


# 4You

*magazine*

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4You Magazine - Srpski 

magazine4usrpski 



Mesečni KFOR magazin Br. 203 - Januar 2024



MUSICBOX  
**ZHIVA**

Besplatno 

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

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Naslovna: ŽHIVA

# Uvodnik

Dragi čitaoci,

Stojimo na pragu Nove godine, a januarsko izdanje našeg 4You Magazina prožeto je duhom novih početaka i obećavanjem lepše i svetlije budućnosti. Početak Nove godine ne predstavlja samo promenu datuma; to je platno koje tek čeka živopisne poteze naših snova, ambicija i težnji.

Koncept novih početaka zauzima posebno mesto u srcima mladih. To je vreme kada počinjemo sve ispočetka, i pruža nam se prilika da sami pišemo svoje priče. Dok se opraštamo od izazova i pobeda iz prošlosti, prigrlimo prazne stranice nove 2024. entuzijazmom, odlučnošću i avanturističkim duhom.

Platno novih nadanja obojeno je bojama optimizma, izdržljivosti i smelosti da imamo velike snove. Za sve mlade osobe, to je poziv na akciju za postavljanje smelih ciljeva, posezanje za zvezdama i vera da promena počinje od svakog pojedinca. Naša generacija nalazi se u jedinstvenoj poziciji da oblikuje budućnost, a ona počinje izborima koje pravimo danas.

U svetu koji često deluje turbulentno, naša kolektivna nada postaje moćna sila za pozitivne promene. Moramo da prepoznamo potencijal unutar nas samih kako bismo bili katalizatori promena, kako na ličnom nivou, tako i u širem društvenom kontekstu. Bilo da se radi o obrazovanju, zagovaranju društvenih ciljeva ili izražavanju kreativnosti, svaki naš korak doprinosi osnovama za bolje sutra.

I dok krećemo na ovo putovanje u nepoznato, ne zaboravimo važnost zajedništva i empatije. U svetu koji ponekad deluje podeljeno, mladi imaju moć da premoste razlike, neguju razumevanje i grade mostove saosećanja. Naši zajednički snovi i zajednički napori mogu srušiti barijere i stvoriti svet koji slavi različitost i inkluziju.

U nadolazećim mesecima, upotrebimo svoj glas da govorimo ono u šta verujemo, svoje ruke da izgradimo bolji svet i svoja srca da se povežemo sa drugima na dubljem nivou. Zajedno možemo da transformišemo pejzaž naših života i ostavimo neizbrisiv trag u svetu.

Nazdravimo za nove početke, nove nade i godinu koja obećava izvanredne mogućnosti.

Šaljem vam puno ljubavi,

Leonora

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# Editorial

Dear readers,

As we stand on the threshold of a brand-new year, the January edition of our 4You Magazine is infused with the spirit of new beginnings and the promise of a brighter future. The start of a new year is not merely a change in date; it's a canvas awaiting the vibrant strokes of our dreams, ambitions, and aspirations.

The concept of new beginnings holds a special place in the hearts of the youth. It is a time when the slate is wiped clean, and we are given the opportunity to script our own stories. As we bid farewell to the challenges and triumphs of the past, let us embrace the blank pages of 2024 with enthusiasm, determination, and a sense of adventure.

The canvas of new hopes is painted with the colours of optimism, resilience, and the audacity to dream big. It is a call to action for every young soul to set audacious goals, to reach for the stars, and to believe that change starts with each one of us. Our generation is uniquely positioned to shape the future, and it begins with the choices we make today.

In a world that often seems tumultuous, our collective hope becomes a powerful force for positive change. We must recognize the potential within ourselves to be catalysts for transformation, both on a personal level and in the broader context of society. Whether it's pursuing education, championing social causes, or unleashing creativity, every step we take contributes to the basis of a better tomorrow.

As we embark on this journey into the unknown, let us not forget the importance of unity and empathy. In a world that sometimes feels divided, the youth has the power to bridge gaps, foster understanding, and build bridges of compassion. Our shared dreams and collective efforts can break down barriers and create a world that celebrates diversity and inclusion.

In the coming months, let us use our voices to speak for what we believe in, our hands to build a better world, and our hearts to connect with others on a deeper level. Together, we can transform the landscape of our lives and leave an indelible mark on the world.

Here's to new beginnings, new hopes, and a year that holds the promise of extraordinary possibilities.

With lots of love for you,

*Leonora*

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# 4You magazine

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

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Cover: ZHIVA

# NIKOLINA KOSTIĆ - LJUBAV PREMA RECITOVANJU, JEZICIMA I KNJIŽEVNOSTI



Nikolina Kostić, četrnaestogodišnja devojčica iz Lapljeg Sela, pohada osmi razred osnovne škole Miladin Mitić. Od ostalih se razlikuje po izuzetnoj zrelosti u razmišljanju i pažljivom odnosu prema drugima. Njen odabir reči reflektuje svestranost i emocionalnu inteligenciju koja je čini izuzetnom među vršnjacima

i doprinoseći opštem napretku zajednice. Njihova uloga je kompleksna i od velike važnosti za održavanje kvalitetnog obrazovanja i razvoja društva, zato bih jednoga dana volela da se time bavim", kazala nam je Nikolina.

## Držite se uvek zajedno!

Od nje saznajemo i da slobodno vreme provodi sa porodicom, da voli da igra odbojku, i da se trudi da što više vremena provodi napolju, bez kompjutera i mobilnog telefona. Želi da vodi aktivan život van društvenih mreža i naglašava važnost fizičke aktivnosti i druženja. Nikolina svakako predstavlja izuzetan primer mlade osobe koja svojom radoznalošću, ljubavlju prema jezicima i književnosti, težnjom ka ličnom razvoju, inspiriše i motiviše svoje vršnjake.

"Drugačija sam po tome što mnogo više razmišljam i zrelija sam od drugih. Razmislim šta ću reći, jer reči znaju često povrediti nečija osećanja. Pažljiva sam prema drugima, jer iz iskustva znam kako grube reči znaju da povrede", kaže nam na početku razgovora za 4You Magazin ova simpatična devojčica. Od nje saznajemo da od školskih predmeta najviše voli srpski jezik i književnost, prevashodno zato što je to njen maternji jezik. Nikolina naglašava svoju ljubav prema srpskom jeziku, ali izdvaja i engleski jezik, posebno hvaleći lakšu gramatiku u poređenju sa srpskim, gde padeži često predstavljaju izazov. Njeno interesovanje za jezike ne samo da se ogleda u školskim predmetima, već i u aktivnostima kao što su recitovanje.

## Umetnost recitovanja i ljubav prema Desanki Maksimović

Još od malena bavi se recitovanjem i veoma je dobra u tome. Roditelji su

joj preneli ljubav prema recitovanju i čitanju. Njena inspiracija je pesnikinja Desanka Maksimović, a omiljena pesma joj je "Krvava bajka". Nikolina aktivno učestvuje na recitatorskim takmičenjima, kao i onima iz književnosti, trudeći se da istraži dela naših velikih pisaca poput Ive Andrića, Dositeja Obradovića i Vuka Karadžića.

Nikolina planira da jednog dana završi fakultet, a glavna interesovanju su joj jezici, engleski ili srpski. Ona ima jasne ciljeve za budućnost, želeći da se posveti jezicima i obrazovanju. Njena želja da radi sa decom odražava posvećenost zajednici i želju da svoje znanje prenosi mladima. "Volela bih da radim u prosveti sa decom. Učitelji su odgovorni za prenošenje osnovnih veština poput čitanja, pisanja i računanja. Prosvetari pružaju podršku celokupnom razvoju deteta, uključujući intelektualni, socijalni, emocionalni i fizički aspekt. Učitelji i pedagozi su ključni kreatori društvenih i obrazovnih vrednosti, oblikujući mlade umove





# NIKOLINA KOSTIC

## LOVE FOR RECITATION, LANGUAGES AND LITERATURE

Nikolina Kostic, a fourteen-year-old girl from Laplje Selo, is eighth grade student in the Miladin Mitic elementary school. She differs from the others in her exceptionally mature reasoning and attentive attitude towards others. Her choice of words reflects her versatility and emotional intelligence that sets her apart from her peers.

odrastanja. "Svojim vršnjacima bih poručila da se drže jedni drugih, da se bave sportom, da se posvete učenju i druženju i da ostanu zajedno do god mogu. Hajde da zajedno stvaramo svet u kojem vlada pozitivna energija, ljubav prema sportu i briga o svom telu i umu. Verujem u svakog od vas i radujem se što ćemo zajedno ostvariti neverovatne stvari", poručila je na kraju ova četrnaestogodišnja devojčica čitaocima 4You Magazina.

*4You Magazin*u bilo je posebno zadovoljstvo i čast da upozna jednu ovakvu sjajnu devojčicu. Nikolini na njenom putu želimo sve najbolje. Vas, naši poštovani čitaoci pozivamo da i u ovoj Novoj 2024. godini predložite druga ili drugaricu, ili da nam se predstavite, kažete nam zašto ste najbolji i po čemu se izdvajate od drugih. Pozivamo Vas na upoznavanje, a najbolji od Vas naći će se na stranicama našeg i vašeg 4You Magazina.

"I am different in that I am more reflective and more mature than others. I think about what I am going to say, because words can often hurt someone's feelings. I am attentive to others, because I know from my experience that harsh words can hurt your feelings," this endearing girl tells us at the beginning of the interview with the 4 You Magazine. We learn from her that her favorite school subject is Serbian language and literature, primarily because it is her mother tongue. Nikolina emphasizes her love for the Serbian language, but she also singles out the English language, praising especially the easier grammar compared to Serbian, where cases can often be challenging. Her interest in languages is not only reflected in school subjects, but also in activities such as reciting poetry.

### The art of recitation and love for Desanka Maksimović

She has been reciting since she was little and is very good at it. Her parents have passed on their love for recitation and reading to her. Her inspiration is poet Desanka Maksimovic, and her favorite poem is "Krvava bajka" (Bloody Fairy Tale). Nikolina actively participates in recitation competitions, as well as in literary competitions, trying to explore the works of our great writers such as Ivo Andric, Dositej Obradović and Vuk Karadzic.

Nikolina plans to graduate from university one day. Her main interests are languages, English or Serbian. She has clear goals for the future, aiming to dedicate herself to languages and education. Her desire to work with children reflects her commitment to the community and her desire to pass on her knowledge to the youth. "I would like to work in education with children. Teachers are responsible for imparting basic skills such as reading, writing and numeracy. Educators support the overall development of the child, including intellectual, social, emotional and physical aspects. Teachers and pedagogues are key creators of social and educational values, shaping young minds and contributing to the overall progress of the community. Their role is complex and of great importance for the

maintenance of quality education and development of society, therefore I would like to do that one day," Nikolina told us.

### Always stick together!

We also learn from her that she spends her free time with her family, that she likes to play volleyball, and that she tries to spend as much time as possible outside, with no computer and no mobile phone. She wants to lead an active life outside of social networks, emphasizing the importance of physical activity and socializing. Nikolina is certainly an exceptional example of a young person who inspires and motivates her peers with her curiosity, love for languages and literature, and the desire for personal growth.

At the end of the conversation, she shared an inspiring message to her peers, urging them to support each other, to dedicate themselves to studying and sports, and stay together in various challenges of growing up. „I would tell my peers to stick together, to play sports, to dedicate themselves to studying and socializing and to stay together as long as they can. Let us together create a world where positive energy, love for sports and care for your body and mind prevail. I believe in each of you and I look forward to achieving incredible things together," this fourteen-year-old girl told the readers of 4You Magazine at the end.

*The 4You Magazine was particularly pleased and honored to meet such a great young girl. We wish Nikolina all the best on her journey. We invite you, our dear readers, to propose a friend in the New Year 2024 as well, or to introduce yourself, tell us why you are the best and what sets you apart from others. We invite you to get to know your peers, and the best of you will be featured on the pages of our and your 4You Magazine.*

# UJEDINJENI U ŽIVOTU: KFOR-ova AKCIJA DAVANJA KRVI



*Kao pokazatelj jedinstva, Glavni štab KFOR-a baza „Film City“ u Prištini je bila domaćin sada već godišnje akcije davanja krvi, zajedničkog napora između KFOR-a i Nacionalnog centra za transfuziju krvi Kosova (NCTKK). Cilj je bio da se poboljša snabdevanje krvlju pacijentima kojima je potrebna, naglašavajući njihovu zajedničku posvećenost spasavanju života. Pored neposrednog uticaja na snabdevanje krvlju, događaj je naglasio trajno partnerstvo između KFOR-a i lokalne zajednice.*

## **Globalna zajednica ujedinjena za zajednički cilj**

Dok je ugovarala organizovanje ove akcije davanja krvi, dr. Bukurie Žubi (Bukurie Zhubi), direktorka NCTKK-a, osvrnula se na istorijsku saradnju sa KFOR-om od 2000. godine. Njena zapažanja su se fokusirala na razvojnu dinamiku dobrovoljnog davanja krvi od strane osoblja KFOR-a. Partnerstvo između NCTKK i KFOR-a omogućilo je deset akcija davanja krvi u protekle dve godine, sa donatorima iz različitih zemalja koji služe pod okriljem KFOR-a. Ovo međunarodno učešće obogaćuje snabdevanje krvlju i simbolizuje globalnu zajednicu koja se okuplja za zajednički cilj. Priznanje simbolizma od strane doktorke Žubi o ovim velikodušnim delima ljubaznosti duboko odjekuje, ilustrujući međusobnu povezanost čovečanstva, posebno u vremenu kada je to potrebno.

## **Demonstracija liderstva svojim primerom**

Vodnik prve klase Fabio Karlone (Fabio Carlone), vođa LMT tima, istakao je značaj organizovanja ovakvih događaja u vojnim okvirima. Za Karlonea ova akcija davanja krvi, pored značaja koje nosi, predstavlja i demonstraciju liderstva, svojim primerom. Vojničko verovanje je zasnovano na ideji vođenja od početka, a organizovanje događaja koji direktno koriste lokalnoj zajednici

predstavlja primer ove posvećenosti. Karlone je očekivao snažan odziv od najmanje dve stotine donatora, što odražava kolektivnu posvećenost KFOR-a u stvaranju opipljivog, pozitivnog uticaja na živote onih kojima je to potrebno. Ganimete Avdiu, član osoblja NCTKK-a, izrazila je srdačnu zahvalnost KFOR-u na organizaciji ovog značajnog događaja i pozvala na nastavak akcija davanja krvi. Šerafedin Mustafa (Sherafedin Mustafa),

posvećeni pripadnik KFOR-ove LMT jedinice, pozvao je sve da prepoznaju dubok uticaj davanja krvi u spasavanju života, naglašavajući preobražavajući potencijal takvih nesebičnih dela.

## **Univerzalna poruka**

Glavna poruka doktorke Žubi, Fabija Karlonea i donatora je ona o opštem značaju. Bez obzira na nacionalnost ili profesiju, čin davanja krvi prevazilazi





# UNITED IN LIFE: KFOR'S BLOOD DONATION DRIVE

*In a show of unity, HQ KFOR Camp Film City in Prishtina hosted its now annual blood donation drive, a collaborative effort between KFOR and the National Center for Blood Transfusion in Kosovo (NCBTK). The goal was to improve the blood supply for patients in need, emphasizing their shared commitment to saving lives. Beyond its immediate impact on the blood supply, the event highlighted the enduring partnership between KFOR and the local community.*

granice, otkrivajući zajedničku posvećenost dobrobiti drugih. Karlonova tvrdnja da „ne morate da budete lekar da biste spasili živote“ je snažan podsetnik da svaki pojedinac može doprineti većem dobru. Akcija davanja krvi u Glavnom štabu KFOR-a bazi „Film City“ u Prištini označava ne samo posvećenost bezbednosti na Kosovu, već i univerzalni gest saosećanja.

*Ova akcija davanja krvi je svedočanstvo duha saradnje između KFOR-a i lokalne zajednice. Poziv Fabija Karlonea na akciju je snažno ojačanje ideje da svaki pojedinac može da napravi razliku, podsećajući nas tako još jednom na dubok uticaj nesebičnih i bitnih dela kao što je davanje krvi. Kroz ovu zajedničku posvećenost, KFOR ne samo da čuva bezbednost na Kosovu, već i pruža spas onima kojima je potrebna, što predstavlja primer prave suštine humanitarnosti. Akcija davanja krvi je izvor nade za one kojima je potrebna, podsećajući nas da smo zajedno zais ta ujedinjeni u životu.*

### **A global community united for a common cause**

While discussing the organizing of this blood drive, Dr. Bukurie Zhubi, Director of the NCBTK, reflected on the historical collaboration with KFOR since 2000. Her observations focused on the evolving dynamics of voluntary blood donations by KFOR personnel. The partnership between NCBTK and KFOR facilitated ten blood donation sessions over the past two years, with donors from various countries that serve under the KFOR umbrella. This international participation enriches the blood supply and symbolizes a global community coming together for a common cause. Dr. Zhubi's acknowledgment of the symbolism in these generous acts of kindness echoes deeply, illustrating the interconnectedness of humanity, particularly in times of need.

### **Leading by example**

First Sergeant Fabio Carlone, LMT Chief Team Leader, stressed the significance of organizing such events within the military framework. For Carlone this blood donation, in addition to the importance it carries, is also a demonstration of leadership, by example. The military creed is based on the idea of leading from the front, and organizing events that directly benefit the local community exemplifies this commitment. Carlone anticipated a robust turnout of at least two hundred donors, reflecting the collective dedication of KFOR in making a tangible, positive impact on the lives of those in need. Ganimete Avdiu, a staff member of the NCBTK, expressed heartfelt thanks to KFOR for the organization of this important event and called for continued blood donation. Sherafedin Mustafa, a dedicated member of

KFOR's LMT, urged everyone to recognize the profound impact of blood donation in saving lives, underscoring the transformative potential of such selfless acts.

### **A universal message**

The main message from Dr. Zhubi, Fabio Carlone, and the donors is one of universal importance. Regardless of nationality or profession, the act of donating blood goes beyond boundaries, revealing a shared commitment to the well-being of others. Carlone's assertion that "you do not need to be a doctor to save lives" is a powerful reminder that each individual can contribute to the greater good. The blood donation drive at HQ KFOR Camp Film City in Prishtina signifies not only a commitment to safeguarding Kosovo but also a universal gesture of compassion.

*This blood donation stands as a testimonial to the collaborative spirit between KFOR and the local community. Fabio Carlone's call to action is a powerful reinforcement of the idea that every individual can make a difference, thus reminding us once more of the profound impact of selfless and vital acts such as donating blood. Through this shared commitment, KFOR not only safeguards the security in Kosovo but also extends a lifeline to those in need, exemplifying the true essence of humanitarianism. The blood donation drive is a source of hope for those in need, reminding us that together, we are indeed united in life.*



## ZIMSKI HOBIJI

**Zima je vreme čarolije, vreme kada sneg prekriva svet i kada sve postaje mirno i belo. Januar je mesec kada ste na dugo očekivanom zimskom raspustu i imate slobodnog vremena. Ovo doba godine je prava prilika, da iskoristite zimske dane i istražite raznovrsne hobije, koji vam mogu pružiti dodatnu dozu radosti i uzbuđenja. U nastavku pročitajte, koji zimski hobiji vam mogu pomoći da uživate u hladnim mesecima.**



kojem ćete beležiti vaša lična iskustva, razmišljanja o zimi, promene u prirodi i sve ono što vas inspiriše tokom ovog godišnjeg doba. Ukoliko volite da delite vaša iskustva, razmislite o pokretanju bloga posvećenog zimskim hobijima, putovanjima ili savetima za uživanje u hladnim danima.

### *Učenje novog jezika*

Sigurno imate onaj omiljeni jezik koji vam se jako dopada, ali ga nikad niste učili. Taj jezik vam je kao neka neostvarena želja, a u stvari je vrlo lako ostvarljiva. Učenje jezika može da bude vrlo koristan hobi. Vašem mozgu će prijati rad i razvoj, a naučno je dokazano da učenje jezika razvija mnoge korisne osobine kod ljudi, uključujući čak i empatiju. Ukoliko ne želite da izlazite iz kuće u hladnim predvečerjima, kurs jezika uvek možete pohađati online. Kada je u pitanju online učenje možete birati između plaćenih kurseva i besplatnih platformi za učenje poput Duolingo, Loecsen, Memrise i sličnih.

### *Škola skijanja i snowboardinga*

Učenje novih zimskih sportova može biti izazovno i zabavno iskustvo. Pohađanje škole skijanja ili snowboardinga može vam pomoći da brzo savladate osnovne tehnike i uživate u tim sportovima. Takođe, neophodno je da tokom skijanja/snowboardinga koristite adekvatnu opremu i da poštujete bezbednosna pravila na stazi. Ove zimske sportove brzo ćete zavoleti, a zajedno sa prijateljima možete provesti nezaboravne trenutke na stazi. Skijanje je sjajan način da osetite čaroliju zime i da uživate u aktivnom odmoru. Poznato je da boravak u prirodi i fizička aktivnost pozitivno utiču na raspoloženje i stres.

### *Kreativno pisanje*

Zimski dani mogu biti odlično vreme za kreativno pisanje. Možete da pišete priče, pesme ili dnevnik inspirisane zimskim pejzažima ili vašim zimskim iskustvima. Što se tiče priča, tu možete

istraživati teme poput avantura na snežnim planinama, prijateljstva koja se formiraju oko vatre u kaminu, ili bajkovite zimske čarolije. Ili pak možete započeti pisanje zimskog dnevnika u

### *Fotografija*

Fotografija je sjajan hobi tokom zimskih meseci, jer vam pruža priliku da uhvatite lepotu zimske čarolije





# WINTER HOBBIES



i stvorite nezaboravne trenutke. Snegom prekrivene planine, smrznuta jezera, šume obavijene belim pokrivačem, su samo neki od bajkovitih prizora. koje možete uhvatiti objektivom. Takođe, sneg stvara divnu pozadinu za portrete, jer korišćenjem svetlosti snega i bele boje možete stvoriti mekane, svetle fotografije portreta. Zimska neba često donose prelepe boje tokom zalaska sunca i izlaska meseca, a fotografisanje tih trenutaka može stvoriti magične slike sa spektakularnim nijansama i svetlima. Fotografija može da postane način za istraživanje i beleženje lepote zimskog pejzaža. Bez obzira na nivo iskustva koji posedujete, zimska fotografija vam pruža beskrajne mogućnosti za kreativnost i istraživanje.

*Zima donosi svoje jedinstvene čari, a ovi zimski hobiji pružaju vam priliku da uživate u hladnim mesecima na aktivan i kreativan način. Bez obzira na to da li volite sportske aktivnosti na snegu, da učite novi jezik ili da fotografišete, jedno je sigurno, zima nudi mnogo mogućnosti za zabavu i uživanje.*

**Winter is a time of magic, a time when snow covers the world and everything becomes still and white. January is the month when you are on your long-awaited winter break and have free time. This time of year is the perfect opportunity to take advantage of the winter days and explore a variety of hobbies that can give you an extra dose of joy and excitement. Read below, which winter hobbies can help you enjoy the cold months.**

## *Skiing and snowboarding school*

Learning new winter sports can be a challenging and fun experience. Attending a skiing or snowboarding school can help you quickly master the basic techniques and enjoy those sports. Also, it is necessary to use adequate equipment while skiing/ snowboarding and to follow the safety rules on the trail. You will quickly fall in love with these winter sports, and together with your friends you can spend unforgettable moments on the track. Skiing is a great way to feel the magic of winter and enjoy an active vacation. It is known that being in nature and physical activity have a positive effect on mood and stress.

## *Creative writing*

Winter days can be a great time for creative writing. You can write stories, poems or a diary inspired by winter landscapes or your winter experiences. As for the stories, you can explore themes such as adventures on snowy mountains, friendships formed around the fire in the fireplace, or fairy-tale winter magic. Or you can start writing a winter diary in which you will record your personal experiences, thoughts about winter, changes in nature and everything that inspires you during this season. If you like to share your experiences, consider starting a blog dedicated to winter hobbies, travel or tips for enjoying the cold days.

## *Learning a new language*

You probably have that favorite language that you really like, but you've never studied it. That language is like an unfulfilled wish for you, but in fact it is very easy to achieve. Learning languages can be a very rewarding hobby. Your brain will enjoy working and developing, and it has been scientifically proven that learning a language develops many useful traits in people, including even empathy. If you don't want to leave the

house in the cold evenings, you can always attend the language course online. When it comes to online learning, you can choose between paid courses and free learning platforms like Duolingo, Loecsen, Memrise and similar.

## *Photography*

Photography is a great hobby during the winter months, as it gives you the opportunity to capture the beauty of the winter magic and create unforgettable moments. Snow-covered mountains, frozen lakes, forests wrapped in a white blanket, are just some of the fairy-tale scenes, which you can capture with your lens. Also, snow makes a wonderful background for portraits, because by using the light of the snow and the color white, you can create soft, bright portrait photos. Winter skies often bring out beautiful colors during sunset and moonrise, and photographing those moments can create magical images with spectacular hues and lights. Photography can become a way to explore and record the beauty of the winter landscape. Regardless of your experience level, winter photography provides endless opportunities for creativity and exploration.

*Winter brings its own unique charms, and these winter hobbies give you the opportunity to enjoy the cold months in an active and creative way. Whether you like snow sports, learning a new language or photography, one thing is for sure, winter offers many opportunities for fun and enjoyment.*

## ZHIVA

# BUDITE ISTRAJNI I RADITE ONO ŠTO VOLITE

Iva Pažin ZHIVA novo je lice muzičke scene. Ona je početkom novembra prošle godine objavila je svoj debitanski album „Preterujem“ koji je istovremeno i platforma za dijalog o važnim temama u vezi sa mentalnim zdravljem, jer donosi duboko proživljene priče koje osvetljavaju različite aspekte emocionalnog spektra. Kroz žanrovsku raznolikost, album istražuje teme kao što su nesigurnost, introspekcija, optimizam, sindrom sagorevanja, depresivna raspoloženja i anksioznost. Sa ovom mladom muzičarkom razgovarali smo pred njen nastup na nedavno održanom Pirit festu u Mitrovici i sa nama je podelila utiske sa ovog festivala.

### Muzičko obrazovanje

Ova muzičarka nedavno je završila master studije na odseku Primenjena istraživanja muzike na Fakultetu muzičke umetnosti



u Beogradu, a upravo je stvaranje njenog debi albuma bilo tema master rada. Prethodno je na istom fakultetu na odseku za Muzikologiju završila osnovne akademske studije. Svoje muzičko školovanje ZHIVA je sticala u Muzičkoj školi MŠ „Josip Slavenski“ na teoretskom i vokalno-instrumentalnom odseku za klavir kao i u Muzičkoj školi „Kornelije Stanković“ na odseku za džez klavir.

### Debi album

Nemir, umor, sagorevanje, nesigurnost, želja da nam bude dobro i da dođe taj dobar osećaj... Zar nismo svi bili tu? O tome na svom prvom albumu, priča i peva ZHIVA. Album „Preterujem“, objavljen je za Glitch Records i čini ga devet autorskih pesama. Album predstavlja mozaik žanrova - od alternativnog popa preko džez, hip-hop i drum'n'bass-a do reggea. Za noseću pesmu albuma „Preterujem“, objavljen je i spot, koji je sniman u Sarajevu. „Preterujem“, „Da se smejem“, „Sagorevam“, „Pola“, „Topljenje“, samo su neki od naziva pesama iza kojih se nalaze lako pamtljivi, ali moćni stihovi, koji u intenzivnoj interakciji sa zvukom odlično dočaravaju kako mračna, tako i optimistična stanja koja ZHIVU okupiraju u životu i muzičkom stvaralaštvu.

Na albumu se pojavljuje reper Bljuzga, ujedno i

bubnjar benda, pevačica Katarina Vukoman i saksofonista Mirza Sijerčić, koji svojim doprinosima obogaćuju zvučni pejzaž. Sve pesme na albumu, kao i muziku, potpisuje ZHIVA, u saradnji sa Toshijem Domaćinom, producentom i aranžerom albuma.

### Promocija albuma

ZHIVA je svoj debi album objavila 2. novembra prošle godine, a potom istog dana sa svojim bendom u Kulturnom centru GRAD u Beogradu, i izvela svih devet pesama sa albuma. Koncertnoj promociji prisustvovali su prijatelji, saradnici, brojna lica muzičke akademske zajednice, a nakon ove promocije jedno je sigurno, muzička scena postala je bogatija za stvaralaštvo Ive Pažin ZHIVE, koja je svoj veliki talenat uobličila i izbrusila višegodišnjim muzičkim obrazovanjem. „Posle ovakve večeri, ovakvog koncerta, sve ono što radi jedan muzičar koji





# ZHIVA

## BE PERSISTENT AND DO WHAT YOU LOVE

**Iva Pazin ZHIVA is the new face at the music scene. She released her debut album "Preterujem" (I exaggerate) at the beginning of November last year, which is also a platform for dialogue on important topics related to mental health, as it brings deeply experienced stories that illuminate different aspects of the emotional spectrum. Through genre diversity, the album explores topics such as insecurity, introspection, optimism, burnout, depression and anxiety. We spoke with this young musician prior to her performance at the recently held Pirit Fest in Mitrovica, and she shared her impressions from this festival with us.**

stvara autorsku muziku - dobije smisao. Srećna sam i ponosna na svaku izgovorenu reč, na svoj bend, saradnike i prijatelje koji su me bodrili i učestvovali u ovom procesu", kazala je ZHIVA nakon promocije albuma.

### PIRIT FEST

Nakon promocije u Beogradu, ZHIVA je sa svojim bandom krajem novembra prošle godine, nastupala na mitrovačkom Pirit festu. Bend je nastao nakon njene odluke da više voli da nastupa sa bandom nego solo, otkriva ZHIVA za 4You magazin. Govoreći o Pirit festu, ona je naglasila da ovaj festival ima mnogo veći značaj nego što ljudi mogu da shvate, a naročito kada je u pitanju neko manje mesto kao što je Mitrovica. Kaže i da joj je PIRIT FEST, jedan od najlepših dočeka i festivala. "Jako mi je drago što je ovaj prvi festival zaživeo i nadam se iskreno da će zaživeti i narednih godina. Meni je ovo iskreno jedan od najlepših dočeka i festivala gde sam bila, tako da sam srećna", dodaje ova mlada muzičarka. Iako nije imala mnogo vremena da poseti grad, kaže da je srećna što je došla ovako lepim povodom jer u Mitrovici ima dosta prijatelja sa kojima je studirala ili išla u srednju školu.

**I za kraj razgovora, ZHIVA je imala poruku za mlade: "Budite istrajni i radite ono što volite".**

### Music Education

This musician recently completed her master's studies at the Department of Applied Music Research at the Faculty of Music in Belgrade, and precisely the creation of her debut album was the topic of her master's thesis. Previously, she completed undergraduate academic studies at the Department of Musicology of the same faculty. ZHIVA has received her musical education at the "Josip Slavenski" Music School, Theory and Vocal-Instrumental Piano Department, as well as at the "Kornelije Stanković" Music School, Jazz Piano Department.

### Debut album

Restlessness, fatigue, burnout, insecurity, the desire to feel good and for that good feeling to come... Haven't we all been there? ZHIVA talks and sings about that on her first album. The album "Preterujem" (I exaggerate) was released for Glitch Records and comprises nine original songs. The album represents a mosaic of genres - from alternative pop to jazz, hip-hop and drum'n'bass to reggae. A music video was also released for the title track of the album "Preterujem," which was shot in Sarajevo. "Preterujem," "Da se smejem," "Sagorevam," "Pola," "Topljenje" are just some of the songs with easy to remember, but powerful lyrics, which, in intense interaction with the sound perfectly evoke both somber and optimistic moods that overtake ZHIVA in her life and musical creativity.

The album features rapper Blijuzga, who is also the band's drummer, singer Katarina Vukoman and saxophonist Mirza Sijerčić, whose contributions enrich the soundscape. All the songs on the album, as well as the music, are signed by ZHIVA, in cooperation with Toshi Domaćin, the producer and arranger of the album.

### Album promotion

ZHIVA released her debut album on 2<sup>nd</sup> November last year, and then on the same

day she performed all nine songs from the album together with her band in the GRAD Cultural Center in Belgrade. The promotional concert was attended by friends, contributors, numerous music academic community figures. After this promotion, one thing is for sure, the music scene has been enriched by the creative work of Iva Pažin ZHIVA, who shaped and honed her great talent through years of musical education. "After an evening like this, a concert like this, everything that a musician who creates original music does - becomes meaningful. I am happy and proud of every spoken word, of my band, contributors and friends who cheered me on and participated in the process," ZHIVA said after the promotion of the album.

### PIRIT FEST

After the promotion in Belgrade, ZHIVA and her band performed at the Pirit Fest in Mitrovica in late November last year. The band was formed after her decision that she prefers to perform with a band rather than solo, ZHIVA revealed to the 4You Magazine. Speaking about the Pirit Fest, she underscored that this festival has a much greater significance than people may realize, especially for a rather small town like Mitrovica. She also said that for her, PIRIT FEST is one of the most beautiful receptions and festivals. "I am so glad that this first festival has taken root and I sincerely hope that it will come to life in the coming years as well. To me, this is honestly one of the most beautiful receptions and festivals I have ever been to, so I am happy," the young musician added. Although she did not have much time to visit the town, she says that she is happy that she came on such a good occasion because she has many friends in Mitrovica with whom she studied with or attended high school.

**At the end of the conversation, ZHIVA had a message for young people: "Be persistent and do what you love."**

# „TRKA ZA TOLERANCIJU“ PUTOVANJE KA JEDINSTVU I SLAVLJENJU RAZLIČITOSTI

*Novembra meseca, Mitrovica je vibrirala u duhu Međunarodnog dana tolerancije kroz dinamičnu i uticajnu „Trku za toleranciju“. Ovaj događaj, sastavni deo projekta „Pomirenje i transformacija sukoba“, održan je u okviru zajedničkih napora Community Building Mitrovica (CBM-a), zajedno sa partnerima iz Nove društvene inicijative i Inicijative mladih za ljudska prava – Kosovo (YIHR KS), velikodušno podržan od američkog naroda preko USAID-a na Kosovu. Događaj je postigao izuzetan uspeh okupivši mlade iz različitih zajednica, podstičući ne samo fizičku aktivnost već i razmenu zabave i smeha, prevazilazeći etničke podele.*

## Kretanje sa mosta na reci Ibar

Most na reci Ibar, simbol Mitrovice, poslužio je kao početna tačka za ovu simboličnu trku. Učesnici su obišli i severne i južne delove grada, šaljući snažnu poruku da prihvatanje razlika stvara inkluzivan prostor za sve. Predstavnicu CBM-a su naglasili dubok značaj međuetničke tolerancije u Mitrovici, građu u kome koegzistiraju ljudi različite etničke pripadnosti. Imperativ prihvatanja i poštovanja razlika nije samo izbor već i neophodnost u ovom jedinstvenom urbanom pejzažu. CBM je istakao da prevazilaženje istorijskih tenzija zahteva kontinuirane, svakodnevnne napore, a svaka akcija, kao što je i ova trka, predstavlja bitan korak u tekućem procesu ponovne izgradnje tolerancije širom Kosova.

## Negovanje razumevanja i tolerancije

Događaji poput „Trke



za toleranciju“ prevazilaze sam fizički čin trčanja; oni neguju razumevanje i toleranciju unutar zajednica. Spajanje šetnje, trčanja i zajedničkih trenutaka mladima je pružilo priliku da se upuste u smislene razgovore, negujući okruženje koje jača važnost izgradnje tolerantnog društva. Predstavnicu CBM-a su istakli da kada mladi ljudi provode vreme

zajedno, oni savladavaju prepreke koje su nametnuli istorijski događaji ili narativi, doprinoseći povećanju tolerancije. Tolerancija, sa druge strane, stvara okruženje u kojem se pojedinci osećaju slobodnim da se izraze, označavajući početni korak u prevazilaženju društvenih podela.

## Svaka akcija, temelj mira

Projekat „Transformacija konflikta i pomirenje“, zajednički poduhvat CBM-a i njihovih partnera u trajanju od četiri godine, svedoči da svaka akcija predstavlja temelj mira. Pažljivo planiranje aktivnosti je ključno, jer svaki događaj doprinosi postizanju željenih rezultata. Simbolična „Trka za toleranciju“ predstavlja podsetnik na dubok uticaj naizgled malih postupaka. Neobavezan razgovor ili zajedničko iskustvo se pretvara u trajno sećanje. CBM je istakao da događaj nije bio samo trka već i kolektivno putovanje ka zajedničkom cilju – prihvatanju i slavljenju razlika.

## Više od trke: Murali i inkluzivnost

Obeležavanje Međunarodnog dana tolerancije obuhvatilo je različite aktivnosti, posebno izradu murala u Inkluzivnom centru u Mitrovici, na taj način upotpunjujući trku. U saradnji sa





licima sa posebnim potrebama, mladi učesnici su izradili umetničko delo koje simbolizuje različitost i inkluzivnost. Ova inicijativa je imala za cilj da zagovara toleranciju i podržava vrednosti inkluzivnosti i zajedničkog identiteta.



**Međunarodni dan tolerancije: Globalna obaveza**  
 Međunarodni dan tolerancije, koji je proglasila Generalna skupština Ujedinjenih nacija 1996. godine, služi kao godišnji podsetnik. Ovaj dan je posvećen podizanju svesti o ključnoj ulozi tolerancije u savremenom društvu. Kroz aktivnosti poput „Trke za toleranciju“, ovaj dan postaje katalizator za unapređenje razumevanja među ljudima i negovanje poštovanja razlika. On je proslava jedinstva u različitostima, koja odražava osećaj da je prihvatanje razlika kamen temeljac harmoničnog i tolerantnog sveta.



## “RACE FOR TOLERANCE” A JOURNEY OF UNITY CELEBRATING DIVERSITY

**In November, Mitrovica vibrated with the spirit of the International Day for Tolerance through the dynamic and impactful "Race for Tolerance." This event, a key component of the "Reconciliation and Conflict Transformation" project, was organized as a result of the cooperation efforts of Community Building in Mitrovica (CBM) with partners from the New Social Initiative and Youth Initiative for Human Rights – Kosovo (YIHR KS), thanks to the generous support by the American people through USAID in Kosovo. The event achieved a remarkable feat by bringing together youth from diverse communities, promoting not only physical activity but also the exchange of smiles and laughter, expanding beyond ethnic divides.**

### Starting from the Austerlitz Bridge

The Austerlitz Bridge, a symbol of Mitrovica, served as the starting point for this symbolic race. Participants passed through both the northern and southern parts of the city, sending a powerful message that embracing differences creates an inclusive space for all. CBM representatives underscored the deep significance of interethnic tolerance in Mitrovica, a city where various ethnicities coexist. The essential obligation to accept and respect differences is not merely a choice but a necessity in this unique urban landscape. CBM conveyed that overcoming historical tensions demands sustained daily efforts, and each action, such as this race, constitutes a vital stride in the ongoing process of rebuilding tolerance across Kosovo.

### Cultivating understanding and tolerance

Events like the "Race for Tolerance" go beyond the physical act of running; they cultivate understanding and tolerance within communities. The combination of walking, running, and shared moments provided the youth with an opportunity to engage in meaningful conversations, promoting an environment that reinforces the importance of building a tolerant society. CBM representatives emphasized that when young people spend time together, they overcome obstacles imposed by historical events or narratives, contributing to increased tolerance. Tolerance, in turn, creates an environment where individuals feel free to express themselves, marking the initial step in resolving societal divisions.

### Every action, a foundation for peace

The "Conflict Transformation and Reconciliation" project, a shared project of CBM and its partners running for four years, confirms that every action is a

foundation for peace. Careful planning of activities is crucial, as each event contributes to achieving desired results. The symbolic "Race for Tolerance" stands as a reminder of the deep impact of seemingly small actions. A casual conversation or a shared experience becomes a lasting memory. CBM expressed that the event was not just a race but a collective journey toward a shared goal - embracing and celebrating differences.

### Beyond the race: Murals and inclusivity

In addition to the race, the commemoration of the International Day for Tolerance included diverse activities, notably the creation of murals at the Inclusive Center in Mitrovica. In cooperation with individuals with disabilities, young participants crafted a piece of art symbolizing diversity and inclusivity. This initiative aimed to promote tolerance and reinforce the values of inclusivity and a shared identity.

**International Day for Tolerance: A Global Commitment**  
 The International Day for Tolerance, designated by the United Nations General Assembly in 1996, serves as an annual reminder. The day is dedicated to elevating awareness about the critical role of tolerance in modern society. Through activities like the "Race for Tolerance," this day becomes a catalyst for promoting understanding among people and advocating respect for differences. It is a celebration of unity in diversity, echoing the sentiment that embracing differences is the cornerstone of a harmonious and tolerant world.

## PRIČE IZ LEDENOG SRCA SVETA - KAKO ŽIVE I SANJAJU LJUDI NA NAJHLADNIJIM MESTIMA NA ZEMLJI

Na najhladnijim mestima na svetu, gde temperature padaju dosta ispod nule, život dobija sasvim poseban karakter. On ovde nosi sa sobom jedinstvene izazove, a ljudi koji nastanjuju ova područja moraju se prilagođavati ekstremnim uslovima.



Tu su ekstremno niske temperature svakodnevnica i padaju ispod  $-30^{\circ}\text{C}$  ili čak  $-50^{\circ}\text{C}$ . Ovakve niske temperature zahtevaju posebnu opremu, od odeće do vozila, kako bi se ljudi zaštitili od smrtonosnog mraza. Na mnogim mestima, izolacija je ključni faktor. Putovanje može biti otežano zbog snega i leda, a dostupnost osnovnih resursa poput hrane ili lekova je najčešće ograničena. Svako od ovih najhladnijih naseljenih mesta ima svoje jedinstvene karakteristike i izazove koji ih čine zanimljivim, a mi vas upoznajemo sa nekima od njih...



**Norilsk** u Rusiji je jedan od najhladnijih gradova na svetu. Norilsk ima raznoliku populaciju ljudi iz različitih etničkih grupa. Sa temperaturama koje padaju ispod  $-30^{\circ}\text{C}$ , ovaj grad iznad Arktika nije samo obično hladno mesto, već i industrijski gigant. Rudarstvo i proizvodnja metala doprinose ekonomiji, ali se lokalni stanovnici bore sa izazovima koji se odnose na zagađenje vazduha i vode.



**Utqiagvik**, najseverniji grad u SAD-u, dom je Inupiat Eskima. Tradicija lovova na kitove i ribolova centralni su elementi njihovog načina života, koji se prilagođava arktičkom okruženju. Dok ova zajednica čuva svoju kulturnu baštinu kroz jezik, tradicionalno umetničko stvaralaštvo i ples, istovremeno se suočava i s izazovima globalizacije u očuvanju svog jedinstvenog identiteta.



**Yellowknife**, glavni grad Severozapadnih teritorija u Kanadi, ne samo da se bori s ledenom klimom, već i sa sjajem dijamanta koje ima u izobilju. Autohtona populacija, uključujući Dene narod, čuva svoju tradiciju kroz lov, ribolov i sakupljanje plodova. Ovaj grad predstavlja interesantan spoj autohtonih kulturnih vrednosti i ekonomske raznolikosti. Takođe, bogatstvo u rudi dijamanta doprinosi njihovom ekonomskom razvoju.

**Eismitte**, mesto u središtu Grenlanda postalo je poznato tokom nemačke ekspedicije 1930-1931. Ovo područje je dom Inuita, autohtonog stanovništva Grenlanda, koje se suočava s izazovima očuvanja svoje tradicionalne kulture u okruženju koje se brzo menja. Eismitte je mesto gde posetioci istražuju ne samo ledene predele, već i raznoliku kulturnu baštinu Inuita.

**Yakutsk**, glavni grad Jakutije, poznat je po bogatoj kulturnoj tradiciji Yakuta. Uz tradicionalne pesme, plesove i kulturu generalno, stanovnici Yakutska često koriste lokalne resurse, uključujući dijamante, u svojim umetničkim delima. Yakutsk je tako postao poznat po fascinantnom spoju kulturne baštine i ekstremnih uslova života.



Globalizacija, promene u ekonomiji i uticaji iz drugih delova sveta mogu ugroziti tradicionalne vrednosti i način života ljudi koji borave na najhladnijim mestima na svetu. Dijamantski rudnici, poput onih u Yellowknife-u, pružaju izvanredne ekonomske prilike, ali takođe nose sa sobom ekonomske oscilacije i izazove u očuvanju ravnoteže između ekonomske dobrobiti i očuvanja prirode. Eksploatacija prirodnih resursa, poput nafte i gasa u nekim od ovih područja, ima svoje prednosti, ali i potencijalno dugoročne posledice na životnu sredinu i zdravlje stanovništva. Uprkos svim ovim izazovima, ljudi koji žive na najhladnijim mestima često su izuzetno otporni i ponosni na svoje nasleđe. Njihova sposobnost prilagođavanja i zajedništva, ključni su za opstanak u ovim ekstremnim uslovima.

## STORIES FROM THE ICY HEART OF THE WORLD

### HOW PEOPLE LIVE AND DREAM IN THE COLDEST PLACES ON EARTH

*In the coldest places in the world, where temperatures drop well below zero, life takes on a very special character. It brings with it unique challenges, and the people who inhabit these areas must adapt to the extreme conditions.*

There are extremely low temperatures every day, falling below  $-30^{\circ}\text{C}$  or even  $-50^{\circ}\text{C}$ . Such low temperatures require special equipment, from clothing to vehicles, to protect people from the deadly frost. In many places, insulation is a key factor. Travel can be difficult due to snow and ice, and the availability of basic resources such as food or medicine is often limited. Each of these coolest inhabited places has its own unique characteristics and challenges that make them interesting, and we introduce you to some of them.

**Norilsk** in Russia is one of the coldest cities in the world. Norilsk has a diverse population, including people from different ethnic groups. With temperatures falling below  $-30^{\circ}\text{C}$ , this city north of the Arctic Circle is not only a cold place, but also an industrial giant. Mining and metal production contribute to the economy, but also pose challenges to the local residents related to air and water pollution.

**Utqiagvik**, the northernmost city in the USA, home to the Inupiat Eskimos. The tradition of whaling and fishing are central elements of their way of life, which is adapted to the arctic environment. While this community preserves its cultural heritage through language, traditional artistic creation and dance, it faces the challenges of globalization in preserving its unique identity.

**Yellowknife**, the capital of Canada's Northwest Territories, not only does it battle the cold climate, it also shines for its diamonds. The indigenous population, including the Dene people, preserve their traditions through hunting, fishing and fruit gathering. This city represents an interesting combination of indigenous cultural values and economic diversity. Also, wealth in diamond ore contributes to their economic development.

**Eismitte** in the centre of Greenland became known during the German expedition in 1930-1931. This area is home to the Inuit, the indigenous people of Greenland, who face the challenges of preserving their traditional culture in a rapidly changing environment. Eismitte is a place where researchers explore not only the icy landscape, but also the diverse cultural heritage of the Inuit people.

**Yakutsk**, the capital of Yakutia, is known for its rich Yakut cultural tradition. Along with traditional songs, dances, and culture in general, Yakutsk residents often use local resources, including diamonds, in their artwork. Yakutsk thus became a fascinating combination of cultural heritage and extreme living conditions.

Globalization, changes in the economy and influences from other parts of the world can threaten the traditional values and way of life of people living in the coldest places on earth. Diamond mines, like those in Yellowknife, provide tremendous economic opportunities, but they also bring with them economic fluctuations and challenges in maintaining a balance between economic well-being and nature conservation. The exploitation of natural resources, such as oil and gas in some of these areas, has its advantages, but also potentially long-term consequences for the environment and the health of the population. Despite all these challenges, people living in the coldest places are often extremely resilient and proud of their heritage. Their adaptability and togetherness are key to survival in these extreme conditions.

# KAKO DA ISPLETETE ŠAL?

Zima već uveliko traje, a ovo godišnje doba je i vreme kada šal postaje neizostavan deo svakodnevne garderobe. Šal nije samo praktičan, već je i modni dodatak koji može transformisati celokupan izgled. Kaže se i da je pletenje šala ustvari najlakši i najzabavniji od svih projekata koji se tiču pletenja. Stoga, u nastavku teksta pročitajte kako da na jednostavan način ispletete šal.

## Potreban materijal:

- Vuna,
- Igle,
- Iгла za pletenje i
- Makaze

Kada govorimo o materijalu, mi vam preporučujemo da koristite kvalitetnu vunu, ne mešavinu već 100% vunu. Što se tiče vremena koje je potrebno za pletenje ovog šala, potrebno je izdvojiti između 4 i 6 sati. Naravno, vi možete pravite pauze između pletenja.

Samo da vam napomenemo, da ukoliko nikada niste ispleli niti jedan šav, biće vam potrebno dva sata da naučite osnove. Pripremite se na to da će vam nekoliko prvih redova ići sporo, a verovatno ćete napraviti i po koju grešku.

## Proces izrade:

### Korak 1. Kako početi sa pletenjem šala

Dakle, imate vunu, imate igle i spremni ste za pletenje šala. Super. Protegnite ruke i odmah u akciju. Najpre počnite sa postavljenjem petlji na igle. Količina petlji zavisi od širine šala i debljine prediva. Postoji mnogo različitih uzoraka pletenja koje možete koristiti za svoj šal. Mi ćemo ovde koristiti osnovni uzorak ravnog pletiva (garter stitch), gde se pleće svaki red. Zato je potrebno najpre je da nanižemo 16 bodova iglama veličine 15/10 mm.

### Korak 2: Pletenje šala

Kada nanižete bodove, možete početi sa stvarnim pletenjem. Ovaj šal ćemo pletiti mustrom koja se, kako smo već napomenuli, zove garter stitch. Šal pletemo sve dok ne dostignemo dužinu koju želimo. Važno je i da proveravate tokom procesa dužinu šala kako bi bili sigurni da vam ta dužina odgovara.

### Korak 3. Skidanje petlji i dodavanje resa

Sada kada ste dostigli željenu dužinu šala, spremni ste da završite sa skidanjem petlji. Ako to ne uradite, petlje će se raspasti, a to ne želite, zar ne? Zato se to obično radi, tako što ćete isplesti dva reda ali bez dodavanja novih petlji. I za kraj, potrebno je da dodamo rese šalu. Ukoliko želite možete dodati perle ili neke druge ukrase na krajeve šala. Obratite pažnju na to da su sve niti sigurno završene i dobro uvučene kako bi šal izgledao uredno. Što se tiče dodavanja rese, to možete učiniti uz pomoć kukice ili igle za tkanje, tako što ćete konac gurnuti kroz petlje. Nije vam potreban poseban čvor, jer ovaj čvor za zavezivanje je postojan i može dobro da drži. Na kraju, makazama isecite rese kako bi bile iste dužine.

Ukoliko vam se svideo ovaj naš predlog i sami odlučite da ispletete šal, molimo vam da nam pošaljete vaše radove i da sa nama podelite utiske na email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com).



DO IT YOURSELF



# HOW TO KNIT A SCARF?

Winter is already well underway, and this season is also the time when a scarf becomes an indispensable part of everyday wardrobe. A scarf is not only practical, but also a fashion accessory that can transform an entire look. It is also said that scarf knitting is actually the easiest and most fun of all knitting projects. Therefore, read below how to knit a scarf in a simple way.

## Materials needed:

- Wool,
- Needles,
- Knitting needle and
- Scissors

When we talk about material, we recommend you to use good quality wool, not a blend but 100% wool. As for the time required to knit this scarf, you need to allocate between 4 and 6 hours. Of course, you can take breaks between knitting.

Just to remind you that if you have never knitted a single stitch, it will take you two hours to learn the basics. Be prepared for the first few lines to go slowly, and you'll probably make a few mistakes.

## Making process:



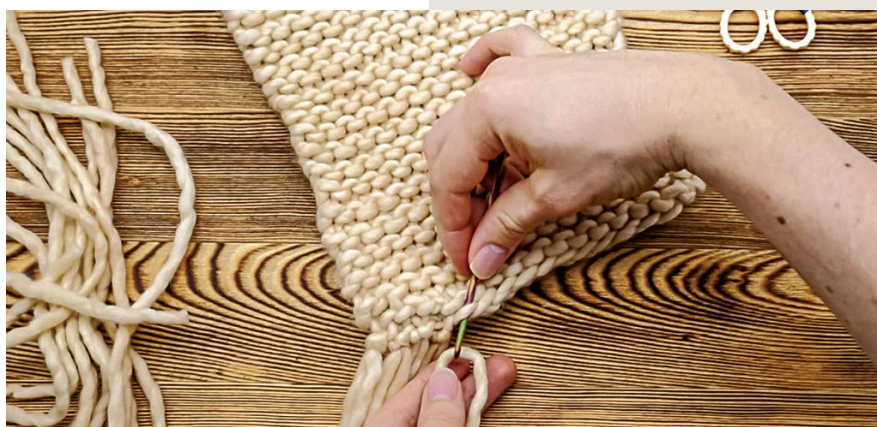
### Step 1. How to start knitting a scarf

So, you have wool, you have needles and you are ready to knit a scarf. Great. Stretch out your hands and immediately go into action. First, start by placing the loops on the needles. The amount of loops depends on the width of the scarf and the thickness of the yarn. There are many different knitting patterns that you can use for your scarf. Here we will use a basic garter stitch pattern, where each row is knitted. That is why it is necessary to first string 16 points with needles of size 15/10 mm.



### Step 2: Knitting the scarf

Once you've cast on the stitches, you can start the actual knitting. We will knit this scarf with a pattern which, as we have already mentioned, is called garter stitch. We knit the scarf until we reach the length we want. It is also important to check the length of the scarf during the process to make sure that it is the right length for you.



### Step 3. Removing loops and adding fringe

Now that you have reached your desired scarf length, you are ready to finish removing the loops. If you don't, the loops will fall apart, and you don't want that, do you? That is why it is usually done by knitting two rows but without adding new loops. And finally, we need to add a fringe scarf. If you wish, you can add beads or other decorations to the ends of the scarf. Make sure that all the threads are finished securely and well tucked in so that the scarf looks neat. As for adding the fringe, you can do it with a crochet hook or a knitting needle by pulling the thread through the loops. You don't need a special knot, because this tie knot is durable and can hold well. Finally, cut the fringes with scissors so that they are the same length.

If you liked our proposal and decide to knit a scarf yourself, please send us your works and share your impressions with us at the email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)

# JANUARSKI FILMSKI DOŽIVLJAJI

Januar sa sobom donosi svež talas filmskih užitaka, obećavajući raznoliku paletu priča i žanrova koji će očarati publiku. Od uzbudljivih avantura do dirljivih priča, predstojeći filmski naslovi pružaju bioskopsko putovanje koje zadovoljava svaki ukus. Pridružite nam se dok istražujemo isčekivanje i uzbuđenje oko najnovijih izdanja, pružajući uvid u filmska iskustva koja nas očekuju u januarskoj filmskoj ponudi.



## OPASNE DEVOJKE

Iz komicnog uma Tine Fej dolazi nova obrada modernog klasika, OPASNE DEVOJKE. Nova učenica Kedi Heron (Angourie Rice) primljena je u elitnu grupu popularnih devojaka nazvanu "Plastične," koje predvodi Regina Džordž (Reneé Rapp). Međutim, kada se Kedi zaljubi u Regininog bivšeg dečka, Erona Samuelsa (Christopher Briney), ona postaje Reginin neprijatelj.

## FERARI

Radnja ovog biografskog filma je smeštena u 1957. godinu, kada je Enzo Ferari, kojeg tumači Adam Driver. Auto imperija je u krizi a bivši vozač koji se pretvorio u preduzetnika gura sebe i svoje vozače do krajnjih granica dok se upuštaju u trku „Hiljadu Milja“, koja predstavlja opasnu trku od 1000 milja preko Italije.



## ŠTO ME DOVODI DO TEBE

Dva ljubavna gubitnika, Džejn (Lucy Hale) i Vil (Nat Wolff), sreću se na venčanju i pre nego što započnu vezu, dogovaraju se da razmene iskrena priznanja o svojoj prošlosti uz nadu da bi ovo moglo biti ono pravo.

## PAČIJA POSLA

Porodica pataka odlučuje da napusti sigurnost svog jezera u Novoj Engleskoj kako bi krenula na avanturistički put do Jamajke. Međutim, njihovi dobro smišljeni planovi brzo krenu



# JANUARY CINEMATIC DELIGHTS

*January brings with it a fresh wave of cinematic delights, promising a diverse array of storytelling and genres to captivate audiences. From thrilling adventures to heartwarming tales, the upcoming movie releases offer a cinematic journey that caters to every taste. Join us as we explore the anticipation and excitement surrounding the latest releases, providing a glimpse into the cinematic experiences that await in this January's movie lineup.*



nizbrdo kada zalutaju i završe u Njujorku. Iskustvo ih uskoro inspiriše da prošire svoje horizonte, otvore se za nove prijatelje i postignu više nego što su ikada mislili da je moguće.

### MILEROVA DEVOJKA

Talentovana mlada spisateljica (Jenna Ortega) kreće na kreativni put kada joj nastavnik (Martin Freeman) dodeli projekat koji ih oboje uvlači u sve složeniju mrežu. Kako se granice gube, a njihovi životi se prepliću, profesor i štíćenica se moraju suočiti sa svojim najmračnijim stranama dok se trude da sačuvaju svoj lični smisao svrhe i stvari koje im najviše znače.



### MEAN GIRLS

From the comedic mind of Tina Fey comes a new twist on the modern classic, MEAN GIRLS. New student Cady Heron (Angourie Rice) is welcomed into the elite group of popular girls called "The Plastics," ruled by Regina George (Reneé Rapp). However, when Cady falls for Regina's ex-boyfriend Aaron Samuels (Christopher Briney), she becomes Regina's enemy.

### FERRARI

The plot of this biographic movie is set in the summer of 1957, with Enzo Ferrari's, played by Adam Driver, auto empire in crisis, the ex-racer turned entrepreneur pushes himself and his drivers to the edge as they launch into the Mille Miglia, a treacherous 1,000-mile race across Italy.

### WHICH BRINGS ME TO YOU

Two romantic burnouts Jane (Lucy Hale) and Will (Nat Wolff) meet at a wedding and before getting together, they agree to exchange candid confessions about their

pasts on the off chance that this might be the real thing.

### MIGRATION

A family of ducks decides to leave the safety of their pond in New England for an adventurous trip to Jamaica. However, their well-laid plans quickly go awry when they get lost and wind up in New York City. The experience soon inspires them to expand their horizons, open themselves up to new friends, and accomplish more than they ever thought possible.

### MILLER'S GIRL

A talented young writer (Jenna Ortega) embarks on a creative odyssey when her teacher (Martin Freeman) assigns a project that entangles them both in an increasingly complex web. As lines blur and their lives intertwine, professor and protégé must confront their darkest selves while straining to preserve their individual sense of purpose and the things they hold most dear.

# “PLOGGING” - ZELENİ FITNES TREND KOJI SMEĆE PRETVARA U BLAGO

*I dok slavimo godišnjicu ploginga, izvanredno je posvedočiti kako je ovaj ekološki fitness trend postao popularan širom sveta. Ploging, portmanto od "džogiranja" i švedskog izraza "plocka upp" (što znači "pokupiti"), kombinuje fizičku aktivnost i odgovornost za životnu sredinu. Ono što je započelo kao osnovni pokret evoluiralo je u globalni fenomen, ohrabrujući pojedince da zauzmu proaktivan pristup u održavanju svojih zajednica čistim dok vežbaju.*

## Nastanak ploginga

Ploging se prvi put pojavio u Švedskoj 2016. godine, a predvodio ga je Erik Ahlstrom, entuzijasta prirode i ekolog. Ideja je bila jednostavna, ali moćna: dok džogiraju, učesnici skupljaju smeće duž svoje rute, efektivno pretvarajući svoju rutinu vežbanja u misiju čišćenja. Ahlstromova vizija je bila da se istovremeno pozabavi sa dva značajna pitanja – rastućom zabrinutošću zbog zagađenja plastikom i potrebom za zdravijim, aktivnijim načinom života.

## Iskustvo ploginga

Ploging dodaje dodatnu dimenziju tradicionalnom trčanju tako što uključuje povremeno zaustavljanje za prikupljanje smeća. Učesnici obično nose malu torbu za višekratnu upotrebu ili nose torbicu oko struka za prikupljanje smeća koje pronadu. Ovo ne samo da doprinosi ukupnoj čistoći životne sredine već i podiže svest o uticaju smeća na ekosisteme.

Prednosti ploginga se protežu izvan fizičkog čina sakupljanja smeća. On uključuje zajednice u zajedničku misiju, podstičući time osećaj kolektivne odgovornosti za životnu sredinu. Plogeri često prijavljuju pojačan osećaj zadovoljstva, znajući da njihov trening ne samo da koristi njihovom zdravlju, već i doprinosi dobrobiti planete.

## Uticaj na životnu sredinu

Uticaj ploginga na životnu sredinu je značajan. Sa milioni ljudi koji praktikuju ovaj trend širom sveta, bezbroj kesa smeća uklanja se sa ulica, parkova i iz prirode svakog dana. Zagađenje plastikom, glavna briga za životnu sredinu,



direktno se rešava dok plogeri ciljaju na predmete kao što su boce, omoti i druga plastika za jednokratnu upotrebu.

Štaviše, ploging podiže svest o navikama odlaganja otpada i ohrabruje pojedince da preispitaju svoje izbore, kao što je odabir proizvoda za višekratnu upotrebu i smanjenje ukupne potrošnje. Ovime doprinose održivijem i ekološki svesnijem društvu.

## Izgradnja zajednice

Ploging se pokazao kao moćan alat za izgradnju zajednice. Lokalne grupe i događaji okupljaju ljude, podstičući osećaj drugarstva među učesnicima. Bilo da ih organizuju opštine, fitness klubovi ili lokalne inicijative, ovi događaji stvaraju zajednički prostor za povezivanje ljudi sa zajedničkim vrednostima.

Društveni aspekt ploginga pojačava



se kroz platforme društvenih medija, gde učesnici dele svoja iskustva, izazove i dostignuća. Haštag #plogging postao je tačka okupljanja za globalnu zajednicu ploginga, pokazujući pozitivan uticaj koji ovaj pokret ima na pojedince i na planetu.

### **Inkluzivnost i pristupačnost**

Jedna od ključnih prednosti ploginga leži upravo u njegovoj inkluzivnosti. Skoro svako može da učestvuje, bez obzira na godine, nivo fizičke spremnosti ili lokaciju. Plogging se prilagođava individualnim preferencijama i mogućnostima, čineći ga pristupačnom aktivnošću za ljude iz svih sfera života.



*Inspirativno je videti kako jednostavna ideja može da preraste u globalni pokret. Plogging je pokazao da pojedinačne akcije, kada se umnože, mogu dovesti do suštinskih pozitivnih promena. Ovaj ekološki prihvatljiv fitness trend ne samo da doprinosi čistijoj životnoj sredini, već i zblizava zajednice, podstiče osećaj odgovornosti za planetu koju svi zovemo domom. Dok gledamo unapred, pokret ploginga služi kao podsetnik da svaki korak koji preduzmemo može imati trajan uticaj, kako na našem fitness putovanju, tako i u našoj posvećenosti životnoj sredini.*

## **PLOGGING - A GREEN FITNESS TREND TURNING TRASH INTO TREASURE**

*As we celebrate the one-year anniversary of plogging, it is remarkable to witness how this eco-friendly fitness trend has gained momentum worldwide. Plogging, a portmanteau of "jogging" and the Swedish term "plocka upp" (meaning "pick up"), combines physical exercise with environmental responsibility. What started as a grassroots movement has evolved into a global phenomenon, encouraging individuals to take a proactive approach in keeping their communities clean while staying fit.*

### **The Origins of Plogging**

Plogging first emerged in Sweden in 2016, spearheaded by Erik Ahlström, a nature enthusiast, and environmentalist. The idea was simple yet powerful: while jogging, participants pick up litter along their route, effectively transforming their exercise routine into a cleanup mission. Ahlström's vision was to address two significant issues simultaneously – the growing concern of plastic pollution and the need for a healthier, more active lifestyle.

### **The Plogging Experience**

Plogging adds an extra dimension to traditional jogging by incorporating intermittent stops to collect litter. Participants typically carry a small reusable bag or wear a waist pouch to collect the trash they find. This not only contributes to the overall cleanliness of the environment but also raises awareness about the impact of litter on ecosystems.

The benefits of plogging extend beyond the physical act of picking up trash. It engages communities in a shared mission, fostering a sense of collective responsibility for the environment. Ploggers often report a heightened sense of satisfaction, knowing that their workout not only benefits their health but also contributes to the well-being of the planet.

### **Environmental Impact**

The environmental impact of plogging is significant. With millions of people embracing this trend globally, countless bags of litter are being removed from streets, parks, and natural areas every day. Plastic pollution, a major environmental concern, is directly addressed as ploggers target items like bottles, wrappers, and other single-use plastics.

Moreover, plogging raises awareness about waste disposal habits and encourages individuals to reconsider their choices, such as opting for reusable products and reducing overall consumption. This ripple effect contributes to a more sustainable and environmentally conscious society.

### **Community Building**

Plogging has proven to be a powerful tool for community building. Local plogging groups and events bring people together, fostering a sense of camaraderie among participants. Whether organized by municipalities, fitness clubs, or grassroots initiatives, these events create a shared space for people with common values to connect.

The social aspect of plogging is amplified through social media platforms, where participants share their experiences, challenges, and accomplishments. The hashtag #plogging has become a rallying point for the global plogging community, highlighting the positive impact this movement has on both individuals and the planet.

### **Inclusivity and Accessibility**

One of the key strengths of plogging lies in its inclusivity. Anyone can participate, regardless of age, fitness level, or location. Plogging adapts to individual preferences and capabilities, making it an accessible activity for people of all walks of life.

*It is inspiring to see how a simple idea can grow into a global movement. Plogging has demonstrated that individual actions, when multiplied, can lead to substantial positive change. This eco-friendly fitness trend not only contributes to a cleaner environment but also brings communities together, fostering a sense of responsibility for the planet we all call home. As we look ahead, the plogging movement serves as a reminder that each step we take, both in our fitness journey and in our commitment to the environment, can make a lasting impact.*

# ISTRAŽUJEMO APLIKACIJU „THREADS“



*U eri u kojoj je digitalna komunikacija postala neophodna u međuljudskim vezama, aplikacija „Threads“ pojavljuje se kao moćan alat, koji redefiniše pejzaž platformi za razmenu poruka. Razvijen od strane giganta društvenih medija kompanije „Meta“, aplikacija „Threads“ je dizajnirana da olakša besprekornu i intimnu komunikaciju, naglašavajući važnost održavanja bliskih veza sa prijateljima i porodicom.*

na davanje kontrole korisnicima nad njihovim deljenim sadržajem. Lista bliskih prijatelja aplikacije omogućava pojedincima da kreiraju odabranu grupu sa kojom žele da dele svoje novosti. Ova detaljna kontrola osigurava da se lični trenuci dele samo sa onima koji su zaista važni, negujući okruženje poverenja i sigurnosti.

## **Prilagođeno iskustvo**

U srcu aplikacije „Threads“ je posvećenost ličnom i prilagođenom iskustvu razmene poruka. Za razliku od konvencionalnih aplikacija za razmenu poruka, „Threads“ je složeno utkan u Instagram, omogućavajući korisnicima da dele svoj status i novosti isključivo sa odabranom grupom bliskih kontakata. Ovaj namerni fokus na intimnosti omogućava korisnicima da dele kratkotrajne trenutke i novosti sa ljudima koji su im najvažniji u životu, podstičući time osećaj povezanosti koji prevazilazi površnost.

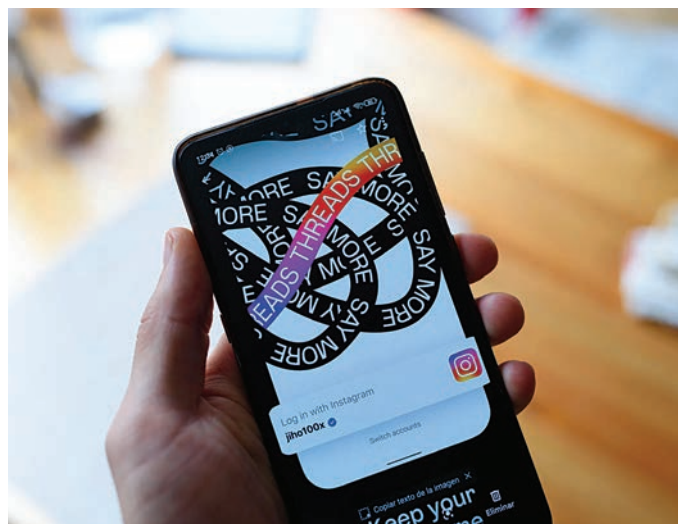
## **Deljenje statusa u realnom vremenu**

Jedna od istaknutih karakteristika „Threads-a“ je naglasak na deljenju statusa u realnom vremenu. Kroz funkciju automatskog statusa aplikacije, korisnici mogu bez napora da ažuriraju svoj status na osnovu svoje lokacije, aktivnosti ili čak trajanja baterije. Ova funkcija dodaje neposrednost u komunikaciju, omogućavajući prijateljima da ostanu povezani i svesni trenutnih iskustava jedni drugih bez potrebe za stalnim ručnim ažuriranjima. To je dinamičan način deljenja bez pritiska pisanja poruke, stvarajući autentičniju i spontaniju vezu.

**Privatnost kao prioritet**  
Prepoznajući izuzetnu važnost privatnosti u današnjem digitalnom dobu, aplikacija „Threads“ stavlja naglasak

## **Privatnost kao prioritet**

Prepoznajući izuzetnu važnost privatnosti u današnjem digitalnom dobu, aplikacija „Threads“ stavlja naglasak



## **U središtu je vizuelna komunikacija**

„Threads“ nije samo komunikacija zasnovana na tekstu; besprekorno se integriše sa Instagram kamerom, podstičući vizuelni izraz. Korisnici mogu trenutno da snimaju i dele fotografije i video zapise unutar aplikacije, dodajući živ i dinamičan sloj svojim razgovorima. Ova vizuelna integracija poboljšava aspekt komunikacije pripovedanja, omogućavajući korisnicima da dele svoj svet dubinom koja prevazilazi reči.

## **Ukrštanje „Threads-a“ i Instagrama**

Kao ćerka firma kompanije Meta, „Threads“ se bez napora ukršta sa Insta-



gramom, pružajući kohezivno iskustvo društvenih medija. Korisnici mogu neprimetno da prelaze između dve platforme, stvarajući jedinstven prostor za njihovo digitalno prisustvo. Ova integracija omogućava laku razmenu sadržaja, od Instagram priča do dodavanja najnovijih informacija u realnom vremenu na Threads-u, poboljšavajući celokupno korisničko iskustvo i konsolidujući njihov digitalni otisak.

### Aplikacija „Threads“ kao spojnica trenutaka

U suštini, aplikacija „Threads“ služi kao digitalna nit koja se puže kroz živote korisnika, povezujući trenutke, iskustva i emocije u realnom vremenu. Njegov naglasak na intimnosti, privatnosti i vizuelnoj komunikaciji odražava promenu u razmišljanju u načinu na koji pristupamo digitalnim vezama. U svetu preplavljenom informacijama, „Threads“ se ističe kao svrsishodna aplikacija, koja se ne fokusira na količinu veza već na kvalitet odnosa.

### Budućnost veze

*I dok se krećemo kroz sve digitalnije postojanje, platforme poput „Threads-a“ igraju ključnu ulogu u oblikovanju budućnosti naših veza. Dajući prioritet autentičnosti, dodavanja novosti u realnom vremenu i vizuelnoj komunikaciji, „Threads“ se pojavljuje kao moćan kanal za smislene veze u digitalnom carstvu. Kako aplikacija nastavlja da se razvija, obećava da će redefinisati i način na koji saradujemo sa našim najbližim krugovima, podstičući osećaj bliskosti u međusobno povezanom svetu.*

# EXPLORING "THREADS"

*In an era where digital communication has become the lifeblood of interpersonal connections, the Threads application emerges as a powerful tool, redefining the landscape of messaging platforms. Developed by the social media giant Meta, Threads is designed to facilitate seamless and intimate communication, emphasizing the importance of maintaining close connections with friends and family.*

### A tailored experience

At the heart of Threads is a commitment to a more personal and tailored messaging experience. Unlike conventional messaging apps, Threads is intricately woven into the fabric of Instagram, allowing users to share their status and updates exclusively with a selected group of close contacts. This deliberate focus on intimacy enables users to share fleeting moments and updates with the people who matter most in their lives, fostering a sense of connection that goes beyond the superficial.

### Status sharing in real-time

One of the standout features of Threads is the emphasis on real-time status sharing. Through the app's Auto Status function, users can effortlessly update their status based on their location, activity, or even battery life. This feature adds a layer of immediacy to communication, allowing friends to stay connected and aware of each other's current experiences without the need for constant manual updates. It is a dynamic way of sharing without the pressure of crafting a message, creating a more authentic and spontaneous connection.

### Privacy as a priority

Recognizing the paramount importance of privacy in today's digital age, Threads places a strong emphasis on giving users control over their shared content. The app's Close Friends list allows individuals to create a select group with whom they wish to share their updates. This granular control ensures that personal moments are shared only with those who genuinely matter, fostering an environment of trust and security.

### Visual communication at its core

Threads is not just about text-based communication; it integrates seamlessly with Instagram's camera, encouraging visual expression. Users can instantly capture and share photos and videos within the app, adding a

vibrant and dynamic layer to their conversations. This visual integration enhances the storytelling aspect of communication, allowing users to share their world with a depth that goes beyond words.

### The intersection of Threads and Instagram

As a subsidiary of Meta, Threads effortlessly intersects with Instagram, providing a cohesive social media experience. Users can transition seamlessly between the two platforms, creating a unified space for their digital presence. This integration allows for a fluid exchange of content, from Instagram stories to real-time updates on Threads, enhancing the overall user experience and consolidating their digital footprint.

### Threads as a connector of moments

In essence, Threads serves as a digital thread weaving through the users' lives, connecting moments, experiences, and emotions in real-time. Its emphasis on intimacy, privacy, and visual communication reflects a change in thinking in the way we approach digital connections. In a world inundated with information, Threads stands out as a purposeful application, focusing not on the quantity of connections but the quality of relationships.

### The future of connection

*As we navigate an increasingly digital existence, platforms like Threads play a pivotal role in shaping the future of our connections. By prioritizing authenticity, real-time updates, and visual communication, Threads emerges as a powerful conduit for meaningful relationships in the digital realm. As the application continues to evolve, it promises to redefine how we engage with our closest circles, fostering a sense of closeness in an interconnected world.*

# KFOR CIMIC PODRŽAVA LOKALNE INSTITUCIJE



*Kao značajan dokaz posvećenosti KFOR-a negovanju održivog, demokratskog, multietničkog i mirnog Kosova, KFOR CIMIC (Civilno-vojna saradnja) je nedavno organizovao dve značajne donacije u opštinama Elez Han i Lešku, sa ciljem jačanja lokalnih institucija.*

## **Negovanje udobnosti i obrazovanja**

Pukovnik Gabriele Vacca, komandant Regionalne komande Zapad, izrazio je svoje oduševljenje na svečanosti na kojoj je uručio velikodušnu donaciju predškolskoj ustanovi u opštini Elez Han. Ovom značajnom događaju prisustvovala su razne zvanice, uključujući i predstavnike opštine. Potvrđujući primarni mandat KFOR-a da obezbedi mirno i bezbedno okruženje, pukovnik Vacca je istakao proširenu posvećenost organizacije negovanju održivog, demokratskog i multietničkog Kosova.

## **Preko potrebna donacija**

Donacija, koja uključuje krevete i police, ima za cilj stvaranje udobnog i sigurnog okruženja za decu, promovišući osećaj zajedništva i brige. Pored toga, pomoći će u stvaranju optimalnog okruženja za učenje, igru i opšti razvoj deteta. Mevljude Baraži (Mevljude Barazhi), direktorka predškolske ustanove "Arhmeria" u Elez Hanu, izrazila je duboku zahvalnost, ističući transformativni uticaj donacije na njihove trenutne potrebe. Direktorka Baraži je izjavila: „Ovo je tek treća godina kako naš objekat radi. Do sada nismo imali krevete, pa su deca spavala na dušecima položenim na pod, a mi uopšte nismo imali police. Dakle, možete zamisliti koliko nam je bilo

teško da ovoj deci pružimo kvalitetne usluge dnevnog boravka. Zahvaljujući ovoj donaciji, sada imamo dovoljno kreveta i police za naše trenutne potrebe." Ona je zahvalila KFOR-u na njihovom kontinuiranom radu, ističući da ovaj velikodušni čin ne samo da obezbeđuje prostor za negovanje dece, već i naglašava posvećenost KFOR-a obrazovnom blagostanju mlađe generacije.

## **Oснаživanje obrazovanja u Osnovnoj Školi „Stana Bačanin“ u Lešku**

Nekoliko nedelja pre donacije u Elez Hanu, CIMIC je uručio jednako važnu donaciju osnovnoj školi „Stana Bačanin“ u Lešku. Major Jason Autry, koji je predstavljao Regionalnu komandu Istok i CIMIC, nadgledao je uručenje donacije, koja se sastojala od mašine za cepanje drva i osnovne zaštitne





# KFOR CIMIC SUPPORTS LOCAL INSTITUTIONS

**In a clear demonstration of KFOR's dedication to building a sustainable, democratic, and peaceful Kosovo, KFOR CIMIC (Civil-Military Cooperation) recently organized two impactful donations in Hani i Elezit and Lesak Municipalities, aimed at supporting local institutions.**



opreme, i koja je rešila specifične potrebe ključne za rad škole. Major Autry, izrazio je čast i zadovoljstvo što je bio deo ovako značajnog događaja i istakao je važnost podrške obrazovanju dece. Njegovo priznanje posvećenosti onih koji su uključeni u podršku školama u zajednici odražava posvećenost KFOR-a da ostvari trajni uticaj na budućnost dece. Jovica Virijević, nastavnik tehničkog obrazovanja i zamenik direktora škole "Stana Bačanin", ponovio je značaj ove donacije na njihove svakodnevne aktivnosti. "Sistem grejanja u našoj školi radi na drva. Do sada su sva drva pripremana ručno za sagorevanje. Stoga će ova mašina za cepanje drva, ključni deo donacije, smanjiti ne samo radno opterećenje osoblja, već će direktno koristiti učenicima obezbeđujući efikasnije i udobnije okruženje za učenje." On je istakao da ovo nije prva donacija koju je škola dobila od KFOR-a, potvrđujući posvećenost KFOR-a dobrobiti svih ljudi koji žive na Kosovu.

*U zaključku, ove donacije predstavljaju primer aktivnog angažovanja KFOR CIMIC-a i predstavljaju svedočanstvo posvećenosti KFOR-a unapređenju kvaliteta života za sve zajednice koje žive na Kosovu. Ove inicijative prevazilaze vojni mandat, simbolizuju duh saradnje i trajne podrške svim ljudima na Kosovu.*

## Enhancing comfort and education

Colonel Gabriele Vacca, the Commander of Regional Command West, expressed joy at a ceremony where he presented a generous donation to the children's preschool institution in Hani i Elezit Municipality. This significant event was attended by various dignitaries, including representatives from the Municipality. While recognizing KFOR's primary goal of ensuring a peaceful and secure environment, Colonel Vacca highlighted the organization's expanded commitment to help develop a sustainable, democratic, and multiethnic Kosovo.

## A much-needed donation

The donation, which includes beds and shelves, aims to create a comfortable and secure environment for children, promoting a sense of unity and care. It will also contribute to an optimal setting for learning, play, and overall child development. Mevlude Barazhi, the director of the "Ardhmëria" preschool institution in Hani i Elezit, expressed deep gratitude, emphasizing the transformative impact of the donation on their current needs. Director Barazhi stated: "This is only the third year our facility has been operating. Until now, we had no beds, so the children slept on mattresses laid on the floor, and we had no shelves at all. So, you can imagine how difficult it was for us to provide quality daycare services to these children. Thanks to this donation, we now have sufficient beds and shelves for our current needs." She thanked KFOR for their ongoing work, stressing that this generous act ensures not only a nurturing space for children but also underscores KFOR's commitment to the educational well-being of the younger generation.

## Empowering education at "Stana Bacanin" elementary school in Lesak

Several weeks before the donation in Hani i Elezit, CIMIC provided

an equally important donation to the "Stana Bacanin" elementary school in Lesak. Major Jason Autry, representing Regional Command East and CIMIC, oversaw the comprehensive donation, including a wood-splitting machine and essential protective equipment, addressing specific needs crucial to the school's operations. Major Autry expressed honor and satisfaction at being part of such a significant event, reinforcing the critical importance of supporting children's education. His acknowledgment of the dedication shown by those involved in supporting schools in the community reflects KFOR's commitment to making a lasting impact on the children's future. Jovica Virijevic, the technical education teacher and assistant director of "Stana Bacanin" school, restated the substantial impact of this donation on their daily operations. "The heating system in our school runs on wood. Until now, all the wood was prepared for burning by hand. Therefore, this wood-splitting machine, a key element of the donation, will not only reduce the workload for the staff but will also directly benefit the students by ensuring a more efficient and comfortable learning environment." He stressed that this is not the first donation the school has received from KFOR, confirming KFOR's dedication to the well-being of all the people living in Kosovo.

*These donations demonstrate KFOR CIMIC's active involvement and serve as evidence of KFOR's commitment to improve the quality of life for all communities in Kosovo. These initiatives go beyond the military mandate, symbolizing the spirit of collaboration and sustained support for all the people in Kosovo.*

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# KOJE ŠKOLSKE PREDMETE NAJVIŠE VOLITE?



ANDREA TRAJKOVIĆ



## Koji je vaš omiljeni predmet?

Moj omiljeni predmet je biologija. I matematika mi ide veoma dobro, generalno volim sve prirodne nauke. To je i jedan od razloga zašto sam upisala Gimnaziju, odnosno prirodno matematički smer.

## Zbog čega?

Biologiju volim zato što se bavi proučavanjem života u različitim oblicima, od mikroskopskih organizama do složenih ekosistema. Ove raznovrsne teme često intrigiraju nas čak i čine gradivo interesantnim. Biologija pruža priliku đacima da istražuju i razumeju prirodu oko sebe, bilo kroz posmatranje biljaka i životinja u prirodnom okruženju ili kroz laboratorijske aktivnosti.

## Planirate li da se u budućnosti njime bavite?

Da, planiram da se bavim medicinom, koja je usko povezana sa ovim predmetom i da jednog dana postanem doktorica. Biologija pruža osnovna saznanja o životu, organizmima i njihovim funkcijama, a ta saznanja se direktno primenjuju u medicini, a time planiram da se bavim jednog dana u životu.

## What is your favorite subject?

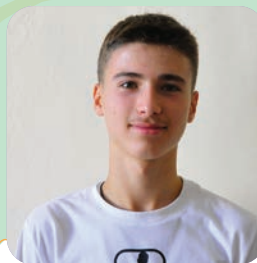
My favorite subject is biology. I'm also very good at math, I generally like all natural sciences. This is also one of the reasons why I have enrolled in the Grammar School, i.e. mathematics and science major.

## Why?

I like biology because it explores life in various forms, from microscopic organisms to complex ecosystems. These diverse topics often intrigue us students and make the subject matter interesting. Biology provides an opportunity for students to explore and understand the nature around them, either through observing plants and animals in their natural environment or through laboratory activities.

## Do you plan to practice it in future?

Yes, I plan to study medicine, which is closely related to this subject, and to become a doctor one day. Biology provides basic knowledge about life, organisms and their functions, and this knowledge is directly applied in medicine, which is what I plan to do in my life one day.



ĐORĐE NAČIĆ



## Koji je vaš omiljeni predmet?

Škola i učenje mi ne predstavljaju napor, a od predmeta koje najviše volim izdvojio bih matematiku i informatiku. Matematika je osnova mnogih principa u programiranju, i programeri često koriste matematičke koncepte kako bi razvili efikasne i precizne računarske sisteme.

## Zbog čega?

Volim kompjutere i video igrice, živimo u vremenu informatičke tehnologije, i uloga interneta u našim životima će biti sve veća. Učenje programiranja danas je prilika da idete u korak s vremenom.

## Planirate li da se u budućnosti njime bavite?

Nove tehnologije su sledeća etapa u razvoju čovečanstva, koje će uskoro promeniti svet do neprepoznatljivosti. Moje omiljeno zanimanje je programer, a programiranje je usko povezano sa matematikom. Daću sve od sebe da ga uspešno savladam. Kao programera, privlači me mogućnost rada na daljinu - da ne posećujem kancelarije i ne gubim vreme na putovanja u prevozu. Uostalom, vreme je novac.

## What is your favorite subject?

I don't find school and studying hard. As for my favorite subjects, I would single out mathematics and computer science. Mathematics is the basis of many principles in programming, and programmers often use mathematical concepts to develop efficient and accurate computer systems.

## Why?

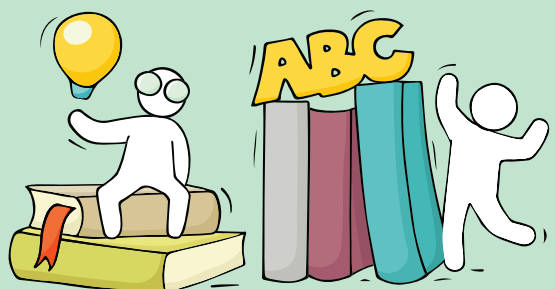
I love computers and video games, we live at the time of information technology, and the role of the Internet in our lives will continue to grow. Learning programming today is an opportunity to keep up with the times.

## Do you plan to practice it in future?

New technologies are the next stage in the development of humanity, which will soon change the world beyond recognition. My favorite profession is programmer, and programming is closely related to mathematics. I will do my best to successfully master it. In programming, I am attracted to the possibility of working remotely - not going to the office and wasting time commuting. After all, time is money.



ASTRONOMY



LITERATURE

Molimo vas šaljte vaša razmišljanja o školskim predmetima na email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)

# WHAT ARE YOUR FAVOURITE SUBJECTS AT SCHOOL?



**DARINKA TOMAŠEVIĆ**



**Koji je vaš omiljeni predmet?**

Ponekad ne mogu da se odlučim, koji predmet najviše volim, ali izdvojila bih srpski jezik, matematiku i biologiju. Umem i lepo da crtam, pa bih pomenula i likovno.

**Zbog čega?**

Imam dosta talenata, pa i shodno tome različita interesovanja i dosta školskih predmeta koje volim da učim. Ljudi prirodno poseduju radoznalost i želju za istraživanjem nepoznatog. Učenje mi pruža priliku za zadovoljenje ove radoznalosti i otkrivanje novih informacija i ideja.

**Planirate li da se u budućnosti njime bavite?**

Sebe u budućnosti vidim kao učiteljicu, pa ću onda decu podučavati svim predmetima koje i ja volim. Ja volim učenje i sticanje znanja pa ću uživati u ulozi učitelja jer će mi to omogućiti da delim svoje znanje sa drugima. Volim i decu, pa ne sumnjam da ću biti odlična u tome.

**What is your favorite subject?**

Sometimes I cannot decide which subject I like the most, but I would single out Serbian language, mathematics and biology. I am also good at drawing, therefore I would also mention visual arts.

**Why?**

I have many talents, therefore I have various interests and many subjects that I like to learn. Humans naturally possess curiosity and a desire to explore the unknown. Learning gives me the opportunity to satisfy this curiosity and discover new information and ideas.

**Do you plan to practice it in future?**

I see myself as a teacher in the future, as a result I will teach children all the subjects that I love. I love learning and gaining knowledge so I will enjoy being a teacher as it will allow me to share my knowledge with others. I also love children, so I have no doubt that I will be great at it.



**NIKOLINA GOLOME**



**Koji je vaš omiljeni predmet?**

Mnogo volim sportove i da budem fizički aktivna, stoga mi je omiljeni predmet u školi fizičko vaspitanje. Fizičko vaspitanje pruža mi priliku da se igram, trčim, i izražavam svoju energiju kroz različite aktivnosti. Raznolikost aktivnosti u fizičkom vaspitanju, kao što su sportske igre, gimnastika, ples, , često čini časove zabavnim i dinamičnim.

**Zbog čega?**

Kroz fizičko vaspitanje, mi ne razvijamo samo fizičke veštine već i učimo važne životne veštine poput timskog rada, fer pleja, poštovanja pravila i rešavanja konflikata. Učimo o značaju zdravog stila života, a kroz učestvovanje u fizičkim aktivnostima, stičemo navike koje podržavaju naše zdravlje.

**Planirate li da se u budućnosti njime bavite?**

Još uvek ne znam čime ću se u životu baviti, ali će sport i fizičke aktivnosti biti neizostavan deo mog života. Ove aktivnosti nam pružaju priliku za zabavu, socijalnu interakciju, izazove i lični razvoj, pa planiram da ih praktikujem što duže.

**What is your favorite subject?**

I really love sports and being physically active, therefore my favorite subject at school is physical education. Physical education gives me the opportunity to play, run, and express my energy through various activities. The variety of activities in the physical education, including sports games, gymnastics, dance, often makes classes fun and dynamic.

**Why?**

Through physical education, we not only develop physical skills but also learn important life skills such as teamwork, fair play, following the rules and conflict resolution. We learn about the importance of a healthy lifestyle, and through participating in physical activities, we acquire habits that support our health.

**Do you plan to practice it in future?**

I still don't know what I will do in life, but sports and physical activities will be an indispensable part of my life. These activities give us the opportunity for entertainment, social interaction, challenges and personal development, so I plan to practice them as long as possible.



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

GEOGRAPHY

## RAZUMEVANJE I REŠAVANJE PROBLEMA U ODNOSU RODITELJA I TINEJDŽERA

**O**dnos između tinejdžera i roditelja često je prožet izazovima koji proizlaze iz raznih faza odrastanja. Ovo je vreme kada se javljaju brojni problemi, ali i prilike za zajednički rast i razumevanje. U ovom članku istražujemo nekoliko uobičajenih problema i pružamo strategije za njihovo rešavanje kako bi se uspostavila harmonična porodična dinamika...



Iako znamo da vama tinejdžerima mnogo muka zadaju roditelji, morate priznati da ni njima sa vama nije lako. Vašim roditeljima radno vreme traje gotovo ceo dan, imaju mnogo dnevnih obaveza, pa im ostaje veoma malo vremena za održavanje bliskosti sa vama.

Vi, sa druge strane se po prvi put susrećete sa brojnim problemima sa kojima ni ne znate kako da se izborite. Postepeno morate preuzeti odgovornost za svoj život i postupke. U određenim situacijama vam prija samostalnost i odrastanje, dok ste u drugima uplašeni kao petogodišnja deca. Naravno to nikad nećete priznati svojim roditeljima, već ćete sve svoje strahove ispoljiti kroz bunt i tvrdoglavost.

Imajte na umu da ni vaši roditelji ne mogu razgovarati sa vama "svojom decom" onako kako su to činili ranije. Pravila se menjaju, način vaspitanja takođe. Zbog toga se i vi i oni nalazite u teškoj situaciji. Sa jedne strane oni žele da vas puste i da vam

daju krila, dok se sa druge strane boje da ste i dalje nezrela deca koja će pasti, pogrešiti ili doneti pogrešnu odluku koja vas može puno koštati.

**Problemi između tinejdžera i roditelja su sastavni deo odrastanja, ali postoji nekoliko čestih izazova i strategija za njihovo rešavanje:**



**Komunikacija: Otvoreni razgovori**  
Jedan od čestih izazova je nedostatak jasne komunikacije između vas, tinejdžera i roditelja. Otvorenost i poštovanje tokom razgovora, i sa jedne i sa druge

strane ključni su za uspostavljanje veze pune poverenja. Roditelji bi trebalo da postavljaju otvorena pitanja, aktivno slušaju i izbegavaju osuđivanje. A vi, budite iskreni!

**Nepoverenje: Gradnja poverenja kroz doslednost i iskrenost**  
Nedostatak poverenja često je prisutan u porodičnim odnosima. Doslednost u postupcima i iskrenost u komunikaciji pomažu u postepenom izgrađivanju poverenja. Postavljanje jasnih granica uz objašnjenje razloga koji se kriju iza njih, takođe doprinosi ovoj važnoj dinamici.

**Sukobi oko pravila: Uključivanje tinejdžera u proces odlučivanja**  
Sukobi u vezi sa pravilima često proizlaze iz nedostatka učešća

tinejdžera u procesu donošenja odluka. I vaše uključivanje u postavljanje pravila i granica može stvoriti osećaj odgovornosti i doprineti boljem razumevanju perspektiva obe strane.

## Nezavisnost: Podsticanje samostalnosti

Želja tinejdžera za nezavisnošću često može izazvati sukobe. Roditelji mogu podržati ovu vašu želju, davanjem odgovornosti i postavljanjem realnih očekivanja. Važno je pružiti podršku tinejdžerima uz istovremeno praćenje vašeg ponašanja i stepena zrelosti tokom ovog procesa.

## Različite vrednosti: Razgovor o različitostima i pronalaženje zajedničkih tačaka

Različite vrednosti između generacija mogu biti izvor konflikata. Razgovor o vrednostima i razumevanje različitosti pomaže u stvaranju mostova između generacija. Pronalaženje zajedničkih tačaka i poštovanje raznolikosti ključno je za usklađivanje vrednosnih sistema.

U suštini, izazovi između tinejdžera i roditelja zahtevaju otvorenu komunikaciju, poštovanje različitosti i gradnju poverenja. Aktivna podrška, razumevanje i prilagodljivost u rešavanju problema igraju ključnu ulogu u očuvanju zdravih porodičnih odnosa. Ovo je put ka jačanju veze između roditelja i tinejdžera tokom ključnih godina odrastanja.

**Neće biti lako... Ni Vama kao deci, ni vašim roditeljima. Pokušajte da jedni prema drugima budete puni razumevanja, strpljenja i podrške. Ali, granice i pravila i dalje moraju postojati. Samo što će se promeiniti način na koji će se one postepeno pomerati. U međuvremenu ne zaboravite da se volite, poštujujte uzajamne probleme i znajte da nikom u ovoj situaciji nije lako. Budite jedni drugima glavni oslonac!**

# UNDERSTANDING AND SOLVING PROBLEMS IN PARENT - TEEN RELATIONSHIPS

*The parent-teenager relationships are often fraught with challenges of the growing up phase. This is a time when many problems arise, but also opportunities for mutual growth and understanding. In this article, we explore several common problems and offer strategies for solving them in order to establish a harmonious family dynamic.*

Although we are aware that parents give you, teenagers, a lot of trouble, you have to admit that you are not easy to deal with either. Your parents spend almost the whole day at work, they have many daily chores, and so they have very little time left to maintain closeness with you.

You, on the other hand, are facing numerous problems for the first time that you do not know how to deal with. You must gradually take responsibility for your life and actions. In certain situations, you enjoy being independent and growing up, while in others you are as scared as a five-year-old. Certainly, you will never admit this to your parents, but you will express all your fears through rebellion and stubbornness.

Keep in mind that your parents cannot talk to you, "their children," the way they used to, either. The rules are changing, and so is parenting. This is why both you and your parents are in a difficult situation. On one hand, they want to let you go and give you wings, while on the other, they are afraid that you are still immature children who will fail, make mistakes, make a wrong decision that can cost you a lot.

## Problems between teens and parents are part of growing up, but there are a few common challenges and strategies for solving them:

### Communication: Open conversations

One of the common challenges is the lack of clear communication between you, the teenager, and your parents. Openness and respect in conversations, on both sides, are key to establishing a trusting relationship. Parents should ask open-ended questions, actively listen, and avoid judgment. And you need to be honest!

### Distrust: Building trust through consistency and honesty

Lack of trust often exists in family relationships. Consistent actions and honest communication help gradually build trust. Setting clear boundaries while explaining the reasons behind them also contributes to this important dynamic.

### Conflicts about rules: Involving teenagers in decision-making process

Conflicts about rules often arise from the lack of involving teenagers in the decision-making process. Your involvement in setting rules and boundaries can also create a sense of responsibility and contribute to a better understanding of both parties' perspectives.

### Independence: Encouraging independence

Teenagers' desire for independence can often cause conflicts. Parents can support this feeling by giving them responsibility and setting realistic expectations. It is important to be supportive of teenagers while monitoring your behavior and maturity level during this process.

### Different values: Talking about differences and finding common ground

Different values between generations can be a source of conflict. Talking about values and understanding differences helps build bridges between generations. Finding common ground and respecting differences is key to aligning value systems.

Essentially, challenges between teens and parents require open communication, respect for differences and building trust. Active support, understanding and adaptability in solving problems play a key role in maintaining healthy family relationships. This is the path to strengthening the bond between parents and teenagers during the crucial years of growing up.

**It won't be easy... Neither for you as children, nor for your parents. Try to be understanding, patient and supportive of each other. But boundaries and rules must still exist. Only the way in which they will gradually be shifted will change. In the meantime, do not forget to love each other, respect each other's problems, and keep in mind that this situation is not easy to deal with for anyone. Be each other's main support!**

K F O P	ENGLISKI FUDBALER SA SLIKE	OLIVER TVIST	"RWANDA REVENUE AUTHOR- ITY"	ITALIJAN- SKI POLI- TIČAR, LA- MBERTO	DUŠA, DUH (LAT.)	PRIRODNI NARASTAJ STANOV- NIŠTVA								
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VRSTA JU- ŽNOAME- RIČKIH KAMILA					INTERES STRANO MUŠKO IME									
KUHINJA PORED DŽAMIJE														
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GLUMAC GIBSON				GRAD U RUMUNJI ARGON						AZIJSKA DRŽAVA BIVŠI FUD- BALER, ROZE				
KONJ U NARODN- OJ PESMI			STRANO (M.) IME NAJVEĆA MUZICKA NAGRADA						BAREM MRAČAN					
SUMPOR		NAUKA O JEZIKU DRŽAVA (STR.)											ANGSTREM MUSLIMA- NSKI SVE- STENIK	
KATRAN				GLASNICI (TUR.) PEVAČ DŽEGER								I. T. FRANCUS- KA GLUMI- CA, ANUK		
TAKOĐE, ISTO TA- KO (LAT.)					GL. GRAD PERUA KILO- AMPER						VRSTA AU- STRALIJS- KOG NOJA O. T.			
JAPANSKI LOVAČKI SAMOUBI- LACI AVION										POZNATI GLUMAC, ŠARIF AMPER				
GRČKO POLU- OSTRVO						CRKVENO PROKLET- STVO								



**Dreni**



**Jelena**

## Zimski sportovi Sportet dimërore

### Reçnik - Fjalor

Zima	Dimër
Hladno	Ftohtë
Sneg	Borë/ Dëborë
Lavina	Ortek
Kristali leda	Kristale akulli
Snežna pahuljica	Fluskë bore
Ski centar	Qendër skitare
Ski staza	Shteg skijimi
Žičara	Teleferik
Skijanje	Skijim
Skijaške kacige	Helmetë për skijim
Skijaško odelo	Kostum për skijim
Naoçare za skijanje	Syze për skijim
Skije	Ski
Štap za skijanje	Shkop i skive
Çizme za skijanje	Çizmet e skive
Skijaški vosak	Dyllë për ski
Klizenje	Patinazh
Klizalište	Arenë patinazhi
Klizaljke	Patina
Sanke	Sajë
Hokej na ledu	Hokej në akull
Slalom	Sllalom



Da li si skoro probala neke zimske sportove?  
E ke provuar ndonjë sport dimëror kohët e fundit?



Da, išla sam na skijanje prošlog vikenda. Bilo je tako zabavno!  
Po, shkova për ski fundjavën e kaluar. Ishtë shumë argëtuese!



Koje si još zimske sportove isprobala?  
Çfarë sportesh të tjera dimërore ke provuar?



Išla sam i na klizenje. U početku je bilo izazovno, ali i veoma zabavno.  
Kam bërë edhe patinazh në akull. Ishtë sfiduese, por shumë këndshëm.



Možda ću ti se jednog dana pridružiti u klizanju.  
Ndoshta një ditë do të bashkohem me ty për patinazh në akull.



To je fantastična ideja! Hajde da to uskoro ostvarimo.  
Kjo është një ide fantastike!  
Le ta realizojmë së shpejti.



**Patinat**

Did  
you  
know?

"Ne postajete dobri  
pokušavajući da budete  
dobri, već pronalazeći  
dobrotu koja je već u vama".

- **Eckhart Tolle**