




# 4You

magazine

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MUSICBOX  
**GRUV HIJENA**



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#### Glavni urednik:

Leonora Shabanaj Nikšić

#### Novinari:

Ali Rexha,  
Violeta Matović,  
Jelena Simić Rašić

#### Fotografije:

Ekipa "4You"

#### Design & Layout:

Bekim Shabani &

Leopard Cana

Uredništvo možete kontaktirati na telefon:

**038/503-603-2139**

Pisma možete slati na adresu:

**HQ KFOR - Kosova Film;  
"4You Magazine";**

**Strasbourg Building;  
10000 Priština**

E-mail:

**magazineforyou2003@gmail.com;  
www.magazineforyou.com**



Naslovna:  
**GRUV HIJENA**

## Uvodnik

*Dragi čitaoci 4You Magazina, želela bih da posvetim ovaj uvodnik vama, našoj omladini i vašoj moći da gradite budućnost. U svetu koji je često obavljen neizvesnošću i izazovima, nalazim utehu i inspiraciju u nepokolebljivom duhu koji izbija iz svakog od vas. Vaša neukrotiva snaga se pojavljuje kao svetionik nade, obasjavajući put u svetliju budućnost. U vašem srcu leži moćna sila, podsticaj promena i izvor inspiracije.*

#### Vaša snaga kao akteri promena

*Dok gledam širom sveta, stalno sam zadivljena moći transformacije koju imaju mladi umovi poput vašeg. Neustrašivi u potrazi za snovima, vi ste arhitekti inovacija, koji osporavate utvrđene norme sa neuporedivom odlučnošću. Nada, oličena u vašoj strasti, osnažuje vas da se suočite sa pitanjima poput klimatskih promena, socijalne pravde, odražavajući odlučno verovanje u svet oblikovan saosećanjem i jedinstvom.*

#### Vaša otpornost napreduje

*Upravo vaša smelost nade podstiče vašu otpornost u suočavanju sa nedaćama. Svaki zastoj postaje odskočna daska, svaka prepreka prilika za rast. Smeli snovi koje danas gajite postavljaju osnovu za sutrašnje inovacije, obezbeđujući da plamen nade i dalje gori, istrajavajući u izazovima.*

#### Danas vaši snovi, sutra vaše inovacije

*Želim da istaknem važnost prepoznavanja i negovanja ove moćne snage optimizma u vama. Ulaganjem u vaše snove i težnje, mi sejemo za budućnost koja nije samo održiva već i puna potencijala. Vaše ojačavanje kroz obrazovanje, mentorstvo i slobodu da istražujete svoje strasti je slično obezbeđivanju vode za baštu u punom cvatu – obezbeđujući pejzaž prepun živahnim idejama i različitim perspektivama.*

#### Gradimo opipljivu budućnost zajedno

*Dok se krećemo kroz složenost našeg vremena, dozvolite nam da crpimo inspiraciju iz vašeg nepokolebljivog duha. U vašim rukama, nada se pretvara iz udaljenog koncepta u stvarnu snagu koja nas pokreće napred. Zajedno, vođeni vašom energijom i entuzijazmom, možemo da izgradimo svet u kome nada nije samo prolazni ideal, već pokretačka snaga koja oblikuje sudbine i stvara budućnost u koju svi možemo da verujemo.*

*Na vama je da preduzmete akciju, podsetnik da u vašim rukama leži moć da promenite svet. Verujte u svoje snove, jer oni su seme budućnosti na koju svi možemo da budemo ponosni. Sa nadom i divljenjem, do našeg sledećeg susreta, nastavite da radite da bi ste ostvarili svoje snove.*

*Leonora*

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# Editorial

*Dear readers of 4You Magazine, I would like to dedicate this editorial to you, our youth, and your power to shape tomorrow. In a world often shrouded in uncertainty and beset by challenges, I find solace and inspiration in the unwavering spirit that emanates from each one of you. Your indomitable vigor emerges as a beacon of hope, illuminating the path to a brighter future. Within your heart lies a potent force, a catalyst for change and a wellspring of inspiration.*

### Your vigor as agents of change

*As I look around the globe, I am continually amazed by the transformative power wielded by young minds like yours. Fearless in your pursuit of dreams, you are the architects of innovation, challenging established norms with unparalleled determination. Hope, embodied in your passion, empowers you to confront issues from climate change to social justice, echoing a resolute belief in a world shaped by compassion and unity.*

### Your resilience forging ahead

*In the face of adversity, it is your audacity of hope that fuels your resilience. Each setback becomes a steppingstone, every obstacle an opportunity for growth. The audacious dreams you harbor today lay the foundation for tomorrow's innovations, ensuring that the flame of hope continues to burn brightly, undeterred by challenges.*

### Your dreams today, your innovations tomorrow

*I want to emphasize the importance of acknowledging and nurturing this potent force of optimism within you. By investing in your dreams and aspirations, we sow seeds for a future that is not only sustainable but also brimming with potential. Empowering you through education, mentorship, and the freedom to explore your passions is akin to providing water to a flourishing garden—ensuring a landscape teeming with vibrant ideas and diverse perspectives.*

### Building a tangible future together

*As we navigate the complexities of our time, let us draw inspiration from your unwavering spirit. In your hands, hope transforms from a distant concept to a tangible force propelling us forward. Together, guided by your energy and enthusiasm, we can build a world where hope is not just a fleeting ideal but a driving force, shaping destinies and molding a future we can all believe in.*

*This is your call to action, a reminder that in your hands lies the power to change the world. Believe in your dreams, for they are the seeds of a future we can all be proud of. With hope and admiration, until our next meeting, keep working to make your dreams come true.*

*Leonora*

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# 4You magazine

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

### Chief Editor:

Leonora Shabanaj Nikshiq

### Journalists:

Ali Rexha, Violeta Matovic,

Jelena Simic Rasic

### Photos by:

"4You" Team

### Design & Layout:

Bekim Shabani &

Leopard Cana

The editorial staff can be contacted on:

038/503-603-2139

Any letters can be sent at:

HQ KFOR - Film City;

"4You Magazine";

Strasbourg Building;

10000 Pristina

E-mail:

magazineforyou2003@gmail.com

www.magazineforyou.com



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GRUV HIJENA

# PETAR STOJANOVIĆ: MATEMATIČAR, SPORTISTA I BUDUĆI VOJNIK



vojničku karijeru. "Zamišljam sebe kao vojnika, spremnog da služi građanima," ističe sa ponosom. Dodaje da je svestan da će put do Vojne akademije zahtevati veliku predanost i trud. Uči, trenira karate i priprema se za fizičke izazove koji ga očekuju, sve sa ciljem da postane vojni lider u budućnosti.

## Karate kao strast, izazov i uspeh

Kao što smo već napomenuli, osim matematike, Petar je posvećen karateu. Već deset godina trenira ovaj specifičan i zahtevan borilački sport, a njegovi uspjesi na takmičenjima govore sami za sebe. Dosad je osvojio impresivnih šest prvih mesta na raznim

državnim i regionalnim takmičenjima. Karate je za Petra mnogo više od fizičke aktivnosti; to je put samopouzdanja, discipline i unapređenja fizičkog i mentalnog zdravlja. Trenirajući karate,

Osnovna škola „Miladin Mitić“ u Lapljem Selu počela je sa radom davne 1890. godine i od tada do danas je prošla mnoge reforme i reorganizacije. Učenici ove škole postižu velika dostignuća na opštinskim takmičenjima u znanju. Jedan od njih je i Petar Stojanović.

Ovaj simpatični četrnaestogodišnjak osvaja svojom izvanrednom nadarenošću, pa neka Vam njegova priča o ambicijama i strastima bude inspiracija.

Petar je naučio lekciju o upornosti i strpljenju. Takođe je razvio izuzetnu koncentraciju i sposobnost brze reakcije, što mu je pomoglo u školi i drugim aspektima života. "Karate je specifičan sport, ni nalik fudbalu, košarci ili odbojci," dodaje Petar. Borilačke veštine pružaju mu jedinstvenu priliku za samoizražavanje i samopoboljšanje, a svakako će mu treniranje ovog sporta pomoći kada,

## Iznad proseka u učenju

Petar je odličan đak, a njegovi omiljeni predmeti su matematika i fizičko. "Volim matematiku zato što je u potpunosti razumem i sve zadatke rešavam sa lakoćom," kaže na početku razgovora za 4You Magazin Petar. Njegova sposobnost da brzo i precizno razmišlja o matematičkim konceptima izdvaja ga iz mase, a njegovi vršnjaci često traže njegovu pomoć pri rešavanju problema. Petar se redovno takmiči na matematičkim takmičenjima i osvaja najveće nagrade. Njegovi nastavnici i profesori ga opisuju kao izuzetnog matematičara sa ogromnim potencijalom. Već sada on razmišlja o budućoj karijeri u ovom polju i želi da upiše matematičku gimnaziju nakon završetka osnovne škole.

## Cilj i san - Vojna akademija

Jedan od Petrovih dugoročnih snova je i da postane deo vojske i da studira na Vojnoj akademiji. Ova ambicija nije samo produkt trenutnog entuzijazma; Petar je već sada ozbiljno posvećen tome da se pripremi za buduću





jednog dana, bude upisivao Vojnu akademiju.

U slobodno vreme, Petar se opušta u prirodi. Nije tipičan tinejdžer koji provodi sate na društvenim mrežama. "Lepše mi je da provodim vreme sa svojim drugarima napolju, nego dopisujući se s njima na internetu," kaže sa osmehom. Petar je takođe zaljubljenik u muziku, posebno rep i hip hop. Takođe, njegova strast prema stranim jezicima se ističe, posebno engleski koji voli da koristi i van nastave. Kada ga pitate kako zamišlja sebe u budućnosti, Petar skromno odgovara: "Sebe vidim jednog dana kao poštenog i vrednog čoveka."

*On svojim vršnjacima poručuje da se više druže i manje vremena provode na društvenim mrežama. Priča Petra Stojanovića nas podseća da se talenat, rad i predanost uvek prepoznaju i cene. S njegovim nadama i snovima, ovaj mladić sigurno će postići velike stvari u budućnosti.*

## PETAR STOJANOVIC: MATHEMATICIAN, ATHLETE AND FUTURE SOLDIER

Primary school "Miladin Mitic" in Laplje Selo started its work in 1890 and has undergone many reforms and reorganizations since then. Students of this school achieve great achievements in municipal competitions of knowledge. One of them is Petar Stojanovic. This cute fourteen-year-old conquers with his extraordinary talent, so let his story of ambitions and passions be your inspiration.

### Above average in studies

Petar is an excellent student, and his favorite subjects are mathematics and physical education. "I like mathematics because I fully understand it and I solve all the tasks with easiness," says Petar at the beginning of the conversation with 4You Magazine. His ability to think quickly and accurately about mathematical concepts sets him apart from the crowd, and many of his peers often seek his help in solving problems. Petar regularly competes in math competitions and wins the biggest prizes. His teachers and professors describe him as an exceptional mathematician with enormous potential. He is already thinking about a future career in this field and wants to enroll in the mathematics high school after finishing elementary school.

### Goal and dream - Military Academy

One of Peter's long-term dreams is to become part of the army and to study at the Military Academy. This ambition is not just a product of momentary enthusiasm; Petar is already seriously committed to preparing for a future military career. "I imagine myself as a soldier, ready to serve the people," he says proudly. He adds that he is aware that the path to the Military Academy will require great dedication and effort. He studies, trains karate and prepares for the physical challenges that await him, all with the goal of becoming a military leader in the future.

### Karate as passion, challenge and success

As we have already mentioned, apart from mathematics, Petar is dedicated to karate. He has been training this specific and demanding martial art for ten years, and his successes in competitions speak for themselves. So far, he has won an

impressive six first places at various state and regional competitions. For Peter, karate is much more than a physical activity; it is a path of self-confidence, discipline and improvement of physical and mental health. While training karate, Petar learned about the importance of persistence and patience. He also developed exceptional concentration and quick reaction time, which helps him in school and other aspects of life. "Karate is a specific sport, not like football, basketball or volleyball," adds Petar. Martial arts provide him with a unique opportunity for self-expression and self-improvement, and certainly training this sport will help him when, one day, he enrolls in the Military Academy. In his free time, Petar relaxes in nature. He's not a typical teenager who spends hours on social media. "I'd rather spend time with my friends outside than communicating with them on the Internet," he says with a smile. Petar is also a lover of music, especially rap and hip hop. Also, his passion for foreign languages stands out, especially English, which he likes to use outside of class. When you ask him how he imagines himself in the future, Petar modestly answers: "I see myself one day as an honest and hardworking man."

*He tells his peers to socialize more and spend less time on social networks. The story of Petar Stojanović reminds us that talent, work and dedication are always recognized and appreciated. With his hopes and dreams, this young man will surely achieve great things in the future.*

# NEPOKOLEBLJIVA PREDANOST KFOR-A MIRU: OBNOVLJENA POSVEĆENOST



**U srcu Zapadnog Balkana, gde su burna istorijska dešavanja često bacala senku na pitome pejzaže i živopisne kulture regiona, jedan simbol nade opstaje već više od dve decenije. Kosovske snage, poznatije kao KFOR, su multinacionalna mirovna misija koja ostaje snažno i nepokolebljivo posvećena očuvanju mira i stabilnosti.**

Tokom čitavog trajanja ove misije jedna konstanta je uvek bila prisutna: **muškarci i žene koji služe u KFOR-a ostaju nepokolebljivi u svojoj misiji.** Međutim, njihova posvećenost miru prevazilazi tradicionalne vojne strategije, i proteže se na domen aktivnosti koje čine jedan sveobuhvatan pristup koji je u saglasju sa samom suštinom očuvanja mira.

## **Promenljiva dinamika mirovnih misija**

Da bi se shvatilo značaj KFOR-ove posvećenosti, neophodno je razumeti promenljivu dinamiku mirovnih misija u 21. veku. U svetu u kome sukobi više nisu u skladu sa tradicionalnim pravilima upotrebe vojske, mirovne misije se moraju prilagođavati kako bi obezbedile dugotrajnu stabilnost.

Kroz svoju posvećenost Kosovu, KFOR se transformisao iz

čisto vojnih snaga u snage koje kombinuju širok spektar aktivnosti. Ove aktivnosti prevazilaze ekonomske, političke i socijalne aspekte mira, obezbeđujući negovanje samih korena stabilnosti.

## **Stabilnost doprinosi ekonomskom razvoju**

Ključni element napora KFOR-a podrazumeva podsticanje ekonomskog rasta i stabilnosti u regionu. Misija obezbeđuje sigurno okruženje za investitore

i preduzetnike, i na taj način katalizuje ekonomske mogućnosti. Pomažući u stvaranju ambijenta koji pogoduje otvaranju novih radnih mesta i podsticanju trgovine, KFOR doprinosi ukupnom blagostanju stanovništva Kosova.

## **Političko angažovanje i dijalog**

KFOR služi kao važan posrednik, promovišući političko angažovanje i dijalog između različitih zajednica na Kosovu. Njegova uloga u omogućavanju razgovora i izgradnji

mostova bila je ključna na putu regiona ka miru. Ovaj pristup je omogućio rešavanje političkih sporova i osnaživanje lokalnih lidera da stvore zajedničku viziju za budućnost.

## **Izgradnja zajednica i društvena integracija**

Nijedan mir se ne može održati bez integracije društava i jačanja zajednica. KFOR to prepoznaje i aktivno podržava inicijative koje imaju za cilj ujedinjenje različitih etničkih i



verskih grupa. Ovi napori su usmereni na negovanje duha suživota i sloge.

### *Posvećenost očuvanju bezbednog i sigurnog okruženja za sve*

Iako ove aktivnosti igraju ključnu ulogu u očuvanju mira, KFOR održava i svoje sposobnosti za reagovanje i intervenciju. Ove sposobnosti služe u svrhu odvratanja, osiguravajući da region ostane bezbedan. Oni su spremni da brzo reaguju na pretnje, na taj način omogućavajući KFOR-u da ispunjava svoju primarnu dužnost – očuvanje bezbednog i sigurnog okruženja za sve stanovnike Kosova.

### *Novi kontingenti trupa: Tiha snaga*

Dostupnost novih kontingenata trupa predstavlja tihu snagu KFOR-a. To je žila kucavica koja obnavlja misiju, udahnujući joj obnovljenu posvećenost i predanost. Dok nove trupe zauzimaju svoje mesto među ostalim vojnicima, one sa sobom donose nepokolebljivu odlučnost da štite i da služe.

U ovim trupama, naći ćete ne samo fizičko prisustvo već i obećanje globalne zajednice da će podržati trajni mir u regionu. Te trupe predstavljaju simbol obećanja da će se osigurati da Kosovo nastavi da napreduje na svom putu ka stabilnosti i pomirenju.

### *Put napred*

Posvećenost KFOR-a otelotvoruje duh nade u regionu ruiniranom njegovom istorijom. Ona je svedočanstvo kolektivne želje sveta za mirom, stabilnošću i jedinstvom. Dok KFOR nastavlja svoju misiju, podsećamo se da mir nije odredište već putovanje. Putovanje na koje krećemo zajedno, gde nas svaki korak približava svetlijoj i skladnijoj budućnosti.

*Danas, KFOR predstavlja simbol nade, pokazujući nam da posvećenost miru ne poznaje granice. To je obaveza koju svi moramo da prihvatimo i podržimo, ne samo za Kosovo, već i za sve regione sveta koji žude za mirom. Kroz KFOR vidimo da je put ka miru popločan posvećenošću, izdržljivošću i nepokolebljivom predanošću.*



## KFOR'S UNWAVERING DEDICATION TO PEACE: *A RENEWED COMMITMENT*

***In the heart of the Western Balkans, where a turbulent history has often overshadowed the region's serene landscapes and vibrant cultures, a symbol of hope has persevered for more than two decades. The Kosovo Force, or more commonly known KFOR, is the multinational peacekeeping mission that continues to stand strong in its unwavering commitment to preserving peace and security.***

During the entire longevity of this mission one constant has been ever-present: ***the men and women of KFOR remain steadfast in their mission.*** However, their commitment to peace goes beyond traditional military strategies. It extends into the realm of activities that forge a comprehensive approach that resonates with the very essence of peacekeeping.

### *The evolving dynamics of peacekeeping*

To grasp the significance of KFOR's commitment, it is essential to understand the evolving dynamics of peacekeeping in the 21st century. In a world where conflicts no longer conform to traditional rules of engagement, peacekeeping missions must adapt to ensure long-lasting stability.

KFOR's commitment in Kosovo has seen it transform from a purely military force to one that combines a wide array of activities. These activities encompass the economic, political, and social aspects of peace, ensuring that the roots of stability are nurtured.

### *Stability brings economic growth*

The mission's main task is to provide a safe and secure environment. This in turn entices investors and entrepreneurs, catalyzing economic opportunities. By contributing to peace KFOR also helps maintain an environment that is suitable for the creation of new jobs and promoting trade. Thus, through its efforts KFOR contributes to the overall well-being of all people living in Kosovo.

### *Political engagement and dialogue*

KFOR serves as a vital mediator, promoting political engagement and dialogue among diverse communities in Kosovo. Its role in facilitating discussions and building bridges has been instrumental in the region's journey toward peace. This approach has facilitated the resolution of political disputes and the empowerment of local leaders to create a shared vision for the future.

### *Community building and social integration*

No peace can be sustained without the integration of societies and the strengthening of communities. KFOR recognizes this and actively supports initiatives aimed at uniting different ethnic and religious groups. These

efforts seek to nurture the spirit of coexistence and harmony.

### *Dedication to maintain a safe and secure environment for all*

While these activities play a pivotal role in peacekeeping, KFOR maintains its reaction and intervention capabilities. These capabilities serve as a deterrent, ensuring that the region remains secure. They are ready to respond swiftly in the face of threats, allowing KFOR to uphold its primary responsibility - the maintenance of a safe and secure environment for people in Kosovo.

### *Fresh troop contingents: the silent strength*

The availability of new troop contingents is the silent strength of KFOR. It is the lifeblood that rejuvenates the mission, infusing it with renewed commitment and dedication. As fresh troops take their place among their fellow soldiers, they bring with them the unwavering determination to protect and serve.

In these troops, you find not only the physical presence but a representation of the global community's pledge to support the region's enduring peace. The troops symbolize a promise to ensure that Kosovo continues to progress on its path toward stability and reconciliation.

### *The way forward*

The commitment of KFOR embodies the spirit of hope in a region scarred by its history. It is a testament to the world's collective desire for peace, stability, and unity. As KFOR continues its mission, we are reminded that peace is not a destination but a journey. A journey that is undertaken together, where each step brings us closer to a brighter and more harmonious future.

*Today, KFOR stands as a symbol of hope, showing us that commitment to peace knows no boundaries. It is a commitment we must all embrace and support, not just in Kosovo but for all the world's regions yearning for tranquility. Through KFOR, we see that the path to peace is paved with dedication, resilience, and unwavering commitment.*

# TOP PATIKE ZA JESEN 2023



**P**atike su već duže vreme vodeći trend u modi i postale su neizostavan deo svakodnevnog stila. Njihova univerzalnost omogućava da se lako uklope u postojeći garderober, čineći ih idealnim izborom za različite prilike. Ove jeseni, ističu se retro dizajni patika, uključujući modele iz osamdesetih i devedesetih godina, kao i praktične modele koji su sada popularniji nego ikad. U nastavku, pročitajte o tri modela patika koji su oblikovali modnu scenu ove jeseni 2023. godine.



## ADIDAS SAMBA

Najnovija istraživanja nedvosmisleno pokazuju da su Adidas Samba patike najtraženiji model u 2023. godini. Ovaj model patika dolazi u različitim bojama i prepoznatljiv je po gumenom donu i antilop koži sa strane. Iako su prvobitno dizajnirane za fudbal i sportske aktivnosti, tokom vremena su postale omiljena svakodnevna obuća. Model Adidas Samba je drugi po popularnosti u istoriji Adidasa, odmah iza modela Stan Smith. Ove retro patike se savršeno uklapaju uz različite stilove i lako kombinuju sa raznovrsnim odevnim kombinacijama. Važno je samo da ih prilagodite vremenskim uslovima. Dodatna prednost ovih atraktivnih patika je pristupačna cena od oko 70 evra za najpopularniju crno-belu verziju.

## NEW BALANCE 550

Brend New Balance je dominirao modnom scenom prethodne godine, a jedan od modela koji je i dalje omiljen jeste New Balance 550. Ovaj model je prvi put predstavljen 1989. godine





## TOP SNEAKERS FOR FALL 2023

**S**neakers have been a leading fashion trend for a long time and have become an essential part of everyday style. Their versatility allows them to easily fit into the existing wardrobe, making them an ideal choice for different occasions. This fall, retro sneaker designs stand out, including the eighties and nineties models, as well as practical models that are now more popular than ever. Read below about three sneaker models that shaped the fashion scene this fall 2023.

### ADIDAS SAMBA

The latest research unequivocally shows that Adidas Samba sneakers are the most sought-after model in 2023. This sneaker model comes in different colorways and is recognizable by its rubber sole and suede leather at the sides. Although they were originally designed for soccer and sports activities, over time they have become a favorite everyday shoe. The Adidas Samba model is the second most popular model in the history of Adidas after the Stan Smith model. These retro sneakers fit perfectly with different styles and can be easily paired with various outfits. All you need to do is adapt them to the weather conditions. An additional advantage of these attractive sneakers is the affordable price of around 70 euros for the most popular black and white version.

### NEW BALANCE 550

The New Balance brand dominated the fashion scene last year, and one of the models that is still a favorite is the New Balance 550. This model was first released in 1989 and has left a deep mark on basketball courts around the world. After having spent some time in the archives, the 550 model

was relaunched in a limited edition 30 years later, quickly becoming a global fashion favorite. The retro design and exceptional comfort make these sneakers attractive. The thicker sole and leather finish make them ideal for changing weather conditions, therefore you can expect them to be a popular choice this fall and winter.

### AIR FORCE 1

The Nike Air Force 1 was first released in 1982 and has become one of the most iconic and longest-lasting athletic footwear models in history. Originally designed for basketball players, it was named "Air Force" after the US presidential plane "Air Force One." This model was the first to introduce Nike Air technology, providing extra comfort and support to athletes on the court. Air Force 1 has become a global sneaker icon, with a significant influence on fashion, culture and music industry. Today it is known for its signature classic and simple design, as well as different colorways and variants available. This sneaker model continues to be popular decades after its initial launch and you can often see people on the streets wearing the sneakers commonly known as "Forces."

i ostavio je dubok trag na košarkaškim terenima širom sveta. Nakon izvesnog vremena provedenog u arhivi, model 550 je ponovo lansiran u limitiranom izdanju 30 godina kasnije, brzo postajući globalni modni favorit. Retro dizajn i izuzetna udobnost čine ove patike privlačnim. Deblji đon i kožni završetak čine ih idealnim za promenljive vremenske uslove, pa se možete očekivati da će ove jeseni i zime biti popularan izbor.

### AIR FORCE 1

Nike Air Force 1 je prvi put predstavljen 1982. godine i postao je jedan od najpoznatijih i najdugotrajnijih modela sportske obuće u istoriji. Prvobitno dizajniran za košarkaše, nosio je naziv "Air Force" po američkom predsedničkom avionu "Air Force One". Ovaj model je prvi uveo Nike Air tehnologiju, pružajući dodatnu udobnost i podršku sportistima na terenu. Air Force 1 je postao ikona svetske patike, sa značajnim uticajem na modu, kulturu i muziku. Danas se prepoznaje po svom klasičnom i jednostavnom dizajnu, kao i različitim dostupnim bojama i varijacijama. Ovaj model patika ostaje popularan decenijama nakon svog prvog lansiranja i često možete videti ljude na ulicama kako nose "forsice," kako ih popularno nazivaju.



MUSICBOX

## GRUV HIJENA

*„ŽESTOKA SVIRKA, ENERGIJA I  
ZABAVA SU ŽAGARANTOVANI“*

***U svetu muzike, pojave se ponekad dese iznenada, donoseći sa sobom kreativnost koja vrlo brzo osvoji srca publike. Tako nešto se desilo sa bendom GRUV Hijena, koju čine Emir Hasani (vokal, gitara), Vanja Kostić (bas gitara) i Filip Milovanović (bubnjevi). Ovu ekipa entuzijastičnih i predanih muzičara iz severne Mitrovice, spremna je da svira muziku uz koju će se ljudi najpre dobro zabaviti.***

Nastali su pre nekoliko godina, i za veoma kratko vreme su uspeli da osvoje mnoge Mitrovčane. 'GRUV hijena' su cover bend, njihov koncept je od početka bio da ne sviraju autorsku muziku, već one pesme koje su najviše voleli da slušaju.



Prve svirke bile su u nekadašnjem mitrovačkom CRYM klubu. Upitani zašto su se odlučili za rok muziku, ceo bend odgovara s entuzijazmom: "Ideja svega je da prezentujemo muziku koju volimo, sviramo od pank do metala. Poseban uticaj na nas imali su 'Audio slave', 'Nirvana', 'Zepellini', 'Rage Against Machine'. Cilj nam je da sviramo muziku u kojoj će ljudi uživati i uz koju mogu da se opuste i uživaju".

Upravo u razgovoru sa solistom i gitaristom benda GRUV Hijena Emirom Hasanijem, saznajemo da su svi oni polaznici mitrovačke Rock škole, kroz koju je od 2008. godine kada je oformljena, prošao je veliki broj mladih ljudi koji su želeli da se oprobaju u muzičkom svetu. "To je mesto za mlade ljude iz grada i one koji dolaze sa strane. Mesto, gde oni mogu da nauče da sviraju neki instrument, da stvaraju sopstvenu muziku, upoznaju kolege



Sa žanrom hard kor-pank, GRUV Hijene donose osveženje na muzičku scenu Kosovske Mitrovice, koja se polako menja i postaje sve otvorenija za raznovrsne zvuke. Pored njih, i bendovi poput 'Hosenfefer' i 'Psycho sonic Boris' ostavljaju svoj trag na muzičkoj sceni grada, dok Mitrovica Rock School doprinosi formiranju nove generacije talenata.

muzičare iz Evrope, da sviraju muziku koju vole i rade na individualnom razvoju i usavršavanju," kazao nam je ovaj momak, koji je programski direktor i predavač u ovoj rock školi.

### ***Vlastita inicijativa je ključna!***

Emir je veoma posvećen muzici, predaje klasičnu gitaru i radi u školi. Kaže da mladi vole i prihvataju rok muziku, ali



da je najvažnije da istraju u tome, posebno ako žele da se bave muzikom. Svoj muzički put započeo je već u sedmoj godini. Danas se, osim muzikom, bavi i pedagoškim radom, prenoseći svoju strast i znanje na mlade generacije. On ističe da se od muzike može živeti. Pored predavanja i nastupa, radi i kao tonac.

Otkriva kako je početna ideja benda Gruv Hijena bila da pruže dobar provod i dobru zabavu publici. Na njihove koncerte dolazi mnogo ljudi, pa on poručuje mladima da, ako nešto nedostaje, trebaju to sami stvoriti i pokrenuti se. "Vlastita inicijativa je ključna, a primarna želja je da nastavimo da se aktivno bavimo muzikom i opstanemo. Biti svestran u svakom pogledu je takođe važno", naglašava. Za sve ljubitelje energičnog i moćnog zvuka, GRUV Hijena često izvode nezaboravne svirke uz poruku "Žestoka svirka, energija i zabava su zagarantovani."

*Upravo tako je i bilo kada je 4You Magazin prisustvovao njihovoj svirci jedne subotnje večeri, posebne i ispunjena entuzijazmom, kreativnošću i beskrajom energijom ovih mladih muzičara koji obećavaju velike stvari na naizgled maloj mitrovačkoj muzičkoj sceni.*

## GRUV HIJENA

*"FIERCE PERFORMANCE, ENERGY AND FUN ARE GUARANTEED"*

***In the world of music, appearances sometimes happen suddenly, bringing with them creativity that very quickly wins the hearts of the audience. Something like that happened with the band GRUV Hijena (Hyena GROOVE), which consists of Emir Hasani (vocals, guitar), Vanja Kostić (bass guitar) and Filip Milovanović (drums). This team of enthusiastic and dedicated musicians from northern Mitrovica is ready to play music with which people will first of all have a good time.***

They were founded a few years ago, and in a very short time they managed to conquer many residents of Mitrovica. "GRUV hijena" are a cover band, their concept from the beginning was not to play original music, but the songs they liked to listen the most. The first gigs were in the former CRYM club in Mitrovica. Asked why they decided on rock music, the whole band answers enthusiastically: "The idea of everything is to present the music we love, we play from punk to metal, we were particularly influenced by 'Audio Slave', 'Nirvana', 'Zeppelin', 'Rage Against Machine'. Our goal is to play music people will enjoy and relax to."

With the genre of hard core-punk, GRUV Hijena bring freshness to the music scene of Kosovska Mitrovica, which is slowly changing and becoming more and more open to diverse sounds. In addition to them, bands like 'Hosenfefer' and 'Psycho sonic Boris' leave their mark on the city's music scene, while Mitrovica Rock School contributes to the formation of a new generation of talents.

It was in the conversation with Emir Hasani, the soloist and guitarist of the band GRUV Hijena, that we learned that all of them are participants of the Rock School in Mitrovica, through which a large number of young people who wanted to try themselves in the music world have passed since 2008, when it was formed. "It is a place for young people from the city and those who come from outside. A place where they can learn to play an instrument, create their own music, meet fellow musicians from Europe, play the music they love and work on individual development and improvement," said this young man, who is the program director and lecturer of this rock school.

### **Self-initiative is key!**

Emir is very dedicated to music. He teaches classical guitar and works at school. He says that young people like and accept rock music, but the most important thing is to persevere in it, especially if they want to do music. He started his musical journey at the age of seven. Today, apart from music, he is also engaged in pedagogical work, transferring his passion and knowledge to the younger generations. He points out that you can make a living from music. In addition to lectures and performances, he also works as a sound engineer.

He reveals how the initial idea of the band Gruv Hijene was to provide a good time and good entertainment to the audience. Many people come to their concerts, so he tells young people that, if something is missing, they should create it themselves and get started. "Self-initiative is key, and the primary desire is to continue to actively engage in music and survive. Being versatile in all aspects is also important", he emphasizes. For all the fans of energetic and powerful sound, GRUV Hijene often perform unforgettable concerts with the message "Fierce performance, energy and fun are guaranteed."

*That's exactly how it was when 4You Magazine attended their concert one Saturday evening, special and filled with enthusiasm, creativity and endless energy of these young musicians who promise great things on the seemingly small Mitrovica music scene.*

# ČIŠĆENJE ULICA U PRIŠTINI

## PRIVLAČI PODRŠKU MNOGIH



**Kolektivna odlučnost i duh zajednice odjekivali su ulicama Prištine, kada su volonteri različitih etničkih grupa iz celog Kosova udružili svoje snage da bi udahnuli novi život svom gradu. Nedavna kampanja čišćenja ulica bila je simbol jedinstva i visoke ekološke svesti, a nju su organizovali NVO „Let's Do It Kosova“ i KFOR-ov K8 Tim za praćenje i vezu (LMT), dok su akciju podržali Opština Priština, KRM „Pastrimi“, Kosovski vatrogasci, Prištinski gradski prevoz, Melodia PX, Premium Bakery i FRIX. Učesnici su bili različitog uzrasta i porekla, ali ne obazirući se na razlike, stajali su rame uz rame, dok su uklanjali smeće i prijavštinu, ujedno pokrenuvši zajedničku akciju temeljnog čišćenja urbanih delova Prištine.**

### Zajednička vizija za čistiju životnu sredinu

Zadovoljan je bio i Demir Marković, iz Prištine, koji je najbolje opisao ovu zajedničku akciju, rekavši: "Naše zdravlje zavisi od čistoće našeg grada. Briga o gradu je slična brizi o sopstvenim domovima." Njegove reči upravo odražavaju jedinstven cilj o sprezi negovanja ekološke svesti i kolektivne odgovornosti.

### NVO "Mladi Volonteri" iz Peći se pridružuje akciji

Tokom akcije su se posebno istakli članovi NVO "Mladi Volonteri" iz Peći. Elma Sardanović, jedna od učesnica, naglasila je univerzalnost krajnjeg cilja akcije, ističući da nikakve etničke, regionalne ili verske barijere ne bi trebalo da ometaju pojedince da doprinesu čistijoj i zdravijoj sredini. „Jedinstvo nas, stanovnika, garantuje čistije gradove i zdraviju životnu sredinu svima“, naglasila je ona. Njen kolega Redžep Kojić razmišlja na sličan način i poručuje: „Naša različita porekla ne bi trebalo da nas spreče u udruživanju napora za čistiji grad, Prištinu. S obzirom da je zagađenje izvor raznih bolesti, saradnja je imperativ za čistiju i zdraviju životnu okolinu.“

### Osnaživanje mladih za bolje sutra

Mladi su odigrali ključnu ulogu u ovoj akciji čišćenja, što znači i pomak u podizanju kolektivne svesti. Među njima je bila i Noa Bajgora, učenica osnovne i

srednje škole „Dardania“ u Prištini. Njena poruka vršnjacima i građanima Kosova bila je veoma jednostavna, „čista životna sredina znači zdrav život!“

Ljuan Hasanaj, izvršni direktor NVO „Let's Do It Kosova“, istakao je važnost vaspitavanja mladih o negovanju životne sredine. „To što su nam se deca danas



pridružila je pozitivan znak da i oni razumeju značaj zaštite svog životnog okruženja“, primetio je. Ovakve inicijative postavljaju temelje za svesniju i odgovorniju budućnost.

### Kolektivni odgovor na izazove životne sredine

Poziv na ovu zajedničku akciju čišćenja odjeknuo je izvan društvenih ili

institucionalnih granica. Zastavnik 2. klase Fabio Karlone, glavni komandant LMT-K8 koji deluje u Prištini, izrazio je zahvalnost na kolektivnom poduhvatu i naglasio, „pored pomoći u čišćenju ulica Prištine, naša aktivnost takođe ima za cilj da podseti ljude da je KFOR tu za sve i da istakne važnost zajedničkog rada za svetliju budućnost“.

### Multikulturalni poziv na ujedinjeno delovanje

Događaj je istakao inspirativnu raznolikost pojedinaca, što označava zajedničku posvećenost zajedničkom cilju. Gradonačelnik Prištine Perparim Rama je podvukao značaj ovog jedinstva, rekavši: „Različite etničke grupe koje se udružuju za zajednički cilj pokazuju našu spremnost da radimo zajedno za opšte dobro“. Zatim je pozvao na kolektivnu akciju: „Priština se i dalje suočava sa pravim izazovom u vezi sa zagađenjem. Ali čekanje samo na institucije vlasti nije rešenje; svi stanovnici treba da se ujedine i doprinesu borbi protiv zagađenja“.

## Pogled u budućnost

Ova kolektivna kampanja čišćenja služi kao svedočanstvo o spremnosti zajednice da se ujedini za čistiju i zdraviju budućnost. Prekoračenjem granica i prihvatanjem različitosti, događaj je naglasio kolektivnu odgovornost svakog pojedinca prema opštem dobru. Takođe pokazuje potencijal za još veća dostignuća kroz jedinstvo. Ovaj inkluzivni duh simbolizuje širu viziju za prosperitetnije i zdravije okruženje za generacije koje dolaze.



Zastavnik 2.klase Fabio CARLONE

**Statistike događaja**  
 Prema gospodinu Luanu Hasanaju, glavno okupljalište privuklo je dvesta učesnika koji su bili raspoređeni na četiri lokacije: naselje Dardanija, centar Prištine, područje Palata mladih i brojna autobuska stajališta. Još dodatnih pedeset osoba organizovalo se u naselju Sunčani breg i oni su dobili neophodan materijal od organizatora događaja, kako bi prikupili smeće. Na kraju ove akcije čišćenja, prikupljeno je ukupno 350 vreća smeća i otpada u svojim pomenutim delovima grada.



# PRISTINA'S STREET CLEANUP DRAWS DIVERSE SUPPORT

*The streets of Pristina echoed with the sounds of collective determination and community spirit as volunteers of various ethnicities from all over Kosovo joined forces to breathe new life into their city. Organized by the NGO "Let's Do It Kosovo" and KFOR's K8 Liaison Monitoring Team (LMT), supported by Pristina Municipality, KRM "Pastrimi", Kosovo Firefighters, Pristina Urban Traffic, Melodia PX, Premium Bakery, and FRIX the recent street cleanup campaign was a symbol of unity and environmental consciousness. Participants of varying ages and backgrounds, undeterred by differences, stood shoulder-to-shoulder, sweeping away litter and grime, embarking on a shared mission to rejuvenate Pristina's urban landscape.*

## A shared vision for a cleaner environment

Demir Markovic, a proud native of Pristina, exemplified the spirit of community stewardship, stating: "Our health hinges on the cleanliness of our city. Taking care of the city is akin to tending to our own homes." Such sentiments reflected the unified goal of fostering environmental mindfulness and collective responsibility.

## NGO "Mladi Volonteri" from Peja/Pec joins the action

The participation of several members of the NGO "Mladi Volonteri" from Peja/Pec was a notable highlight of the collective initiative. Elma Sardanovic, a dedicated participant, stressed the inclusivity of the cause, emphasizing that no ethnic, regional, or religious barriers should hinder individuals from contributing to a cleaner and healthier community. "Our unity as residents warrants cleaner cities and a healthier environment for us all," she emphasized. Her colleague, Redzep Kojic, shared the same point of view, advocating: "Our unique backgrounds should not prevent us from joining efforts to clean Pristina. Given that pollution is a source for various diseases, collaboration is imperative for a cleaner and healthier environment."

## Empowering the youth for a better tomorrow

The youth played a pivotal role in this cleanup campaign, signifying a promising shift in collective awareness. Among them was Noa Bajgora, a student of the Elementary and Junior High School "Dardania," in Pristina. Her message to her peers and the people of Kosovo was very simple: "Clean environment, healthy living!"

Luan Hasanaj, CEO of the NGO "Let's Do It Kosovo," remarked on the importance of instilling environmental guardianship in the younger generation. "Having children join our efforts today is a positive sign that they understand the significance of safeguarding their living environment," he observed. Initiatives like this lay the groundwork for a more conscious and responsible future.

## A collective response to environmental challenges

The call for joint efforts resonated beyond social

or institutional boundaries. Warrant Officer 2nd Class Fabio Carlone, Chief Commander of LMT-K8 that operates in Pristina, expressed gratitude for the collective endeavor and stressed: "In addition to helping clean up the streets of Pristina, our activity also aims to remind people that KFOR is here for all and to emphasize the importance of working together for a brighter future."

## A multicultural call for unified action

The event highlighted an inspiring diversity of individuals, signifying a shared commitment to a common goal. The Mayor of Pristina, Mr. Përparim Rama, underscored the significance of this unity, stating: "Various ethnicities joining hands for a common cause demonstrates our readiness to work together for the common good." He then urged for collective action: "Pristina continues to face a real challenge concerning pollution. But waiting solely on governing institutions isn't the solution; all inhabitants should unite and contribute to fighting pollution."

## A glimpse of the future

This collective cleanup campaign serves as a testament to the community's willingness to unite for a cleaner and healthier future. By transcending boundaries and embracing diversity, the event underscored the collective responsibility of each individual toward the common good. It also demonstrates the potential for even greater achievements through unity. This inclusive spirit symbolizes a broader vision for a more prosperous and healthier environment for the generations to come.

### Event statistics

*According to Mr. Luan Hasanaj, the main rallying point attracted two hundred participants that were divided into four locations: Dardania Neighborhood, Pristina Center, Pallati i Rinisë (The Youth Palace) area, and numerous bus-stops. An additional fifty individuals organized themselves in the Bregu i Diellit neighborhood and received necessary materials from event organizers to collect litter. At the end of the event, a total of 350 bags of litter and grime were collected from all the mentioned areas.*

# NAJPOZNATIJE ERGELE KONJA

Konji su životinje od čijeg nam stava i brzine uvek zastane dah. Divimo se njihovoj lepoti i poštujemo odanost i plemenitost ove životinje. Oni su oduvek bili deo ljudske priče. No, iza svake izvanredne priče o konjima stoji posebno mesto koje igra ključnu ulogu u uzgoju i negovanju ovih predivnih životinja - a to su ergele. U nastavku članka pročitajte koje su to najpoznatije ergele i zašto su one važne u očuvanju konja i bogate tradicije koju dele sa ljudima širom sveta. Od uzgoja šampiona do obuke izvanrednih konja, ove ergele ostavile su neizbrisiv trag u svetu konjičkog sporta.



## KRALJEVSKA ERGELA ANDALUZIJA (REAL ESCUELA ANDALUZA DEL ARTE ECUESTRE), ŠPANIJA

Ova ergela osnovana je 1973. godine, nalazi se u Španiji, u gradu Jerez de la Frontera. Poznata je po svojoj ulozi u očuvanju i promociji klasičnog španskog jahačkog stila te uzgoju konja plemenite rase andaluzijskog konja. Kraljevska ergela Andaluzija, posebno je fokusirana na uzgoj andaluzijskih konja, koji su poznati po svojoj gracioznosti, snazi i inteligenciji. Ono po čemu je takođe poznata, ova ergela, jeste izvođenje klasičnih španskih jahačkih predstava koje uključuju impresivne figure i pokrete konja. Ove predstave privlače brojne posetioce širom sveta i pružaju im priliku da vide tradicionalni španski jahački stil. Osim uzgoja konja, ergela pruža obuku jahačima u klasičnom španskom jahačkom stilu. Kraljevska ergela Andaluzija ima dugu i prestižnu istoriju, a takođe predstavlja i simbol španske jahačke tradicije.



## GODOLPHIN, UJEDINJENI ARAPSKI EMIRATI (UAE)

Ova ergela nalazi se u pustinji, južno od grada Dubajja u UAE. Dubai je grad koji je jedan od vodećih turističkih i komercijalnih destinacija u svetu. Kako je grad rastao, tako je rasla i strast prema konjima. Pa je tako Šeik Muhamed bin Rašid Al Maktum, osnovao Godolphin kao izraz svoje doživotne strasti za konjima i trkama. Ova strast prema konjima prerasla je u veliku investiciju i rezultirala rastom najvećeg i najglobalnijeg trkačkog tima na svetu. Ova ergela ima bogatu istoriju kao centar za uzgoj konja, poseduje nekoliko štala, privatnu zemljanu stazu od devet stepenica i dva ringa za kasanje, kao i dve banje za konje i traku za trčanje. Godolphin ergela poznata je po tome što je konstantno proizvodila šampione u trkama na ravnom, dominirajući na prestižnim događajima širom sveta. Posvećenost Godolphin sportu i uzgoju ga čini velesilom u industriji trkaćih konja.



## THE MOST FAMOUS HORSE STUD FARMS

Horses are animals whose attitude and speed always leave us in awe. We admire their beauty and respect this animal's loyalty and nobility. They have always been part of the human story. But behind every extraordinary story about horses there is a special place that plays a key role in the breeding and care of these beautiful animals - and those are stud farms. Read on to find out which are the most famous horse studs and why they are important for preserving horses and the rich tradition they share with people around the world. From breeding champions to training outstanding horses, these stud farms have left an indelible mark on the horse racing world.

### ROYAL ANDALUSIAN SCHOOL OF EQUESTRIAN ART (REAL ESCUELA ANDALUZA DEL ARTE ECUESTRE), SPAIN

This stud farm founded in 1973 and located in the city of Jerez de la Frontera, Spain, is known for its role in the preservation and promotion of the classical Spanish dressage and the breeding of the thoroughbred Andalusian horse breed. The Royal Andalusia stable is particularly focused on breeding Andalusian horses, which are known for their grace, strength and intelligence. What this stud farm is also known for are classical Spanish equestrian shows that feature impressive horse figures and movements. These shows attract many visitors from all over the world, giving them the opportunity to see the traditional Spanish dressage. In addition to breeding horses, the stud farm offers trainings for riders in the classical Spanish dressage. The Royal Andalusian School of Equestrian Art has a long and prestigious history and is also a symbol of the Spanish equestrian tradition.

track and two trotting rings, as well as two equine spas and a treadmill. The Godolphin stable is known for consistently producing champions in flat racing, dominating prestigious events around the world. Godolphin's commitment to sport and breeding makes it a superpower in the horseracing industry.

### COOLMORE STUD, IRELAND

Located in the picturesque countryside of Ireland, Coolmore Stud is known as a horseracing and breeding stable. Coolmore Stud was founded in 1975, and is said to be famous for breeding top horses, such as Sadler's Wells, Galileo and Australia, that have achieved great success on racetracks around the world. Moreover, this stud farm plays an important role in the horse racing world and is often associated with the most prestigious races and competitions, such as the Epsom Derby and the Kentucky Derby. The history of this renowned stud farm goes back decades. Experts say that Coolmore Stud is a racehorse breeding powerhouse.

### COOLMORE STUD, IRSKA

Smeštena u slikovitim predelima Irske, Coolmore Stud je poznata kao ergela koja se bavi uzgojem i treniranjem konja, posebno trkačkih konja.

Coolmore Stud je osnovan 1975. godine, a za ovu ergelu kažu i da je poznata po tome što uzgaja vrhunске konje, kao što su Sadler's Wells, Galileo i Australia, koji ostvaruju veliki uspeh na trkalištima širom sveta. Takođe, ova ergela igra značajnu ulogu u trkačkom konjičkom svetu i često se povezuje s najprestižnijim trkama i takmičenjima, kao što su Epsom Derby i Kentucky Derby. Istorija ove renomirane ergele traje decenijama, a poznavaoци kažu i da je Coolmore Stud uzgajivačka sila.

### CLAIBORNE FARM, SAD

Osnovana davne 1910. godine, Claiborne Farm je jedna od najpoznatijih ergela u Sjedinjenim Američkim Državama. Smeštena je u srcu Kentakija, a poznata je po uzgoju mnogih vrhunskih konja za trke. Secretariat, Swale i Lure su neki od najpoznatijih trkačkih konja koji su uzgajani upravo na ovoj ergeli. Claiborne Farm je imao važnu ulogu u razvoju i unapređenju trkačkih konja u Sjedinjenim Američkim Državama i širom sveta. Osim po svojim konjima i uzgoju, Claiborne Farm je poznat i po vrhunskoj brizi o konjima, kao i u očuvanju tradicije konjičkog sporta.

Farma je i dalje jedan od najcenjenijih centara za uzgoj konja u SAD-u i ali u svetu.

### GODOLPHIN, UNITED ARAB EMIRATES (UAE)

This horse stud is located in the desert south of the city of Dubai, UAE. Dubai is one of the top tourist and commercial destinations globally. As the city grew, so did the passion for horses. Thus, Sheikh Mohammed bin Rashid Al Maktoum founded Godolphin as an expression of his lifelong passion for horses and horseracing. This passion for horses translated into a major investment and resulted in the growth of the biggest and most global horseracing team in the world. This stud farm has a rich history as a horse breeding center. The facility includes several barns, a nine-furlong private dirt

### CLAIBORNE FARM, USA

Founded way back in 1910, Claiborne Farm is one of the most famous stud farms in the United States of America. Located in the heart of Kentucky, it is known for breeding many top racehorses. Secretariat, Swale and Lure are some of the most famed racehorses that were bred at this stable. Claiborne Farm has played an important role in the development and advancement of racehorses in the United States and around the world. In addition to horses and breeding, Claiborne Farm is also known for superior horse care, as well as for preserving the horseracing tradition. The stud farm continues to be one of the most esteemed horse breeding centers in the US and globally.

# KAKO DA UKRASITE MASKU ZA TELEFON AKRILNIM FLOMASTERIMA?

*U današnjem digitalnom dobu, mobilni telefoni postali su neizostavni deo naših života, a osim svoje funkcionalnosti, oni su postali i deo našeg stila. Bez obzira na to da li ste zaljubljenik u umetnost, modu ili jednostavno želite da vaš telefon izgleda drugačije, postoji mnogo načina kako da običnu masku za telefon pretvorite u pravo malo umetničko delo.*

## Potreban materijal

- akrilni flomasteri
- papir za skiciranje
- providna maska za telefon
- olovka
- gumica
- makaze i lenjir.



Ukrašavanje maske za telefon omogućava vam da izrazite svoj stil i kreativnost, ali i da se slobodno poigrate s različitim tehnikama i materijalima kako biste stvorili jedinstveni dizajn. U nastavku teksta pročitajte kako da na kreativan, jednostavan i lak način ukasite svoju masku za telefon - akrilnim flomasterima.

### 1. Pripreme za skiciranje

Najpre je potrebno da izmerimo svoju masku za telefon i da napravimo skicu na papiru. To možete da uradite, tako što ćete staviti masku na papir i uz pomoć tačkica na papiru označiti veličinu unutrašnjosti same maske. Onda je potrebno da povežemo tačkice koje smo napravili i pomoću lenjira ih spojimo zajedno kako bi stvorili oblik maske. Ne zaboravite, da nacrtate prostor kamere vašeg mobilnog telefona jer ne želite važne delove crteža u tom prostoru gde se nalazi kamera.

### 2. Skiciranje ilustracije

Kada odredite oblik vašeg telefona, možete da napravite crtež koji želite da naslikate. Ako ne znate šta da slikate, možete iskoristiti neku od skica, koje se mogu besplatno preuzeti na internetu i samo je prilagoditi veličini vašeg telefona. Mi smo se ovog puta odlučili da naslikamo slova i cveće.

### 3. Obrnuta skica ilustracije na papiru

Koristimo providnu masku jer želimo da slikamo iznutra, jer će tako boja biti zaštićena i trajaće duže nego kada bi bojili spolja. Ali pošto crtež ima slova na sebi, ako ga koristimo ovakav kakav jeste, slova će biti unazad kada stavimo masku, jer ćemo ih videti sa druge strane. Dakle, ono što moramo da uradimo je da ga slikamo unazad. A najlakši način da to uradite je da okrenete skicu unazad, pre nego što je staviti u masku.

### 4. Vreme je za bojenje

Nakon što se završili sa skiciranjem, preporučujemo vam da svoju skicu isečete i pričvrstite je na masku telefona sa spoljašnje strane pomoću lepljive trake.

Pazite da li je skica postavljena na pravo mesto i proverite da li je sve ispravno pre nego što počnete da bojite. Prva stvar koju ćemo naslikati je natpis jer će to biti centralni deo dizajna. Na ovoj skici smo napravili natpis koji ćemo popuniti koristeći beli akrilni flomaster. Ovo je zabavan deo, zato ne žurite, odvojite vreme i opustite se slikajući.

Ne brinite ako crtež ne pokrijete savršeno, ili ako su linije malo tanke ili neravne, jer ćemo naslikati drugi sloj u kome ćemo ispraviti sve detalje. Ukoliko negde pogrešite, možete obrisati gumicom ili sa malo vlažnog papirnog ubrusa.

### 5. Bojenje cveća, slova i dodavanje detalja

Pre nego što počnete da bojite cveće koje će imati različite boje, morate biti svesni da ćemo i mi bojite obrnuto. Ili možete da slikate u jednom sloju ostavljajući prazne prostore koje ćete kasnije popuniti drugom bojom. Kada završite sa crtanjem svih delova na crtežu akrilnim flomasterima, tada možete ukloniti skicu. Preporučujemo vam da to uradite pre nego što nastavite jer ćete tako moći bolje da vidite kako sve izgleda sa desne strane i da li treba nešto da poboljšate ili izmenite. Sada kada je crtež završen, možete ga ostaviti na ovaj način ili obojiti neke detalje da dodate boju. Mi smo ovde dodali linije ispod slova kao senku i dodali smo dodati nekoliko žutih tačkica u prazna mesta kako bi ih popunili.

I to je to. Nadamo se vam se svideo naš predlog kako da ukasite masku vašeg mobilnog telefona. Ukoliko imate neke kreativne predloge pišete nam na: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)



**DO IT YOURSELF**

# HOW TO DECORATE A PHONE CASE WITH ACRYLIC PAINT PENS?

*In today's digital age, mobile phones have become an indispensable part of our lives, and apart from their functionality, they have also become part of our style. Whether you are into art, fashion, or simply want to make your phone look different, there are plenty of ways to turn an ordinary phone case into a real little piece of art.*

Decorating a phone case allows you to express your style and creativity, but also to play freely with different techniques and materials to create a unique design. Read on to find out how to decorate your phone case in a creative, simple and easy way - with acrylic pens.

## Material you will need

- acrylograph paint pens
- sketch paper
- clear phone case
- pencil
- eraser
- scissors and
- ruler

### 1. Preparations for sketching

First thing we need to do is measure the phone case and make the sketch on paper. You can do this by placing the case on the paper and mark the size of the inside of the case with the help of dots on the paper. Then we need to connect the dots we made and use the ruler to join them together to create the shape of the phone case. Don't forget to draw the camera space of your cell phone because you don't want important parts of the drawing in the space where the camera is located.

### 2. Sketching the drawing

Once you have the shape of your phone delimited, you can create the drawing you want to paint. If you don't know what to draw, you can use one of the sketches, which can be downloaded free of charge on the Internet and simply adjust it to the size of your phone. This time we decided to paint a lettering and flowers.

### 3. Sketching on the paper backwards

We are using a clear case because we want to paint on the inside, because that way the paint will be protected and last longer than if we paint on the outside. But since the drawing has lettering on it, if we use it as it is, the letters will be backwards when we put the case on, because we will be seeing them from the other side. So what we have to do is paint it backwards. And the easiest way to do that is to turn the sketch backwards, before transferring it on the case.

### 4. Time to paint

After you have finished sketching, we recommend cutting out your sketch and attaching it to the outside of the phone case using washi tape. Make sure the

sketch is placed in the right place and check that everything is correct before you start to paint. The first thing we will paint is the lettering because it will be the central part of the design. On this sketch, we have made a lettering that we will fill using a white acrylograph paint pen. This is the fun part, so don't rush, take your time and relax while painting. Don't worry if you don't cover the drawing perfectly, or if the lines are a little thin or uneven, because we will paint a second layer in which we will correct all the details. If you make a mistake, you can wipe it off with an eraser or a little bit of damp paper towel.

### 5. Painting the flowers, lettering and adding details

Before starting to paint the flowers, which will have different colors, you have to be aware that we are also going to paint backwards. Or you can paint a single layer leaving empty spaces that you will fill later with another color. Once you have finished tracing all the parts of the drawing with the acrylograph pens, you can remove the sketch. We recommend that you do this before going on as this way you will be able to see better how everything is looking from the right side and if there is anything you need to improve or modify. Once the drawing is finished, you can leave it as it is or paint some details to add some color. Here we added lines under the lettering as a shadow and added some yellow dots in the empty spaces to fill in.

And that's all. We hope you liked our proposal how to decorate your mobile phone case. If you have any creative ideas, write to us at: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)



(Source: <https://www.archerandolive.com>)



**MOVIE MANIA**

# BLISTAVI FILMSKI FESTIVAL U HONG KONGU

**Kada govorimo o filmskim festivalima, ne možemo da preskočimo Međunarodni filmski festival u Hong Kongu (MFFHK) koji predstavlja jedan vrhunski bioskopski karneval. Zamislite zadivljujuću ekstravaganciju koja okuplja vrhunske režisere, legendarne glumce i talente iz celog sveta, okupljene u živopisnom gradu- Hong Kongu.**

第四十七屆香港國際電影節

30.3 - 10.4.2023

**HKIFF47**

主辦 Presented by  
香港國際電影協會  
HK International Film Festival Society



## THE 47th HONG KONG INTERNATIONAL FILM FESTIVAL

### Bioskopska simfonija

Ako mislite da je MFFHK samo još jedan filmski festival, razmislite ponovo. Festival se dešava jedan put godišnje i predstavlja 18-dnevna bioskopsku poslasticu, koja oduševljava publiku još od svog početka davne 1977. Tako je; ova legendarna filmska ekstravagancija stara je skoro četrdeset godina i tu se ne radi samo o filmovima. Festival predstavlja kulturološki fenomen, na kojem se prikaže preko 200 naslova iz oko 70 zemalja svake godine. Ova ogromna raznolikost filmova nudi svakome ponešto, bilo da volite uzbuđljive drame, filmske trilere koji pomaću um, ili dirljive dokumentarce.

### Zašto je važno?

Za početak, MFFHK pruža kapiju u svet bioskopa koji možda nećete doživeti nigde drugde. Ne radi se samo o blokbusterima ili najnovijim filmovima o superherojima, već o raju za nezavisne i međunarodne filmove. To su filmovi koji pričaju jedinstvene priče i proširuju naše vidike, često izbegavajući ograničenja koje nude mainstream filmovi.

MFFHK takođe služi kao platforma za talentovane filmske stvaraoce, dajući im mogućnost da globalno prikažu svoj rad. To je plodno tlo za nekog sledećeg Tarantina ili Bong Joon-hoa. A kad smo već kod Bong Joon-hoa, da li ste znali da je njegovo kinematografsko remek-delo „Parazit“ imalo azijsku premijeru na MFFHK-u? Dakle ovde nije reč samo o neobičnim filmovima; to je mesto gde se rađaju filmske legende

### Nagrada Zmajevog pečata

Dobro, možda se pitate: "Šta dobijaju filmski stvaraoči?" Pre svega tu se pojavljuje

nagrada Zmajev pečat, prestižno odlikovanje koje tera filmske stvaraoce, reditelje i producenata da se takmiče.. Nagrada Zmajev pečat priznaje izuzetnost u filmskom stvaralaštvu u nekoliko kategorija, uključujući Najbolji film, Najboljeg reditelja, Najboljeg glumca i Najbolju glumicu. Osvojiti jednu od ovih prestižnih nagrada na MFFHK može biti prekretnica za mlade filmaše, koje će ih gurnuti u svetski centar pažnje.

### Glamur u zlatu

Slično zlatnom kipu Oskara, trofej nagrade Zmajev pečat je simbol filmskog dostignuća. Ova sjajna statua izrađena je u obliku kineskog zmaja, koji u kineskoj kulturi predstavlja snagu, moć i sreću. Ova nagrada nije samo priznanje; ona predstavlja umetničko putovanje i svedočanstvo o majstorstvu umetnika.

### Festival za sve

MFFHK nije samo za filmsku elitu; namenjen je svakom mladom filmskom zaljubljeniku. Festival organizuje projek-



cije u različitim kategorijama, od mainstream do nezavisnih filmova koji imaju poseban vajb. Ali to nije sve, Festival često ima posebne programe za mlade filmske entuzijaste. Tu imate priliku da upoznate profesionalce iz industrije, da se uključite u provokativne diskusije koje vas navode na mnogo razmišljanja, a ponekad čak možete i da se upoznate sa omiljenim glumcima.

### **Veliko finale**

Dok se prikazuju završne špice, a nagrade Zmajev pečat dodeljuju najboljim filmovima i filmašima, MFFHK ostavlja na svoje posetioce neizbrisivo filmsko iskustvo. To je mesto gde se strast susreće sa umetnošću i gde se mladi filmofili mogu povezati sa globalnim pričama, snovima i talentima.



**U svetu gde često dominiraju mainstream blokbusteri, MFFHK pruža riznicu raznovrsnih, autentičnih priča, od kojih svaka govori univerzalnim jezikom, kroz prizmu kulture i kreativnosti. Dakle, bilo da ste budući filmski stvaralac, glumac u nastajanju, ili jednostavno neko ko voli zanimljivu priču na velikom platnu, mesto vam je na Međunarodnom filmskom festivalu u Hong Kongu.**

# HKIFF'S GLITTERING WORLD OF MOVIES

***When it comes to film festivals, the Hong Kong International Film Festival (HKIFF) is nothing short of an alluring cinematic carnival. Picture this: a captivating extravaganza that brings together top-notch directors, iconic actors, and aspiring talents from around the world, all congregating in the vibrant heart of Hong Kong.***

### **A cinematic symphony**

If you think of the HKIFF as just another film fest, think again. It's an annual 18-day cinematic bonanza that has been dazzling audiences since its inception in 1977. That's right; this legendary extravaganza is almost forty years old, and it is not just about movies. It is a cultural juggernaut, with over 200 titles from around 70 countries screened every year. This immense variety of films ensures that there's something for everyone, whether you're into gripping dramas, mind-bending thrillers, or heartwarming documentaries.

### **Why it matters?**

For starters, the HKIFF provides a gateway to a world of cinema you might not experience anywhere else. It's not just about blockbusters or the latest superhero flicks, but a haven for independent and international films. These are the movies that tell unique stories and broaden our horizons, often escaping the constraints of mainstream cinema.

The HKIFF also serves as a launchpad for talented filmmakers, giving them a global platform to showcase their work. It's the breeding ground for the next Tarantino or Bong Joon-ho. And speaking of Bong Joon-ho, did you know his cinematic masterpiece "Parasite" had its Asian premiere at the HKIFF? See, it's not just about obscure films; it's where cinematic legends are born.

### **The Dragon Seal Award**

Okay, you might be wondering, "What's in it for the filmmakers?" Enter the Dragon Seal Award, the coveted prize that makes the hearts of directors and producers race. The Dragon Seal Award recognizes excellence in filmmaking across several categories, including Best Film, Best Director, Best Actor, and Best Actress. Winning one of these prestigious awards at the HKIFF can be a game-changer for emerging filmmakers, propelling them

into the global spotlight.

### **Glamour in gold**

Akin to Oscar's golden statuette, the Dragon Seal Award trophy is a symbol of cinematic achievement. This glittering beauty is carved in the shape of the Chinese dragon, which, in Chinese culture, is a symbol of strength, power, and good fortune. This award isn't just about recognition; it's a representation of an artist's journey and a testament to their craft.

### **A festival for everyone**

The HKIFF isn't just for the film elite; it's for every young cinephile out there. The festival hosts screenings in various categories, from mainstream to independent movies that resonate with unique tastes. But that's not all; they often include special programs for young movie enthusiasts. It's a chance to meet industry professionals, engage in thought-provoking discussions, and sometimes even rub shoulders with favorite actors.

### **The grand finale**

As the final credits roll, and the Dragon Seal Awards are bestowed upon the finest films and filmmakers, HKIFF leaves its visitors with an indelible cinematic experience. It's where passion meets art, and where young film buffs can connect with global stories, dreams, and talents.

***In a world where mainstream blockbusters often dominate, the HKIFF offers a treasure trove of diverse, authentic stories, each speaking a universal language through the lens of culture and creativity. So, whether you're a budding filmmaker, an actor in the making, or just someone who loves a captivating story on the big screen, the HKIFF is where you belong.***

# NAJČUDNIJI SPORTOVI NA SVETU

*Na svetu postoje razni sportovi za koje verovatno niste čuli i koji se čine poprilično bizarnim i čudnim, ali ipak su deo velike porodice sportova i širom sveta okupljaju ljubitelje. 4You Magazin vam predstavlja neke od najneobičnijih sportova koji privlače entuzijaste širom planete:*

## **Nošenje žena**

Ovaj, u najmanju ruku čudan sport je veoma popularan u Finskoj. U gradu Sonkajarvi se svake godine od 30. juna do 1. jula održava veliko svetsko takmičenje, odnosno festival, na kom muševci nose svoje žene kroz stazu punu prepreka. Kao nagradu pobednik dobije onoliko litara piva koliko je njegova žena teška. Popularnost festivala je s vremenom toliko porasla, da se takmičenja u ovom sportu danas održavaju u Australiji, Americi, Engleskoj i Hong-Kongu.



## **Kotrljanje sireva**

Stanovnici Gločesteršira u Engleskoj već 200 godina gaje neobičnu sportsku disciplinu - kotrljanje sireva nizbrdo. Kuperovo brdo, gde se održava festival, svake godine poseti nekoliko desetina hiljada ljudi. Niz brdo se baci sir težak četiri kilograma, a zadatak takmičara je da pokušaju da ga uhvate. Kako se radi o jako strmoj padini, a dupli gloster, poznati engleski sir se kreće brzinom i od preko 100 kilometara na čas, zadatak je veoma težak. Zbog količine i težine povreda festival je zvanično zabranjen, ali ljubitelji ovog sporta ga i dalje održavaju.



## **Zorbing**

Zorbing je nastao na Novom Zelandu i nalazi se na listi ekstremnih sportova, tako da se njime možete baviti i profesionalno. U igri svaki igrač ulazi u veliku providnu gumenu loptu, veže se sigurnosnim pojasevima i kotrlja se po željenoj površini, najčešće travnatoj. Ekstremna verzija ovog sporta je takmičarska i dešava se na brdima, gde se takmičari spuštaju u podnožje velikom brzinom. Igra je nastala devedesetih godina prošlog veka i od tada postala veoma popularna širom sveta. Ovaj koncept je usvojila čak i američka NASA za konstruisanje vozila koja će koristiti u istraživačkim misijama na Marsu.

## **Šahovski boks**

Pre desetak godina u nemačkom gradu Berlinu je održano prvo takmičenje u tada još uvek novom sportu - kombinaciji dva stara sporta, boksa i šaha. Jedan meč sastoji se od šest rundi za šahovskom tablom i pet rundi u ringu. Naizmenično se igraju po jedna runda svake discipline tako što se nakon svake runde boksa unosi u ring šahovska tabla, pa ga igrači igraju četiri minuta. Pobednik je onaj ko prvi dođe ili do šah-mata ili nokauta.

## **Ekstremno peglanje**

Ovaj sport je navodno nastao devedesetih godina prošlog veka, a njegov



## THE WORLD'S STRANGEST SPORTS



začetnik je Fil Šo, strastveni alpinista iz Lajčestera. Sve je počelo kada je pri jednom svom alpinističkom usponu shvatio da nije ispeglao košulju, pa je odlučio da to uradi na licu mesta. Neki od pobornika ovog sporta su išli čak i korak dalje, pa su odeću peglali dok skijaju, skaču padobranom, na liticama, u pustinjama, na prometnim ulicama ili čak na dnu mora. Postoje i međunarodna takmičenja koja sponzoriju proizvođači pegli poput Rowente. 2002. godine održano je čak i svetsko prvenstvo u Njemačkoj. Pravila su jednostavna - uzmete peglu i dasku za peglanje i tražite neko ekstremno mesto na kom ćete ispeglati jedan komad garderobe.

### Muggle-kvidič ili metloboj

*Na prvu, kada čujete ime sporta, može vam se učiniti da ima veze sa Harijem Potterom. I to je apsolutno tačno. Iako igrači ne lete na metlama, ipak ih imaju pri ruci. Tačnije, igrači trče sa metlom među nogama i pokušavaju dati gol. Da biste igrali ovaj sport nije vam potrebna magija, nego samo malo dobre volje, fizičke spremnosti i sposobnost da bacate i hvatate loptu.*

*There are several sports in the world that you have probably never heard of and that seem quite bizarre and strange, but they are nevertheless part of a large sports family and gather fans all over the world. 4You Magazine presents some of the most unusual sports that attract fans all over the world.*

### Wife carrying

This, to say the least, strange sport is popular in Finland. In Sonkajarvi, a big world competition, or festival, takes place every year from June 30 to July 1. Husbands carry their wives through a track with many obstacles. As a prize, the winner gets his wife's weight in beer. The festival's popularity has grown gradually, so today competitions are held in Australia, America, England, and Hong Kong.

### Cheese rolling

The inhabitants of Gloucestershire in England have been practicing an unusual sport for 200 years - cheese rolling down a hill. Every year, tens of thousands of people visit Cooper's Hill, where the festival is held. A cheese round weighing four kilograms is thrown down the hill, and the competitor's task is to try to catch it. As it is a very steep slope, and the Double Gloucester cheese, the famous English cheese, moves at a speed of over 100 kilometres per hour, the task is very difficult. The festival was officially banned due to the large number and severity of injuries, but fans of this sport still hold it.

### Zorbing

Zorbing, which originated in New Zealand, is on the list of extreme sports, so you can do it professionally. Each game player must get inside a big transparent rubber ball, fasten himself with safety belts, and roll on the desired surface, usually grass. The extreme version of this sport is competitive and takes place on hills, where competitors descend to the foothills at high speed. The game was created in the nineties of the last century, and over time, it has become popular all over the globe. NASA adopted this concept to construct the vehicle it later used in research missions to Mars.

### Chess boxing

In Berlin ten years ago, the first

competition was held in the then-new sport - a combination of two old sports: boxing and chess. A match consists of six rounds on the chessboard and five rounds in the ring. One round of each discipline is played alternately, after each round of boxing, a chessboard is brought into the ring, and the players play it for four minutes. The winner is the one who reaches either checkmate or knockout first.

### Extreme ironing

This sport allegedly originated in the nineties of the last century, and its originator is Phil Shaw, a passionate alpinist from Leicester. It all started when, during one of his alpinist ascents, he realized that he had not ironed his shirt, so he decided to do it on the spot. Some of the supporters of this sport even went a step further, ironing their clothes while skiing, skydiving, on cliffs, in deserts, on busy streets, or even at the bottom of the sea. There are also international competitions sponsored by iron manufacturers such as Rowenta. In 2002, the world championship was held in Germany. The rules are simple - you take an iron and an ironing board and look for an extreme place where you will iron a piece of clothing.

### Muggle-quidditch

*At first, when you hear the name of the sport, you might think it has something to do with Harry Potter, and that is true. Even though the players do not fly on broomsticks, they still have them on hand. In fact, the players run with a broom between their legs and try to score a goal. To play this sport, you do not need magic, just a little goodwill, physical fitness, and the ability to throw and catch the ball.*

## ISTRAŽILI SMO KARAKTERISTIKE IPHONE 15 ŠTA TREBA DA ZNATE?



*U svetu tehnologije koji se stalno menja i napreduje, Apple nastavlja da pomera granice inovacija sa svakim novim lansiranjem. iPhone serija je bila na čelu ove tehnološke revolucije, a ni dugo očekivani iPhone 15 nije izuzetak. Opremljen mnoštvom vrhunskih funkcija i elegantnim dizajnom, iPhone 15 obećava da će redefinisati iskustvo korišćenja pametnog telefona. Hajde da se malo detaljnije pozabavimo ključnim karakteristikama koje iPhone 15 čine izuzetnim uređajem.*

### Dizajn

iPhone 15 se može pohvaliti elegantnim i minimalističkim dizajnom, ostajući veran Apple-ovoj prepoznatljivoj estetici. Uređaj je napravljen od visokokvalitetnih materijala, što obezbeđuje izdržljivost i vrhunski osećaj. Sa tanjim panelom i smanjenim okvirom, iPhone 15 pruža impresivan ekran koji maksimizira iskustvo gledanja sadržaja bez kompromisa po pitanju udobnosti.

### Ekran

Jedna od istaknutih karakteristika iPhone-a 15 je njegov vrhunski ekran. Uređaj poseduje živopisan OLED ekran visoke rezolucije koji realno prikazuje boje, uključujući i tamno crne nijanse. Tehnologija ProMotion obezbeđuje jednostavnije i brže korisničko iskustvo, čineći da se zadaci poput skrolovanja i

igranja igrice odvijaju neverovatno glatko.

### Sistem kamera

Apple je uvek bio lider na polju kamera za pametne telefone, a iPhone 15 fotografiju podiže na još viši nivo. Ovaj uređaj ima napredni sistem kamera sa više objektiva, uključujući široke, ultraširoke i telefoto opcije. Pobjeđene performanse pri slabom osvetljenju i unapređena stabilizacija slike kao rezultat pružaju fantastične fotografije i video zapise, čak i u otežanim uslovima. Softver kamere sa veštačkom inteligencijom optimizuje podešavanja u realnom vremenu, obezbeđujući da svaki snimak bude savršen.

### Performanse

Ispod haube, iPhone 15 pokreće najnoviji A15 bionički čip, koji pruža neuporedivu brzinu i efikasnost. Bez obzira da li obavljate više zadataka u isto vreme, igrate igrice ili koristite aplikacije koje zahtevaju velike resurse, iPhone 15 sve to ispunjava sa lakoćom. Integracija

opcija mašinskog učenja dodatno poboljšava performanse, na taj način što se tokom vremenom prilagođava ponašanju korisnika, za personalizovano iskustvo.

### Povezivanje

iPhone 15 podržava najnovije standarde povezivanja, uključujući





5G, osiguravajući munjevit brzinu interneta i poboljšanu ukupnu povezanost. Sa većim brzinama preuzimanja i slanja podataka, korisnici mogu da uživaju u nesmetanom strimingu, onlajn igranju bez kašnjenja i brzom prenosu datoteka.

### Trajanje baterije

Uprkos svojim moćnim karakteristikama, iPhone 15 daje prioritet efikasnosti baterije. Uređaj je opremljen baterijom velikog kapaciteta koja optimizuje potrošnju energije, pružajući korisnicima produženo korišćenje sa jednim punjenjem. Zahvaljujući mogućnosti brzog punjenja, provodite manje vremena povezani na izvor napajanja i više vremena koristeći svoj uređaj.

### iOS 16

iPhone 15 koristi najnoviju verziju Apple-ovog operativnog sistema, iOS 16. Ažuriranjem ovog softvera dobijaju se nove funkcije, unapređuju postojeće i pojednostavljuje se korisnički interfejs. Uz redovna ažuriranja i bezbednosne ispravke, korisnici mogu očekivati besprekorno i bezbedno korisničko iskustvo.

*iPhone 15 predstavlja vrhunac Apple-ove posvećenosti inovacijama i korisničkom iskustvu. Sa elegantnim dizajnom, najmodernijim karakteristikama i performansama bez premca, ovaj uređaj učvršćuje Apple-ovu poziciju lidera u industriji pametnih telefona. I dok tehnologija nastavlja da se razvija, iPhone 15 je svedočanstvo neograničenih mogućnosti koje su pred nama.*

## UNVEILING THE IPHONE 15: WHAT YOU NEED TO KNOW?

*In the ever-evolving landscape of technology, Apple continues to push the boundaries of innovation with each new release. The iPhone series has been at the forefront of this technological revolution, and the much-anticipated iPhone 15 is no exception. Packed with cutting-edge features and a sleek design, the iPhone 15 promises to redefine the smartphone experience. Let's delve into the key features that make the iPhone 15 a standout device.*

### Design

The iPhone 15 boasts a sleek and minimalist design, staying true to Apple's signature aesthetic. The device is crafted from high-quality materials, ensuring durability and a premium feel. With a slimmer profile and reduced bezels, the iPhone 15 offers an immersive display that maximizes the viewing experience without compromising on comfort.

### Display

One of the standout features of the iPhone 15 is its state-of-the-art display. The device sports a vibrant and high-resolution OLED display that delivers true-to-life colors and deep blacks. The ProMotion technology ensures a smoother and more responsive user experience, making tasks like scrolling and gaming feel incredibly fluid.

### Camera system

Apple has always been a frontrunner in smartphone photography, and the iPhone 15 takes it to the next level. The device features an advanced camera system with multiple lenses, including wide, ultra-wide, and telephoto options. The improved low-light performance and enhanced image stabilization result in stunning photos and videos, even in challenging conditions. The AI-powered camera software optimizes settings in real-time, ensuring that every shot is picture-perfect.

### Performance

Under the hood, the iPhone 15 is powered by the latest A15 Bionic chip, delivering unparalleled speed and efficiency. Whether you're multitasking, gaming, or using resource-intensive applications, the iPhone 15 handles it all with ease. The integration of machine learning capabilities enhances performance further, adapting to user

behavior over time for a personalized experience.

### Connectivity

The iPhone 15 supports the latest connectivity standards, including 5G, ensuring lightning-fast internet speeds and improved overall connectivity. With faster download and upload speeds, users can enjoy seamless streaming, lag-free online gaming, and swift file transfers.

### Battery Life

Despite its powerful features, the iPhone 15 prioritizes battery efficiency. The device is equipped with a high-capacity battery that optimizes power consumption, providing users with extended usage on a single charge. Fast-charging capabilities ensure that you spend less time tethered to a power source and more time using your device.

### iOS 16

The iPhone 15 runs on the latest iteration of Apple's operating system, iOS 16. This software update introduces new features, enhancements to existing ones, and a streamlined user interface. With regular updates and security patches, users can expect a seamless and secure user experience.

*The iPhone 15 represents the pinnacle of Apple's dedication to innovation and user experience. With a sleek design, cutting-edge features, and unmatched performance, this device cements Apple's position as a leader in the smartphone industry. As technology continues to evolve, the iPhone 15 stands as a testament to the limitless possibilities that lie ahead.*

# DANCON DONACIJA

## UTIRE PUT RAGBIJU NA KOSOVU



**Sportski tereni "Princ" u Prištini oživele su u nedelju, 22. oktobra 2023. godine, kada je Školsko izdanje Svetskog kupa u mini ragbiju okupilo dinamičnu mešavinu mladih sportista iz različitih zajednica, strastvenih navijača i uvaženih gostiju za dan ispunjen sportskim sjajem.**

### Vizija za budućnost

G. Baret je rekao: „Cilj nije bio samo da se takmičimo u ragbiju, već da inspirišemo mlade ljude na Kosovu da prihvate ovaj sport. Trenutno se Svetsko prvenstvo u ragbiju za muškarce održava u Francuskoj, a Svetsko prvenstvo u ragbiju za žene na Novom Zelandu. Ova dva velika sportska događaja poslužila su kao inspiracija za naše sopstveno mini-svetsko prvenstvo.“ On je zatim elaborirao značaj ovog događaja, posebno u pogledu njegove uloge u podsticanju mladih sportista na Kosovu. Na Mediteranskim igrama 2030.

godine, na kojima će Kosovo igrati kao domaćin, ragbi zauzima centralnu poziciju u razvoju sporta Kosova. Ovaj događaj označava prvi korak u izgradnji konkurentnog nacionalnog tima u budućnosti.

Donacija, kojoj je doprineo KFOR DANCON marš, menja igru u oblasti razvoja ragbija kod mladih i dece širom Kosova. Sredstva će u potpunosti biti namenjena tome da se sport učini dostupnijim i da se podstaknu nove generacija igrača. To je značajno pojačanje, a Mark je bio iskreno iznenađen i oduševljen što je primio donaciju.

### Specijalni gosti poželeli toplu dobrodošlicu

Dan je započeo toplom i prijatnom dobrodošlicom od strane domaćina događaja Đovane Ottaviani Aalmo. Ona je postavila scenu i predstavila takmičarske ekipe. Zatim je dala reč Njegovoj Ekseleciji, francuskom ambasadoru Olivieru Gerou. Pošto je izrazio ogroman ponos što podržava ovaj događaj, uputio je sve najbolje želje svim timovima, podvlačeći važnost ne samo pobede, već i uživanja u svakom trenutku na terenu.

Dan je nastavljen sa potpukovnikom Antoniom Kampanjom, načelnikom štaba MSU Karabinjera Italije. Osim logističke podrške koju je njegov tim pružio u smislu transporta i podrške, govor potpukovnika Kampanje je istakao dalekosežni uticaj ragbija. On je naglasio da ovaj sport nije samo takmičenje, već je jedinstven i inkluzivan i podstakao je svu decu da uživaju u svakom aspektu događaja.

### Značajan doprinos DANCON-a

Najznačajniji trenutak događaja desio se kada je na scenu izašao kapetan Stefan Høegh, komandant odreda Danske garde. Sa strašću u glasu, podelio je narativ o tome kako su događaji poput DANCON marša stvorili veze koje prevazilaze kulturne i geografske granice. Ipak, ono što je zauzelo svačija srca je njegova objava.

Samo nekoliko dana ranije, njegovi vojnici su predvodili tradicionalni DANCON marš u kampu Novoselo. Događaj je okupio skoro 800 učesnika iz 20 različitih zemalja, što je već samo po sebi veliki uspeh. Nije se radilo samo o negovanju jedinstva; radilo se o stvaranju opipljive razlike u ragbi budućnosti Kosova. Uz iskren osmeh,



kapetan Stefan je uručio značajnu donaciju za podršku kosovskom ragbiju, što je svedočanstvo posvećenosti i strasti koju su on i njegov tim imali prema ovom sportu. Ovo je bio povod za proslavu, uz simbolični ček koji je uručen Đovani Otaviani Almo i Marku Baretu, generalnom sekretaru Kosovske ragbi federacije (KRF).

### Poziv da se prihvati ragbi

Daris Leković, član Pečkog ragbi tima i jedan od trenera koji su pomogli u organizaciji ovog događaja, izjavio je: „Jedna od naših uloga kao članova saveza i



kao ragbista je da promovišemo ovaj sport među decom tako što ćemo im pomoći u treniranju i negovanju razumevanja igre. Pripreme za ovaj događaj počele su pre izvesnog vremena dok smo obilazili ove škole, trenirali i pripremali ih za ovaj dan. Moja poruka mladima je da dođu i isprobaju se u ovom sportu, jer ne možete nešto istinski voleti osim ako se niste oprobali u tome."

Eric Aalmo, šesnaestogodišnji član prištinskog ragbi kluba, istakao je moć zajednice u prihvatanju ovog sporta. "Ja sam pola Italijan, a pola Norvežanin i moja majka me je inspirisala da počnem da igram i treniram ragbi. U početku nisam bio previše oduševljen time, jer su treninzi bili rano ujutru vikendom, ali sam se navikao prema ovom rasporedu i zaista sam zavoleo sport. Najviše me je dotakla raznolikost u našoj ragbi zajednici. Neverovatno je inspirativno videti ljude iz različitih sredina i kultura kako se okupljaju i naporno rade u ispunjenju zajedničkog cilja. Moj san je da pomognem da ragbi postane poput ostalih sportova na Kosovu i možda čak uspemo da Kosovo jednog dana osvoji Svetsko prvenstvo."

*DANCON marš je tradicionalna manifestacija koju organizuje Danski kontingent (DANCON) kao deo međunarodnih mirovnih misija od 1972. DANCON marš služi u različite svrhe, neguje drugarstvo, promovise fizičku kondiciju i prikuplja sredstva za dobrotvorne svrhe. Učesnici marširaju po izazovnom terenu, i učvršćuju timski rad i otpornost. Ovaj događaj simbolizuje jedinstvo, jačanje međunarodne saradnje i dobre volje, kao i pružanje podrške lokalnim inicijativama.*



## DANCON DONATION PAVES THE WAY FOR RUGBY IN KOSOVO

*The sport fields "Prince" in Pristina roared to life on Sunday, October 22, 2023, as the Mini Rugby World Cup School Edition brought together a dynamic mix of young athletes from different communities, passionate supporters, and distinguished guests for a day filled with sporting brilliance.*

### **Special guests extend warm welcome**

Kicking off the day with a warm and inviting welcome was the host, Giovanna Ottaviani Aalmo. She set the stage and introduced the competing teams. Then she gave the floor to His Excellency, French Ambassador Olivier Guérot. As he expressed immense pride in supporting this event, he extended his best wishes to all the teams, underlining the importance of not just winning but savoring every moment on the field.

The day's proceedings went on with Lieutenant Colonel Antonio Campagna, Chief of Staff of MSU Carabinieri Italy. Apart from the logistical support his team had provided in terms of transportation and sustenance, Lt. Col. Campagna's speech underscored the far-reaching impact of rugby. He emphasized that this sport was not just about competition but was inherently inclusive, encouraging all children to relish every aspect of the event.

### **DANCON's momentous contribution**

The event's most notable moment occurred when Captain Stefan Høegh, the Danish Guard Detachment Commander, took the stage. With passion in his voice, he shared the narrative of how events like the DANCON March created bonds that transcended cultural and geographical boundaries. Yet, what captured everyone's hearts was his announcement.

Only days earlier, his soldiers had orchestrated the traditional DANCON March at Camp Novoselo. The event saw almost 800 participants from 20 different countries come together, making it an extraordinary success. It wasn't just about fostering unity; it was about making a tangible difference in Kosovo's rugby future. With a heartfelt smile, Captain Stefan handed over a substantial donation to support Kosovo Rugby, a testament to the commitment and passion he and his team held for this sport. This was an occasion for celebration, with a symbolic check being presented to Giovanna Ottaviani Aalmo and Mark Barret, General Secretary of the Kosovo Rugby Federation (KRF).

### **Vision for the future**

Mr. Barret expressed: "The goal wasn't merely to compete in rugby but to inspire young people in Kosovo to embrace the sport. Currently, the Men's Rugby World Cup is taking place in France, and the Women's Rugby World Cup is in New Zealand. These two major sporting events served as the inspiration for our own mini-world cup." He then elaborated on the significance of this event, especially regarding its role in encouraging young athletes in Kosovo. With the Mediterranean Games 2030 ahead, where Kosovo will take the stage as the host, rugby assumes a central position in Kosovo's sports development.

This event marks the first step in building a competitive national team for the future.

The donation, contributed by KFOR DANCON, is a game-changer in the realm of youth and children's rugby development throughout Kosovo. The funds will be dedicated entirely to making the sport more accessible and to encourage a new generation of players. It's a significant boost, and Mark was genuinely surprised and delighted to receive it.

### **The call to embrace rugby**

Daris Lekovic, a member of the Peja/Pec Rugby team and one of the coaches that helped in organizing this event stated: "One of our roles as members of the federation and as rugby players is to promote this sport among children by assisting in their training and fostering their understanding of the game. The preparation for this event commenced some time ago as we visited these schools, training and preparing them for this day. My message to the youth is to come and try rugby because you cannot truly like something unless you've given it a try."

Aaron Aalmo, a sixteen-year-old member of the Pristina Rugby Club, emphasized the power of community in embracing this sport. "I am half Italian and half Norwegian, and it was my mother who inspired me to start playing and training rugby. At first, I wasn't too keen on it because training sessions were early on weekend mornings, but I've grown accustomed to this schedule and have truly come to love the sport. What struck me the most was the diversity within our rugby community. It's incredibly inspiring to see people from different backgrounds and cultures coming together to work hard for a common goal. My dream is to help make rugby a mainstream sport in Kosovo and perhaps even see Kosovo win the World Cup one day."

*The DANCON March is a traditional event organized by the Danish Contingent (DANCON) as part of international peacekeeping missions since 1972. The DANCON March serves various purposes, fostering camaraderie, promoting physical fitness, and raising funds for charitable causes. Participants march over challenging terrain, building teamwork and resilience. This event symbolizes unity, strengthening international cooperation and goodwill, as well as providing support for local initiatives.*

# Vaše mišljenje o vikend razonodi?



**JASMINA TOMAŠEVIĆ**



## **Koji je vaš omiljeni način da provedete vikend?**

Ja uglavnom vikendom volim da radim domaće zadatke. Ono što dosta često praktikujem da radim vikendom, to je čitanje, uglavnom su to knjige za decu i da se družim sa drugarima.

## **Da li više volite da provodite vikende u kući ili napolju i kako bi izgledao vaš idealni vikend?**

Više volim da vikendom provodim vreme napolju, da šetam i da se družim. Kada je loše vreme onda volim da ostanem kod kuće i da čitam. Omiljeni vikend zamišljam kako uživam sa drugarima u prirodi i kako čitam knjige.

## **Šta više volite: da gledate Netflix (filmove ili serije) ili da čitate knjige?**

Nisam neki ljubitelj filmova i serija, jednostavno to me ne privlači. Sa druge strane, veliki sam ljubitelj knjiga i čitanja, zato uvek vreme radije provedem uz knjigu.

## **What is your favorite way to spend the weekend?**

I mostly like to do homework on the weekends. What I often do on weekends is reading, usually children's books, and spending time with friends.

## **Do you prefer spending weekends indoors or outdoors, and what would your ideal weekend look like?**

I prefer spending weekends outdoors, walking and socializing. When the weather is bad, I like to stay at home and read. I imagine my favorite weekend as enjoying nature with friends and reading books.

## **What do you prefer: watching Netflix (movies or series) or reading books?**

I'm not a big fan of movies and TV shows; it simply doesn't appeal to me. On the other hand, I am a big book lover and enjoy reading, so I always prefer spending my time with a book.



**MARKO KOVAČEVIĆ**



## **Koji je vaš omiljeni način da provedete vikend?**

Moj omiljeni način da provedem vikend je druženje sa drugarima. Uglavnom smo napolju, šetamo, igramo fudbal i družimo se i pričamo o sportu ili o popularnim jutjuberima.

## **Da li više volite da provodite vikende u kući ili napolju i kako bi izgledao vaš idealni vikend?**

Najviše volim da budem na otvorenom sa društvom kada je lepo vreme, kao što sam već rekao, tada vreme provodimo šetajući ili igramo fudbal. Tako i izgleda moj idealni vikend.

## **Šta više volite: da gledate Netflix (filmove ili serije) ili da čitate knjige?**

Ja nisam neki ljubitelj čitanja, to ne volim. Takođe, ne volim ni da gledam filmove, ali zato obožavam da gledam tinejdžerske serije.

## **What is your favorite way to spend the weekend?**

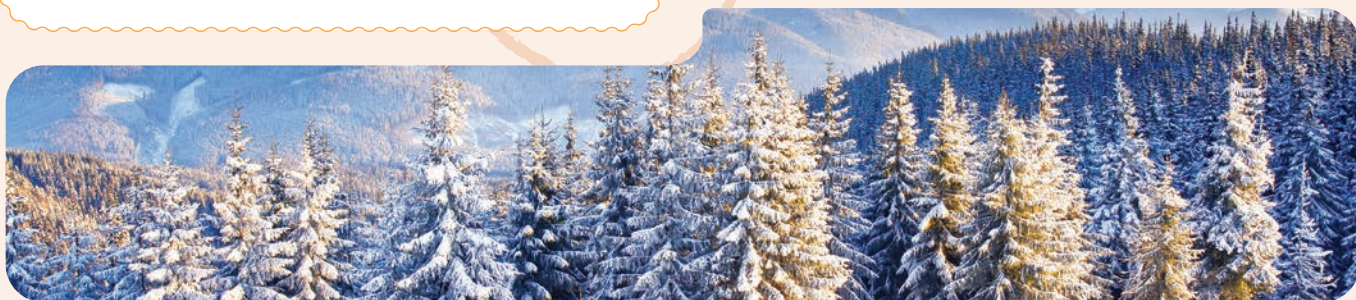
My favorite way to spend the weekend is hanging out with friends. We are usually outdoors, walking, playing football, socializing, and talking about sports or popular YouTubers.

## **Do you prefer spending weekends indoors or outdoors, and what would your ideal weekend look like?**

I prefer being outdoors with friends when the weather is nice, as I mentioned, and we spend our time walking or playing football. That's how my ideal weekend looks like.

## **What do you prefer: watching Netflix (movies or series) or reading books?**

I'm not a big fan of reading; I don't like it. I also don't like watching movies, but I enjoy watching teen series.



**Molimo vas šalјite vaša razmišljanja o vikend razonodi na email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)**

# Your opinion on weekend leisure?



SARA TOMAŠEVIĆ



### Koji je vaš omiljeni način da provedete vikend?

Vikendom pomažem mami oko kućnih poslova. Volim da vikendom pravim kolače sa mamom. Tokom vikenda uglavnom i radim domaće zadatke.

### What is your favorite way to spend the weekend?

On weekends, I help my mom with household chores. I love making cakes with my mom on the weekends. During the weekend, I mostly do my homework.

### Da li više volite da provodite vikende u kući ili napolju i kako bi izgledao vaš idealni vikend?

Više volim da svoje slobodno vreme koje imam vikendom iskoristim za druženje sa drugarima napolju. Posebno kada je napolju lepo i sunčano vreme, onda šetamo i pričamo o raznim dogodovštinama.

### Do you prefer spending weekends indoors or outdoors, and what would your ideal weekend look like?

I prefer to spend my free time on weekends with my friends outdoors. Especially when the weather is nice and sunny, we take walks and talk about various adventures.

### Šta više volite: da gledate Netflix (filmove ili serije) ili da čitate knjige?

Iskreno, ja ne volim da čitam. Ipak, obožavam da gledam serije i filmove. Tako da uvek više volim da pogledam epizodu svoje omiljene serije ili neki dobar film nego da čitam.

### What do you prefer: watching Netflix (movies or series) or reading books?

Honestly, I don't like to read. However, I love watching series and movies. So, I always prefer to watch an episode of my favorite series or a good movie rather than reading.



SOFIJA STEVIĆ



### Koji je vaš omiljeni način da provedete vikend?

Vikendom volim da šetam sa svojim sestrama. Takođe, ukoliko je potrebna neka pomoć pomažem mami. Volim da vozim rolere i da igram košarku.

### What is your favorite way to spend the weekend?

On weekends, I like to go to walks with my sisters. I also help my mother if she needs any assistance. I like rollerblading and playing basketball.

### Da li više volite da provodite vikende u kući ili napolju i kako bi izgledao vaš idealni vikend?

Uglavnom to zavisi od vremena, ali uvek radije vreme provodim napolju. Bilo da je u pitanju neka šetnja ili neki sport. Moj idealni vikend zamišljam kao vreme je lepo i sunčano, ja vozim rolere, uživam sa drugarima, šalimo se i razgovaramo o društvenim mrežama.

### Do you prefer spending weekends indoors or outdoors, and what would your ideal weekend look like?

It mostly depends on the weather, but I generally prefer spending time outdoors. Whether it's taking a walk or doing sports. I imagine my ideal weekend as a sunny day where I can rollerblade, have fun with my friends, make jokes, and talk about social networks.

### Šta više volite: da gledate Netflix (filmove ili serije) ili da čitate knjige?

Ja baš i ne volim da gledam filmove ili serije. Više volim da pročitam neku knjigu, uglavnom sada čitam više čitam lektire, zbog škole i školskih obaveza.

### What do you prefer: watching Netflix (movies or series) or reading books?

I'm not particularly fond of watching movies or series. I prefer to read a book, mostly focusing on reading literature required for school and school obligations.



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

## ZAŠTO SU TINEJDŽERI STALNO UMORNI?

**O**baveze u školi, domaći zadaci, prijatelji, kompjuter, televizija, internet, sve su to prioritete u odnosu na spavanje, pa prema statistikama tinejdžeri spavaju tek 7-8 sati. A to nije dovoljno za vaš organizam u ovom osjetljivom razvojnem periodu, kada se suočavate sa brojnim fizičkim i psihičkim promjenama. Adolescentima je potrebno oko 9 sati sna, a istraživanja pokazuju da toliko spava tek svaki četvrti tinejdžer.



### Premalo sna

Znamo da vi, tinejdžeri obožavate da ostajete budni do kasno u noć, pa vam je zato teško da se probudite ujutru. Ovo ne znači da ste lenji, ali postoje načini da se uklopite sa ostatkom sveta. Samo bi trebalo da otkrijete kako funkcioniraju vaš unutrašnji sat.

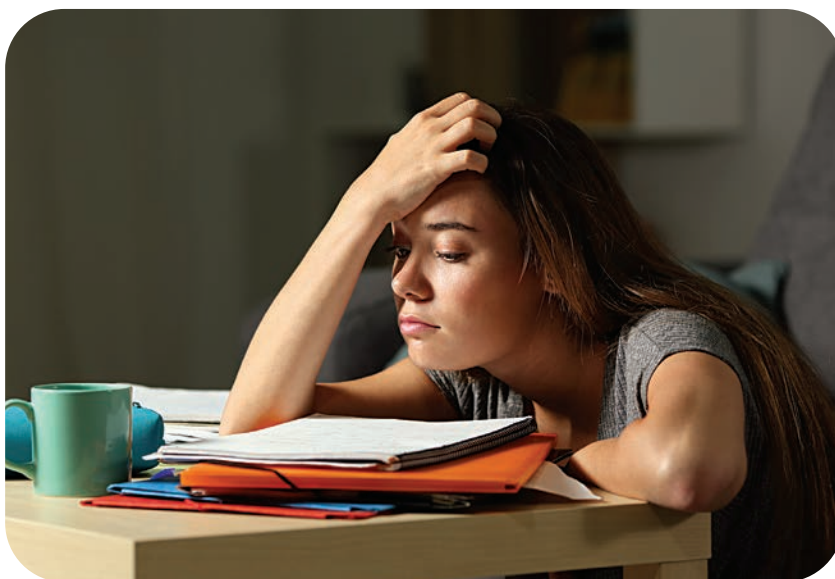
Iako ne zvuči strašno, nedostatak sna može da ima ozbiljne posledice na zdravlje. Pospanost tokom dana otežava koncentraciju, kao i učenje ili budnost na času. Premalo sna može da utiče na promenu raspoloženja. Najvećem broju tinejdžera je potrebno oko devet sati sna, da bi mogli da sačuvaju optimalnu dnevnu budnost. Ipak samo nekolicina vas se naspava koliko i treba. Kućni poslovi, domaći zadaci i prijatelji imaju veći prioritet od spavanja.

### Cirkadijurni ritmovi

Stručnjaci tvrde da i to što vikendom spavate duže nije rešenje i da ne možete na taj način nadoknaditi propušteno tokom nedelje. Zapr-

vo, to pravi još veću "konfuziju" u organizmu, jer "zbunjuje" vaš biološki sat. Svako ima unutrašnji biološki sat koji određuje temperaturu tela, ciklus spavanja, apetit i hormonske promene. Biološki i

ovaj unutrašnji sat se menja, brišući vreme kada počinje da se osećaj pospanost - obično se pospanost kod tinejdžerskog uzrasta pomera na oko 23 časa ili kasnije.



### Kako postati odmorniji i pobediti bezvoljnost?

Nedostatak sna može da ima ozbiljne posledice na zdravlje, a remeti i uspeh u školi, jer izaziva nedostatak pažnje i koncentracije. Premalo sna može da utiče i na česte promene raspoloženja. Zato ukoliko želite da pomognete sebi i budite se odmorniji, postoji

nekoliko načina da to i postignete:

**Prilagodite svetlost** - Kako se vreme spavanja približava, smanjite svetlost u kući. Isključite sva svetla tokom noći. Ujutru razmaknite zavesu



u svojoj sobi, da bi vas probudila jutarnja svetlost.

**Držite se rasporeda** - Iako može da bude veoma teško, potrudite se da se svaki dan budite i ležete u isto vreme, čak i tokom vikenda.

**Nemojte dremati tokom dana** - Ako ste pospani tokom dana odremajte najviše 30 minuta, jer to zaista može da ima osvežavajuće dejstvo. S druge strane, previše sna tokom dana će vam onemogućiti da zaspate tokom noći.

**Nemojte uzimati previše kofeina** - Malo kofeina, pogotovo ujutru, svakako će vam pomoći da ostanete budan. S druge strane, previše kofeina će vam onemogućiti da zaspate uveče.

**Napravite rutinu za spavanje** - Podstaknite sebe da se pred spavanje nakon tuširanja posvetite opuštajućim aktivnostima, a izbegavajte da slušate glasnu muziku, igrate video-igrice, telefonirate ili koristite internet. Bilo bi dobro kada u svojoj sobi ne bi imali televizor ili ograničite vreme koje ćete provoditi ispred ekrana.

**I na kraju ne zaboravite-zdrava, redovna i izbalansirana ishrana, pomoći će vam da prevaziđete umor i bezvoljnost!**

## WHY ARE TEENS ALWAYS TIRED?

Duties at school, homework, friends, computer, TV, internet, all these take priority over sleeping, thus according to statistics teenagers sleep only 7-8 hours per day. That is not enough for your body at this sensitive stage of development, when you are faced with numerous physical and psychological changes. Teenagers need about 9 hours of sleep, and research shows that only one in four teenagers sleeps that much.

### Too little sleep

We know that teenagers love to stay up late into the night, so you find it hard to wake up in the morning. That does not mean you are lazy, but there are ways to fit in with the rest of the world. You just must figure out how your internal clock works.

Although it may not sound bad, lack of sleep can cause serious health consequences. Sleepiness during the day makes it difficult to concentrate study or stay awake in class. Too little sleep can affect mood swings. Most teenagers need about nine hours of sleep to be optimally awake during the day. However, few of you get enough sleep. Household works, homework and friends take priority over sleeping.

### Circadian Rhythms

Experts say that sleeping longer at the weekend is no solution either, as you cannot make up for what you missed during the week. On the contrary, it creates even more "confusion" in your organism because it "messes up" your biological clock. Every person has an internal biological clock that determines body temperature, sleep cycle, appetite, and hormonal changes. The biological and psychological processes that follow the cycle of this 24-hour internal clock are called circadian rhythms, which is why most children fall asleep around 8 p.m. At puberty, this internal clock changes, erasing the time when sleepiness begins - and usually teenage sleepiness shifts to around 11 p.m. or later.

### How to be more rested and defeat lethargy?

Lack of sleep can have serious health

consequences and affect success in school because it causes a lack of attention and concentration. Too little sleep can also affect frequent mood swings. So, if you want to help yourself and wake up more rested, there are several ways to do this:

**Adjust the lights** - As bedtime approaches, reduce the lights in the house. Turn off all lights at night. Open the curtain in your room so that the morning light wakes you up.


**Stick to a sleep schedule** - Although it can be difficult, try to wake up and go to bed at the same time, every day, even on weekends.

**Do not take a nap during the day** - If you are sleepy during the day, take a nap for no more than 30 minutes, as it can really have a refreshing effect. On the other hand, too much sleep during the day will make it impossible for you to fall asleep at night.

**Do not take too much caffeine** - A little caffeine, especially in the morning, will help you stay awake. On the other hand, too much caffeine will make it impossible for you to fall asleep at night.

**Create a bedtime routine** - Encourage yourself and engage in relaxing activities before bed after showering, and avoid listening to loud music, playing video games, talking on the phone, or using the Internet. It is better not to have a TV in the room or limit the time you spend in front of the screen.

**Finally, do not forget - a healthy, regular, and balanced diet will help you overcome fatigue and lethargy!**

K F O R K O O P	POZNATA GLUMICA SA SLIKE	ULOŽITI	51 (RIMSKI)	GLUMICA RINA	PRIVILEGOVANA VOJSKA SULTANA	GODIŠNJI, LETOPIŠI																			
AMERIČKA GLUMICA ROBERTS																									
ODLIČAN, IZABRAN																									
NATRIJUM			PEVAČICA OKSA GLUMICA NJUTN DŽON																						
FRANCUSKI PISAC, VIKTOR				I. L. BELO (TUR.)																					
POZNATA ITALIJANSKA NOVINARKA, ORIJANA																									
NAUKA O MORALU																									ARGATIN (TUR.)
GLUMAC KRISTOFER					RADIJUM VRSTA SPORTSKE IGRE (ENG.)																				
LITAR		STRANO (M.) IME NAČINSTVO																							
GLUMAC ŠARIF					GRAM NAUKA O VELIČANAMA																				
REKA U ITALIJI			POSEDUJE DOLINA IZMEĐU DVA BRDA				GOVORNIK	VIDAR RANA	I. K.	K F O R K O O P	GRČKO POLUOSTRVO	PREVREMENI	DRAMSKA KNJIZEVNOST												
VASPITAČI (LAT.)											STRANO MUŠKO IME ERBIJUM														
AMANET, ZAVEŠTANJE						BACAČ RAKETA MUZIČKA NOTA																			
PALATA PAPE U RIMU IZVRŠITI ZALIVANJE, ZALIVATI											GLUMICA ITA VRSTA BORILACKE VESTINE														
RUSKI KAMION				PUŠČANO ZRNO BOJA							GLUMICA BESINDŽER JEDNOCIFRNI BROJ														
TERMIN U MUZICI					VRSTA MORSKE RIBE (M.) IME							AMPER NEMACKI PREDLOG													
L. E.			STRANO (M.) IME TELEFONSKI POZIV						RENIJUM NAJVEĆI MORSKI SISAR			KONJ U NARODNOJ PESMI ATMOSFERA													
VRSTA SLOVA						URUGVAJANSKI FUDBALER, EDISON L. I.																			
TEMPERATURA		MESTO, PREDEO 1000 (RIMSKI)										KELVIN FOSFOR													
NEMORALNOST												PASKAL													



**Dreni**



**Jelena**

## U tržnom centru Në qendrën tregtare

### Reçnik - Fjalor

Tržni centar	Qendër tregtare
Prodavnica	Dyqan/shitore
Izlog	Vitrinë
Odeća	Veshje
Čipele	Këpucë
Kupac	Blerës
Prodavac	Shitës
Restoran	Restorant
Kafić	Kafiteri
Knjižara	Librari
Kasir/ka	Arkëtar/e
Kasa	Arka
Kreditna kartica	Kartë krediti
Spisak za kupovinu	Listë blerjesh
Ponuda	Ofertë
Popust	Zbritje
Probatì	Provim
Muška odeća	Veshje për meshkuj
Ženska odeća	Veshje për femra
Dečija odeća	Veshje për fëmijë
Bluza	Bluzë
Pantalone	Pantallona
Jakna	Xhup
Sako	Xhaketa
Haljina	Fustan
Suknja	Fund
Torba	Çantë
Čizme	Çizme
Parfem	Parfum
Kozmetika	Kozmetikë
Novac	Para



Uvek je zabavno istraživati prodavnice. Èshtë gjithmonë kënaqësi t'i eksplorosh dyqanet.



Da li imaš nešto određeno što želiš da kupiš? A ke ndonjë gjë specifike që po kërkon ta blesh?



Trebaju mi nove patike. A ti? Kam nevojë për një palë atlete. Po ti?



Ja tražim haljinu za jedno porodično okupljanje. Unë jam në kërkim të një fustani për një festë familjare.



Kada već govorimo o haljinama, da li si videla novi butik koji je nedavno otvoren? Kur jemi duke folur për fustanet, e ke parë butikon e ri që është hapur së fundmi?



Ne još, ali čula sam dobre stvari o njima. Hajde da definitivno odemo tamo. Jo akoma, por kam dëgjuar gjëra të mira për të. Le të ndalemì pa'jetër atje.



Did you know?

Posvećenost otključava vrata mašte, omogućava viziju i pruža nam onu pravu stvar kojom svoje snove pretvaramo u stvarnost.

**Džejms Vomak**