

4You

magazine

www.magazineforyou.com



4You Magazine - Srpski

[magazine4usrpski](#)



Mesečni KFOR magazin Br. 204 - Februar 2024



MUSICBOX
FILIP

Besplatno

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

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

Glavni urednik:

Leonora Shabanaj Nikšić

Novinari: Ali Rexha,

Violeta Matović,

Jelena Simić Rašić

Fotografije: Ekipa "4You"

Design & Layout:

Bekim Shabani &

Leopard Cana

Uredništvo možete kontaktirati na telefon:

038/503-603-2139

Pisma možete slati na adresu:

HQ KFOR - Kosova Film;

"4You Magazine";

Strasbourg Building;

10000 Priština

E-mail:

magazineforyou2003@gmail.com;

www.magazineforyou.com



Naslovna: **FILIP**

Uvodnik

Hej tinejdžerski rode,

Februar je stigao i nije sve u čokoladama i emotikonima srca – već o nečemu mnogo slađem: ljubavi, životu i neverovatnoj lepoti životnog osećaja. Budimo realni i pričajmo o stvarima zbog kojih naša srca kucaju malo brže, a naše živote čine znatno zanimljivijim.

LJUBAV

Prvo, ljubav. Ne radi se samo o zaljubljenosti i trenucima vrednim filma. Ljubav je onaj sjajan osećaj koji imate kada vam najbolja drugarica/drug čuva leđa ili kada vas porodica zasmehava dok vas stomak ne zaboli. Radi se o malim stvarima, kao što je deljenje šale, pružanje ruke ili jednostavno biti tu za nekoga. Ljubav je u suštini tajni sos koji čini život znatno boljim.

ŽIVOT

Sada, život – to je ovaj ludi tobogan, zar ne? Svi smo na ovoj divljoj vožnji odrastanja, otkrivanja stvari i stvaranja uspomena. Život nije samo u velikim stvarima; to su male, svakodnevne avanture koje ga čine radosnim. Od glupiranja sa prijateljima do otkrivanja novih stvari o sebi, svaki dan je prilika da svom platnu dodamo malo boje.

LEPOTA ŽIVLJENJA

A tu je i lepota življenja. Ne radi se o savršenom životu; radi se o pronalaženju radosti u jednostavnim stvarima. Kao kada osećate sunce na licu, plešete kao da vas niko ne gleda ili se samo opuštate uz omiljene grickalice. Živeti znači biti prisutan i upijati svaki trenutak, čak i one ne baš savršene, jer svi oni doprinose ovom neverovatnom putovanju zvanom život.

SLAVIMO LJUBAV

Dakle, dok ulazimo u februar, hajde da proslavimo ljubav – sve vrste ljubavi – i cenimo neobične životne karakteristike koje ga čine jedinstveno našim. Učinimo da ovaj mesec dobije najveću ocenu, emotikonima srca i širenju dobrih vibracija. Zapamtite, život je zabava, a svaki dan je prilika da zaplešete u svom ritmu.

Živeli u životu, ljubavi i pronalaženju lepote u svakom pojedinačnom danu!

Ostanite sjajni, dragi moji čitaoci,

Leonora

Sadržaj



2. Uvodnik. sadržaj

4. Student meseca: MLADI FUDBALER DANILO AKSIĆ: „NEK SNOVI POSTANU STVARNOST!“

6. GENERAL-MAJOR OZKAN ULUTAŠ: VODSTVO, NASLEDE I PROMENA KOJA INSPIRIŠE

12. Music Box: FILIP MIRKOVIĆ, PIJANISTA - MELODIJA TALENTA I TRUDA

14. Life Style: MODNI UTISAK NA PRVI POGLED: OTKRIVANJE UMETNOSTI

UPOZNAVANJA NEKOG PO PRVI PUT

16. World around Us: ISTRAŽUJEMO VENECIJU - PUTOVANJE KROZ KANALE I KULTURU

18. Do it Yourself: KAKO DA NAPRAVITE ČESTITKU U OBLIKU CVETA OD SRCA?

20. CARITAS: PODSTICANJE MIRA, JEDINSTVA I ZAJEDNIČKE BUDUĆNOSTI

22. Health & Sports: SNOUBORD JE IZAZOV, PROBAJTE GA!

24. Generation #: DEKODIRANJE JEZIKA EMODŽIJA: SLIKOVIT SVET IZRAZA

26. UJEDINJENI HEROJI: OBUKA KOSOVSKEG TIMA ZA POTRAGU I SPASAVANJE SA KFOR-om

28. Wellbeing & teens: ZALJUBLJENI TINEJDŽERI I IZAZOVI PRVIH LJUBAVI

30. Your opinion about: VAŠE MIŠLJENJE O POZNATIM FILMSKIM PAROVIMA?

32. Did you know? LJUBAV

Hey Teen Tribe,

February is here, and it's not just about chocolates and heart emojis – it's about something way cooler: love, life, and the awesome beauty of just being alive. Let's keep it real and talk about the stuff that makes our hearts beat a little faster and our lives a whole lot more interesting.

LOVE

First up, love. It's not just about crushes and movie-worthy moments. Love is that awesome feeling you get when your bestie has your back or when your family makes you laugh till your sides hurt. It's in the little things, like sharing a joke, lending a hand, or just being there for someone. Love is basically the secret sauce that makes life way better.

LIFE

Now, life – it's this crazy rollercoaster, right? We're all on this wild ride of growing up, figuring things out, and making memories. Life isn't just about the big stuff; it's the small, everyday adventures that make it rad. From goofing around with friends to discovering new things about ourselves, every day is a chance to add a splash of colour to our own canvas.

BEAUTY OF LIVING

Then there's the beauty of living. It's not about having a picture-perfect life; it's about finding joy in the simple stuff. Like feeling the sun on your face, dancing like no one's watching, or just chilling with your favourite snacks. Living is about being present and soaking up every moment, even the not-so-perfect ones, because they all add up to this amazing journey called life.

LET'S CELEBRATE LOVE

So, as we dive into February, let's celebrate love – all kinds of love – and appreciate the quirks of life that make it uniquely ours. Let's make this month about high-fives, heart emojis, and spreading good vibes. Remember, life's a party, and each day is a chance to dance to your own beat.

Here's to living, loving, and finding the beauty in every single day!

Stay awesome my dear readers,

Leonora

Index



3. Editorial, index

5. Student of the month: YOUNG FOOTBALLER DANILU AKSIC: „LET YOUR DREAMS BECOME REALITY!”

7. MAJOR GENERAL ÖZKAN ULUTAŞ: LEADERSHIP, LEGACY, AND INSPIRING CHANGE

13. Music Box: FILIP MIRKOVIC, PIANIST - MELODY OF TALENT AND EFFORT

15. Life Style: THE FASHION OF FIRST

IMPRESSIONS - UNVEILING THE ARTISTRY OF MEETING SOMEONE FOR THE FIRST TIME

17. World around Us: EXPLORE VENICE - A JOURNEY THROUGH CANALS AND CULTURE

19. Do it Yourself: HOW TO MAKE A FLOWER BY HEARTS CARD?

21. CARITAS: FOSTERING PEACE, UNITY, AND A COMMON FUTURE

23. Health & Sports: SNOWBOARDING IS A CHALLENGE, TRY IT!

25. Generation #: DECODING THE LANGUAGE OF EMOJIS: A COLORFUL WORLD OF EXPRESSIONS

27. HEROES UNITE: KOSOVO SEARCH AND RESCUE TEAM TRAINING WITH KFOR

29. Wellbeing & teens: TEENAGERS IN LOVE AND THE CHALLENGES OF FIRST LOVE

31. Your opinion about: FAMOUS MOVIE COUPLES?

32. Did you know? LOVE

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

Chief Editor:

Leonora Shabanaj Nikshiq

Journalists:

Ali Rexha,

Violeta Matovic,

Jelena Simic Rasic

Photos by:

"4You" Team

Design & Layout:

Bekim Shabani &

Leopard Cana

The editorial staff can be contacted on:

038/503-603-2139

Any letters can be sent at:

HQ KFOR - Film City;

"4You Magazine";

Strasbourg Building;

10000 Pristina

E-mail:

magazineforyou2003@gmail.com

www.magazineforyou.com



Cover: FILIP

MLADI FUDBALER DANILO AKSIĆ: „NEK SNOVI POSTANU STVARNOST!“



Danilo Aksić je rodom iz Lapljeg Sela, pohađa osmi razred, ali već sada aktivno gradi svoju karijeru u svetu fudbala. Svaki vikend, putuje do Kruševca kako bi prisustvovao treninzima u školi fudbala, gde se ističe na poziciji zadnjeg veznog igrača.

Ako i vi sanjate o nečemu velikom, želim vam reći da je moguće ostvariti svoje ciljeve uz posvećenost i rad. Nikada nemojte prestati verovati u sebe. Iako treninzi mogu biti naporni, a ciljevi daleki, vera u sopstvene sposobnosti ključ je uspeha. Pogledajte u mene kao inspiraciju - svakog vikenda putujem do Kruševca da bih trenirao i ostvario svoj san. Zato vam poručujem - sanjajte velike snove, radite sa strašću i verujte u sebe. Svako od nas nosi u sebi neograničen potencijal, samo treba hrabro koračati ka svojim ciljevima. Svi smo mi zajedno u ovoj igri života, a uspeh je dostupan onima koji veruju u sebe i ne odustaju”, kazao nam je.

Na početku razgovora za 4You Magazin, saznajemo da je oduvek bio verni navijač Crvene Zvezde, kao i da sa strašću sanja o danu kada će nositi crveno-beli dres. Ipak ovaj ambiciozni mladić ne zaustavlja se samo na beogradskom klubu, već se nada da će, možda nekad gaziti i trčati na terenu FK Barcelona, koji mu je omiljeni strani klub.

Danilo svoj put u svetu fudbala crpi iz velikih imena fudbala poput Mesija, Nejmara i Dušana Tadića i za njih kaže da su mu veliki uzori. Njegova ljubav prema fudbalu je u velikoj meri podržana od strane njegove porodice, posebno oca i dede. Još kao mali, pratio je oca i dedu na fudbalske utakmice, a ta iskra ljubavi prema sportu kasnije se pretvorila u aktivno treniranje ovog sporta, još od sedme godine života. Njegova odlučnost i posvećenost fudbalu nadmašuju izazove napornih treninga, pa mu stalna putovanja, zarad

treniranja ne predstavljaju problem.

Iako je fudbal centralni deo Danilovog života, on takođe pokazuje ozbiljan pristup školovanju. Geografija i istorija su mu omiljeni predmeti, a nakon završene osnovne škole planira da upiše srednju ekonomsku školu. Iako ne gaji ljubav prema matematici, fizici i hemiji, Danilo je svestan važnosti obrazovanja kao osnove za uspeh i izvan fudbalskog terena.

Verujte u sebe i ne odustajte!

Iako ima samo četrnaest godina, Danilo Aksić ima snažno samopouzdanje i veruje u svoje fudbalske sposobnosti. On svojim vršnjacima sa Kosova poručuje da slede njegov primer i da veruju u sebe. Njegova poruka je jasna - sa verom u sebe i radom, svako može ostvariti svoje snove.

“Želim vam poslati poruku punu entuzijazma i vere u sopstvene snove.





YOUNG FOOTBALLER DANILO AKSIC: „LET YOUR DREAMS BECOME REALITY!”

Danilo Aksic is a native of the village of Laplje Selo, attends the eighth grade, but is already actively building his career in the world of football. Every weekend, he travels to Krusevac to attend training sessions at the football school, where he excels as a defensive midfielder.

At the beginning of the interview for 4You Magazine, we learn that he has always been a faithful fan of Crvena Zvezda, and that he also passionately dreams of the day when he will wear the red and white jersey. However, this ambitious young man is not stopping only at the Belgrade club, but hopes that, maybe one day, he will step and run on the field of FC Barcelona, which is his favourite foreign club.

Danilo draws his path in the world of football from the great names of football such as Messi, Neymar and Dusan Tadic, and he says that they are his great role models. His love for football is greatly supported by his family, especially his father and grandfather. Even as a child, he accompanied his father and grandfather to soccer matches, and that spark of love for sports later turned into active training of this sport, since the age of seven. His determination and dedication to football surpass the challenges of hard training, so constant traveling for the sake of training is not a problem for him.

Although football is a central part of Danilo's life, he also shows a serious approach to school. Geography and history are his favorite subjects, and after finishing elementary school, he plans to enroll in a high school of economics. Although he does not have a lot love for mathematics, physics and chemistry, Danilo is aware of the importance of education as a basis for success outside the football field.

Believe in yourself and don't give up!

Although he is only fourteen years old, Danilo Aksic has strong self-confidence and believes in his football abilities. He tells his peers from Kosovo to follow his example and to believe in themselves. His message is clear - with

self-belief and hard work, everyone can achieve their dreams.

"I want to send you a message full of enthusiasm and faith in your own dreams. If you also dream of something big, I want to tell you that it is possible to achieve your goals with dedication and work. Never stop believing in yourself. Although the workouts can be hard and the goals far away, believing in your own abilities is the key to success. Look at me as an inspiration - every weekend I travel to Kruševac to train and make my dream come true. That's why I tell you - dream big, work with passion and believe in yourself. Each of us carries unlimited potential within us, we just need to step boldly towards our goals. We are all together in this game of life, and success is available to those who believe in themselves and do not give up", he told us.

Finally, let's say that the story of Danilo Aksic from Laplje Selo is not just a story about a young man who dreams of football success. It is a story about passion, commitment, family support and faith in one's own dreams. Danilo's story shows us that with love for what we do, with the support of those closest to us and immense faith in ourselves, great things can be achieved. His message is simple but powerful - dream big, work with passion, believe in yourself and never give up. May his story be an encouragement to all of you to believe in your dreams and take bold steps towards achieving your own goals.

Na kraju recimo da priča o Danilu Aksiću iz Lapljeg sela nije samo priča o jednom mladiću koji sanja o fudbalskom uspehu. To je priča o strasti, posvećenosti, podršci porodice i veri u sopstvene snove. Danilova priča nam pokazuje da se sa ljubavlju prema onome što radimo, uz podršku najbližih i neizmernu veru u sebe, mogu postići velike stvari. Njegova poruka je jednostavna, ali snažna - sanjajte velike snove, radite sa strašću, verujte u sebe i ne odustajte. Neka njegova priča bude podstrek svima vama da verujete u svoje snove i hrabro koračate ka ostvarenju vlastitih ciljeva.

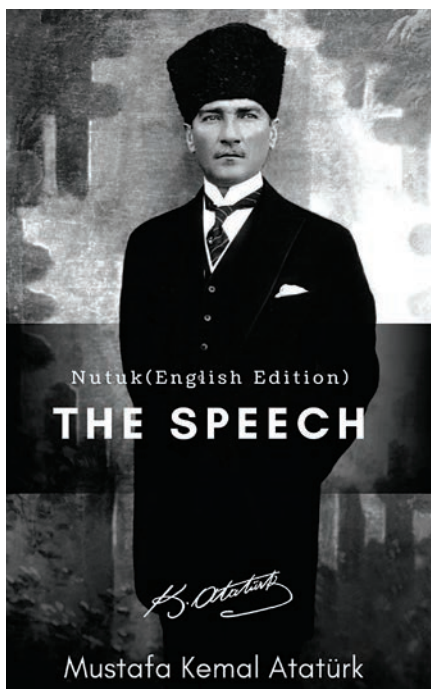


GENERAL-MAJOR OZKAN ULUTAŞ: VOĐSTVO, NASLEĐE I PROMENA KOJA INSPIRIŠE

Sada već tradicionalno, 4You Magazin Vas sa oduševljenjem poziva da krenete na fascinantno putovanje sa general-majorom Ozkanom Ulutašem (Özkan Ulutaş), cenjenim komandantom NATO-ve misije KFOR. U ovom ekskluzivnom intervjuu, general-major Ulutaş govori o ključnim momentima i vrednostima koje su oblikovale njegovu izuzetnu vojnu karijeru. Od rasprave o suštini liderstva do snalaženja u izazovima uloge vojnog komandovanja, on će sa Vama da podeli neprocenjivu mudrost stečenu dugogodišnjim iskustvom. Pročitajte ovaj intervju kako biste otkrili na koji način pronalazi inspiraciju u nasleđu Mustafe Kemala Atatürka, oblikujući time ne samo njegov stil vođenja, već i čitav svoj pristup životu. General-major Ulutaş takođe je govorio o umetnosti upravljanja stresom i održavanju zdrave ravnoteže između posla i privatnog života. Kao lider posvećen obezbeđivanju stabilnosti na Kosovu, on daje vredne savete o doprinosu mirnoj budućnosti, naglašavajući ključnu ulogu jedinstva i saradnje. Pridružite nam se u ovom zanimljivom razgovoru o liderstvu, ličnoj filozofiji i težnji za izvrsnošću, koju će Vam predstaviti vojna figura posvećena oblikovanju svetlije budućnosti za sve nas.

Možete li podeliti nešto o vašem poreklu i šta vas je navelo da se opredelite za vojni poziv?

Moja odluka da se opredelim za vojni poziv bazira se na kombinaciji ličnih vrednosti, osećaja dužnosti i posvećenosti službi i zaštiti svoje zemlje. Dubok osećaj patriotizma i posvećenost dobrobiti i bezbednosti moje nacije odigrali su značajnu ulogu u mojoj karijeri. Pored navedenih vrednosti, želja za samousavršavanjem, samodisciplinom i težnja ka izuzetnosti bile su takođe snažni motivatori za moj izbor vojne karijere.



Kako definišete liderstvo i koje osobine smatrate suštinskim za efikasno liderstvo?

Liderstvo bih definisao kao sposobnost da inspiriše, vodi i utiče na pojedince ili grupu ka zajedničkom cilju. Po mom mišljenju, efikasno liderstvo obuhvata ne samo donošenje odluka, već i inspirisanje poverenja, podsticanje timskog rada i postavljanje pozitivnog primera za druge da slede. Takođe, druge suštinske osobine za efikasno liderstvo su: vizija, integritet, odlučnost, prilagodljivost, otpornost, komunikacija, empatija i hrabrost.

Kako uskladjujete svoj privatni život sa zahtevima Vaše uloge vojnog komandanta?

Postizanje ravnoteže između

MAJOR GENERAL ÖZKAN ULUTAŞ: LEADERSHIP, LEGACY, AND INSPIRING CHANGE

As is tradition, 4You Magazine is thrilled to invite you to take on a journey with Major General Özkan Ulutaş, the Commander of NATO KFOR mission. In this exclusive interview, Major General Ulutaş discusses the defining moments and values that have shaped his remarkable military career. From discussing the essence of leadership to navigating the challenges of a military command role, he shares invaluable wisdom acquired from years of experience. Read this interview to explore how he finds inspiration in the legacy of Mustafa Kemal Atatürk, shaping not just his leadership style but his entire approach to life. Major General Ulutaş also talks about the art of stress management and maintaining a healthy work-life balance. As a leader committed to ensuring stability in Kosovo, he imparts valuable advice on contributing to a peaceful future, underlining the crucial role of unity and cooperation. Join us in this interview that touches upon leadership, personal philosophy, and the pursuit of excellence, presented by a military figure dedicated to shaping a brighter future for us all.

Can you share a bit about your background and what led you to pursue a military career?

My decision to pursue a military career is based on a combination of personal values, a sense of duty and a commitment to serving and protecting my country. A deep sense of patriotism, a commitment to the well-being and security of my nation played a significant role in my career. In addition to aforementioned values, the desire for self-improvement, self-discipline, and the pursuit of excellence were also strong motivations for my choice of a military career.

How do you define leadership, and what qualities do you believe are essential for effective leadership?

I would define leadership as the ability to inspire, guide, and influence individuals or a group towards a common goal. In my opinion effective leadership involves not only making decisions but also inspiring trust, fostering teamwork, and setting a positive example for others to follow. In addition, the other essential qualities for effective leadership are: vision, integrity, decisiveness, adaptability, resilience, communication, empathy, and courage.

How do you balance your personal life with the demands of your role as a military commander?

Achieving a balance between personal life and the demands of a military

command role requires intentional effort and a commitment to well-being. Also, it's a dynamic process that may require continuous reassessment and adjustment to ensure sustained effectiveness in both realms. I believe effective time management is the key to create and maintain the balance. Having a well-organized schedule allows me to focus on both professional responsibilities and personal life. And a must is to put a clear boundary line between professional and personal life. When off-duty or during designated personal time, I try to disconnect myself from work-related matters to fully engage with family and personal activities.

Do you have a role model or mentor who has guided you in your career or personal life?

My role model is definitely Mustafa Kemal Atatürk, who is the founder of the Turkish Republic and the Great Leader of Turkish Nation. Atatürk's leadership, vision, and contributions to the founding of the Republic of Türkiye have left an indelible mark not only on Turkish History and way of life but also on the World history. Atatürk's commitment to modernization and the well-being of the Turkish Nation serves as an inspirational example for all leaders in the Turkish military. His strategic thinking during WW 1 and at the War of Independence, along with the subsequent reforms aimed at building a strong and progressive nation, provides

privatnog života i zahteva uloge vojnog komandnog zahteva svestan napor i posvećenost blagostanju. Takođe, to je dinamičan proces koji može da zahteva kontinuiranu procenu i prilagođavanje kako bi se osigurala održiva efikasnost u obe oblasti. Verujem da je efikasno upravljanje vremenom ključ za stvaranje i održavanje ravnoteže. To što imam dobro organizovan raspored omogućava mi da se fokusiram i na profesionalne odgovornosti i na privatni život. Neophodno je postaviti jasnu granicu između profesionalnog i privatnog života. Kada nisam na dužnosti ili tokom vremena predviđenog za sebe, trudim se da se odvojim od poslovnih pitanja kako bih se potpuno posvetio porodici i ličnim aktivnostima.

Imate li uzor ili mentora koji vas je vodio u karijeri ili privatnom životu?

Moj uzor je definitivno Mustafa Kemal Atatürk, koji je osnivač Turske Republike i Veliki Vođa turskog naroda. Atatürkovo vođstvo, vizija i doprinos osnivanju Republike Turske ostavili su neizbrisiv trag ne samo u turskoj istoriji i načinu života, već i u svetskoj istoriji. Atatürkova posvećenost modernizaciji i dobrobiti turskog naroda služi kao inspirativan primer svim liderima u turskoj vojsci. Njegovo strateško razmišljanje tokom Prvog svetskog rata i tokom Rata za nezavisnost, zajedno sa reformama koje su usledile, usmerene ka izgradnji snažne i progresivne nacije, pružile su



Sezen Aksu

osnovu za vojne vođe da izvuku pouke i inspiraciju. Njegovo nasleđe i principi uticali su na način na koji pristupam vođstvu, donošenju odluka i svojoj karijeri.

Kako se borite sa stresom i održavate zdravu ravnotežu između posla i privatnog života?

Verujem da je održavanje zdrave

ravnoteže između posla i privatnog života, kao i upravljanje stresom, od suštinskog značaja, posebno u zahtevnoj ulozi kao što je uloga komandanta. Identifikovanje i određivanje prioriteta zadataka na osnovu važnosti i hitnosti, negovanje osećaja timskog rada i deljene odgovornosti vrlo su važna sredstva upravljanja stresom, ne samo za komandanta, već i za njegove podređene. Za mene, redovno vežbanje je snažan način za oslobađanje stresa.

Kakav savet imate za mlade ljude koji žele da ostave pozitivan uticaj na svet?

Moj prvi savet za njih je da ulažu u svoje obrazovanje i razvoj veština. Sticanje znanja i razvijanje veština omogućice im da doprinesu smislenu svom društvu. Moraju razvijati liderske kvalitete poput integriteta, odlučnosti i sposobnosti da inspirišu druge. Ne smeju da

zaborave da efikasni lideri mogu da donesu pozitivne promene na širem nivou. Široka perspektiva koja ceni različite kulture, načine života i iskustva ključna je za podsticanje pozitivnih promena na globalnom nivou. Učestvovanje u volonterskom radu i radu u zajednici ima pozitivan uticaj, a taj pozitivan uticaj često počinje na lokalnom nivou, adresirajući potrebe vaše zajednice i stvarajući osnovu za šire promene. Takođe, savetujem im da budu informisani o trenutnim događajima, globalnim problemima i izazovima sa kojima se svet suočava, jer je svest ponekad ključan prvi korak ka pronalaženju efikasnih rešenja. Biti zagovornik pravde, jednakosti, ljudskih prava i rad na stvaranju pravičnog i inkluzivnog društva takođe su koraci koji ostavljaju pozitivan uticaj. Trebali bi da zapamte da ostavljanje pozitivnog uticaja često predstavlja postepen proces, i mali postupci se mogu akumulirati kako bi stvorili značajne promene tokom vremena. Ostati privržen svojim principima, istrajan u svojim naporima i otvorenost za učenje i rast ključni su koraci koje moraju proći kako bi ostavili pozitivan uticaj.



Leonora Šabanaj Nikšić i COMKFOR General-major Ozkan Ulutaş

Možete li podeliti deo mudrosti kojom se vodite u životu i koju želite da prenesete na naše čitaoce?

Težite izuzetnosti u svemu što radite, ne radi priznanja, već radi poboljšanja sebe i svoje zajednice. Posvetite se kontinuiranom učenju, održavajte vrednosti integriteta i discipline, i uvek vodite sa osećajem svrhe. Suočeni sa izazovima, ostanite otporni i prilagodljivi, znajući da baš kroz istrajnost i posvećenost pozitivnim promenama zaista možete ostaviti trajni uticaj na svet. Poštujte principe pravde, jednakosti i saosećanja, i radite neumorno kako biste ostavili nasleđe napretka i jedinstva za naraštaje koje dolaze.

Šta mladi na Kosovu mogu da učine kako bi doprineli stvaranju mirne budućnosti i dugotrajne stabilnosti na Kosovu?

Mislim da, pre svega, treba da ulažu u obrazovanje i razvoj veština kako bi doprineli ljudskom kapitalu zemlje, a siguran sam da relevantni organi rade na tome. Zato što je obrazovana i kvalifikovana omladina ključna za ekonomski razvoj i stabilnost. Trebali bi da neguju osećaj jedinstva i saradnje kako bi izgradili koherentno i inkluzivno društvo. Pored toga, biti aktivan i odgovoran građanin, učestvovanjem u građanskim aktivnostima, volontiranje i učešće u projektima zajednice mogu pomoći u izgradnji osećaja zajednice i doprineti opštem blagostanju društva. Zauzimanjem stavova za mir, toleranciju i dijalog, korišćenje društvenih medija, događanja u zajednici i drugih platformi kako bi se podigla svest o važnosti mirnog suživota i razumevanja, takođe su neki od koraka koje treba preduzeti za dugotrajnu stabilnost na Kosovu. Svest o održivosti životne sredine i doprinos naporima koji se bave izazovima životne sredine takođe će odigrati ogromnu ulogu u budućnosti za sve nas. Zdrava životna sredina može pozitivno uticati na ukupno blagostanje i stabilnost regiona. Na kraju ali ne i najmanje važno, mislim da je važno da mladi na Kosovu sarađuju preko etničkih, verskih i regionalnih granica, naglašavajući zajedničke ciljeve i vrednosti kako bi izgradili mirnu i stabilnu budućnost.

Kakav savet često dajete svojoj deci?

Pre svega, savetujem ih da neguju vrednosti integriteta, iskrenosti i

a foundation for military leaders to draw lessons and inspiration. His legacy and principles influenced the way I approach leadership, decision-making, and my career.

How do you handle stress and maintain a healthy work-life balance?

I believe maintaining a healthy work-life balance and managing stress is crucial, especially in a demanding role like that of a Commander. Identifying and prioritizing tasks based on importance and urgency, fostering a sense of teamwork and shared responsibility is very important for the means of stress management not only for the commander but also for his subordinates. For me engaging in regular physical exercise is a powerful stress reliever.

What advice do you have for young people seeking to make a positive impact on the world?

My first advice for them is to invest in their education and skill development. Acquiring knowledge and developing their skills will empower them for contributing meaningfully to their society. They have to develop leadership qualities such as integrity, decisiveness, and the ability to inspire others. They should not forget that effective leaders can bring about positive change on a broader scale. A broad perspective that values different cultures, ways of life, and experiences is essential for fostering positive change on a global scale. Engaging in community service and volunteer work makes a positive impact. This positive impact often starts at the local level, addressing the needs of your community and building a foundation for broader change. Also, I advise them to stay informed about current events, global issues, and the challenges facing the world because sometimes awareness is a crucial first step towards finding effective solutions. Being an advocate for justice, equality, human rights, and work towards creating a fair and inclusive society are also some of the steps that make a positive impact. They should remember that making a positive impact is often a gradual process, and small actions can accumulate to create significant change over time. Staying committed to their principles, being persistent in their efforts, and remaining open to learning and growth are the milestones that they have to pass along the way to make a positive impact.

Can you share a piece of wisdom that you live by and want to pass to our readers?

Strive for excellence in everything you do, not for the sake of recognition, but for the improvement of yourself and your community. Dedicate yourself to continuous learning, uphold the values of integrity and discipline, and always lead with a sense of purpose. In the face of challenges, remain resilient and adaptable, knowing that it is through perseverance and a commitment to positive change that you can truly make a lasting impact on the world. Uphold the principles of justice, equality, and compassion, and work tirelessly to leave a legacy of progress and unity for generations to come.

What can Kosovo youth do to contribute to create a peaceful future and long-lasting stability in Kosovo?

I think first of all they have to invest in education and skill development to contribute to the country's human capital, which I am sure that relevant authorities are working on. Because a well-educated and skilled youth is essential for economic development and stability. And they should foster a sense of unity and cooperation to build a more cohesive and inclusive society. Additionally, being active and responsible citizens by participating in civic activities, volunteering, and taking part in community projects can help to build a sense of community and contribute to the overall well-being of society. Being advocates for peace, tolerance and dialogue, using social media, community events, and other platforms to raise awareness about the importance of peaceful coexistence and understanding are also some of the things to do for long-lasting stability in Kosovo. Awareness on environmental sustainability and contributing to the efforts that address environmental challenges will take a huge part in the future for all of us. A healthy environment can have a positive impact on the overall well-being and stability of a region. Last but not least, I think it's important for the youth in Kosovo to work collaboratively across ethnic, religious, and regional lines, emphasizing shared goals and common values to build a peaceful and stable future.

What advice do you repeatedly give to your children?

First of all, I advise them to uphold values of integrity, honesty, and respect in all aspects of life. I believe that these

poštovanja u svim aspektima života. Verujem da ovi principi čine osnovu snažnog karaktera i etičkog ponašanja. Takođe, podstičem ih da teže izuzetnosti u svojim nastojanjima, bilo da je reč o akademskom nivou, poslu ili ličnim stremljenjima. Kontinuirano unapređenje i posvećenost davanju najboljeg od sebe ključni su za uspeh. Prihvatanje promena i prilagodljivost su takođe ključne osobine. Život je pun neizvesnosti, i sposobnost prilagođavanja novim okolnostima pomoći će im u prevazilaženju izazova. Trebali bi da razvijaju želju za znanjem i da nikada ne prestaju da uče. Takođe, savetujem ih da budu uzorni građani, da poštuju pravila i zakone, i da ispune svoje građanske dužnosti prema svojoj zemlji.

Koja je vaša omiljena muzika ili pesma koju najradije slušate?

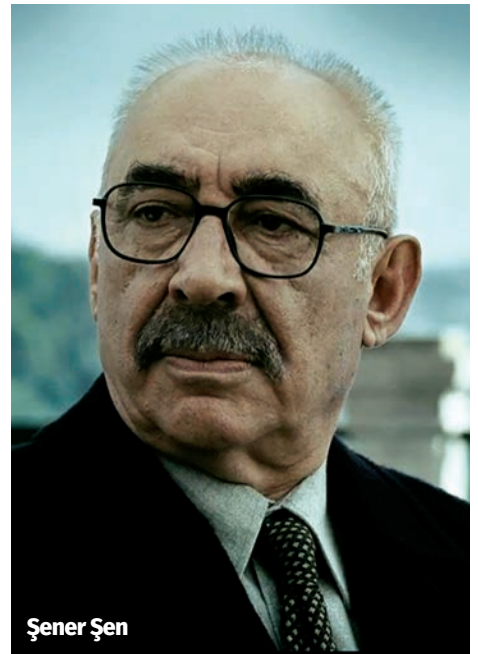
Moja omiljena pesma je "Gülümse", poznate turske pevačice Sezen Aksu.



Koja je vaša omiljena knjiga i kako je uticala na vaš život?

Moja omiljena knjiga je "Govor", Mustafe Kemala Atatürka, Velikog Vođe turskog naroda i osnivača Turske Republike. "Govor" je značajan rad koji pruža uvid u razmišljanje Mustafe Kemala Atatürka tokom kritičnog perioda turske istorije, doprinoseći razumevanju osnivanja Republike Turske i i dalje je relevantan u oblikovanju kulturnog i političkog identiteta nacije. Ova knjiga je temelj za razumevanje Atatürkove vizije za zemlju i njegovih razmišljanja o putu

ka modernoj i demokratskoj Turskoj Republici. "Govor" pruža duboku istorijsku perspektivu izazova i trijumfa tokom Turskog rata za nezavisnost (1919-1922). Takođe, Atatürk razmatra političke, vojne i diplomatske aspekte borbe protiv stranih sila u svojoj knjizi "Govor". Knjiga „Govor“ takođe služi kao inspiracija budućim generacijama turskog naroda, jačajući principe nezavisnosti, samoopredeljenja i važnosti jedinstva pred izazovima.



Koji filmski žanr najviše preferirate i ko vam je omiljeni glumac/glumica?

Preferiram drame i komedije, a moj omiljeni glumac je Şener Şen.

Koji je vaš omiljeni sport i ko vam je omiljeni sportista?

Moj omiljeni sport je fudbal. Veliki sam navijač Fenerbahčea, a omiljeni sportista mi je Hakan Çalhanoğlu.

Koja je vaša omiljena hrana?

Moja omiljena hrana su turske ćufte.



Koju poruku bi želeli da prenesete današnjoj omladini o njihovom potencijalu i svetu koji nasleđuju?

Današnja omladina nasleđuje svet ispunjen izazovima i prilikama. Prepoznajući ogroman potencijal u sebi da ostvare pozitivan uticaj, njihove ideje, energija i odlučnost imaju moć oblikovanja budućnosti. Prigrлите vrednosti integriteta, otpornosti i empatije. Težite izuzetnosti u svojim nastojanjima, bilo da je reč o akademskom, profesionalnom ili ličnom nivou. Ne prestano se obrazujte i budite otvoreni za različite perspektive. Ujedinjeni, pronaći ćete snagu, stoga gradite veze sa ljudima iz različitih sredina i kultura. Život vam može poslati izazove ali ih posmatrajte kao prilike za rast i pozitivne promene. Budite hrabri pred izazovima i zapamtite da neuspesi predstavljaju stepenice ka uspehu. Kao naslednici ovog sveta, pridržavajte se principa pravde, jednakosti i održivosti. Doprinesite izgradnji društva gde svako ima priliku da uspe, bez obzira na svoje poreklo. Vaš potencijal je neograničen. Iskoristite prilike koje vam pruža međusobno povezan svet da saradujete, otkrivete nešto novo i pravite razliku. Vodite sa saosećanjem i težite ostaviti nasleđe koje odražava pozitivne promene koje želite videti. Prihvatite svoju odgovornost prema svetu, shvatajući da vaši postupci imaju moć da oblikuju tok istorije. Ako ste posvećeni, skromni i privrženi pravljenju značajnog uticaja, možete doprineti stvaranju svetlije i harmoničnije budućnosti za sve. Zaštitite i čuvajte životnu sredinu. Delujte svesno kako biste ispunili svoje odgovornosti prema prirodi, kako biste je sačuvali za nove generacije.

principles form the foundation of strong character and ethical behavior to pursue excellence in their endeavors, and transfer this to academics, work, and personal pursuits. Continuous improvement and a commitment for doing their best are key to success. Embracing change and being adaptable are also key features. Life is full of uncertainties, and the ability to adapt to new circumstances will serve them well in overcoming challenges. They should cultivate a thirst for knowledge and never stop learning. And I also advise them to be exemplary citizens, to respect the rules and laws, and to fulfill their civic duties to their country.

What is your favorite music or song that you most gladly listen to?

My favorite song is "Gülümse" from the famous Turkish singer Sezen Aksu.

What is your favorite book, and how has it impacted your life?

My favorite book is "The Speech" by Mustafa Kemal Atatürk, the Great Leader of the Turkish Nation and the founder of the Turkish Republic. "The Speech" is a significant work that provides insights into the mindset of Mustafa Kemal Atatürk during a critical period in Turkish history which contributes to the understanding of the foundation of

the Republic of Türkiye and continues to be relevant in shaping the cultural and political identity of the nation. It is a cornerstone in understanding Atatürk's vision for the country and his thoughts on the path to a modern and democratic Turkish Republic. "The Speech" provides an in-depth historical perspective on the challenges and triumphs faced during the Turkish War of Independence (1919-1922). Also, Atatürk reflects on the political, military, and diplomatic aspects of the struggle against foreign powers in the "Speech". Speech also serves as an inspiration for future generations of Turkish People, reinforcing the principles of independence, self-determination, and the importance of unity in the face of adversity.

What movie genre do you prefer and who is your favorite actor/actress?

I prefer Drama and Comedy as a genre and my favorite actor is Şener Şen.

What is your favorite sport and who is your favorite athlete?

My favorite sport is Football. I am a good Fenerbahçe fan and my favorite athlete is Hakan Çalhanoğlu.

What is your favorite food?

My favorite food is Turkish meatballs.

What message would you like to convey to the youth of today about their potential and the world they inherit?

The youth of today inherit a world filled with both challenges and opportunities. Recognizing the immense potential within themselves to make a positive impact, their ideas, energy, and determination have the power to shape the future. Embrace the values of integrity, resilience, and empathy. Strive for excellence in your pursuits, whether academic, professional or personal. Continuously educate yourselves and be open to diverse perspectives. In unity you will find strength, so build connections with people from different backgrounds and cultures. The world may present challenges, but see them as opportunities for growth and positive change. Be courageous in the face of adversity and remember that setbacks are stepping stones to success. As inheritors of this world, uphold the principles of justice, equality, and sustainability. Contribute to building a society where everyone has the chance to thrive, regardless of their background. Your potential is limitless. Seize the opportunities presented by an interconnected world to collaborate, innovate, and make a difference. Lead with compassion, and strive to leave a legacy that reflects the positive change you wish to see. Embrace your responsibility to the world, understanding that your actions have the power to shape the course of history. With dedication, humility and a commitment to making a meaningful impact, you can contribute to creating a brighter and more harmonious future for all. Protect and preserve the environment. Act consciously in order to fulfill your responsibilities towards nature, to protect it for new generations.



MUSICBOX

FILIP MIRKOVIĆ

PIJANISTA - MELODIJA TALENTA I TRUDA

U muzičkom svetu, gde note postaju jezik emocija, Filip Mirković, devetnaestogodišnji mladić iz Badovca, ističe se kao virtuoz na klaviru. Svoj muzički put započeo je pomalo neobično - uz pomoć video igrica. Ipak, već jedanaest godina, Filip istražuje ovaj instrument, a zahvaljujući svom nastavniku Nemanji Đorđeviću, talenat mu je pravovremeno prepoznat i usmeren ka svetu muzike.

Završio je osnovnu i srednju muzičku školu, a trenutno pohađa drugu godinu Fakulteta umetnosti u Kosovskoj Mitrovici, na smeru- instrumentalni odsek za klavir. Na početku razgovora za 4You Magazin kaže nam da ljubav prema muzici nije samo prolazna strast; već da je to njegova predanost, koja je sada postala i profesija. Iako se bavi različitim žanrovima, od klasične do pop, narodne i zabavne muzike, Filip daje prioritet klasičnoj muzici, koja ima poseban značaj tokom njegovih studija.



„Muzika je neiscrpno vrelo znanja i inspiracije“

Filip deli svoju strast i znanje s mladim talentima, jer radi i kao nastavnik u osnovnoj muzičkoj školi. Nada se da će jednog dana preneti svoje bogato iskustvo na fakultetu kao asistent ili predavač. Inspirisan je Aleksandrom Serdarom, pijanistom čije note obožava, pa nam Filip ističe važnost prepoznavanja i podrške talentovanoj deci, koje se trudi da uputi u čaroliju muzike. Filip je sam iskusio radost takmičenja, osvajajući brojne nagrade

vršnjaka, Filip s ljubavlju ističe da muzika pruža neizmernu radost i da se od nje može živeti. Njegov omiljeni kompozitor, Bah, predstavlja mu izazov u izvođenju, dok fakultet, gde se sve bazira na praksi, postaje mesto gde se talenat pretvara u umetničko umeće. Uvodeći nas u svet Bacha, Beethovena i drugih velikana, Filip nas podseća da je klasična muzika poput vremenskog putovanja. Ona nas povezuje s prošlim epohama, podsećajući nas na kontinuitet ljudske kreativnosti i duhovnosti.



Ovaj Filipov entuzijazam prema klasičnoj muzici nosi i veliku, edukativnu notu. On podstiče Vas, mlade generacije, da za početak slušate, ali i da istražite ovu vrstu muzike, da učite i rastete kroz to iskustvo, jer prema njegovim rečima- muzika je neiscrpno vrelo znanja i inspiracije koje čeka da bude otkrivena.

Muzika je moj život

na klavirskim takmičenjima. Njegova želja je da i drugi mladi talenati dožive slična iskustva i otkriju radost muzičkog izraza.

Iako je svestan da klasična muzika možda nije glavni interes njegovih

Priča Filipa Mirkovića inspiracija je svima koji sanjaju o tome da svoj talenat pretvore u životni poziv. On nam je govorio o važnosti truda, rada i posvećenosti, podsećajući nas da svako od nas ima neki talenat koji, uz napor, može postati dragoceno blago.



FILIP MIRKOVIC

PIANIST - MELODY OF TALENT AND EFFORT

In the world of music, where notes become the language of emotions, Filip Mirkovic, a nineteen-year-old young man from Badovac, stands out as a piano virtuoso. He started his musical journey somewhat unusual - with the help of video games. Nevertheless, for eleven years, Filip has been researching the harmonies of the piano, and thanks to his teacher Nemanja Djordjevic, his talent was recognized in time and directed towards the world of music.

Filip nam je rekao da je muzika više od zvuka - da je put samo pronalazjenja, izraza i radosti koju možemo pronaći u svakom taktu života.

“Muzika je moj život, ali želim da svako od vas pronađe svoju strast i živi život ispunjen radosti i ostvarenjem svojih snova. Nikada ne zaboravite da svako od nas nosi u sebi nešto posebno, neki dar koji čeka da bude otkriven. Ono što je važno jeste da svoj talenat prepoznate i negujete ga sa ljubavlju i posvećenošću. Neće uvek biti lako, ali svaki trud će se isplatiti. Verujem da svako od vas ima svoj trenutak koji vas čeka, bilo da je to na umetničkom, sportskom ili bilo kom drugom polju”, poručio je Filip.

Filip Mirković nam je ovom prilikom, svojom strašću prema klasičnoj muzici, otvorio vrata ka čudesnom svetu zvukova koji imaju moć da nas dodirnu na suptilan i duboko emotivan način. Njegove reči otkrivaju da klasična muzika nije rezervisana samo za muzičke virtuozne, već da je dostupna svakome ko želi da se prepusti bogatstvu ovog umetničkog izraza.

Zato pozivamo i vas, naše čitaoce da se i vi oprobate u klasiци i otkrijete jedan sasvim nov i uzbuđljiv svet muzike.

He graduated from primary and secondary music school, and is currently attending the second year of the Faculty of Arts in Kosovska Mitrovica, majoring in the instrumental department for piano. At the beginning of the conversation with 4You Magazine, he tells us that his love for music is not just a passing passion; but that it is his devotion that has now become a profession. Although he deals with different genres, from classical to pop, folk and popular music, Filip gives priority to classical music, which has a special importance during his studies.

„Music is an inexhaustible source of knowledge and inspiration”

Filip shares his passion and knowledge with young talents, because he also works as a teacher in an elementary music school. He hopes to one day transfer his wealth of experience to the university as an assistant or lecturer. He was inspired by Aleksandar Serdar, a pianist whose notes he adores, so Filip points out the importance of recognizing and supporting talented children, whom he tries to guide into the magic of music. Filip experienced the joy of competition himself, winning numerous prizes in piano competitions. His wish is that other young talents have similar experiences and discover the joy of musical expression.

Although he is aware that classical music may not be the main interest of his peers, Filip lovingly points out that music provides immense joy and that it can be used for a living. His favourite composer, Bach, presents him with a challenge in performance, while the faculty, where everything is based on practice, becomes a place where talent is transformed into artistic skill. Introducing us to the world of Bach, Beethoven and other greats, Filip reminds us that classical music is like time travel. It connects us with past eras, reminding us of the continuity of human creativity and spirituality. Filip's enthusiasm for classical music also carries a large, educational note. He encourages you, the

young generation, to start by listening, but also to explore this type of music, to learn and grow through that experience, because according to him, music is an inexhaustible source of knowledge and inspiration waiting to be discovered.

Music is my life

Filip Mirkovic's story is an inspiration to everyone who dreams of turning their talent into a profession. He spoke to us about the importance of effort, work and dedication, reminding us that each of us has some talent that, with effort, can become a precious treasure. Filip told us that music is more than sound - that it is a way of discovery, expression and joy that we can find in every beat of life.

"Music is my life, but I want each of you to find your passion and live a life filled with joy and the realization of your dreams. Never forget that each of us carries something special, a gift waiting to be discovered. What is important is that you recognize your talent and nurture it with love and dedication. It won't always be easy, but every effort will pay off. I believe that each of you has your own moment waiting for you, whether it is in art, sports or any other field", said Filip. On this occasion, Filip Mirković, with his passion for classical music, opened the door to a wonderful world of sounds that have the power to touch us in a subtle and deeply emotional way. His words reveal that classical music is not reserved only for musical virtuosos, but is available to anyone who wants to indulge in the richness of this artistic expression.

That's why we invite you, our readers, to try the classics and discover a completely new and exciting world of music.

MODNI UTISAK NA PRVI POGLED

Otkrivanje umetnosti upoznavanja nekog po prvi put

Kada se ljudi po prvi put sretnu, to je kao da započinju novu priču. Zamislite to kao prvu stranicu knjige koja priča priču o upoznavanju nekoga. U ovim trenucima, posebno u ljubavi i vezama, ono što nosite govori mnogo o vama. No, ostavimo se priče i saznajmo nešto o tome kakvu ulogu ima odeća na prvim sastancima.



Povećanje samopouzdanja

Tvoj izbor odeće nije samo stvar garderobe; radi se i o tome koliko si zadovoljan sobom. Razmisli u kojim modnim kombinacijama se osećaš samouvereno. Bilo da je u pitanju otmeno odelo ili udobna letnja haljina, cilj je da pokažete da se dobro osećate u „svojoj koži“. Ovo samopouzdanje sija i privlači pažnju osobe sa kojom se prvi put sastajete.

Vaša priča

Posmatrajte svoju garderobu kao zbirku priča. Prvi utisak je kao početno poglavlje knjige. Odeća koju odaberete daje ton priči koju pripovedate o sebi. To može biti ozbiljno odelo koje govori da mislite na posao ili jednostavna haljina koja prikazuje vaš šarm. Svaki izbor oslikava vašu ličnosti i ostavlja trajan utisak na osobu sa kojom se sastajete.

Razgovor kroz stil

Moda je kao jezik koji svi razumeju, čak i bez reči. Mali detalji u vašem stilu – boje koje odaberete, kako vam odeća stoji, dodaci koje birate – sve to mnogo govori o vama. To je način da drugi steknu

uvid u vaš ukus, kreativnost i vide koliko pažnje posvećujete detaljima.

Povezivanje kultura

U današnjem povezanom svetu, moda pomaže u izgradnji mostova između različitih kultura. Prvi utisci ne pokazuju samo lični stil; ističu i kulturne uticaje. To je prilika da ljudi procene i razumeju jedni druge. Kombinovanje tradicionalnih i modernih elemenata u vašoj odeći postaje način da se proslavi raznolikost i stvore veze na širem nivou.

Budite svoji

Prava elegancija dolazi iz autentičnosti. Kada stvarate prvi utisak putem odeće, tako pozivate druge da vas upoznaju onakvim, kakvi zapravo jeste. Podstiče vas da zaboravite na očekivanja društva i umesto toga usvojite stil koji odražava vašu pravu ličnost. Biti „samo svoj“ je privlačno i stvara istinske veze, koje

prevazilaze površinske procene.

Umetnost neverbalne komunikacije

Pre nego što izgovorite ijednu reč, vaš stil već govori. To je poput neverbalnog plesa. Bilo da je reč o samouverenom hodu u udobnim cipelama ili razigranom izboru dodataka, ovaj ples predstavlja scenu. Stvara atmosferu uzbuđenja i radoznalosti i priprema vas za prvi razgovor.

Raznovrsnost je ključna

Prvi utisci u ljubavi su kao otisci prstiju





– jedinstveni za svaku osobu. Moda omogućava širok spektar izraza. Bez obzira da li više volite ležerni šarm ili eleganciju svečane odeće, postoji mnogo načina na koji možete da se predstavite u pravom svetlu.

Promena stilova tokom vremena

Baš kao što se menja svet, menja se i moda odevanja tokom prvih upoznavanja. Tradicionalna pravila postaju fleksibilnija, dozvoljavajući kombinaciju različitih stilova. Promene nam dozvoljavaju isprobavanje novih stvari i omogućavaju svakom da se modno izrazi i da se ne drži starih modnih pravila.

Zatvaranje prvog poglavlja

Procena drugih o tome kako ste obučeni na prvi pogled, je poput umetnosti, gde vi možete da započnete priču o sebi. Na taj način, prvi sastanak postaje više od samog pozdrava. Pretvara se u šaroliku razmenu, a pripovedanje postaje ples izraza koji prevazilazi reči.

U raznolikom svetu ljudskih veza, gde svaki odnos otpočinje izborom garderobe, svaki komad odeće koju nosite je potez četkice na oslikavanju vas samih. To je umetnički izraz koji poziva na istraživanje, a ples boja i tekstura ostavljaju trajno sećanje na te prve susrete – i početak novog poglavlja u knjizi povezivanja.

THE FASHION OF FIRST IMPRESSIONS

Unveiling the artistry of meeting someone for the first time

When people first meet, it's like starting a new story. Imagine it as the first page of a book that tells the tale of getting to know someone. In these early moments, especially in love and connection, what you wear says a lot. Let's break down the fancy words and get to the heart of how clothes play a role in those initial meetings.

Confidence boost

What you choose to wear isn't just about clothes; it's about feeling good about yourself. Think of it as putting on an outfit that makes you feel confident. Whether it's a fancy suit or a comfy sundress, the goal is to show that you're comfortable with who you are. This confidence shines through and catches the attention of the person you're meeting.

Telling your story

Consider your wardrobe as a collection of stories. The first impression is like the opening chapter of a book. The clothes you pick set the tone for the story you're telling about yourself. It could be a bold suit that says you mean business or a simple dress that speaks to your easygoing charm. Each choice communicates a part of your personality, making a lasting impression on the person you're meeting.

Talking through style

Fashion is like a language everyone understands, even without words. The little details in your style – the colors you choose, how your clothes fit, the accessories you pick – all speak volumes. It's a way for others to get a glimpse of your taste, creativity, and how much attention you pay to the little things.

Connecting cultures

In today's connected world, fashion helps build bridges between different cultures. First impressions don't just show personal style; they also highlight cultural influences. It's a chance for people to appreciate and understand each other's backgrounds. Mixing traditional and modern elements in your outfit becomes a way to celebrate diversity and create connections on a broader scale.

Being yourself

Real elegance comes from being true to yourself. When you make a first impression through fashion, it's like inviting others to see the real you. It encourages you to forget about what society expects and instead embrace a style that feels true to who you are. Being authentic is attractive and creates a genuine connection that goes

beyond surface judgments.

Nonverbal communication dance

Before you even say a word, your style is already talking. It's like a silent dance of communication. Whether it's the confident walk in well-fitted shoes or the playful choice of accessories, this nonverbal dance sets the stage. It creates an atmosphere of excitement and curiosity, getting ready for the actual conversation.

Versatility is key

First impressions in love are like fingerprints – unique to each person. Fashion allows for a range of expressions. Whether you prefer the casual charm of everyday wear or the elegance of formal outfits, there's a wide canvas for how you choose to present yourself.

Changing styles over time

Just as the world changes, so does fashion in first impressions. Traditional rules are becoming more flexible, allowing for a mix of different styles. This evolving landscape encourages trying new things, letting individuals use fashion to express themselves without sticking to old ideas.

Closing the first chapter

Fashion in first impressions is like an art, where you get to paint the first strokes of your story. As the world celebrates diverse styles, the first meeting becomes more than just a hello. It turns into a colorful exchange of stories, a dance of expressions that goes beyond words.

In the big world of human connections, where relationships start with the fashion of first impressions, each piece of clothing is a brushstroke on the canvas of who you are. It's an art form that invites you to explore, a dance of colors and textures that leaves a lasting memory of those initial meetings – the beginning of a new chapter in the book of connection.

ISTRAŽUJEMO VENECIJU

PUTOVANJE KROZ KANALE I KULTURU

Venecija, često nazivana "gradom kanala", nalazi se u severnoj Italiji. Glavni je grad regije Veneto i istoimene italijanske provincije Venecija od 261 362 stanovnika. Venecija je poznata po upečatljivim gondolama koje plove kanalima, raskošnoj arhitekturi, uskim ulicama i karnevalu, a sve ovo čini je jednim od najlepših i najromantičnijih gradova na svetu.



Istorijat

Venecija je izgrađena tokom V veka u prostranoj laguni, na ušću reke Brente u venecijanski zaliv. Ovaj plutajući grad sastoji se od 100 malih ostrva koje razdvaja oko 180 kanala i spaja preko 400 mostova. Ceo grad sa nekoliko stotina palata i preko 90 crkava deo je svetske kulturne baštine, pod zaštitom UNESCO, kao mesto svetske baštine.

Vožnja kanalima

Osnovni način transporta u Veneciji je vodom, pa stoga vožnja gondolom ili vaporetom (vaporetom) - turističkim brodićem predstavlja neizostavni deo svake posete. Oko 400 gondola koristi se za turističke svrhe, a godišnje licencu za vozača gondole dobije tek tri do četiri osobe, a posao se često prenosi sa oca na sina. Kurs za dobijanje licence uključuje 400 sati treninga i edukacije, a polaže se i ispit iz poznavanja istorije i kulture Venecije. Boja gondola propisana je zakonom - sve moraju biti crne. Ovi tradicionalni čamci vode kroz Veliki kanal, pružajući posetiocima zadivljujući pogled na arhitekturu staru vekovima, uključujući čuveni most Rialto, koji je među brojnim mostovima koji premošćuju venecijanske kanale - najpoznatiji i najznačajniji.

Trg Svetog Marka

Trg Svetog Marka (Piazza San Marco) je kulturno i društveno središte grada. Okružen je arhitektonskim remek-delima poput bazilike Svetog Marka i Duždeve palate, a sam trg epicentar je dešavanja. Ono što Trg Svetog Marka čini dinamičnim u svakom trenutku je živahna atmosfera kojoj doprinose prodavci suvenira i originalnih venecijanskih maski, ulični svirači kao i deca koja hrane golubove.

Duždeva palata (Palazzo Ducale)

Odmah uz raskošnu baziliku Svetog Marka, nalazi se istorijski centar političke moći u Veneciji i jedan od najprepoznatljivijih motiva La Serenissime odnosno: Duždeva palata. Tokom duge istorije ova palata imala je nekoliko funkcija, bila je sedište mletačke vlasti - mesto zasedanja vlade, ali i rezidencija izabranog vladara, dužda. Građevina predstavlja stil venecijanske gotike, koji je zapravo mešavina gotike, vizantijske umetnosti i maorskog uticaja iz Španije, a primećuje se i uticaj renesanse. Unutrašnjost je prekrasna, a svoja dela tamo

su ostavili i neki od velikih umetnika poput Ticijana i Tintoreta.

Karneval u Veneciji

Venecijanski karneval, "Carnevale di Venezia", svetski je poznata proslava koja pretvara očaravajući grad u nadrealni spektakl boja, maski i raskošnih kostima. Prema tradiciji, karneval svoje korene vodi iz dvanaestog veka i pobede venecijanske republike nad patrijaršijom Aquileia. Kada su vesti o pobedi došle do grada, stanovnici su počeli da se okupljaju na trgu Svetog Marka slaveći i igrajući. Ovaj događaj je potom počeo da se organizuje svake godine i ušao je u gradsku tradiciju, tako da je njegovo održavanje nastavljeno vekovima kasnije.

Glavna atrakcija ovog karnevala jesu raskošno ukrašene maske. One su od samog početka deo karnevala, a često su bile i deo života Mlečana van karnevala. Maske su omogućavale tajnovitost. Svako je mogao biti neko i nešto, odnosno niko i ništa.



I za kraj - istina je, Venecija tone. Analize su pokazale kako Venecija tone jedan do dva milimetra svake godine. Razlog su prirodne pojave, poput pomeranja Jadranske ploče na kojoj Venecija leži, ali i zbog ljudskog faktora - preterane gradnje i izvlačenje vode iz kanala tokom prošlog veka.

EXPLORE VENICE

A JOURNEY THROUGH CANALS AND CULTURE

Venice, often called "the city of canals", is located in northern Italy. It is the capital of the Veneto region and the Italian province of Venice and has 261,362 inhabitants. Venice is known for its eye-catching gondolas that sail on the canals, the ornate architecture, the narrow streets and the carnival, making it one of the most beautiful and romantic cities in the world.

History

Venice was built in the 5th century in a vast lagoon at the confluence of the River Brenta and the Gulf of Venice. This floating city consists of 100 small islands separated by around 180 canals and connected by over 400 bridges. The entire city, with several hundred palaces and over 90 churches, is part of the World Heritage Site and is protected by UNESCO as a World Heritage Site.

Riding on canals

The main means of transport in Venice is water, so a ride on a gondola or vaporetto - a tourist boat - is an essential part of any visit. Around 400 gondolas are used for tourist purposes and only three to four people receive a gondola licence each year, and the job is often passed down from father to son. The course to obtain the licence involves 400 hours of training and education, and there is an exam on knowledge of the history and culture of Venice. The law prescribes colour of the gondolas - they must all be black. These traditional boats travel along the Grand Canal and offer visitors a breath taking view of centuries-old architecture, including the famous Rialto Bridge, which is one of the many bridges spanning Venice's canals - the most famous and significant.

Piazza San Marco

Square San Marco (Piazza San Marco) is the cultural and social centre of the city. Surrounded by architectural masterpieces such as St Mark's Basilica and the Doge's Palace, and the square is the epicentre of events. What makes Piazza San Marco dynamic at all times is the lively atmosphere contributed by the vendors of souvenirs and original Venetian masks, the street musicians and the children feeding the pigeons.

Doge's place (Palazzo Ducale)

Right next to the opulent St Mark's Basilica is the historical centre of political power in Venice and one of the most recognisable motifs of La

Serenissime - the Doge's Palace.

During its long history, this palace had several functions, it was the seat of the Venetian government - the assembly of the government, but also the residence of the elected ruler, the Doge. The building represents the Venetian Gothic style, which is actually a mixture of Gothic, Byzantine art and the influence of the Maori from Spain, and the influence of the Renaissance can also be felt. The interior is beautiful and some of the great artists such as Titian and Tintoretto have left their works of art here.

Carnival in Venice

The Carnival of Venice, "Carnevale di Venezia", is a world-famous festival that transforms the enchanting city into a surreal spectacle of colour, masks and lavish costumes. According to tradition, the carnival has its roots in the twelfth century and the victory of the Republic of Venice over the Patriarchate of Aquileia. When news of this victory reached the city, the inhabitants gathered in St Mark's Square to celebrate and dance. This event was then organised every year and became part of the city's tradition, so much so that it still takes place centuries later.

The main attraction of this carnival is the elaborately decorated masks. They were part of the carnival from the very beginning and were often part of Venetian life outside of the carnival. Masks made disguise possible. Anyone could be someone and something, that is, nobody and nothing.

Finally - it is true, Venice is sinking. Analyses have shown that Venice is sinking by one to two millimetres every year. The reason for this is natural phenomena, such as the movement of the Adriatic plate, on which Venice lies, but also the human factor - excessive construction and the removal of water from the canals in the last century.

KAKO DA NAPRAVITE ČESTITKU U OBLIKU CVETA OD SRCA?

Polako nam se bliži i 14. februar - dan kada se slavi ljubav - Dan Zaljubljenih! Ovaj dan podseća nas na moć ljubavi i značaj povezivanja sa ljudima koji nam znače najviše, bez obzira na to da li ga slavimo sa voljenom osobom, porodicom ili prijateljima.

Ovo je vreme kada reči ljubavi dobijaju poseban značaj, gestovi postaju važniji, a svaki trenutak deluje kao deo nekog čarobnog romantičnog filma. Zato u nastavku našeg teksta pročitajte kako da na jednostavan način uz malo kreativnosti napravite čestitku od papira sa srcima za Dan zaljubljenih.

Potreban materijal

- Makaze
- Dva lista papira u boji za srca, mi smo se odlučili za roze i crvenu boju. Ovde takođe možete koristiti i karton
- Jedan list papira u boji za izradu čestitke, mi smo izabrali krem boju
- Dvostrana traka ili lepak
- Šablon za sečenje u obliku srca

Pre svega imajte na umu, koja veličina srca će vam biti potrebna za izradu ove čestitke.



Postupak izrade

Korak 1: Izrežite srca

Najpre je potrebno da izrežite svoja srca. Mi smo ovo radili, tako što smo presavili papir na pola i onda isekli srca na presavijenoj liniji, tako da su sva srca ispadnu savršena. Potom smo uporedili prvo srce koje smo izrezili sa ostalima, tako da su sva ispala uglavnom iste veličine i skratili smo višak. Za izradu ove čestitke koristili smo ukupno 8 srca, ali vi slobodno koristite onoliko koliko želite! Takođe, ukoliko mislite da niste dovoljno vešti, možete koristiti šablone za sečenje u obliku srca, tako da na jednostavan način dobijete srca. Za koji god način da se odlučite, imaćete gomilu slatkih malih papirnih srca.

Korak 2: Pričvrstite srca

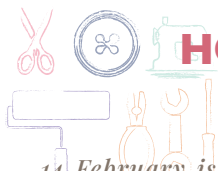
Sada je potrebno da složite sva svoja srca i da ih pričvrstite na jednu stranu sa vrhovima okrenutim ka unutra. I dok slažete okolo, možete da prilagodite tako da počnu da izgledaju kao cvet. Razmislite o srcima koja leže jedno u drugo kao stranice knjige. Mi smo ovde koristili dvostranu traku kako bi pričvrstili svoja srca. Imamo jedan savet za vas, iako na slikama vidite da smo počeli da gornjim srcima, mi vam predlažemo da počnete sa dva bočna kako biste bili sigurni da je vaš cvet simetričan.

Korak 3: Nastavite sa dodavanjem srca

Nastavite da radite i dodajte srca. Prilagođavate srca tako da zajedno čine cvet. I to je to, završili ste. Imamo prelep cvet napravljen od srca! Savršena čestitka za voljenu osobu, porodicu ili prijatelje.

Ne zaboravite da unutar čestitke ispišete poruku!

DO IT YOURSELF



HOW TO MAKE A FLOWER BY HEARTS CARD?

14 February is slowly approaching - the day on which love is celebrated - Valentine's Day! This day reminds us of the power of love and how important it is to connect with the people who mean the most to us, whether we celebrate it with a loved one, family or friends.

This is the time when words of love take on a special meaning, gestures become more important and every moment seems like part of a magical romantic film. So read on to find out how you can make a paper card with hearts for Valentine's Day in a simple way and with a little creativity

Materials

- Scissors
- 2 sheets of coloured craft paper for the hearts, we opted for pink and red. Cardboard is also ideal
- 1 sheet of coloured paper is also ideal for designing the card, we opted for cream-coloured paper
- Double sided tape or glue
- Heart punch

Please note that you need to see if this is the correct heart size for the size of your card.

Steps

Step 1: Cut out your hearts

Cut out your hearts. We do this by folding the paper in half and cutting the heart on the folded line so they are all perfect. We also line up our first heart with the other ones so they are all the same size and we trim any excess. We used 8 hearts overall, but feel free to use as many as you want! If you think you are not skilful enough, you can also use heart punch, so you can get hearts in a simple way. Whichever way you choose, you'll end up with a lot of cute little paper hearts.

Step 2: Secure your hearts

Now you are going to lay all your hearts down and secure them on one side with the points of them facing in. As you go around you can adjust so it starts to look like a flower. Think about the hearts laying into each other like book pages. We used double-sided tape in order to secure our hearts. Tip: Although in our pictures we started on the top hearts, our tip would be to start on the two side ones to make sure your flower was symmetrical.

Step 3: Keep adding hearts

Work your way round and adjust your hearts little by little to form a flower. And that's it, you're done.

A beautiful flower made of hearts! It's perfect for a loved one, family or friends.

Don't forget to write a message in the card!



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

CARITAS: PODSTICANJE MIRA, JEDINSTVA I ZAJEDNIČKE BUDUĆNOSTI



Na važnom događaju održanom na Međunarodnom poslovnom koledžu (IBCM) u Severnoj Mitrovici, CARITAS Kosovo organizovao je transformacionu konferenciju sa temom "Mir i pomirenje su mogući". Održano početkom decembra, na okupljanju su istaknuti aktuelni izazovi i ono je poslužilo kao potvrda aktivnog stava CARITAS-a Kosova u zagovaranju za mir. Odgovarajući na trenutne okolnosti, CARITAS Kosovo je promovisao mir kroz ovu konferenciju, okupljajući svoje rukovodstvo, osoblje, korisnike, predstavnike civilnog društva, akademske krugove, članove međunarodne zajednice i zagovornike mira.

Putovanje ka miru: zaključci lidera CARITAS-a

U srcu misije CARITAS Kosova je promocija mira i suživota, vizija koja se smatra ostvarivom u regionu, prema Don Viktoru Sopi, generalnom direktoru CARITAS Kosova. Sopi je naglasio da mir nije jedinstven čin, već proces koji mora početi od pojedinaca. „Sa obzirom na brojne napore da se uspostavi mir na ovim prostorima, CARITAS želi još jednom da potvrdi da mir nije samo poželjan već i dostižan“, naveo je Sopi. Monsinjur Dod Đerđi (Dode Gjergji), predsednik CARITAS-a Kosovo, dodatno je naglasio 25 godina aktivnog prisustva organizacije na severu Kosova kao svedočanstvo mogućnosti da se živi u miru prihvatajući različitosti. Đerđi je pozvao prisutne da se ne plaše mira i podstakao ih na pomirenje, ističući da mir počinje traženjem suštine ljudskog dostojanstva.

Obrazovanje kao kamen temeljac

Jelena Đokić, akademski direktor IBCM-a, istakla je uticaj obrazovanja ka izgradnji mira u podeljenom gradu. Ona je

istakla izazove sa kojima se suočavao koledž u svojim ranim danima, gde su studenti, u početku odvojeni na osnovu etničke pripadnosti, a sada besprekorno saraduju. Đokić je ovaj uspeh pripisala timskom radu i interkulturalnoj saradnji, ističući da su zajednički projekti zaštite



životne sredine premostili podele. Na kraju je izrazila viziju koledža o stvaranju generacije mladih lidera posvećenih širenju mira. Džemajl Velići (Xhemajl Veliqi), profesor na Univerzitetu Isa Boljetini u Mitrovici, istakao je važnost odnosa izgrađenih na razumevanju i poverenju kao

suštinske korake ka miru. „Poštovanje i prihvatanje različitosti neophodni su uslovi za mir i pomirenje“, rekao je Velići. On je istakao i da su međusobna saradnja i poverenje ključni faktori i podvukao značaj izgradnje pozitivne klime za promovisanje zajedničkih vrednosti u društvu.

Osnaživanje žena i izgradnja mostova

Blagica Radovanović, profesor srpskog jezika u penziji i direktorka NVO "Santa Marija", istakla je centralnu ulogu obrazovanja u izgradnji mira i tolerancije. Ona je takođe naglasila ključnu ulogu žena u naporima ka izgradnji mira i pozvala na kontinuirani proces osnaživanja žena umesto dosadašnje prakse osnaživanja žena koja je uglavnom zasnovana na projektima. Radovanović je apelovala na društvo u celini, a posebno na muškarce da više ulažu u žene, prepoznajući njihovu sposobnost da donesu pozitivne promene u procesu mira i pomirenja.

CARITAS: FOSTERING PEACE, UNITY, AND A COMMON FUTURE



Don Viktor Sopi

Zaključci konferencije Konferencija, koja je kulminirala dubokim uvidima koje su podelili govornici, označila je ključni trenutak u potrazi za zajedničkom budućnošću. Njena kolektivna poruka naglašava da mir nije apstraktni ideal već opipljiva stvarnost, koji se može postići kontinuiranim naporima, kako na individualnom tako i na kolektivnom nivou. Posvećenost obrazovanju, interkulturalnoj saradnji i osnaživanju žena pojavili su se kao ključni stubovi na putu ka trajnom miru. Ovaj značajan skup ne samo da se bavio hitnim izazovima sadašnjosti, već je pokazao i čvrstu posvećenost CARITAS-a Kosovo promicanju mira i suživota. Uz ključne uvide istaknutih govornika, uključujući generalnog direktora Don Viktora Sopi i predsednika monsinjora Dodea Đerđija, konferencija je osvetlila put ka harmoniji, naglašavajući da mir nije samo poželjan već i dostižan kroz zajedničke napore.

In a notable event hosted at the International Business College (IBCM) in Northern Mitrovica, CARITAS Kosova organized a transformative conference with the theme "Peace and Reconciliation are Possible." Held in early December, the gathering addressed ongoing challenges and served as a resounding affirmation of CARITAS Kosova's active stance in advocating for peace. Responding to the prevailing circumstances, CARITAS Kosova promoted peace through this conference, bringing together its leadership, staff, beneficiaries, civil society representatives, academics, international community members, and peace advocates.

Journey towards peace: observations from CARITAS leaders

At the heart of CARITAS Kosova's mission is the promotion of peace and coexistence, a vision deemed achievable in the region, according to Don Viktor Sopi, CEO of CARITAS Kosova. Sopi emphasized that peace is not a singular act but a process that must begin with individuals. "Considering the numerous efforts to establish peace in this area, CARITAS wants to confirm once more that peace is not only desirable but also attainable," stated Sopi. Monsignor Dode Gjergji, President of CARITAS Kosova, further underscored the organization's 25 years of active presence in the north of Kosovo as a testament to the possibility of living in peace by embracing differences. Gjergji urged attendees not to fear peace and encouraged them to reconcile, stressing that peace starts by seeking the essence of human dignity.

Education as a cornerstone

Jelena Djokic, Academic Director of IBCM, highlighted the impact of education on peacebuilding in a divided city. She recollected the challenges faced by the college in its early days, where students, initially separated based on ethnicity, now collaborate seamlessly. Djokic attributed this success to teamwork and intercultural cooperation, pointing out that shared projects for environmental protection bridged divides. She concluded by expressing the college's vision of creating a generation of young leaders committed to spreading peace. Xhemajl Veliqi, a professor at Isa Boletini University in Mitrovica, discussed the critical nature of relationships built on understanding and trust as essential steps toward peace. "Respecting and accepting differences are necessary conditions for peace and reconciliation," said Veliqi. He went on claiming that mutual cooperation and trust are decisive factors, while reminding everyone of the importance of building a positive climate to promote common values in society.

language professor and director of Non-Governmental Organization (NGO) "Santa Marija," reaffirmed the centrality of education in building peace and tolerance. She also focused on the key role of women in peace-building efforts and called for a continuous process of empowering women instead of the current practice of women empowerment being mainly project-based. Radovanovic appealed to society as a whole and men in particular to invest more in women, recognizing their ability to bring about positive changes in the process of peace and reconciliation.

Outcomes of the conference The conference, culminating in meaningful perspectives shared by the speakers, marked a crucial moment in the pursuit of a united future. Their collective message underlining that peace is not an abstract ideal but a tangible reality, achievable through continuous efforts at both individual and collective levels. The commitment to education, in intercultural cooperation, and the empowerment of women emerged as vital pillars in the journey towards lasting peace. This significant gathering not only addressed the pressing challenges of the present but also displayed CARITAS Kosova's steadfast dedication to promoting peace and coexistence. With key view points from prominent speakers, including CEO Don Viktor Sopi and President Monsignor Dode Gjergji, the conference illuminated a path toward harmony, while reinforcing that peace is not only desirable but also attainable through cooperation efforts.

Empowering women and building bridges

Blagica Radovanovic, a retired Serbian



SNUBORD JE IZAZOV, PROBAJTE GA!

Snouboard je posljednjih godina postao planetarni hit koji okuplja sve više zaljubljenika u zimske sportove na skoro svim meridijanima. Priča o snouboardu i velikom broju varijacija koje ova sportska disciplina sadrži, daće priliku svim ljubiteljima belog sporta da se sa njima upoznaju, nauče osnovna pravila i u njima uživaju.

Do skoro, snouboard je bio rezervisan samo za poklonike dobre zabave na snegu koji su se ovim sportom bavili iz ljubavi, ali je za kratko vreme velika zainteresovanost za njega učinila da se uzdigne do nivoa svetske sportske euforije. Snouboard nije modni hit, ekscentričnost ili oznaka društvenog statusa. Ono što ga čini jedinstvenim jeste slobodna vožnja i mogućnost da svaki takmičar izrazi sopstvenu individualnost.

Za razliku od tehnike skijanja, snouboard ne zahteva mnogo rutine i intenzivne koordinacije, te se zbog toga brže i lakše uči. Ipak ono što je dominantno prilikom izbora između snouboarda i skija je stil i način života koji ovaj sport podrazumeva. Ono što mlade posebno privlači jeste izazov i potreba za novim iskustvima. Zasićenost standardnim zimskim sportovima često kod radoznalih ljubitelja belog sporta rađa želju za "vratolomnim figurama", težim stazama i strmim liticama.

Snouboard – 'prijatna panika'

Snouboard je izazov i sinonim za vožnju po dubokom snegu i nesređenim stazama. Zbog toga je važno izgraditi dobru tehniku, a svaki takmičar vremenom u elemente snouboarda unosi vlastiti stil. Za sve to, potrebno je, naravno, vreme. Kako se svakim danom osvajaju sve teže staze, tako je i želja za snouboardom jača, sve dok vožnja ne preraste u pravu strast.

Na raznim snouboard dešavanjima često gostuju poznate rok grupe i di-džejevi koji svojim nastupima čine program zanimljivijim. Snouboard trke širom sveta prati odličan izbor muzike u rasponu od tehno, hausa, hip-hopa sve do najnovije produkcije elektronske muzike. Cilj ove novine je da se unese svežina u ustaljene forme zabave na snegu i stvori specifičan i prepoznatljiv ambijent u



kome će se svi dobro zabaviti.

Zahtevan i težak, ali pun draži, snouboard je sport koji donosi novu vrstu prijatne panike. Zbog nje se nestrpljivo čeka svaki novi spust, traži teža staza ili dublji sneg. Snouboard je izazov. Zato mašti na volju, ali oprez!

Zanimljivosti o snouboardu

Snouboarding, kao zimska razonoda na snegu, nastala je u Sjedinjenim Amer-

ičkim Državama. Vremenom je postao popularan širom sveta, a predstavljen je kao zimski olimpijski sport u Naganu 1998. i na Zimskim paraolimpijskim igrama u Sočiju 2014. godine.

Prvi snouboardovi su razvijeni 1965. godine kada je Šerman Popen, inženjer u Maskigonu u Mičigenu, izumeo igračku za svoje ćerke tako što je spojio dve skije i pričvrstio konopac na jedan kraj kako bi imao kontrolu dok su stajale



na dasci i klizile nizbrdo. Nazvana „snarfer“ (kombinacija snega i surfera) od strane njegove supruge Nensi, igračka se pokazala toliko popularnom među prijateljima njegovih ćerki da je Popen licencirao ideju proizvođaču, Bransvik korporaciji, koja je prodala oko milion snarfera u narednoj deceniji.



Snoubording (engl. snowboarding), ili skijanje na dasci, je zimski planinski sport koji uključuje spuštanje niz padinu pokrivenu snegom na dasci koja je privezana za noge takmičara. Dasca je prosečno dugačka 155 cm, široka oko 28 cm, i debela oko 1 cm. Stručno se naziva snoubord, lizgalo, ili dasca za skijanje, dok najkorišćeniji naziv na planini je jednostavno dasca, s obzirom da se tako sneg podrazumeva. U osnovi dasca je sastavljena od drveta, najčešće od bukve ili topole, a ponekad i od brezovine. Drvena osnova je smeštena između dva ili više slojeva stakloplasta, čiji izbor omogućava postizanje željene krutosti daske i otpora na uvijanje. Podlogu daske čini polietilen, po pravilu voskom zasićen u obradi, što omogućava glatko klizanje po snegu. Ivice daske su od metala, čija oštrina dozvoljava kretanje po ledu, kao i hvatanje oštrih krivina.

SNOWBOARDING IS A CHALLENGE, TRY IT!

In recent years, snowboarding has become a worldwide hit, gathering more and more winter sports enthusiasts across the globe. The story of snowboarding and the large number of variations of this sports discipline, provide an opportunity for all winter sports fans to familiarize themselves with them, learn the basic rules and enjoy them.

Until recently, snowboarding was reserved only for enthusiasts of good fun on the snow who practiced it out of love for the sport, but in a short time, high interest made it rise to the level of a global sports euphoria. Snowboarding is not a fad, an eccentricity or a sign of social status. What makes it unique is the free ride and the opportunity for each rider to express their own individuality.

Unlike the skiing technique, snowboarding does not require a lot of routine and intense coordination, which makes it faster and easier to learn. Nevertheless, what prevails when choosing between snowboarding and skiing is the style and lifestyle that this sport involves. What particularly attracts young people is the challenge and the need for new experiences. Satiation with standard winter sports often creates the desire for “breakneck figures,” more difficult trails and steep cliffs among curious fans of winter sports.

Snowboarding – ‘Pleasant Panic’

Snowboarding is a challenge and synonymous with riding on deep snow and ungroomed trails. Therefore it is important to build a good technique, and over time, every competitor brings his own style into the snowboarding fundamentals. All of that, of course, requires time. As more and more difficult trails are conquered day by day, the desire for snowboarding grows stronger, until riding turns into a true passion.

Famous rock bands and DJs are often guests at various snowboard events, making the program more interesting with their performances. Snowboard races around the world are accompanied by an excellent selection of music ranging from techno, house, hip-hop to the latest electronic music production. The goal of this novelty is to bring freshness to the established forms of fun in the snow and create a specific and recognizable environment where everyone will have a good time.

Demanding and difficult, but full of charm, snowboarding is a sport that brings a new kind of pleasant panic. It is the reason behind impatiently waiting for each new

descent, looking for a more difficult trail or deeper snow. Snowboarding is a challenge. Therefore, let your imagination run wild, but be careful!

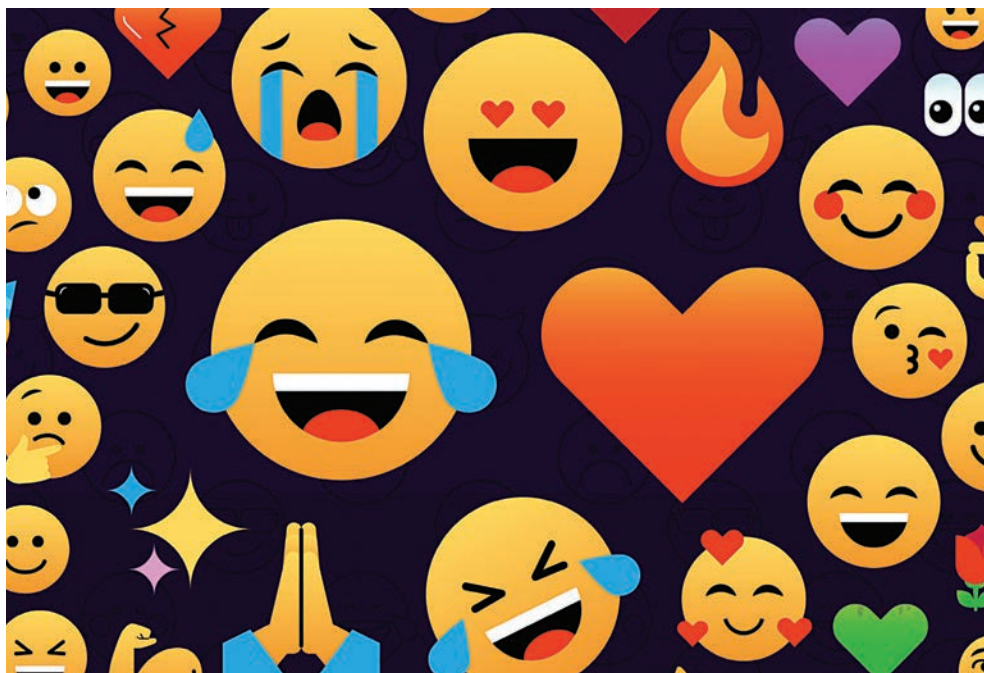
Fun Facts about Snowboarding

Snowboarding, as a winter pastime on the snow, originated in the United States of America. Eventually, it became popular all over the world, and was presented as a Winter Olympic sport in Nagano in 1998 and presented at the Winter Paralympic Games in Sochi in 2014.

The first snowboards were developed in 1965 when Sherman Poppen, an engineer in Muskegon, Michigan, invented a toy for his daughters by tying two skis together and attaching a rope to one end to steer them while standing on the board and glided downhill. Dubbed the “snurfer” (combining snow and surfer) by his wife, Nancy, the toy proved so popular among his daughters’ friends that Poppen licensed the idea to a manufacturer, the Brunswick Corporation, which sold about a million snurfers over the next decade.

Snowboarding is a winter mountain sport that involves descending a snow-covered slope on a board that is attached to the competitor's feet. The board is on average 155 cm long, about 28 cm wide, and around 1 cm thick. Professionally, it is called a snowboard, skate, or ski board, while the most commonly used term on the mountain is simply a board, given that snow is implied there. Basically, the board is made of wood, most often of beech or poplar, and sometimes of birch. The wooden core is placed between two or more layers of fiberglass, the choice of which allows achieving the desired stiffness of the board and resistance to flex. The base of the board is made of polyethylene, as a rule saturated with wax during processing, which enables smooth sliding on the snow. The edges of the board are made of steel strips, the sharpness of which allows moving on the ice as well as making sharp turns.

DEKODIRANJE JEZIKA EMODŽIJA: SLIKOVIT SVET IZRAZA



U našem digitalnom dobu, gde se komunikacija odvija u tren oka, emodžiji su se pojavili kao univerzalni jezik koji prevazilazi granice i jezičke barijere. Ovi sićušni, izražajni simboli daju dašak boje i emocija našim tekstualnim porukama i razgovorima na društvenim mrežama. U ovom članku ulazimo u fascinantan svet emodžija, istražujući njihovo poreklo, evoluciju i različite načine na koje ih ljudi koriste da izraze osećanja i misli.

Rođenje emodžija

Emodži su prvi put uvedeni kasnih 1990-ih u Japanu, a sama reč potiče od japanskih reči „e“ (slika) i „moji“ (lik). U početku su bile neobična funkcija na japanskim mobilnim telefonima, omogućavajući korisnicima da poboljšaju svoje poruke razigranim slikama. Malo je ko znao da će ove male ikone postati globalni fenomen.

Da premotamo do danas

Danas su emodžiji sastavni deo onlajn komunikacije. Oni su evoluirali dalje od jednostavnih smajlija i sada uključuju široku lepezu simbola koji predstavljaju emocije, predmete, životinje, pa čak i kulturne reference. Lepota emodžija leži u njihovoj sposobnosti da direktno prenesu složena osećanja, što ih čini vrednim alatom za izražavanje emocija koje je možda teško izraziti rečima.

Hajde da pogledamo neke uobičajene emodžije i njihova značenja:

1. 😊 Nasmejano lice: Ovaj klasični emodži prenosi sreću i prijateljstvo. To je jednostavan način da izrazite radost ili da pokažete zahvalnost.
2. 🌍 Zemaljski globus: Koristi se za predstavljanje planete Zemlje, ovaj emodži se često koristi da prenese osećaj globalnog jedinstva ili u razgovoru o međunarodnim temama.
3. 🍕 Parče pice: Popularan izbor za iskazivanje gladi ili uzbuđenja zbog

ukusnog obroka.

4. 🎉 Konfete: Savršen za proslavu dostignuća ili uzbudljivih događaja, ovaj emodži dodaje prazničnu notu vašim porukama.

5. ❤️ Sromljeno srce: Simbolizujući sromljeno srce ili tugu, ovaj emodži prenosi duboko i emocionalno osećanje.

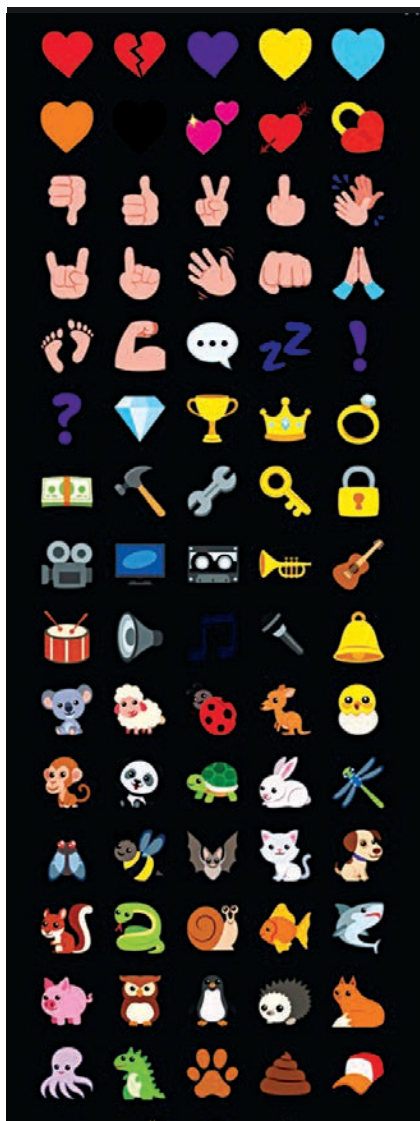
Univerzalni jezik

Raznovrsnost emodžija je dodatno pojačana sposobnošću da se kombinuju kako bi se stvorili jedinstveni izrazi. Na primer, kombinovanje ☁️ (kišni oblak) i 😊 (nasmejano lice) može da prenese osećaj radosti tokom kišnog dana. Ovo nas dovodi do još jednog razloga zašto su emodžiji stekli tako široku popularnost, a to je njihova inkluzivnost. Ljudi različitih lingvističkih sredina mogu da razumeju i koriste emodžije da bi se izrazili. Bez obzira da li časkate sa nekim na drigom kraju sveta ili šaljete brzu poruku prijatelju, emodžiji pružaju vizuelni jezik koji prevazilazi ograničenja reči.

Oprezno ih koristite

Međutim, bitno je zapamtiti da, iako emodžiji mogu poboljšati komunikaciju, oni takođe mogu biti predmet tumačenja. Isti emodžiji mogu izazvati različite emocije u zavisnosti od konteksta i pojedinaca koji su uključeni. Može doći do nesporazuma, tako da je ključno razmotriti ukupan ton razgovora.





Zaključak

Emodžiji su postali živahan i dinamičan sopstveni jezik, obogaćujući naše digitalne interakcije bojom, emocijama i jednostavnošću. Dok se krećemo kroz pejzaž komunikacije koji se stalno razvija, ovi mali simboli nastavljaju da igraju značajnu ulogu i pomažu nam da se izrazimo na način koji prevazilazi reči. Dakle, sledeći put kada pošaljete tekst ili objavu na društvenim mrežama, ne zaboravite da to ukasite sa nekoliko emodžija da dodate taj dodatni sloj značenja i zabave!

Evo poruke sa emodžijima:

🌞🌊🏖️📖🍹🌴🐠🐡🐙

Uživanje u suncu i moru, opuštanje na plaži uz osvežavajuće piće, čitanje knjige do zalaska sunca. Vožnja čamcem, okruženi palmama i cvetovima hibiskusa, noseći moderne sunčane naočare i otkrivajući školjke, u pratnji razigranih delfina.

DECODING THE LANGUAGE OF EMOJIS: A COLORFUL WORLD OF EXPRESSIONS

In our digital age, where communication happens in the blink of an eye, emojis have emerged as a universal language that transcends borders and linguistic barriers. These tiny, expressive symbols add a splash of color and emotion to our text messages and social media conversations. In this article, we'll delve into the fascinating world of emojis, exploring their origins, evolution, and the diverse ways people use them to convey feelings and thoughts.

Birth of emojis

Emojis were first introduced in the late 1990s in Japan, and the word itself comes from the Japanese words "e" (picture) and "moji" (character). Initially, they were a quirky feature on Japanese mobile phones, allowing users to enhance their messages with playful images. Little did anyone know that these small icons would become a global phenomenon.

Fast forward to today

Today emojis are an integral part of online communication. They have evolved beyond simple smiley faces and now include a vast array of symbols representing emotions, objects, animals, and even cultural references. The beauty of emojis lies in their ability to convey complex feelings directly, making them a valuable tool for expressing emotions that may be challenging to put into words.

Let's take a look at some common emojis and their meanings:

- 😊 Smiling Face: This classic emoji conveys happiness and friendliness. It's a simple way to express joy or show appreciation.
- 🌍 Earth Globe: Used to represent the planet Earth, this emoji is often employed to convey a sense of global unity or to discuss international topics.
- 🍕 Pizza Slice: A popular choice for expressing food cravings or excitement about a delicious meal.
- 🎉 Party Popper: Perfect for celebrating achievements or exciting events, this emoji adds a festive touch to your messages.
- 💔 Broken Heart: Symbolizing heartbreak or sadness, this emoji communicates a deep and emotional sentiment.

A universal language

The versatility of emojis is further amplified by the ability to combine them to create unique expressions. For example, combining ☁️ (rain cloud) and 😊 (smiling face) can con-

vey a sense of joy during a rainy day. This brings us to another reason why emojis have gained such widespread popularity, which is their inclusivity. People from different linguistic backgrounds can understand and use emojis to express themselves. Whether you're chatting with someone across the globe or sending a quick message to a friend, emojis provide a visual language that transcends the limitations of words.

Use them with caution

However, it's essential to remember that while emojis can enhance communication, they may also be subject to interpretation. The same emoji can evoke different emotions depending on the context and the individuals involved. Misunderstandings can arise, so it's crucial to consider the overall tone of the conversation.

Conclusion

Emojis have become a vibrant and dynamic language of their own, enriching our digital interactions with color, emotion, and simplicity. As we navigate the ever-evolving landscape of communication, these small symbols continue to play a significant role in helping us express ourselves in a way that goes beyond words. So, the next time you send a text or post on social media, don't forget to sprinkle in a few emojis to add that extra layer of meaning and fun!

Here is a message with emojis:

🌞🌊🏖️📖🍹🌴🐠🐡🐙

Enjoying the sun and sea, relaxing on the beach with a refreshing drink, reading a book until sunset. Taking a boat ride, surrounded by palm trees and hibiscus flowers, wearing stylish sunglasses, and discovering seashells, accompanied by playful dolphins.

UJEDINJENI HEROJI: OBUKA KOSOVSKOG TIMA ZA POTRAGU I SPASAVANJE SA KFOR-om



U izuzetnoj saradnji, tim sa nekoliko heroja iz stvarnog života iz Kosovskog Udruženja za Potragu i Spasavanje (KUTS) nedavno je učestvovao u intenzivnoj obuci sa Kosovskim snagama (KFOR). Ova obuka uključivala je seriju kritičnih vežbi koje su imale za cilj unapređenje sposobnosti KUTS-a u potrazi i spasavanju. Misija je uključivala obuku za podizanje helikopterskom dizalicom sa stručnjacima za avijaciju iz sastava KFOR-a, kao i njihovu velikodušnu donaciju u opremi za penjanje.



KFOR i KUTS ujedineni za poseban dan obuke

U ime KFOR-a, pukovnik Rita Holton, zamenik komandanta Regionalne Komande-Istok, izrazila je iskreno zadovoljstvo što je u mogućnosti da omogući ovu obuku za tim KUTS-a. Ona je u posebnoj poruci izrazila svoje divljenje volonterima, ističući njihovu ključnu ulogu u zajednici.

Volonterske snage na zadatku

KUTS, zvanično registrovana u januaru 2022. godine, je nezavisna i neprofitna organizacija posvećena potrazi i spasavanju, humanitarnoj pomoći, obrazovanju, organizacionom razvoju, građanskom učešću i raznim uslugama. Od svog osnivanja, udruženje se suočavalo sa izazovima. Međutim, prema rečima g-din. Miljaima Keljmendija (Milaim Kelmendi), potpredsednika KUTS-a, njeni članovi ostaju fokusirani na svoju misiju: da pomognu ljudima u nevolji, bez obzira na okolnosti i bez obzira na njihovo poreklo. U vezi sa ovom obukom i donacijom, Keljmendi je izrazio zahvalnost za jedinstvenu priliku koju je pružio KFOR, kako bi se sprovele vežbe u tehnikama podizanja helikopterskom dizalicom, nešto što do sada nisu mogli da urade. Zatim je naglasio da raznolikost članstva KUTS-a, predstavljaju ljudi iz svih etničkih grupa na Kosovu. Udruženje je brzo raslo i za samo

dve godine dostiglo 120 volontera i aktivno obučava novu generaciju članova.

Jedinstveno partnerstvo: od ekstremnih sportova do profesionalnog traganja i spasavanja

Momčilo Arlov, šef odeljenja za region Severnog Kosova „Kosovskog Udruženja za Potragu i Spasavanje“ i predsednik „ESA Spartan“, podelio je uvid u jedinstvenu integraciju entuzijasta ekstremnih sportova u misiju traganja i spasavanja. „ESA Spartan“ je prvobitno formiran kako bi okupio mlade pojedince koji se bave ekstremnim sportovima, pružajući im platformu za unapređenje svojih veština i iskustava. Međutim, kako su se zahtevi zajednice za pomoć u operacijama potrage i spasavanja povećavali, „ESA Spartan“ je shvatila potrebu za formalnom obukom i integracijom u profesionalnu organizaciju.

Tako je „ESA Spartan“ zvanično udružila snage sa „Kosovskim Udruženjem za Traganje i Spasavanje“, postajući suštinski deo veće organizacije. Ova saradnja omogućila im je da blisko sarađuju sa kosovskim institucijama i KFOR-om, obezbeđujući im odgovarajuću obuku, opremu i logističku podršku. Shodno tome, odeljenje za region Severnog Kosova, koje se sastoji od članova „ESA Spartan“, uspešno je reagovalo na različite operacije traganja i spasavanja, gradeći poverenje među različitim zajednicama u regionu.

Na kraju, Keljmendi je naglasio da je njegov tim svakodnevnih heroja spreman da se suoči sa bilo kojim izazovom. Prema njegovim rečima, zajedništvo i volonterizam prave stvarnu razliku u životima ljudi, jer kako kaže stara poslovica: „Jedinstvo nas čini jačim“.





HEROES UNITE: KOSOVO SEARCH AND RESCUE TEAM TRAINING WITH KFOR

In a remarkable collaboration, a team of several real-life heroes from the Kosovo Search and Rescue Association (KSRA) recently engaged in an intensive training with the Kosovo Force (KFOR). This training included a series of critical exercises aimed at enhancing KSRA's search and rescue capabilities. The mission involved helicopter hoist training with KFOR's aviation experts as well as a generous donation of climbing equipment by them.

Članovi Kosovskog udruženja za potragne i spasavanje (KUTS) predstavljaju primer izuzetne posvećenosti i preciznosti i smelosti koju pokazuju tokom svojih operacija. Zamislite ovo: helikopteri koji seku kroz nebo, lebdeći sa nepokolebljivom preciznošću dok vešti tim KUTS-a izvodi smele operacije podizanja. U plesu između čoveka i mašine zarad spasavanja života. Intenzitet njihove obuke sa stručnjacima za vazduhoplovstvo iz KFOR-a, ne samo da pokazuje njihovu snagu, već i naglašava velike opasnosti sa kojima se oni voljno suočavaju. Od penjanja po neravnim terenima do izvođenja tehnika dizanja helikoptera, svaka misija je poduhvat sa visokim nivoima. Ipak, upravo ovaj element opasnosti pretvara volontere KUTS-a u prave heroje. Njihova sposobnost da se snalaže u nepredvidljivim situacijama, zajedno sa adrenalinskim izvođenjem vanjem svojih dužnosti, naglašava izuzetnu prirodnu potragu i spasavanje. Svočeni sa nedacama, ovi heroji prihvataju izazov, osetljivo i suštinski jedinstva i volonteri izma, čineći opipljivu razliku u životima onih koje spasavaju.

KFOR and KSRA unite for a special training day

On behalf of KFOR, Colonel Rita Holton, the RC-East Deputy Commander, expressed her sincere pleasure for being able to facilitate this training for the KSRA team. In a special message, she expressed her admiration for the volunteers, emphasizing their crucial role in the community.

A volunteering force on a mission

KSRA, officially registered in January 2022, is an independent and non-profit organization dedicated to search and rescue, humanitarian aid, education, organizational development, civic participation, and various services. Since its creation the association has faced challenges. However, according to Mr. Milaim Kelmendi, the vice president of KSRA, its members remain focused on their mission: to help people in need, no matter the circumstances, no matter their background. In relation to this training session and donation Mr. Kelmendi expressed his gratitude for the unique opportunity provided by KFOR to conduct exercises in helicopter hoisting techniques, something they have not been able to do until this point. He then went on highlighting the diversity of KSRA's membership representing people from all ethnic backgrounds in Kosovo. The association has rapidly grown, reaching 120 volunteers in just two years, and they are actively training the new generation of members.

A unique partnership: From extreme sports to professional search and rescue

Momčilo Arlov, the section chief for the region of North Kosovo of "Kosovo Search and Rescue Association" and President of "ESA Spartan," shared insights into the unique integration of extreme sports enthusiasts into the search and rescue mission. "ESA Spartan" was initially formed to gather young individuals engaged in extreme sports, providing them a platform to enhance their skills and experiences. However, as community requests for assistance in search and rescue operations increased, "ESA Spartan" realized the need for formal training and integration into a professional organization. Thus, "ESA Spartan" officially joined forces with

"Kosovo Search and Rescue Association," becoming an essential part of the larger organization. This collaboration allowed them to work closely with Kosovo institutions and KFOR, ensuring proper training, equipment, and logistical support. Consequently, the section for the region of North Kosovo, consisting of "ESA Spartan" members, has successfully responded to various search and rescue operations, building trust among the diverse communities in the region.

In the end Mr. Kelmendi stressed that his team of everyday heroes are ready to face any challenge. According to him unity and volunteerism make a real difference in people's lives, because as the old proverb says: "Unity makes us stronger".

The members of the Kosovo Search and Rescue Association (KSRA) exemplify an unparalleled commitment to precision and daring in their operations. Picture this: helicopters slicing through the sky, hovering with unwavering precision as KSRA's skilled team conducts daring hoist operations, a dance between man and machine in the name of saving lives. The intensity of their training with Kosovo Force (KFOR) aviation experts not only showcases their prowess but also underscores the inherent dangers they willingly face. From climbing rugged terrains to executing helicopter hoisting techniques, every mission is a high-stakes endeavor. Yet, it's this very element of danger that transforms KSRA's volunteers into everyday heroes. Their ability to navigate unpredictable situations, coupled with the adrenaline-fueled execution of their duties, highlights the extraordinary nature of search and rescue. In the face of adversity, these heroes embrace the challenge, embodying the essence of unity and volunteerism, making a tangible difference in the lives of those they rescue.



ZALJUBLJENI TINEJDŽERI I IZAZOVI PRVIH LJUBAVI

Kad se tinejdžeri prvi put zaljube, oni se susreću sa nečim do tada za njih nepoznatim. Zapljusne ih bujica intenzivnih osećaja koji su čas u usponu, a čas u padu. Međutim, vožnja rolerkosterom je najprikladnija metafora za ljubav tinejdžera: uzbudljiva, zastrašujuća, brza i puna dramatičnih uspona i padova...



Zaljubljeni tinejdžeri - kako vas prepoznati?

Zaljubljeni tinejdžeri više vremena i pažnje posvećuju svom izgledu, ostaju budni do kasno, provode više vremena na telefonu, najčešće "dalje od očiju" članova porodice. Imaju izraženije promene raspoloženja i slabiji apetit. Oni često spominju ime određene osobe, rasejani su i skloni sanjarenju. Povremeno su nervozni i anksiozni.

Zaljubljeni tinejdžer se uvek povlači u sebe. Voljenu osobu doživljava kao projekciju svih želja, a ne kao zasebnu ličnost. Stoga se tinejdžeri često, u potrazi za idealnom ljubavi, zaljubljuju u pevače ili glumce. Potpuno su predani tim svojim prvim ljubavnim izabranicima i doživljavaju ih kao idole, proganjajući ih telefonskim pozivima, zaljubljenim pogledima, nastojeći da im se približe. Neretko jako pate, ali

to im pomaže da bolje upoznaju sebe i da se pripreme za pravu vezu.

Šta možete da naučite iz svojih prvih ljubavi?

Tinejdžerska ljubav, iskustva i osećanja koja iz nje proizilaze deo su odrastanja i formiranja identiteta. Iako su romantične veze u adolescenciji često izazovne, put kroz njih može doneti različite prednosti za mentalno zdravlje. Tokom svoje roman-

tične veze, tinejdžeri, možda po prvi put, vežbaju da prave kompromise, grade empatiju i učvršćuju svoje vrednosti. Pozitivno iskustvo tinejdžerske ljubavi podržava pozitivnu sliku o sebi. Ovo ne podrazumeva da ta veza mora imati "srećan kraj" ili da ne smete biti povređeni, već da celokupno iskustvo, uz adekvatnu podršku porodice i prijatelja na vama ne ostavi duboke rane.

Koji znaci ukazuju na „slomljeno srce“?

Raskid ili neuzvraćena ljubav svima padaju teško. Zaljubljeni tinejdžeri u tom pogledu nisu nikakav izuzetak, a vaše ponašanje nakon raskida može da bude za okolinu poprilično naporno, negativno i destruktivno. Jednostavno, vi ste u godinama kada još uvek nemate iskustvo, ni razvijene mehanizme za suočavanje sa intenzivnim negativnim emocijama.

U slučaju slomljenog srca, zaljubljeni tinejdžeri se najčešće povlače u sebe, provode veliki deo dana u krevetu, često plaču, ljute se ili postaju agresivni. U nekim slučajevima mogu pribeći samopovređivanju ili imati suicidalne ideje.



TEENAGERS IN LOVE AND THE CHALLENGES OF FIRST LOVE

Zato dragi naši zaljubljeni tinejdžeri, obavezno pročitajte sledeće save-te!!!

- Potrudite se da sa svojim roditeljima razgovarate o SVEMU...Nijedna tema ne bi trebalo da bude zabranjena.

- Svoju vezu održavajte više "offline" nego "online"

Društvene mreže često mogu da izokrenu interakcije, a male probleme učine većim. Čak i preko poruka često možemo nešto pogrešno protumačiti, zbog nedostatka konteksta govora tela i izraza lica.

- Zaštitite se od toksičnih odnosa

Nažalost, i tinejdžerske veze mogu biti toksične, a mladi ljudi nemaju razvijene mehanizme prepoznavanja i borbe protiv "crvenih zastavica". Pazite na znakove koji ukazuju na to da niste dobro tretirani u svojoj romantičnoj vezi.

- Zapamtite da veze u stvarnom životu nisu kao na filmu

Često možete imati nerealne ideje o romantici i ljubavi, zahvaljujući filmovima, serijama, pa čak i crtačima i bajkama. Ipak prava ljubav nije uvek savršena i glamurozna. Biće nezgodnih trenutaka i grešaka. I to je u redu. Prava ljubav znači da se osećate slobodnim da budete ono što jeste, sa svim svojim manama i snagama, kao i da prihvatite drugu osobu onakvom kakva jeste.

- Ostanite bliski sa prijateljima

Istraživanja pokazuju da vas bliski prijatelji mogu zaštititi od negativnih uticaja. Takođe bavljenje nekim hobiem - bilo da se radi o kreativnom izražavanju ili sportu - pomaže u izgradnji vašeg samopoštovanja.

When teenagers fall in love for the first time, they experience something they have never experienced before. They are overwhelmed by a flood of intense feelings that sometimes rise and sometimes fall. However, a rollercoaster ride is the most compelling metaphor for teenage love: exciting, scary, fast and full of dramatic highs and lows...

Teenagers in love - how can you recognise them?

Teenagers in love spend more time and attention on their appearance, stay up longer, spend more time on the phone, usually "away from the eyes" of family members. They have stronger mood swings and a weaker appetite. They frequently mention a specific person's name, are distracted and tend to daydream. They are sometimes nervous and anxious.

A teenager in love always withdraws. He perceives the person he loves as a projection of all his desires and not as an independent personality. This is why teenagers often fall in love with singers or actors in their search for the ideal love. They are completely addicted to their first love and see them as idols, pursuing them with phone calls, loving glances and attempts to get closer to them. They often suffer a lot from this, but it helps them to get to know themselves better and prepare for a real relationship.

What can you learn from your first loves?

Teenage love and the experiences and feelings associated with it are part of growing up and forming an identity. Although romantic relationships are often challenging during adolescence, managing them can have a number of mental health benefits. During their romantic relationship, teens may be practising compromise, developing empathy and consolidating their values for the first time. A positive experience with teenage love supports a positive self-image. This does not mean that the relationship must have a "happy ending" or that one must not be hurt, but that the entire experience, with appropriate support from family and friends, does not leave deep wounds.

What are the signs of a "broken heart"?

A break-up or unrequited love is hard for everyone. Teenagers in love are no exception in this regard, and their behaviour after a breakup can be quite stressful, negative and destructive to those around them. They are simply at an age where they have no experience and have not yet developed mechanisms to deal with

intense negative feelings.

In the case of a broken heart, teenagers in love usually withdraw emotionally, spend a large part of the day in bed, cry often, become angry or aggressive. In some cases, they resort to self-harm or have suicidal thoughts.

So, dear teenagers in love, make sure you read the following tips!!!

- Try to talk to your parents about EVERYTHING...No topic should be taboo.

- Keep your relationship more "offline" than "online"

Social media can often twist interactions and turn small problems into big ones. Even in messages, we can often misinterpret something because the context of body language and facial expressions is missing.

- Protect yourself from toxic relationships

Unfortunately, teenage relationships can also be toxic, and young people have not yet developed mechanisms to recognise and combat "red flags". Watch for signs that you are not being treated well in your romantic relationship.

- Remember that relationships in real life are not like in films

People often have unrealistic ideas about romance and love because of films, series and even cartoons and fairy tales. However, true love is not always perfect and glamorous. There will be awkward moments and mistakes. And that's okay. True love is about feeling free to be who you are, with all your flaws and strengths, and accepting the other person for who they are.

- Stay in touch with friends

Studies show that close friends protect you from negative influences. Taking up a hobby - be it creative expression or sport - also helps to boost self-esteem.

NE ZABORAVITE: Svi zaslužuju zdrave, pozitivne i srećne veze

DON'T FORGET: Everyone deserves a healthy, positive and caring relationship

VAŠE MIŠLJENJE O POZNATIM FILMSKIM PAROVIMA?



ŠTAŠA NEDELJKOVIĆ



Šta mislite o poznatim filmskim parovima?

Ja mislim da mi u filmovima volimo da se susretnemo sa srećnim i zaljubljenim parovima, pa makar to bila i samo fikcija. Oni nas možda inspirišu da verujemo u ljubav i da maštamo.

Koji je vaš omiljeni filmski par?

Kod nas tinejdžera posebnu emociju budi film „Došlo doba da se ljubav proba“. To je možda i najpoznatiji domaći filmski par, to su dvoje mladih - Marija i Boba.

Zašto baš oni?

Oni predstavljaju neku vrstu zabranjene ljubavi, borbu i žrtvovanje za istu tu ljubav. Okolnosti koje okružuju ovaj mladi par im ne predstavljaju problem, jer im ljubav daje snagu.

What is your opinion about famous movie couples?

I think we like to see happy and loving couples in films, even if it is just fiction. They can inspire us to believe in love and to dream.

Who are your favourite movie couple?

For us teenagers, the movie "It's time to try love" evokes a special feeling. They are perhaps the most famous domestic movie couple, they are two young people - Marija and Boba.

Why them in particular?

They represent a kind of forbidden love, struggle and sacrifice for this very love. The circumstances surrounding this young couple are not a problem for them, because love gives them strength.



ANĐELA CVEJIĆ



Šta mislite o poznatim filmskim parovima?

Ima veoma mnogo filmskih parova i to čak i u različitim žanrovima. Ja mislim da svaki od njih imaju svoju posebnu filmsku priču i da svaki od njih ima i određenu poruku.

Koji je vaš omiljeni filmski par?

Ipak, moj omiljeni filmski par su Hardin Skot i Tessa Jang. U pitanju je film "After" koji trenutno ima 5 nastavaka. To je u stvari ljubavni film iz 2019.godine.

Zašto baš oni?

Razlog zbog kog su mi omiljeni jeste zapravo ta njihova toksična ljubav. Kroz film se prikazuju ljubavne situacije koje se zapravo dešavaju i u stvarnom životu. Meni lično najzanimljivije je to, što koliko god puta da se oni posvađaju uvek se vraćaju jedno drugom bez obzira na sve.

What is your opinion about famous movie couples?

There are many movie couples and even in different genres. I think that each of them has its own particular film story and that each of them has a particular message.

Who are your favourite movie couple?

My favourite movie couple is Hardin Scott and Tessa Young. It is the movie "After", which currently has five sequels. It is actually a romantic movie from 2019.

Why them in particular?

The reason they are my favourite is actually their toxic love. The movie shows love situations that also occur in real life. The most interesting thing for me personally is that no matter how many times they fight, they always come back to each other no matter what.



Molimo vas šaljite nam vaša razmišljanja o poznatim filmskim parovima na email: magazineforyou2003@gmail.com

YOUR OPINION ON FAMOUS MOVIE COUPLES?



KRISTINA FILIĆ



Šta mislite o poznatim filmskim parovima?

Oni su možda i važniji od samog filma. Mislim da ima dosta poznatih filmskih parova, sa tako upečatljivom glumom da se nekada i ja zapitam da li je to film ili pak realnost.

Koji je vaš omiljeni filmski par?

Moj omiljeni filmski par su Gabriel Guevara i Nikol Valans. Oni u filmu "Culpa Mia", igraju Nou i Nika. Ova ljubavna priča inspirisana je istoimenim romanom autorke Mercedes Ron.

Zašto baš oni?

Ono što mi je posebno zanimljivo bilo je to da se od samog početka osetila njihova privlačnost koja ih je navela da uđu u zabranjenu vezu. Njihova buntovna narav preokrenula im je svetove naglavačke, čineći tako da se ludo zaljube jedno u drugo.

What is your opinion about famous movie couples?

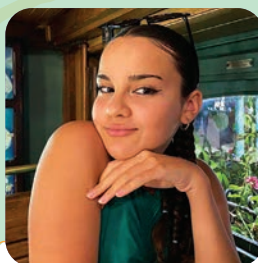
They are perhaps even more important than the film itself. I think there are many famous movie couples who act so impressively that I sometimes wonder whether it is a movie or reality.

Who are your favourite movie couple?

My favourite movie couple is Gabriel Guevara and Nicol Valance. They play Noah and Nick in the movie "Culpa Mia" (My fault). The novel of the same name by Mercedes Ron inspires this love story.

Why them in particular?

What I found particularly interesting was that they were attracted to each other from the beginning, which led them to enter into a forbidden relationship. Their rebellious nature turned their worlds upside down and led them to fall madly in love with each other.



ISIDORA VASIĆ



Šta mislite o poznatim filmskim parovima?

Ja sam uglavnom birala da gledam naše domaće filmove, gde su filmski parovi prikazani, po mom mišljenju dosta realistično i gde može i negde sebe da vidi.

Koji je vaš omiljeni filmski par?

Moj omiljeni filmski par su Danica i Mihajlo iz filma „Lajanje na zvezde“. Priča je o poslednje dve nedelje školske godine. To su dani kada maturanti mogu da rade sve, čak i da laju na zvezde i prati početak zaljublivanja dvoje mladih.

Zašto baš oni?

Ja sam lično izabrala ovaj film i njih kao par. Film je dosta zanimljiva a sama radnja filma fokusirana je na ljubav dvoje mladih, koji su u poslednjoj godini srednje škole odnosno maturanti.

What is your opinion about famous movie couples?

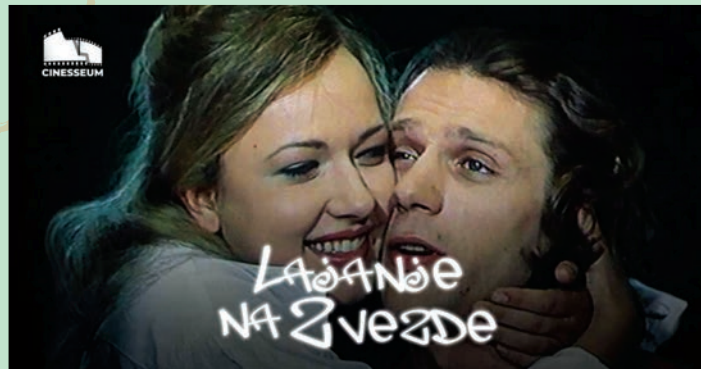
I have mostly opted for our local films, which feature movie couples that I think are quite realistic and in which we can see ourselves.

Who are your favourite movie couple?

My favourite movie couple are Danica and Mihajlo from the movie "Barking at the Stars"(Lajanje na zvezde). The story is about the last two weeks of the school year. These are the days when high school graduates can do anything, even bark at the stars and follow the beginning of two young people falling in love with each other.

Why them in particular?

Personally, I chose this movie and the couple. The film is very interesting and the plot of the film focuses on the love of two young people who are high school graduates.



Please send us your thoughts on famous movie couples to the following email: magazineforyou2003@gmail.com

Did you know?



„Kada život postane težak, ne zaboravite da se **SMEJETE**. Kada se osećate sami, zapamtite da **VOLITE**. Kada se osećate izgubljeno, setite se da **ŽIVITE**”. - **Nepoznati autor**