gold medal from Paris 2024 and highlighted the special nature of these games, which for the first time ever welcomed para-athletes from the region.

Honoring the Champions of Life

Major General Angelo Michele Ristuccia, KFOR Commander, delivered a heartfelt message of admiration and gratitude to the para-athletes. He called them "super athletes," a term that transcended the realm of sports. General Ristuccia's choice of words aimed to highlight the extraordinary qualities and feats of para-athletes that extend far beyond the boundaries of traditional sports.

Para-athletes face unique challenges in their journey to success, often overcoming physical, emotional, and societal barriers that can be daunting. Their training regimens are rigorous, and they push their bodies and minds to the limits. However, what truly sets them apart is their unwavering determination, resilience, and indomitable spirit.

In illustrating his point, General Ristuccia shared a poignant story about his friend named Luca, a Paralympian from Italy. He recounted how Luca's determination had left a lasting impression on him and his soldiers: "I invited Luca to my brigade and asked my soldiers to challenge themselves by attempting the same activities Luca, as a paralympic athlete, used for training. Despite their exceptional training, my soldiers discovered

that Luca's routines were immensely challenging, further highlighting the incredible strength and resilience of para-athletes like him."

Thus, when General Ristuccia referred to the para-athletes as "super athletes," he did so with a deep appreciation for their exceptional character and their ability to transform adversity into triumph. Para-athletes not only excel in their chosen sports but also in life, demonstrating unparalleled perseverance and inspiring everyone around them to push beyond their limits, which, according to him, makes them not only athletes but champions in life.

Edward Anderson, OSCE Director of the Department for Public Safety, also expressed his admiration for all the para-athletes for their ability to inspire and bring communities together. He too recounted the story of a colleague who climbed Mount Kilimanjaro and participated in many marathon races, despite his disabilities, emphasizing that para-athletes are the best example that proves nothing is impossible. He thus encouraged everyone to pursue their dreams with dedication and consistency.

A Vision of Unity and Progress

Njomza Emini, President of the Kosovo Paralympic Committee (KPC), expressed her joy at the acceptance of KPC as a full member of the European Paralympic Committee. She also noted that the Parasport Games Kosovo 2023 marked a significant milestone, bringing together para-athletes from Kosovo and neighboring countries in a spirit of healthy competition and camaraderie. According to her, this was all made possible thanks to the unwavering support from various organizations such as the OSCE Mission in Kosovo, the Academy for Public Safety of Kosovo, and KFOR. While underscoring that the games were not just about sports but also about promoting unity, diversity, and inclusivity in Kosovo, President Emini reminded once more all the para-athletes that no goal is unachievable despite the limitations or challenges.

In conclusion, the Parasport Games Kosovo 2023 were a testament to the indomitable spirit of para-athletes, a celebration of diversity and unity, and a shining example of what can be achieved when communities come together. These games will be remembered for not only the medals won but for the bonds forged and the inspiration shared among these champions of life. As the sun set on a perfect weekend, the legacy of these games will continue to shine brightly, lighting the way for future generations of para-athletes in Kosovo and beyond.

NAJATRAKTIVNIJI PUTEVI ŠIROM SVETA

Svet je prepun prelepih i živopisnih puteva koji nude poglede koji oduzimaju dah i nezaboravna iskustva za putnike. Ovi putevi su samo neki od mnogih, koji putnicima nude živopisne vožnje i priliku da urone u zadivljujuće prirodne lepote i jedinstvene pejzaže iz celog sveta. Neki od najatraktivnijih puteva na svetu uključuju:



Autoput Pacifičke obale (Kalifornija, SAD)

Takođe poznat kao Kalifornijska državna ruta 1, ovaj autoput nudi zadivljujući pogled na Tih okean i neravnu obalu Kalifornije. Poznat je po dramatičnim liticama, krivudavim putevima i slikovitim vidicima. Deonica autoputa pacifičke obale koja se proteže kroz Big Sur jedan je od najpoznatijih i najfotografisanih deonica puta na svetu. Most Bixbi Creek, duž autoputa Pacifičke obale, jedan je od najfotografisanih mostova u Kaliforniji i nudi spektakularan pogled na obalu.



Veliki okeanski put (Viktorija, Australija)

Ovaj put se proteže duž jugoistočne obale Australije i nudi panoramski pogled na Južni okean, dramatične krečnjačke litice i ikonične prirodne znamenitosti poput Dvanaest Apostola. Veliki okeanski put izgradili su veterani prvog svetskog rata kao spomen na svoje poginule saborce. To je najveći ratni spomenik na svetu.



Kružni put (Island)

Kružni put na Islandu, takođe poznat kao Ruta 1, kruži oko celog ostrva i vodi putnike kroz različite pejzaže, uključujući glečere, vodopade, vulkane i tople izvore. Kružni put je dugačak oko 1.332 kilometra i nudi pristup nekim od najpoznatijih atrakcija Islanda, uključujući Plavu lagunu, nacionalni park Vatnajökull i još mnogo toga. Neki delovi obilaznice nisu asfaltirani, a vremenski uslovi mogu dramatično da variraju, zbog čega je neophodno da putnici pažljivo isplaniraju svoj put.



Put na obali Amalfija (Italija)

Ovaj živopisni put vijuga duž obale Amalfija u južnoj Italiji, pružajući prekrasan pogled na živopisne gradove smeštene na liticama sa pogledom na Sredozemno more. Put na obali Amalfija je Uneskovo svetsko nasleđe zbog svog istorijskog i kulturnog značaja, kao i zadivljujuće prirodne lepote. Put prolazi kroz šarmantne primorske gradove kao što su Pozitano, Amalfi i Ravello, svaki sa svojim jedinstvenim karakterom i atrakcijama.

Autoput Transfagarasan (Rumunija)

Ovaj planinski autoput u Rumuniji, koji se često naziva jednim od najlepših puteva na svetu, prolazi kroz Karpatske planine i nudi zadivljujući pogled na doline, jezera i šume. Autoput Transfagarasan je bio predstavljen u britanskoj TV emisiji "Top Gear", gde je hvaljen zbog izazovnih zaokreta i krivina. Autoput dostiže nadmorsku visinu od preko 2.000 metara i zatvoren je tokom zimskih meseci zbog obilnih snežnih padavina.



THE MOST ATTRACTIVE ROADS ACROSS THE WORLD

The world is filled with beautiful and scenic roads that offer breathtaking views and memorable experiences for travelers. These roads are just a few examples of the many scenic drives that offer travelers the opportunity to immerse themselves in stunning natural beauty and unique landscapes from around the world. Some of the most attractive roads in the world include:

Pacific Coast Highway (California, USA): Also known as California State Route 1, this highway offers stunning views of the Pacific Ocean and the rugged California coastline. It is famous for its dramatic cliffs, winding roads, and picturesque vistas. The section of the Pacific Coast Highway that stretches through Big Sur is one of the most iconic and photographed stretches of road in the world. Bixby Creek Bridge, along the Pacific Coast Highway, is one of the most photographed bridges in California and offers spectacular views of the coastline.

Great Ocean Road (Victoria, Australia): This road stretches along the southeastern coast of Australia and offers panoramic views of the Southern Ocean, dramatic limestone cliffs, and iconic natural landmarks like the Twelve Apostles. The Great Ocean Road was built by the veterans of World War I as a memorial to their fallen comrades. It is the world's largest war memorial.

Ring Road (Iceland): Iceland's Ring Road, also known as Route 1, circles the entire island and takes travelers through a diverse range of landscapes, including glaciers, waterfalls, volcanoes, and hot springs. The Ring Road is about 1,332 kilometers long and offers access to some of Iceland's most famous attractions, including the Blue Lagoon, Vatnajökull National Park, and more. Some sections of the Ring Road are not paved, and weather conditions can vary dramatically, making it essential for travelers to plan carefully.

Amalfi Coast Road (Italy): This scenic road winds along the Amalfi Coast in southern Italy, offering breathtaking views of colorful towns perched on cliffs overlooking the Mediterranean Sea. The Amalfi Coast Road is a UNESCO World Heritage

Site due to its historical and cultural significance, as well as its stunning natural beauty. The road passes through charming coastal towns like Positano, Amalfi, and Ravello, each with its own unique character and attractions.

Transfagarasan Highway (Romania): Often referred to as one of the most beautiful roads in the world, this mountainous highway in Romania passes through the Carpathian Mountains and offers stunning vistas of valleys, lakes, and forests. The Transfagarasan Highway was famously featured in the British TV show "Top Gear," where it was praised for its challenging twists and turns. The highway reaches an elevation of over 2,000 meters and is closed during the winter months due to heavy snowfall.

Trollstigen (Norway): This serpentine mountain road in Norway is known for its steep inclines, sharp curves, and magnificent views of waterfalls and fjords. Trollstigen, or "Troll's Path," is known for its steep inclines and sharp hairpin turns, making it a challenging and exhilarating drive. The road offers stunning views of the Stigfossen and Trollfossen waterfalls, as well as the surrounding mountains.

Grossglockner High Alpine Road (Austria): This toll road takes you through the Austrian Alps, offering panoramic views of glaciers, alpine meadows, and the highest mountain in Austria, Grossglockner. The Grossglockner High Alpine Road offers a unique driving experience through Austria's High Tauern National Park and provides access to the Grossglockner, the highest peak in Austria. The road is also home to an educational visitor center that offers insights into the natural and cultural history of the region.

Trollstigen (Norveška)

Ovaj vijugavi planinski put u Norveškoj poznat je po strmim padinama, oštrim krivinama i veličanstvenim pogledima na vodopade i fjordove. Trollstigen, ili "Trolova staza", poznat je po svojim strmim padinama i oštrim zavojima, što ga čini izazovnim i uzbudljivim za vožnju. Put pruža zadivljujući pogled na vodopade Stigfosen i Trolfosen, kao i na okolne planine.

Visoki alpski put Grossglockner (Austrija)

Ovaj put vodi vas kroz austrijske Alpe, pružajući panoramski pogled na glečere, alpske livade i najvišu planinu u Austriji, Grossglockner. Visoki alpski put Grossglockner nudi jedinstveno iskustvo vožnje kroz nacionalni park Visoki Tauern u Austriji i omogućava pristup Grossglockneru, najvišem vrhu u Austriji. Ovaj put je i deo obrazovnog centra za posetioce, kojima nudi uvid u prirodne i kulturne znamenitosti regiona.



DO IT YOURSELF



KAKO DA NAPRAVITE KORPU ZA VOĆE?

Korpe za voće postaju sve popularniji način da unesete svežinu i u vaš dom. Ovakve korpe za voće ne samo da su praktične za skladištenje voća, već se mogu koristiti i za različite namene - možda i za neki desert. Mogu takođe da budu idealan poklon za rođendane ili godišnjice.

Potreban materijal:

- Sprej za očvršćavanje tkanine - štirak
- klupko konca
- samolepljiva folija
- makaze
- mala posuda za sredstvo za očvršćavanje tkanine i velika posuda koja će služiti kao kalup.



Kada je posuda potpuno suva i čvrsta, spremna je za upotrebu. Napunite svoju posudu voćem ili orašastim plodovima samo se pobrinite da je ne preopterite.



Ono što čini ove korpe posebnim jeste to da su jednostavne za izradu, pa ih može napraviti svako, čak i oni koji su manje vešti u pravljenju rukotvorina. Osim toga, imaju širok spektar primene - pa tako mogu poslužiti za ukrašavanje terasi i bašti. Korpe se mogu napraviti od recikliranih materijala, što ih čini ekonomičnim izborom ali i ekološko odgovornim. Stoga, u nastavku pročitajte kako da napravite jednostavnu i funkcionalnu korpu za voće.

Postupak izrade:

1. Najpre je potrebno da prekrijete spoljašnju vašu posudu samolepljivom folijom, ali vodite računa o tome da krajevi folije prekriju unutrašnjost posude. Potom sipajte malo sredstva za očvršćavanje tkanine, kod nas poznatiji kao - štirak u drugu posudu. Isecite 12 dužina konca, a svaka dužina treba da bude oko 110 cm.

2. Navijte dužine konca oko svojih prstiju da biste napravili uredan snop. Stavite konac u posudu u koju ste prethodno stavili sredstvo za očvršćavanje tkanine. Potopite konac u štirak i prelijte više preko vrha da bi konac bio pokriven. Utrljajte ovo sredstvo u konac tako da bude potpuno natopljen.

3. Nakon toga, počnite da umotavate konac nasumično oko posude, sa jedne na drugu stranu. Kada konac dostigne ivicu, jednostavno se vratite praveći 'U' okret. Potrebno je da krajevi svakog dela prethodno umotanog konca budu prema dnu posude. Kako bi vam posude bilo dobro pokrivena, upotrebite 8-9 delova

konca, preostali konac umotajte oko preostalog dela posude u spirali.

4. Ojačajte preklapanja, tako što ćete konac tapkati prstima dodajući više sredstva za očvršćavanje tkanine. Vodite računa o tome da su svi spojevi natopljeni i da je i konac pritisnut zajedno. Ovaj korak je vrlo važan jer osigurava da će vaša posuda ostati stabilna.

5. Ostavite posudu da se osuši, najbolje bi bilo na suncu ili na nekom prozračnom mestu u vašem domu blizu prozora.

6. Sada kada je posuda počela da se suši, povremeno pritisnite ceo kalup prstima i dlanovima, da proverite da li je konac dovoljno suv. Kako se konac suši, možete pritisnuti jače i oblik će postati čvršći i stabilniji. Ostavite da se osuši preko noći.

7. Kada konac deluje suvo, uklonite posudu i samolepljivu foliju. Vaša posuda od konca može delovati malo fleksibilno, ali nastaviće se da se suši naredni dan ili dva. Nemojte da stavljate ništa u korpu pre nego što se potpuno osuši.

DO IT YOURSELF

DO-IT-YOURSELF FRUIT BASKET



Fruit baskets are becoming an increasingly popular way to bring freshness into your home. These fruit baskets are not only practical for storing fruits, but can also be used for a variety of purposes - perhaps even for a dessert. They can also be an ideal gift for birthdays or anniversaries.



Material you will need:

- Fabric hardening spray - starch
- thread ball
- cling film
- scissors
- small container for the fabric hardener and a large container that will serve as a mold.

What makes these baskets special is that they are easy to make, so anyone can make them, even those who are not that skilled at crafting. Moreover, they have a wide range of applications - they can be used to decorate balconies and gardens. Baskets can be made from recycled materials, which makes them an economical option, but also environmentally friendly. Therefore, read below how to make a simple and functional fruit basket.

Instructions:

1. First you need to cover the outside of your container with cling film, but make sure that the ends of the film cover the inside of the container. Then pour a little bit of fabric hardening agent, better known as starch, into the second container. Cut 12 lengths of thread, each length should be about 110 cm long.
2. Wrap thread lengths around your fingers to make neat bundles. Place the thread in the container which you previously filled with fabric hardener. Dip the thread into the starch and add more starch over the top until the thread is fully coated. Rub the product into the thread to make sure it is completely damp.
3. Next, start wrapping the thread randomly around the container, from one side to the other. When the thread reaches the edge, simply go back making a 'U' turn. The ends of each length of the previously wrapped thread need to go towards the bottom of the container. In order for your container to be well covered, use 8-9 pieces of thread, wrap

the remaining thread around the remaining part of the container in a spiral.

4. Reinforce the overlaps by patting the thread with your fingers adding more fabric stiffener. Make sure all seams are soaked and the thread is held together. This step is very important as it ensures that your container will remain stable.

5. Leave the container to dry, preferably in the sun or in an airy place in your home near a window.

6. Now that the container has started to dry, occasionally press the entire mold with your fingers and palms to make sure that the thread is sufficiently dry. As the thread dries, you can press harder and the shape will become sturdier and more stable. Leave it to dry overnight.

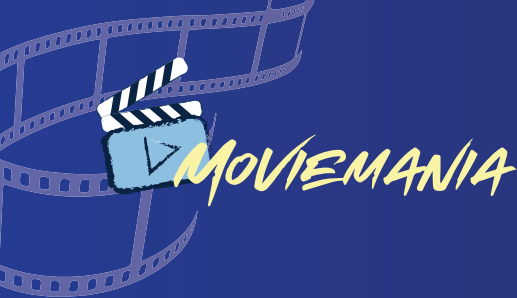
7. Once the thread seems to be dry, remove the container and the cling film. Your thread container may seem a bit flexible, but it will continue to dry for the next day or two. Do not put anything in the basket before it is completely dry.



Once the container is completely dry and solid, it is ready for use. Fill your container with fruits or nuts, just make sure you don't overload it.



Source: <https://crafts.tutsplus.com>



FILMSKI FESTIVAL TRIBEKA: POČAST INOVACIJAMA, PRIPOVEDANJE I KREATIVNO DOSTIGNUĆE

U srcu užurbane metropole Njujorka, svake godine se odvija filmska proslava kao nijedna druga - Filmski Festival Tribeka. Osnovani su ga 2002. glumac Robert De Niro, producentkinja Džejn Rozental i investitor Kreg Hatkof. Ovaj godišnji događaj je evoluirao u globalnu platformu koja ne samo da prikazuje izuzetne filmove već i neguje uspešnu zajednicu umetnika, filmskih stvaralaca i entuzijasta.



Spoj kreativnosti i filma

Zadivljujući spoj umetnosti i filma, Filmski Festival Tribeka (FFT) prevazišao je svoje poreklo kao odgovor na oporavak naselja Tribeka posle 11. septembra. Danas je svedočanstvo moći pripovedanja i umetničkog izražavanja. Evolucija festivala odražava njegovu posvećenost slavljenju različitih narativa, izazivanju značajnih diskusija i prihvatanju inovativnih pristupa stvaranju filmova.

Različite perspektive i inovacije

U srcu FFT-a leži nepokolebljiva posvećenost raznolikosti i inovacijama. Kroz izuzetan niz filmova, dokumentaraca i iskustava virtualne stvarnosti, festival osvetljava glasove

koji se često ne čuju. Sekcija „Storiscapes“, istinski centar inovacija, redefiniše granice

tradicionalnog bioskopa, pozivajući prisutne da urone u narative na potpuno nove načine.

Slavimo izvrsnost: Trofej filmskog festivala Tribeka

Sam festival je velika proslava kinematografske umetnosti, a vrhunac priznanja otelovljuje kultni Trofej Filmskog Festivala Tribeka. Izrađen sa pedantnom pažnjom na detalje, ovaj trofej simbolizuje oličenje kreativnog dostignuća. Dodeljen pobednicima u različitim kategorijama, trofej obuhvata suštinu Tribeke – proslave umetničkog sjaja i narativnog umeća. Trofej Filmskog Festivala Tribeka nije samo nagrada; to je reprezentacija strasti i posvećenosti koju filmski stvaraoci ulivaju u svoj zanat. Njegov dizajn, jedinstven i elegantan, odražava etos festivala pomeranja granica i podsticanja inovacija. Kao i filmovi koji odaju počast, i sam trofej priča priču o kreativnosti, upornosti i duhu saradnje u stvaranju filmova.

Živahna proslava za sve

Filmski Festival Tribeka nije ograničen samo na insajdere iz industrije. Otvara svoja vrata gradu, nudeći bioskopsko igralište za Njujorčane i posetioce. Ikonični Filmski Festival Tribeka Drive-In transformiše otvorene prostore u impresivna pozorišta,



omogućavajući publici da doživi filmove pod zvezdama u pozadini svetla grada. Tribeca Talks serije, koje sadrže zadivljujuće razgovore sa poznatima iz sveta zabave, premošćuje jaz između umetnika i publike.

Prilagodljivost usred izazova

Kao i svaki kulturni fenomen, FFT se suočio sa svojim delom izazova. Pojava pandemije COVID-19 podstakla je brzu adaptaciju. Organizatori festivala su neprimetno prešli na virtuelne formate i inovativna drive-in iskustva, reafirmišući nesalomivi duh umetnosti i pripovedanja čak i kada su u pitanju nevolje.

Gledajući unapred

Kako Filmski Festival Tribeka nastavlja da se razvija, njegova budućnost blista. Posvećenost festivala raznolikosti, inovacijama i slavljenju talenata u nastajanju osigurava njegovu trajnu relevantnost u pejzažu kinematografije koji se stalno razvija. Svaka godina koja prolazi ponovo potvrđuje svoju misiju: da poštuje transformativnu moć pripovedanja, mostove koje gradi među kulturama i razgovore koje pokreće.

U srcu grada koji nikada ne spava, Filmski Festival Tribeka stoji kao blistava fuzija umetnosti i bioskopa, proslava ne samo mađije filmskog stvaralaštva već i bezgranične kreativnosti koja definiše ljudski duh. Kako festival nastavlja da se razvija, Trofej Filmskog Festivala Tribeka ostaje trajni simbol kinematografske izvrsnosti, inspirišući filmske stvaraocice i filmofile da ispričaju svoje priče, pomeraju svoje granice i ostave neizbrisiv trag u svetu bioskopa.

TRIBECA FILM FESTIVAL: HONORING INNOVATION, STORYTELLING, AND CREATIVE ACHIEVEMENT

In the heart of the bustling metropolis of New York City, a cinematic celebration like no other unfolds each year – The Tribeca Film Festival. Established in 2002 by actor Robert De Niro, producer Jane Rosenthal, and investor Craig Hatkoff, this annual event has evolved into a global platform that not only showcases exceptional films but also fosters a thriving community of artists, filmmakers, and enthusiasts.

A Fusion of Creativity and Cinema

A captivating blend of art and cinema, the Tribeca Film Festival (TFF) has transcended its origins as a response to the post-9/11 recovery of the Tribeca neighborhood. Today, it stands as a testament to the power of storytelling and artistic expression. The festival's evolution reflects its commitment to celebrating diverse narratives, sparking meaningful discussions, and embracing innovative approaches to filmmaking.

Diverse Perspectives and Innovation

At the heart of TFF lies an unwavering dedication to diversity and innovation. Through an exceptional array of films, documentaries, and virtual reality experiences, the festival shines a spotlight on voices that often go unheard. The "Storyscapes" section, a true innovation hub, redefines the boundaries of traditional cinema, inviting attendees to immerse themselves in narratives in entirely new ways.

Celebrating Excellence: The Tribeca Film Festival Trophy

While the festival itself is a grand celebration of cinematic artistry, the pinnacle of recognition is embodied by the iconic Tribeca Film Festival Trophy. Crafted with meticulous attention to detail, this trophy symbolizes the epitome of creative achievement. Bestowed upon winners across various categories, the trophy encapsulates the essence of Tribeca – a celebration of artistic brilliance and narrative prowess.

The Tribeca Film Festival Trophy isn't merely an award; it's a representation of the passion and dedication that filmmakers pour into their craft. Its design, unique and elegant, reflects the festival's ethos of pushing boundaries and fostering innovation. Like the films it honors, the trophy itself tells a story of creativity, perseverance, and the collaborative spirit of filmmaking.

A Vibrant Celebration for All

The Tribeca Film Festival isn't confined to the

realm of industry insiders. It opens its doors to the city, offering a cinematic playground for New Yorkers and visitors alike. The iconic Tribeca Film Festival Drive-In transforms open spaces into immersive theaters, allowing audiences to experience films under the stars against the backdrop of the city lights. The Tribeca Talks series, featuring captivating conversations with luminaries from the entertainment world, bridges the gap between artists and the public.

Adaptability Amid Challenges

Like any cultural phenomenon, TFF has faced its share of challenges. The advent of the COVID-19 pandemic prompted a swift adaptation. The festival's organizers seamlessly transitioned to virtual formats and innovative drive-in experiences, reaffirming the indomitable spirit of art and storytelling even in the face of adversity.

Looking Ahead

As the Tribeca Film Festival continues to evolve, its future shines brightly. The festival's dedication to diversity, innovation, and the celebration of emerging talents ensures its lasting relevance in the ever-evolving landscape of cinema. Each passing year reaffirms its mission: to honor the transformative power of storytelling, the bridges it builds across cultures, and the conversations it ignites.

In the heart of the city that never sleeps, the Tribeca Film Festival stands as a radiant fusion of art and cinema, a celebration not only of the magic of filmmaking but also of the boundless creativity that defines the human spirit. As the festival continues to evolve, the Tribeca Film Festival Trophy remains an enduring symbol of cinematic excellence, inspiring filmmakers and cinephiles to tell their stories, push their boundaries, and leave an indelible mark on the world of cinema.

ZAJEDNO KA VRHUNCU - ENISA I MELISA

DVOSTRUKA SNAGA STONOG TENISA

Melisa i Enisa Sadikovic su sestre koje su stekle izvanredan ugled u svetu stonog tenisa, a osvojile su zajedno prestižne titule kao državne šampionke Luksemburga u ovom sportu. Melisin put u stoni tenis otpočeo je sa devet godina, a podstaknut je radoznalošću i nepokolebljivom posvećenošću ovom sportu. S druge strane, Enisina inicijacija u stoni tenis počela je još ranije, a njeni treninzi su startovali kada je imala samo sedam godina. Njihova majka, koja je i sama bivša šampionka Luksemburga, odigrala je ključnu ulogu u oblikovanju njihove strasti prema ovom sportu, kao i karakterističnih stilova igre, po čemu su danas prepoznatljivije u svetu stonog tenisa. Inspirativna priča ove dve sestre, u prvi plan ističe izuzetnu važnost podrške i jedinstva porodice u razvoju mladih sportista. Pored svojih izvanrednih dostignuća, njih dve takođe dele duboku vezu sa Kosovom. Očevo mesto rođenja i odrastanja je Mitrovica, što je činjenica koja je daje posebnu dimenziju njihovoj nedavnoj poseti Kosovu, tokom leta. Dok su dve sestre boravile na svojem posebnom putovanju i poseti Kosovu, naš tim imao je privilegiju da ih upozna i dobije ekskluzivni intervju, kao i da dublje pronikne u njihov sportski svet i priču o uspehu....

Šta vas je privuklo stonom tenisu i ko je najviše uticao na taj izbor?

ENISA: Naša majka je imala veliki uticaj na nas jer se bavila ovim sportom. Ona je svoju karijeru počela u Litvaniji, a potom je postala prvak Luksemburga.

MELISA: Majka nas je vodila na svoje treninge, još dok smo bile male, svakako je to dosta uticalo na nas da zavolimo ovaj sport. Ona mi je bila najveća inspiracija i uzor jer mi se mnogo sviđalo kako je igrala, tj. njen stil igre. Moje prve uspomene su iz sportske hale, a to je bilo vreme kada nas dve još nismo ni prohodale.

Zašto volite stoni tenis?

ENISA: Volim ga zato što je to individualni sport u kojem moraš biti veoma disciplinovan. Volim ga jer je u njemu osim discipline potrebna jaka mentalna snaga. Upravo to me pokreće i inspiriše da dam sve od sebe.

MELISA: Kao što je rekla moja sestra, stoni tenis je sport u kojem prevashodno moraš da se osloniš na sebe i svoju mentalnu snagu. Ne zavisiš od drugih igrača, već jedino od sebe



i svoje samodiscipline. Stoni tenis je zahtevan sport, kako fizički, tako i mentalno. Zapravo, to mi se i najviše sviđa, taj izazov sa samom sobom, sa kojim moraš da se suočiš. Naravno postoje i utakmice kada igraš u duetu sa nekim, a onda opet moraš da se prilagođavaš i daš sve od sebe.

Obe ste tinejdžerke, kako uspevate da uskladite sport, školu i slobodno vreme?

ENISA: Dobro je to što pohađamo sportsku školu, gde se naši profesori maksimalno trude da nam izađu u susret i olakšaju svakodnevni život i školske obaveze. Ukoliko sam na nekom turniru, oni nam omogućavaju da uspešno imamo nastavu iz određenih predmeta, upravo imajući u vidu naše

utakmice. Maksimalno nas podržavaju, a ukoliko imamo neke testove, i njih radimo u reciprocitetu sa stonoteniskim turnirima.

MELISA: Da i meni je potpuno isto, naši profesori apsolutno podržavaju naša sportska zalaganja i trude se da nam olakšaju na taj način što usklađuju svoja predavanja i testove sa našim potrebama i utakmicama, zbog kojih odsustvujemo.

Postoji li za vas slobodno vreme, kako ga koristite?

ENISA: Nemam baš puno slobodnog vremena, škola nam počinje od osam ujutru, traje do tri popodne, i onda od pola četiri do šest treniramo. Naravno trudim se da nađem vremena da sa drugaricama odem u bioskop ili na





kuglanje, onda kada nisam mnogo umorna. Ja i moja sestra treniramo svaki dan, nekad dva nekad četiri sata dnevno, takmičenja su nam vikendima, tako da je jako teško pronaći slobodno vreme za druženje i život kakav obično imaju tinejdžeri.

MELISA: Trudim se da svoje slobodno vreme iskoristim na najbolji način u društvu sa porodicom ili drugarima. Činjenica je da mi nedostaje slobodnog vremena, ali sam se navikla na to, jer znam svoj cilj, a to je da budem što bolja sportistkinja.

Šta vas motiviše da redovno idete na treninge?

ENISA: Budućnost pre svega. Ako sam dobra u ovom sportu, otvaraju mi se mnoge karte da budem uspešna i ostvarim karijeru profesionalne sportistkinje. Jednog dana mogu zaraditi dovoljno novca, ali daleko mi je važnije to što učestvovanjem na takmičenjima upoznajem mnogo ljudi i ostvarujem mnoge kontakte, koji će mi mnogo značiti u budućnosti. Proputovala sam mnoge zemlje u Evropi i upoznala različite kulture, a to je nešto što nema cenu.

MELISA: Meni je najveća motivacija da se bavim sportom i budem stalno aktivna. Uživam da igram stoni tenis, i on mi predstavlja opuštanje, nakon dugog dana u školi. Iz tog razloga svakodnevni treninzi mi ne predstavljaju napor, već vidim da nakon svakog postajem bolja kako profesionalno, tako i lično. Ljubav prema stonom tenisu i sportu mi je najveća motivacija.

TOGETHER TO THE TOP – ENISA DHE MELISA

THE DOUBLE POWER OF TABLE TENNIS

Melisa and Enisa Sadikovic, sisters who have carved out a remarkable reputation in the world of table tennis, both hold prestigious titles as Luxembourg state champions in this sport. Melisa's journey into table tennis commenced at the age of nine, fueled by an early curiosity and an unwavering commitment to the sport. On the other hand, Enisa's initiation into table tennis began even earlier, with her training commencing at the tender age of seven. Their mother, herself a former Luxembourg champion, played an instrumental role in shaping their passion and distinctive playing styles, setting them apart in the realm of table tennis. Their inspiring narrative underscores the paramount importance of family support and unity for budding athletes. In addition to their extraordinary achievements, these two sisters share a profound connection with Kosovo. Their father's birthplace and upbringing lie in Mitrovica, Kosovo, a fact that added a special dimension to their recent journey during the summer. As the two sisters embarked on this unique expedition to Kosovo, our team had the privilege of meeting them and conducting an exclusive interview, delving deeper into their remarkable story.

What attracted you to table tennis and who influenced that choice the most?

ENISA: Our mother had a great influence on us because she played this sport. She started her career in Lithuania, and then became the champion of Luxembourg.

MELISA: My mother used to take us to her training sessions, since we were little, it certainly influenced us a lot to love this sport. She was my biggest inspiration and role model because I really liked how she played, i.e. her style of play. My first memories are from the sports hall, and that was a time when the two of us had not even walked yet.

at eight in the morning, lasts until three in the afternoon, and then we train from half past four to six. Of course, I try to find time to go to the cinema or bowling with my friends, when I'm not too tired. Me and my sister train every day, sometimes two sometimes four hours a day, our competitions are on weekends, so it is very difficult to find free time for socializing and the life that teenagers usually have.

MELISA: I try to make the most of my free time in the company of family or friends. The fact is that I miss free time, but I'm used to it, because I know my goal, which is to be the best athlete possible.

Why do you like table tennis?

ENISA: I love it because it is an individual sport where you have to be much disciplined. I love it because, apart from discipline, it requires strong mental strength too. This is exactly what drives me and inspires me to do my best.

MELISA: As my sister said, table tennis is a sport where you primarily have to rely on yourself and your mental strength. You don't depend on other players, but only on yourself and your self-discipline. Table tennis is a demanding sport, both physically and mentally. Actually, that's what I like the most, the challenge with yourself, which you have to face. Of course there are also matches when you play in a duet with someone, and then again you have to adapt and do your best.

You are both teenagers, how do you manage to balance sports, school and free time?

ENISA: It's good that we attend a sports school, where our professors try their best to meet us and make everyday life and school duties easier. If I'm at a tournament, they allow us to successfully teach certain subjects, keeping in mind our matches. They support us as much as possible, and if we have some tests, we also do them in reciprocity with table tennis tournaments.

MELISA: Yes, it's exactly the same for me, our professors absolutely support our sports efforts and try to make it easier for us by harmonizing their lectures and tests with our needs and matches, for which we are absent.

What motivates you to go to training sessions regularly?

ENISA: The future above all. If I'm good at this sport, many cards open up for me to be successful and pursue a career as a professional athlete. One day I can earn enough money, but far more important to me is that by participating in competitions I meet many people and make many contacts, which will mean a lot to me in the future. I have traveled to many countries in Europe and met different cultures, which is priceless.

MELISA: The biggest motivation for me is to play sports and be constantly active. I enjoy playing table tennis, and it relaxes me after a long day at school. For this reason, daily training sessions are not an effort for me, but I see that after each one I get better both professionally and personally. My love for table tennis and sports is my biggest motivation.

How much do your parents support you in this sport and why is their support important to you?

ENISA & MELISA: Our mother was very successful in this sport, she knows how important self-discipline is, but how difficult it is to become a top and professional athlete. Then when it happens that we are tired, she encourages us with her attitude and example to persevere and fight. When we are home, sometimes she lets us rest, so we don't have to clean the room, but she does it for us, because she knows how tired we are.

Is there free time for you, how do you use it?

ENISA: I don't have a lot of free time, school starts

Do you two practice at home, against each other?

Koliko vas roditelji podržavaju u ovom sportu i zašto vam je bitna njihova podrška?

ENISA & MELISA: Naša majka se veoma uspešno bavila ovim sportom, zna koliko je važna samodisciplinacija, ali to koliko je teško postati vrhunski i profesionalni sportista. Onda kada nam se desi da smo umorne, hrabri nas svojim stavom i primerom da istrajemo i da se borimo. Kada smo kući, ponekad nas pusti da se odmaramo, pa ne moramo da sređujemo sobu, već ona to uradi umesto nas, zato što zna koliko smo umorne.

Da li vas dve trenirate kući, jedna protiv druge?

ENISA: Igramo i smeju se, Melisa je ipak starija od mene, pa se trudim se da što više naučim od nje, ali ne sumnjam da smo tu negde blizu.

MELISA: Enisa je malo mlađa od mene, ne treniramo u istim kategorijama, ali nas to ne sprečava da zajedno vežbamo. Imamo stonoteniski sto u garaži, ali nikada nemamo ozbiljne mečeve, već naše mečeve koristimo za vežbanje. I zabavu!

Koji su vaši krajnji ciljevi koje želite da dosegnete u ovom sportu?

ENISA: Volela bih da osvojim puno medalja na raznim takmičenjima, kao i da jednog dana učestvujem na Olimpijskim igrama. Cilj mi je da osvojim puno medalja i budem jedna od najboljih.

MELISA: Da postanem profesionalac u ovom sportu. Da stignem do najeminentnijih evropskih i svetskih takmičenja. I jednog dana da podučavam mlade svim lepotama ovog sporta.

Imate li uzore u stonom tenisu? Ko vam je omiljeni igrač ili igračica?

ENISA: Da, meni je to Darko Jorgić iz Slovenije. Omiljen mi je jer ima dobar stil igre, a inače smo veliki drugari. Uvek navijam za njega!

MELISA: Meni je uzor Mišelina iz Luksemburga. Ona je nedavno napunila 60 godina, a bez obzira na broj godina i dalje jako dobro igra i pobeđuje. Velika mi je inspiracija zato što vidim koliko je sretna i dalje, dok igra stoni tenis. Posebno mi je bitno kada je vidim tu sa nama, u sportskoj hali, dok nas bodri da istrajemo i pobeđujemo.

Koje pobjede i trofeji su vam najdraži?

ENISA: Izdvojila bih turnire na kojima sam pobeđivala u Belgiji, Nemačkoj i Francuskoj. Ipak najdraža mi je pobjeda ona kada sam osvojila Kup Luksemburga.



MELISA: Meni je omiljeni trofej onaj kada sam po prvi put postala državni prvak Luksemburga.

Kako ste se osećale kada ste prvi predstavljale Luksemburg na takmičenju?

ENISA: Bila sam veoma sretna i ponosna. Možda sam ponekad sumnjala u sebe da ne ispunjavam očekivanja, ali igra u državnom timu me je potpuno uverila u suprotno. Sada znam da sam na pravom putu i imam mnogo više samopouzdanja.

MELISA: Nisam znala šta da očekujem, bila sam pomalo nervozna, ali na kraju sam postala neizmerno ponosna na sebe. Osećala sam da radim nešto pravo za svoju zemlju. I dalje sam ponosna na nas dve sestre, koje smo uspele da uđemo u reprezentaciju.

Melisa i Enisa su svoju stonotenisku karijeru započele u klubu svoje majke, luksemburškom DT Nidderkäerjeng, potom su zahvaljujući talentu i rezultatima koje su pokazale, privukle pažnju stonoteniske Federacije Luksemburga. Nakon toga postaju deo nacionalne ekipe Luksemburga. I jedna i druga su državne prvakinje Luksemburga. Nakon važnih pobjeda, počinju da ih traže ekipe iz drugih zemalja, pa imaju luksemburšku licencu u klubu gde su otpočele svoju karijeru. Taj klub ih trenutno iznajmljuje nemačkom Kajzeslauteru, a kako su obe veoma mlade, nesumnjivo ih u budućnosti nestrpljivo očekuje još mnogo klubova i dobrih sportskih transfera.

Koliko ste upoznate sa razvojem stonom tenisa na Kosovu?

ENISA: Nedavno smo na jednom turniru upoznala dve devojčice sa Kosova, koje se bave stonom teniskom. Bile su nam jako simpatične i ostale smo u kontaktu. Iskreno se nadam da ćemo se i dalje sretati na turnirima.

Po čemu bi volele da budete upamćene u ovom sportu?

ENISA: Volela bih da budem uzor mladima koji će se baviti ovim sportom, a naravno volela bih da osvojim medalju na Olimpijskim igrama.

MELISA: Želela bih pre svega da budem inspiracija mladim generacijama da se bave ovim sportom. Poput moje omiljene stonoteniserke, koja i u kasnijim godinama i dalje strastveno igra.

Koja je vaša poruka vršnjacima ovde na Kosovu?

ENISA: Rekla bih im da nikada ne odustaju, da moraju uvek da se trude u ispunjenju svojih snova. Moraju biti jaki i veoma disciplinovani, jer bez toga ne mogu uspeti. Čak i kada im ne ide lako, i tada se trebaju truditi, jer samo trud donosi plodove. Ne odustajte nikada!

MELISA: Ja bih im poručila da rade ono šta vole, ali da sve čine svojim punim srcem. I naravno neka se maksimalno zabavljaju i uživaju u svojim rezultatima i postignućima. Pozdravljam sve svoje vršnjake i dodala bih još da mi se Priština mnogo sviđa i da ću se uvek ovde rado vraćati.



NEŠTO SASVIM LIČNO...

Koje su vam omiljene društvene mreže?

ENISA: Snepčet, Instagram, Tiktok.

MELISA: Tiktok definitivno. I Instagram. Koristim uglavnom sve društvene mreže, osim Fejsbuka.

Koju vrstu komunikacije preferirate. Razgovor uživo, mejlove ili poruke?

ENISA: Najviše volim da se čujem sa svojim prijateljima, mnogo se više ispričamo i kažemo puno toga jedni drugima. Tekstualne poruke su komplikovanije i manje praktične.

MELISA: Ja najviše volim Face Time, tako uglavnom komuniciram sa svojim drugarima...

Koliko koristite emodžije u razgovorima i koje?

ENISA: Najviše volim Smajlija. Njega stalno koristim.

MELISA: Volim sve emodžije sa srcićima. Puno ih šaljem svojim prijateljima...



ENISA: We play and laugh, Melisa is still older than me, so I try to learn as much as possible from her, but I have no doubt that we are somewhere close.

MELISA: Enisa is a little younger than me, we don't train in the same categories, but that doesn't stop us from training together. We have a table tennis in the garage, but we never have serious matches, we use our matches for practice. And fun!

What are your ultimate goals that you want to achieve in this sport?

ENISA: I would like to win a lot of medals in various competitions, as well as one day participate in the Olympic Games. My goal is to win a lot of medals and be one of the best.

MELISA: To become a professional in this sport. To reach the most eminent European and world competitions. And one day to teach young people all the beauties of this sport.

Do you have role models in table tennis? Who is your favorite player?

ENISA: Yes, for me it is Darko Jorgić from Slovenia. I like him because he has a good style of play and otherwise we are great friends. I always root for him!

MELISA: My role model is Michelin from Luxembourg. She recently turned 60, and regardless of her age, she still plays very well and wins. She is a great inspiration to me because I see how happy she still is, playing table tennis. It is especially important to me when I see her there with us, in the sports hall, encouraging us to persevere and win.

Which victories and trophies are your favorite?

ENISA: I would highlight the tournaments that I won in Belgium, Germany and France. However, my favorite victory is the one when I won the Luxembourg Cup.

MELISA: My favorite trophy is the one when I became the national champion of Luxembourg for the first time.

How did you feel when you first represented Luxembourg at a competition?

ENISA: I was very happy and proud. I may have doubted myself at times that I was not living up to expectations, but playing in the national team completely convinced me otherwise. Now I know I'm on the right track and I have a lot more confidence.

MELISA: I didn't know what to expect, I was a bit nervous, but in the end I became immensely proud of myself. I felt that I was doing something right for my country. I am still proud of us two sisters, who managed to enter the national team.

How familiar are you with the development of table tennis in Kosovo?

ENISA: Recently, at a tournament, we met two girls from Kosovo, who play table tennis. They were very nice to us and we stayed in touch. I sincerely hope that we will still meet at tournaments.

What would you like to be remembered for in this sport?

ENISA: I would like to be a role model for young people who will play this sport, and of course I would like to win a medal at the Olympic Games.

MELISA: First of all, I would like to be an inspiration to young generations to play this sport. Like my favorite table tennis player, who still plays passionately even in her later years.

What is your message to your peers here in Kosovo?

ENISA: I would tell them to never give up, that they must always work hard to fulfill their dreams. They must be strong and very disciplined, because without that they cannot succeed. Even when it is not easy for them, even then they should try, because only effort brings fruit. Never give up!

MELISA: I would tell them to do what they love, but to do everything with their whole heart. And of course let them have as much fun as possible and enjoy their results and achievements. I greet all my peers and I would also like to add that I like Pristina very much and that I will always be happy to return here.

SOMETHING VERY PERSONAL...

What are your favorite social networks?

ENISA: Snapchat, Instagram, Tiktok.

MELISA: Tiktok definitely. And Instagram. Mostly, I use all social networks, except Facebook.

What type of communication do you prefer? Live chat, emails or messages?

ENISA: I love it most when we hear from each other, we talk a lot more and say a lot to each other. Text messages are more complicated and less practical.

MELISA: I like Face Time the most, that's how I mostly communicate with my friends...

How much do you use emoji in conversations and which ones?

ENISA: I like Smiley the most. I use it all the time.

MELISA: I love all the heart emoji. I am sending a lot of them to my friends...

Melisa and Enisa started their table tennis career in their mother's club, the Luxembourgish DT Nidderkäerjeng, then thanks to their talent and results, they attracted the attention of the Luxembourg Table Tennis Federation. After that, they become part of the national team of Luxembourg. Both are national champions of Luxembourg. After important victories, teams from other countries start looking for them, so they have a Luxembourg license in the club where they started their career. That club is currently renting them to the German Kaiserslautern, and since they are both very young, they will undoubtedly be eagerly awaited by many more clubs and good sports transfers in the future.

“MEĐUETNIČKI TENISKI KAMP NA KOSOVU”: UJEDINJUJE SRCA I VEŠTINE”

Kako se leto na Kosovu bliži kraju, više od 20 mladih pojedinaca iz različitih sredina u opština Priština/ Prishtinë, Gračanica/ Graçanicë i Obilić/ Obiliq okupilo se na četvrtom godišnjem međuetničkom teniskom turniru.

Ovaj izuzetan događaj, mnogo više od sportskog takmičenja, pružio je jedinstvenu priliku za negovanje veza među različitim zajednicama, uz podršku Misije OEBS-a na Kosovu i opštine Gračanica/ Graçanicë.



Savladavanje tenisa i premošćavanje podela

Tokom uzbuđljivog trodnevnog kampa, mladi sportisti iz različitih zajednica na Kosovu imali su priliku ne samo da se druže već i usavrše svoje teniske veštine pod vođstvom iskusnog trenera Marije Đorđević. Njihova posvećenost je bila evidentna, jer su marljivo usavršavali svoje teniske tehnike na terenima u parku Grmija, koji će im poslužiti kao pozornica za naelektrisani finalni meč održan u Gračanici.

Krajnji cilj je prevazišao puko znanje tenisa - radilo se o promovisanju dijaloga i međusobnog razumevanja među različitim zajednicama. Posle tri finalna meča, pobednici - Marija Crvenković, Luka Filić i Viktor Radić - slavili su sa zasluženim medaljama. Ove medalje uručio im je uvaženi ambasador Majkl Devenport, koji predvodi Misiju OEBS-a na Kosovu, zajedno sa predsednicom opštine Gračanica Liljanom Šubarić i opštinskim direktorom za kulturu, omladinu i sport, Dušanom Cvejićem.

Sport kao katalizator jedinstva i poštovanja

Ambasador Majkl Devenport istakao je posvećenost OEBS-a negovanju poboljšanih odnosa i dijaloga među zajednicama, ističući da sport pruža izuzetan put ka izgradnji mostova, unapređuje međusobno razumevanje i podstiče poštovanja uz istovremeno razbijanje stereotipa. Zaista, sport prevazilazi granice i neguje jedinstvo među ljudima. Gradonačelnica Liljana Šubarić izrazila je duboku zahvalnost Misiji OEBS-a na organizaciji ovog inspirativ-

nog događaja. Ona je istakla ključnu ulogu angažovanja mladih u jačanju međuopštinske saradnje, potvrđujući nepokolebljivu posvećenost Gračanice saradnji, toleranciji i stvaranju održivih odnosa među zajednicama, što je živopisno prikazano kroz ovaj međuetnički teniski kamp, sada već četvrtu godinu zaredom.

Prevazilaženje podela kroz tenis

Zeljuše Keljendi, direktor Omladinskog centra u Obiliću, koji je bio aktivan učesnik u svakom izdanju ovog kampa, pohvalio je turnir što je mladima pružio



priliku da se povežu i prevaziđu prepreke koje često razdvajaju različite zajednice. Ne radi se samo o tenisu; radi se o stvaranju trajnih prijateljstava i rušenju zidova.

Dušan Cvejić, direktor za kulturu, omladinu i sport opštine Gračanica, obećao je da će nastaviti da neguje i unapređuje teniski kamp. On je izrazio zadovoljstvo što je svedočio radosti koju je kamp doneo mladim učesnicima i preneo iskrene zahvalnosti svima koji su učestvovali, uključujući gradonačelnicu Šubarić, ambasadora Davenporta i misiju KFOR-a na njihovoj neprocenljivoj podršci.

Slavimo uspeh i podstičemo razumevanje

U velikom finalu ovogodišnjeg turnira uručene su pohvalnice i medalje svim učesnicima. Najistaknutiji igrač i konačni pobednik turnira sa ponosom je primio svoje zaslužene trofeje. Dok Misija OEBS-a nastavlja svoju nepokolebljivu podršku ovom teniskom kampu, dostignuća iz prethodnih godina predstavljaju svedočanstvo trajnog duha jedinstva i saradnje između različitih zajednica na Kosovu.

Pored usavršavanja svojih teniskih veština, mladi igrači u ovom kampu našli su i platformu za prevazilaženje jezičkih prepreka i negovanje međusobnog razumevanja. Ovaj kamp služi kao sjajan primer posvećenosti okupljanju ljudi iz različitih zajednica i promovisanju inkluzivnosti na Kosovu. To je podsetnik da se u svetu sporta, srce i veštine mogu ujediniti, rušeći prepreke i negujući trajne veze među mladima iz svih sfera života. Međuetnički teniski kamp na Kosovu je više od sportskog događaja; to je proslava jedinstva i simbol nade za svetliju, inkluzivniju budućnost.

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"UNIFYING HEARTS AND SKILLS: INTERETHNIC TENNIS CAMP IN KOSOVO"

As summer drew to a close in Kosovo, more than 20 young individuals from diverse backgrounds in the municipalities of Prishtinë/Priština, Graçanicë/Gračanica, and Obiliq/Obilić came together for the fourth annual interethnic tennis tournament. This remarkable event, far more than just a sports competition, provided a unique opportunity to foster connections among distinct communities, with support from the OSCE Mission in Kosovo and the municipality of Graçanicë/Gračanica.

Mastering Tennis and Bridging Divides

Over a thrilling three-day camp, young athletes representing various Kosovan communities had the chance to not only socialize but also hone their tennis skills under the guidance of the seasoned coach, Marija Đorđević. Their dedication was evident as they diligently improved their tennis techniques on the courts nestled in Grmija Park, which would serve as the stage for an electrifying final match held in Gračanica.

The ultimate goal transcended mere tennis proficiency; it was about promoting dialogue and mutual understanding across diverse communities. Following three nail-biting final matches, the victors - Marija Crvenković, Luka Filić, and Viktor Radić were celebrated with well-deserved medals. These medals were bestowed upon them by the esteemed Ambassador Michael Davenport, who leads the OSCE Mission in Kosovo, alongside Graçanicë's/Gračanica's Mayor, Liljana Šubarić, and the Director of Culture, Youth, and Sports for the municipality, Dušan Cvejić.

Sport as a Catalyst for Unity and Respect

Ambassador Michael Davenport highlighted the OSCE's commitment to nurturing improved relations and dialogue among communities, emphasizing that sports provide an exceptional avenue to build bridges, enhance mutual understanding, and encourage respect while dispelling stereotypes. Indeed, sports transcend boundaries and foster unity among people.

Mayor Liljana Šubarić expressed her deep gratitude to the OSCE Mission for orchestrating this inspiring event. She underscored the pivotal role of youth engagement in strengthening inter-municipal cooperation, affirming that Graçanicë's/Gračanica's unwavering commitment to collaboration, tolerance, and forging sustainable relationships between communities was vividly demonstrated through this interethnic tennis camp, now in its fourth consecutive year.

Overcoming Divisions through Tennis

Zeljuše Keljendi, Director of the Youth Center in Obilić, who has been an active participant in every edition of this camp,

lauded the tournament for providing young people with an opportunity to connect and surmount barriers that often divide distinct communities. It's not just about tennis; it's about forging lasting friendships and breaking down walls.

Dušan Cvejić, Director for Culture, Youth, and Sports in the municipality of Gračanica, vowed to continue nurturing and enhancing the tennis camp. He expressed his satisfaction in witnessing the joy the camp brought to the young participants and conveyed heartfelt thanks to all involved, including Mayor Šubarić, Ambassador Davenport, and the KFOR mission for their invaluable support.

Celebrating Success and Fostering Understanding

The grand finale of this year's tournament featured the distribution of commendations and medals to all participants. The most outstanding player and the ultimate victor of the tournament proudly accepted their well-deserved trophies. As the OSCE Mission continues its unwavering support for this tennis camp, the achievements of previous years stand as a testament to the enduring spirit of unity and collaboration among Kosovo's diverse communities.

Beyond honing their tennis skills, the young players at this camp also found a platform for overcoming language barriers and nurturing mutual understanding. This camp serves as a shining example of the commitment to bring together people from different communities and promote inclusiveness in Kosovo. It is a reminder that in the world of sports, hearts and skills can unite, breaking down barriers and fostering lasting connections among youth from all walks of life. The Interethnic Tennis Camp in Kosovo is more than just a sports event; it's a celebration of unity and a symbol of hope for a brighter, more inclusive future.

Vaše mišljenje o desertima?



MARIJA SPASIĆ



Šta mislite o desertima? Da li više volite voćne deserte ili čokoladne?

Smatram da je svakoj osobi potreban desert, pre svega da se osveži i dobije energiju, ali ne treba preterivati i ne uzimati ih u velikim količinama, pogotovo ako sadrže dosta šećera. Ja volim skoro sve, ali su mi ukusniji čokoladni.

Koji je vaš omiljeni desert i zašto baš taj?

Kao što sam već napomenula, uvek biram čokoladne ukuse. Jedan od deserta koji bih izdvojila su palačinke sa nutelom kremom. Volim ukus lešnika u ovom kremu, a u kombinaciji sa palačinkama je nešto posebno.

Da li ste ikada pokušali da napravite svoj omiljeni desert kod kuće i kako vam je ispalo?

Nekoliko puta do sada sam već pokušala da pravim ovaj moj omiljeni desert. Svakog puta mi je ispao savršeno! 😊 Svako ko je probao palačnike sa nutelom koje sam ja spremala, složio bi se sa mnom.

What do you think about desserts? Do you prefer fruit or chocolate desserts?

I think that everyone needs a dessert, primarily for refreshment and to get energy, but we should not exaggerate and take them in large quantities, especially if they contain a lot of sugar. I like almost all of them, but I prefer chocolate desserts.

What is your favorite dessert and why?

As I mentioned before, I always opt for chocolate flavors. One of the desserts I would single out are pancakes with Nutella. I love the taste of hazelnuts in the cream, and paired with pancakes, it's something special.

Have you ever tried to make your favorite dessert at home and how did it turn out?

I have tried to make this favorite dessert of mine several times by now. It turned out perfectly every time! 😊 Anyone who has tried the Nutella pancakes that I prepared would agree with me.



STRAHINJA STANOJEVIĆ



Šta mislite o desertima? Da li više volite voćne deserte ili čokoladne?

Mislim da su deserti jedna od najboljih, a verovatno i najslađih stvari na svetu. Odlična nagrada nakon bilo kog uspeha. Definitivno mogu da nam učine dan boljim i lepšim. Ja ipak radije biram voćne deserte jer su lagani i osvežavajući.

Koji je vaš omiljeni desert i zašto baš taj?

Moj omiljeni desert su palačinke. Mogu se kombinovati i uz voće, čokoladne namaze, različite prelive čak i uz sladoled. Zbog različitih mogućnosti kombinovanja, palačinke su definitivno moj omiljeni desert.

Da li ste ikada pokušali da napravite svoj omiljeni desert kod kuće i kako vam je ispalo?

Jesam. Pokušao sam da napravim svoj omiljeni desert kod kuće i mogu vam reći da sam zadovoljan kako je ispao. Mada uvek može bolje, pa ću se zato i potruditi sledećeg puta.

What do you think about desserts? Do you prefer fruit or chocolate desserts?

I think desserts are one of the best and probably the sweetest things in the world. Great reward after any achievement. They can definitely make our day better and nicer. I still prefer fruit desserts because they are light and refreshing.

What is your favorite dessert and why?

My favorite dessert are pancakes. They can be combined with fruits, chocolate spreads, various toppings, even with ice-cream. Because of the different combination possibilities, pancakes are definitely my favorite dessert.

Have you ever tried to make your favorite dessert at home and how did it turn out?

Yes, I have. I tried to make my favorite dessert at home and I can tell you that I was happy with how it turned out. Although it can always be better, so I will try my best next time.



Molimo vas šaljte vaša razmišljanja o desertima na email: magazineforyou2003@gmail.com

Your opinion on desserts?



SANJA RADOSAVLJEVIĆ



Šta mislite o desertima? Da li više volite voćne deserte ili čokoladne?

Mislim da su najbolja stvar na svetu. Moj omiljeni deo obroka svakako da je desert, toliko me čini srećnom i raspoloženom. Ja jednostavno ne znam kako bih svoj dan zamislila kada ne bih poejala bar neki slatkiš. Uvek rado biram voćne deserte.

Koji je vaš omiljeni desert i zašto baš taj?

Moj omiljeni desert je cheesecake kolač. To je prelep spoj slanog i slatkog, slatka i kisela pavlaka, kiselo voće i slatki fil sa plazmom ga čine prekusnim. Ova poslastica je veoma osvežavajuća i ukusna, posebno tokom letnjih dana.

Da li ste ikada pokušali da napravite svoj omiljeni desert kod kuće i kako vam je ispalo?

Naravno da sam pokušala, svakog dana gledam da napravim sebi nešto slatko tako da mi je to inspiracija, dok slano ni ne pokušavam. Ispao mi je odlično, svi koji su ga probali bili su oduševljeni. Preporučila bih i vama, ako niste da obavez-

no probate ovaj kolač. 😊
What do you think about desserts? Do you prefer fruit or chocolate desserts?

I think they are the best thing in the world. My favorite part of a meal is definitely the dessert, it makes me so happy and cheers me up. I simply don't know how I could imagine a day without eating at least some sweets. I always gladly opt for fruit desserts.

What is your favorite dessert and why?

My favorite dessert is cheesecake. It is a beautiful combination of salty and sweet, sour and sour cream, sour fruits and sweet filling with Plazma biscuit make it so delicious. This treat is very refreshing and delicious, especially during summer days.

Have you ever tried to make your favorite dessert at home and how did it turn out?

Of course I have, I try to prepare something sweet for myself every day, so this is my inspiration, whereas I don't even try to make salty dishes. It turned out great, everyone who tried it was delighted. I would also recommend this cake to you, in case you haven't already tasted it. 😊



MILIJANA ILIĆ



Šta mislite o desertima? Da li više volite voćne deserte ili čokoladne?

Mogu slobodno da kažem da sam veliki ljubitelj slatkiša. Volim da jedem kako čokoladne, tako i voćne deserte. Ne pravim neku razliku ali uvek mogu da se počastim nekim čokoladnim mafinom.

Koji je vaš omiljeni desert i zašto baš taj?

Moj omiljeni desert je čokoladni mafin. Volim klasične i jednostavne stvari. Volim ukus tamne čokolade i sam ovaj mafin je prekusnan. Postoje i mafini sa različitim ukusima ali ja jednostavno, ovaj obožavam.

Da li ste ikada pokušali da napravite svoj omiljeni desert kod kuće i kako vam je ispalo?

Naravno. Nekoliko puta do sada sam pravila mafine kod kuće. Mogu da se pohvalim da mi je odlično ispao. Takođe, recept za ovaj desert je prilično jednostavan i lak, i mislim da za ovo nije potrebno veliko kulinarsko umeće.

What do you think about desserts? Do you prefer fruit or chocolate desserts?

I can safely say that I am a big fan of sweets. I like to eat both chocolate and fruit desserts. It doesn't make any difference to me, but I can always treat myself to a chocolate muffin.

What is your favorite dessert and why?

My favorite dessert is chocolate muffin. I like classic and simple things. I love the taste of dark chocolate and the muffin itself is absolutely delicious. There are also muffins with different flavors, but I simply love this one.

Have you ever tried to make your favorite dessert at home and how did it turn out?

Of course. I have made muffins at home a few times now. I can proudly say that it turned out great. Also, the recipe for this dessert is quite simple and easy, and I don't think it requires a lot of culinary skill.



Please send us your thoughts on desserts at this email: magazineforyou2003@gmail.com

STVARNOST PROTIV DRUŠTVENIH MREŽA!

Stvarnost i slike na društvenim mrežama često predstavljaju različite aspekte jedne te iste teme zbog uticaja raznih faktora, poput selektivnog prikazivanja, uređivanja ili korišćenja filtera. Kod mnogih od vas može se razviti osećaj nepripadanja, niskog samopoštovanja, pa čak i depresije kada upoređujete svoje živote, sa na izgled savršenim životima prikazanim na društvenim mrežama. Morate biti svesni da se slike na društvenim mrežama često uređuju i filtriraju, a kada to shvatite, onda ćete smanjiti loš uticaj koje društvene mreže imaju na vaše mentalno i emocionalno zdravlje...



Stvarnost je drugačija od društvenih mreža

Društvene mreže omogućavaju korisnicima da biraju i dele određene aspekte svog života. Ljudi često objavljuju slike koje prikazuju isključivo pozitivna iskustva, dostignuća ili trenutke, dok se svakodnevni ili negativni aspekti obično izostavljaju. Stvarnost obuhvata širok spektar iskustava, emocija i situacija, uključujući pozitivne trenutke, ali i one izazovne. Uključuje nefiltriran i nesređen pogled na svet, koji neće uvek izgledati privlačno i uglađeno. S druge strane, slike društvenih mreža često su paž-

jivo sastavljene i uokvirene kako bi vizuelno prikazale one najzanimljivije aspekte. Korisnici mogu da eksperimentišu sa uglovima, osvetljenjem i kompozicijama, kako bi svoje fotografije učinili lepšim. Realnost obuhvata širok spektar, ne samo vizuelno privlačnih delova već i okruženje, kontekst i potencijalne nesavršenosti. Učenje o razlikama između stvarnosti i prikaza na društvenim mrežama je deo edukacije o medijskoj pismenosti. Ova veština vam je neophodna u digitalnom dobu gde su medijske poruke sveprisutne i uticajne. Za vas je

ključno da naučite razliku između stvarnosti i slika na društvenim mrežama iz nekoliko važnih razloga:

Slika tela i samopercepcija

Društvene mreže često promoviraju nerealne standarde lepote i idealnog, savršenog tela. Može vam se desiti da osetite pritisak ukoliko se pridržavate ovih standarda, što može dovesti do nezadovoljstva izgledom vašeg tela i nezdravog ponašanja. Budite svesni da se sa fotografijama često manipuliše, pa ćete samim tim saznanjem biti realniji u proceni sebe i svog tela.

Naučite da pravite razliku između stvarnosti i fotografija na društvenim mrežama i prihvatite svoje autentično ja i izrazite svoju pravu ličnost. Nemojte da verujete u idealizovane slike prikazane na mrežama.

Zdrave veze

Može vam se desiti da imate nerealna očekivanja o vezama i odnosima sa ljudima na osnovu onoga što vidite na društvenim mrežama. Shvatite da su odnosi složeni i da nisu uvek takvi kakvi su prikazani na mreži, pa samim tim pomozite sebi u građenju zdravih odnosa sa svima oko vas i realnim očekivanjima od istih.

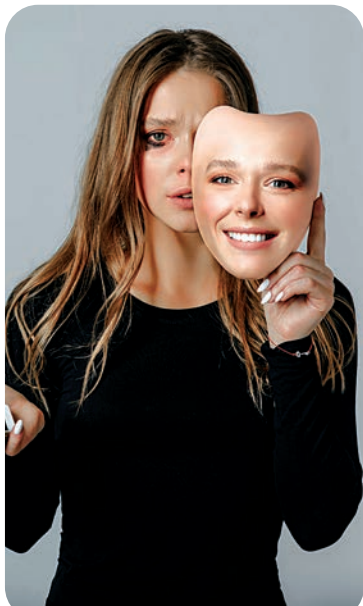
Veštine kritičkog razmišljanja

Naučite da analizirate slike sa društvenih mreža i podstaknite svoje veštine kritičkog razmišljanja. Postanite pronaljač informacija i manje prihvatajte ono što vam se servira kao stvarnost na društvenim mrežama.

Uravnotežena perspektiva

Razlikovanje stvarnog života i onog na društvenim mrežama pomoći će vam da održite uravnotežen pogled na život. Postaćete svesni toga da svi ljudi doživljavaju uspone i padove i da ničiji život ne može biti stalno savršen.





Otpornost i veštine suočavanja

Kada shvatite da društvene mreže često pokazuju selektivan pogled na stvarnost, bićete bolje naučeni i da se nosite sa izazovima i neuspesima u sopstvenim životima. Postaćete vam jasno da su teškoće prirodan deo života, a ne znak ličnog neuspeha.

Digitalno razumevanje

Shvatanjem razlike koja postoji između stvarnog života i društvenih mreža imaćete i zdraviji odnos sa tehnologijom. Koristite društvene mreže za povezivanje i uživanje i ne dozvolite da to negativno utiče na vaše samopoštovanje i mentalno zdravlje.

Sprečavanje sajber maltretiranja i uznemiravanja na mreži

Svest o jazu između stvarnosti i onlajn prikaza može vam pomoći da se ne upuštate u sajber maltretiranje ili u ostale štetne pojave na mrežama.

Sve u svemu, naučite da prave razliku između stvarnosti i slika na društvenim mrežama, osnažite se da se sigurnije krećete digitalnim svetom i novim tehnologijama, napravite siguran izbor i održavajte svoje dobro mentalno i emocionalno raspoloženje.

REALITY vs SOCIAL MEDIA!

Reality and social media images often represent different aspects of the same subject due to the influence of various factors, such as selective display, editing, or the use of filters. Many of you may develop feelings of not belonging, low self-esteem, and even depression when comparing your life to the seemingly perfect life portrayed on social media. You need to realize that the images on social media are often edited and filtered. Understanding this will reduce the negative impact of social media on your mental and emotional health.

Reality is Different from Social Media

Social networks allow users to select and share certain aspects of their lives. Pictures are often posted showing only positive experiences, successes, or moments, while the mundane or negative aspects are usually left out. Reality encompasses a wide range of experiences, emotions and situations, including both positive and difficult moments. It includes an unfiltered and disordered view of the world, which does not always look attractive and polished. On the other hand, images on social media are often carefully composed and framed to visually represent the most interesting aspects. Users can experiment with angles, lighting, and compositions to enhance their photos. Reality encompasses a wide spectrum, not only visually appealing parts, but also the environment, context, and possible imperfections. Learning about the differences between reality and social media representations is part of media literacy education.

This skill is essential for you in the digital age where media messages are ubiquitous and influential. It is important for you to know the difference between reality and the images posted on social media for several important reasons:

Body Image and Self-Perception

Social media often promote unrealistic beauty standards and the ideal, perfect body. You may feel pressured to conform to these standards, which can lead to dissatisfaction with your appearance and unhealthy behaviour. Be aware that photos are often manipulated. With this knowledge, you will be more realistic about yourself and your body.

Learn to distinguish between reality and the photos on social networks and to accept yourself authentically and express your true personality. Do not believe in the idealised images shown on the networks.

Healthy Relationships

You may have unrealistic expectations of relationships with people based on what you see on social media. You need to

understand that relationships are complex and not always as they are portrayed online. So, help yourself to build healthy relationships with all the people around you and set realistic expectations of them.

Critical Thinking Skills

Learn to analyse images on social media and improve your critical thinking skills. Become a critical consumer of information and accept less of what is served up to you as reality on social media.

A Balanced Perspective

Making the difference between real life and social media life will help you maintain a balanced approach to life. You will realise that everyone has ups and downs and that no one's life can be perfect all the time.

Resilience and Coping Skills

When you realise that social media often shows a selective view of reality, you will learn better how to deal with challenges and failures in your own life. You will realise that difficulties are a natural part of life and not a sign of personal failure.

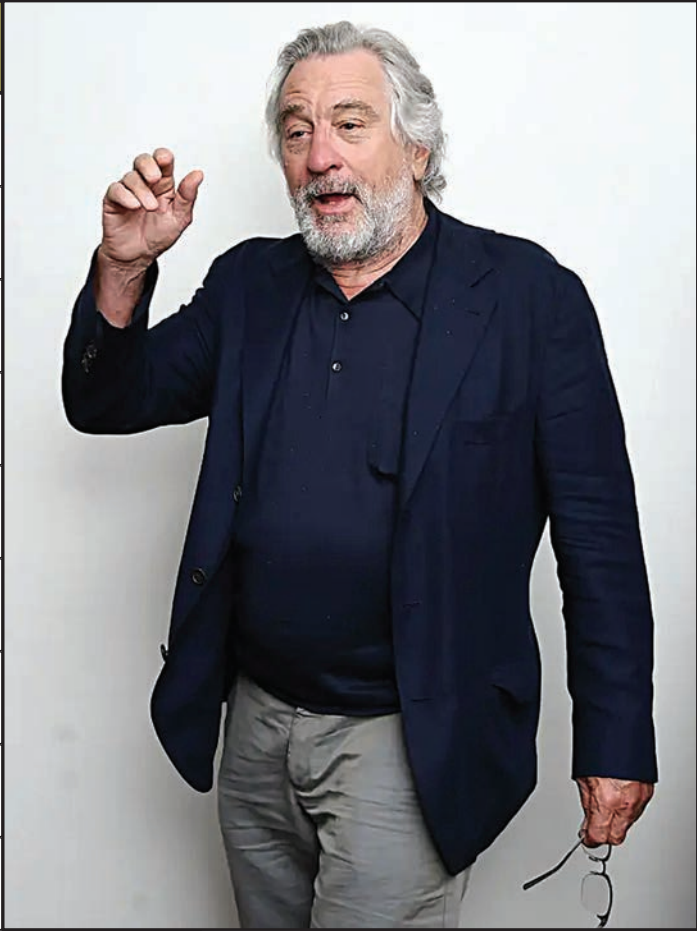

Digital Comprehension

If you understand the difference between real life and social media, you will have a healthier relationship with technology. Use social media to connect and have fun, and do not let it negatively impact your self-esteem and mental health.

Preventing Cyberbullying and Online Harassment

Awareness of the difference between reality and online portrayals can help you avoid cyberbullying or other negative online experiences.

Overall, you should learn to distinguish between reality and images on social media, empower yourself to navigate the digital world and new technologies more confidently, make safe choices, and maintain a good mental and emotional mood.

AMERIČKI GLUMAC NA SLICI	▼	POZNATI KIK-BOKSER, BOKSERSKI	ŠPANSKI PREDLOG	LIVENO GVOŽĐE	JAPANSKA POLITIČARKA, SADAKO	ZAHTEV DA SE ŽIVI U SKLADU SA PRIRIDOM						
JEDNA OD SAD-a	▶											
VRSTA KITA, BELI KIT	▶											
ELEKTROMOTOR	▶		ČASOVNIK KOJA NISU VELIKA									
GLAVNI GRAD ITALIJE	▶			NA TOM MESTU VANADIJUM								
TEMPERATURA	▶	PRIPADNIK AVARSKOG NARODA NEBESKI PROSTOR										
AKT, ČIN (MN.)	▶				AMPER PRELEP							
GRČKO SLOVO	▶			POLJSKA MESTO KOD OPATIJE								
NEON	▶		JEZERO U S. AMERICI KOŠARKAŠ, ŠEKIL									
PRIPADNIK JEDNOG INDIJ. PLEMENA	▶											
REALNI BROJEVI	▶	NADANJE KAO, POPUT				ODAŠILJAC (RADIO ILI TV)	MERA ZA NAFTU (MN.)	▼	TANTAL	GLUMICA RINA	PRIMITIVNA KUCICA	CRTAČI ANIMIRANIH FILMOVA
LIČNA ZAMENICA	▶			NAZIV GLUMAC PAČINO			POLUOSTRVO U GRČKOJ ALEKSANDAR ODMILA					
 POHLEPAN, HALAPLJIV JEDNA OD SAD-a	▶					DISCIPLINA U ATLETICI DRVENO SEDLO						
ALUMINIJUM	▶		VRSTA ŽIVOTINJE (MN.) PODLOGA ZA DŽUDO						VEZNIK, MEĐUTIM KUHINJA PORED DŽAMIJE			
MOČVARNO ZEMLJIŠTE	▶			GLUMICA PORTMAN DEO OTPLATE						IRFAN MENSUR ENERGIJA		
PRVI MITSKI LETAČ	▶				M. E. AMERIČKI GLUMAC, KERTIS		JEDNOĆELIJSKI ORGANIZAM PRKOS					
FILM REŽISERAKOSTE GAVRASA	▶	IME JEDNOG MONGOLSKEG PLEMENA						PRVI SAMOGLASNIK GRAD U ITALJI		A. T. NEMAČKO MUŠKO IME		
VEŠT U GOVORU, GOVORNIK	▶	BAKAR					ITALIJAN. GLUMAC, FRANKO R. I.					KISEONIK MERA ZA POVRŠINU
AŽDAJA, ALA	▶					IZRAĐIVAČ I BACAČ RAKETA METAR						
VRSTA FRANCUSKIH KOLA	▶			ONI KOJI SU VEŠTI U IMITIRANJU								



Dreni



Jelena

Na pijaci Në treg

Reçnik - Fjalor

Pijaca	Tregu
Voçe	Pemë
Povrçe	Perime
Turšija	Turshi
Biljka	Bimë
Sir	Djathë
Ručni rad (domaća radinost)	Artizanal
Ukus	Shije
Bilje	Barishte
Začini	Erëza
Hrana	Ushqim
Hleb	Bukë
Masline	Ullinj
Paradajz	Domate
Krastavac	Tranguj
Mleko	Qumësht
Voda	Ujë
Meso	Mish
Paprika	Spec
Kukuruz	Misër
Pšenica	Grurë
Štand	Tezgë
Zemljo-radnik	Bujk
Krava	Lopë
Koza	Dhi
Ovca	Dele
Selo	Fshat
Farma	Fermë

Ovog vikenda idem na pijacu. Da li želiš da podeš sa mnom? Këtë fundjavë do të shkoj në treg. Dëshiron të vish me mua?

Sa zadovoljstvom! Zaista volim da idem na pijacu, za voće i povrće. Me kënaqësi! Më pëlqen shumë të shkoj në treg për pemë dhe perime.

Sada je njihova sezona, i ponuda je bogata i veoma ukusna. Tani që është sezoni i tyre, oferta është e pasur dhe tejet e shijshme.

Nadam se da ću pronaći jedinstvene domaće sireve. Unë shpresoj të gjej djathëra unik artizanalë.

Možda čak možemo pronaći aromatično bilje. Ndoshta do të gjejmë edhe disa barishte aromatike.

Biće to zabavan izlazak. Do të jetë një shëtitje argëtuese.





Did you know?

„Da bismo efikasno komunicirali, moramo da shvatimo da smo svi različiti u načinu na koji opažamo svet i da koristimo to razumevanje kao vodič za našu komunikaciju sa drugima.“

- Tony Robbins

Za više fotografija, skenirajte QR kod

