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MUSICBOX
KENI DIJE MRTAV

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KENI NIJE MRTAV

Uvodnik

U svetu gde je napredak ključna reč, od suštinske je važnosti da svaki tinejdžer razume osnovnu ulogu koju igra u oblikovanju budućnosti. Jedna arena u kojoj vaš glas može da napravi snažan uticaj je zalaganje za prava žena. Ovaj uvodnik ima za cilj da inspiriše i vodi tinejdžere na putu ka jednakosti, bacajući svetlo na važnost osnaživanja žena u našim životima i zajednicama.

Ženska prava nisu samo pitanje 'za odrasle'

Prvo i najvažnije, bitno je prepoznati da prava žena nisu samo pitanje 'za odrasle'. Ova prava su relevantna za život svakog tinejdžera, utičući na način na koji komuniciramo, učimo i sanjamo. Od učionica do društvenih krugova, borba za ravnopravnost je nešto čemu možemo aktivno da doprinesemo, počevši od danas.

Obrazovanje je vaše najjače oružje

Odvajite vreme da naučite o istoriji pokreta za prava žena, razumete borbe sa kojima se suočavaju žene širom sveta i upoznajte se sa herojima koji su utrljali put. Znanje je moć, a informisani tinejdžer može postati moćan zagovornik promena.

Budi saveznik

Bitno je biti saveznik. Ako ste svedoci diskriminacije ili nepravednog tretmana, progovorite o tome. Ponekad je potreban samo jedan glas da bi se pokrenuo talasni efekat promene. Budite uz svoje prijateljice, podržite njihove ciljeve i zajedno stvorite okruženje podrške u kojem svako može napredovati.

Koristite društvene medije za pozitivne promene

Društveni mediji su moćno sredstvo za promene. Koristite svoje onlajn platforme da delite informacije, izazivate stereotipe i promovirate pozitivne razgovore o pravima žena. Društveni mediji nisu samo prostor za selfije i memove; to je scena na kojoj možete pojačati važne poruke i uticati na način razmišljanja svojih vršnjaka.

Slavite dostignuća, velika i mala

Prepoznajte i cenite dostignuća žena u svom životu i šire. Bilo da se radi o učeniku iz razreda koji pobeđuje na takmičenju iz nauke ili o istorijskoj ličnosti koja ruši barijere, priznanje ovih uspeha doprinosi kulturi uvažavanja i poštovanja.

Zapamtite, borba za prava žena nije samo u tome da se devojke bore za sebe - već i o tome da dečaci i devojčice rade zajedno na stvaranju sveta u kome se prema svima postupa pravedno. Prihvatajući ovaj cilj, tinejdžeri mogu biti na čelu pozitivnih promena, oblikujući budućnost u kojoj jednakost nije samo cilj već stvarnost za sve.

Leonora

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Editorial

In a world where progress is the keyword, it's crucial for every teenager to understand the fundamental role they play in shaping the future. One arena where your voice can make a resounding impact is in championing women's rights. This editorial aims to inspire and guide teenagers on the journey towards equality, shedding light on the importance of empowering the women in our lives and communities.

Women's rights are not just a 'grown-up' issue

First and foremost, it's essential to recognize that women's rights are not just a 'grown-up' issue. They are relevant to every teenager's life, influencing the way we interact, learn, and dream. From classrooms to social circles, the fight for equality is something we can actively contribute to, starting today.

Education is your strongest weapon

Take the time to learn about the history of women's rights movements, understand the struggles faced by women around the world, and familiarize yourself with the heroes that paved the way. Knowledge is power, and an informed teenager can become a powerful advocate for change.

Be an ally

It's essential to be an ally. If you witness discrimination, or unfair treatment, speak up. Sometimes, all it takes is one voice to start a ripple effect of change. Stand by your female friends, support their goals, and together, create a supportive environment where everyone can thrive.

Use social media for positive change

Social media is a powerful tool for change. Use your online platforms to share information, challenge stereotypes, and promote positive conversations about women's rights. Social media isn't just a space for selfies and memes; it's a stage where you can amplify important messages and influence the mindset of your peers.

Celebrate achievements, big and small

Recognize and appreciate the achievements of women in your life and beyond. Whether it's a classmate winning a science competition or a historical figure breaking barriers, acknowledging these successes contributes to a culture of appreciation and respect.

Remember, the fight for women's rights isn't just about girls standing up for themselves – it's about boys and girls working together to create a world where everyone is treated fairly. By embracing this cause, teenagers can be at the front of positive change, shaping a future where equality isn't just a goal but a reality for all.

Leonora

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4You magazine

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KENI NIŇE MRTAV

NEVENA POPOVIĆ: KOŽI GOD CILJ DA IZABEREM, DAĆU SVE OD SEBE!



Ona je pre svega lepo vaspitana, dobar drug i odličan dak. Odmah na početku razgovora sa ovom dugokosom devojčicom saznajemo da je odličan dak, da ima sve petice i da je oduvek dobar primer svojim drugarima.

Nevena Popović ima dvanaest godina i pohađa šesti razred Osnovne škole 'Sveti Sava' u Sušici. Odmah na početku razgovora sa ovom nasmejanom devojčicom saznajemo da je odličan dak, da ima sve petice i da su joj omiljeni predmeti biologija i fizika. Ono što je izdvaja od drugih je neizmerna radoznalost i multi-talantovanost za razne stvari. Ima puno interesovanja, ali medicina je oblast rada u kojoj vidi sebe u budućnosti.

“Vreme na Internetu treba pametno koristiti,”

Puna je reči pohvale za svoju školu, koja joj je pružila veliku količinu znanja koja je usmerava na put medicine. “Želim da jednog dana pomazem ljudima na svaki način, a najviše u oblasti zdravlja. Zato ću izabrati medicinu i to hirurgiju, kao svoj životni poziv”, ističe odmah na početku razgovora. Od Nevene saznajemo da slobodno vreme provodi vozeći rolere,

ali i u druženju. “Ponekad idemo na piće, šetamo se, ali ipak se najbolje družimo u školi. Mislim da smo najbolji razred, jer se u školi se najbolje slažemo”, kaže nam. Dodaje i da mnogo vremena, poput svojih vršnjaka provodi na internetu, posebno na Snap Chat-u i Tik Tok-u, gde ima puno pratilaca. Ipak Nevena naglašava da vreme na Internetu treba pametno koristiti, zarad sticanja nekih novih veština. “Oduvek sam bila svestrana, pa sam pored dobrih školskih uspeha, imala i dobre rezultate na raznim vannastavnim aktivnostima”, objašnjava ona. Istakla je da redovno prati njen omiljeni 4You Magazin, gde joj se posebno sviđaju rubrike o modi i životinjama.

Učenje, druženje i smeh

Svojim vršnjacima na Kosovu poručuje da prate svoje snove, da budu uspešni i veruju u sebe i svoje potencijale. “S obzirom da danas moji vršnjaci ne haju mnogo za školu, smatram da oni trebaju





što više učiti i raditi, jer će na taj način sebi stvoriti dobru budućnost. Najbolji recept za uspeh je učenje uz mnogo šetnje, druženja i smeha. To što danas želim da dosegnem, kroz neko vreme može biti dopunjeno novim ciljevima, ali koji god cilj da izaberem, važno mi je da dam sve od sebe, jer to je put do ostvarenja snova”, naglasila je. Kaže nam i da maksimalno veruje u sebe, da ima dosta talenata i da joj je najteže bilo da se pronade u raznim stvarima u kojima je bila uspešna. Sebe ipak u budućnosti vidi kao doktorku, a mi ne sumnjamo da će biti baš tako! Neveni kao i svim ostalim đacima želimo da ispune sve svoje želje i planove i da u punom sjaju nastave da ostvaruju sve veće i veće uspehe.

Ko će biti učenik meseca u vašem odeljenju? Predložite druga ili drugaricu, predstavite nam se, recite nam zašto ste najbolji i po čemu se izdvajate od drugih, koje su vaše vrednosti kojih se pridržavate i šta vam je krajnji cilj? Pozivamo Vas na upoznavanje, a najbolji od Vas naći će se na stranicama našeg i vašeg Magazina 4YOU.

NEVENA POPOVIC: *WHATEVER GOAL I CHOOSE, I WILL DO MY BEST!*

She is, above all, well-mannered, a good friend and an excellent student. At the very beginning of the conversation with this long-haired girl, we learned that she is an excellent student, that she gets all A's and that she always sets a good example to her friends

Nevena Popovic is twelve years old and is in grade six at the St Sava Elementary School in Susica. At the very beginning of the conversation with this smiling girl, we learned that she is an excellent student, that she gets all A's and that her favorite subjects are biology and physics. What sets her apart from others is her immense curiosity and multi-talentedness for various things. She has many interests, but medicine is a field where she sees herself in the future.

“Time on the Internet should be used wisely”

She is full of praise for her school, which has given her a wealth of knowledge that is guiding her on the path of medicine. “One day, I wish to help people in every way, especially in the field of health. That is why I will choose medicine, specifically surgery, as my life vocation,” she stressed right at the beginning of the conversation. We learned from Nevena that she spends her free time rollerblading, as well as socializing. “Sometimes we go for a drink, we go for a walk, but our best time together is still at school. I think we are the best class, because we get along best at school,” she told us. She also added that, like her peers, she spends a lot of time on the Internet, especially on Snap Chat and Tik Tok, where she has many followers. However, Nevena emphasizes that time on the Internet should be used wisely, and for the sake of acquiring some new skills. “I have always been versatile, so in addition to good school achievements, I have also had good results in various extracurricular activities,” she explained. She noted that she regularly follows her favorite 4You Magazine, where she particularly likes the fashion and animals sections.

Learning, socializing and laughing

Her message to peers in Kosovo is to follow their dreams, to be successful and to believe in themselves and their potentials. “Given that today my peers do not care much about school, I believe that they should study and work as much as possible, because that way they will create a good future for themselves. The best recipe for success is learning with lots of walking, socializing and laughing. What I want to achieve today can be supplemented with new goals over time, but whatever goal I choose, it is important for me to do my best, because this is the way to fulfilling one's dreams,” she emphasized. She also told us that she has maximal confidence in herself, that she has many talents and that the hardest thing for her was to find herself in various things that she was successful in. Nevertheless, she sees herself as a doctor in the future, and we have no doubt that it will be so! We wish Nevena, as well as all other students, to fulfill all their wishes and plans and to continue to achieve bigger and greater successes in their full glory.

Who will be the student of the month in your class? Suggest a friend, introduce yourself to us, tell us why you are the best and what sets you apart from others, what your values are, and what your ultimate goal is. We invite you to get to know each other, and the best of you will be featured on the pages of our and your 4YOU Magazine.

OSNAŽIVANJE MLADIH: POKRETAČI POZITIVNIH PROMENA

U svetu u kojem izazovi često zasenjuju nadu, važno je da svoj potencijal stavite u prvi plan, našu omladinu kao katalizatore pozitivne transformacije. Uprkos preprekama sa kojima se suočavate, vi napredujete, zalažući se za promene i čineći da se vaš glas čuje glasno i jasno.

Manifestacija „Živa biblioteka“: Izvor inspiracije

Priština je nedavno bila domaćin jednog izuzetnog događaja pod nazivom „Živa biblioteka“, koji su organizovali Community Building Mitrovica, Nova društvena inicijativa i Inicijativa mladih za ljudska prava - Kosovo, uz podršku USAID-a. Ovaj skup je obezbedio platformu mladim aktivistima za ljudska prava iz različitih zajednica gde su mogli da podele svoje inspirativne priče i prikažu svoj neumoran trud u cilju jačanja trajnog mira na Kosovu.

Aktivizam mladih: Put ka napretku

U srži događaja bio je snažan poziv na aktivizam mladih kao kamen temeljac društvenog napretka. Dimitrije Obrenović, pasionirani aktivista iz Severne Mitrovice, istakao je: „Aktivna omladina igra ključnu ulogu u rešavanju gorućih društvenih problema. Za nas mlade zagovornike mir nije samo daleki ideal, već opipljiv cilj, koji zahteva duboko razumevanje i koordinisane napore ka pomirenju.“ „Suprotno uvreženim zabudama, današnja omladina je daleko od apatične“, izjavila je Andrea Todić, entuzijastična učesnica ovog



događaja. Ona je takođe istakla evoluirajuću prirodu aktivizma u digitalnoj eri. „Dok su se tradicionalne forme protesta možda izgubile, mladi ljudi koriste moć društvenih medija da pokrenu i utiču na promene. Andrea je s pravom primetila da bez obzira na ove promene, suština aktivizma ostaje nepokolebljiva, usađena u kolektivnoj viziji stvaranja pravednijeg i mirnijeg društva.

Priče o izdržljivosti: Glasovi koji inspirišu

Jedna od najupečatljivijih priča došla je od Rubije Redžepi, devetnaestogodišnje Romkinje iz Kamenice. Uprkos sistemskim preprekama i diskriminaciji sa kojima se suočavala, Rubija je postala čvrst zagovornik prava marginalizovanih zajednica. Njena odlučnost služi kao izvor nade, inspirišući druge da se pridruže

borbi za pravdu i jednakost. „Od detinjstva sam želela da budem aktivna i da doprinesem poboljšanju života ljudi u mojoj zajednici. Odrastanje kao devojčica romske nacionalnosti nije bilo lako. Međutim, danas, zahvaljujući svom volonterskom radu, naučila sam da budem ponosna na



svoje poreklo. Zato neprestano ohrabrujem sve svoje vršnjake, bez obzira na njihovu etničku pripadnost, da postanu aktivisti i rade na izgradnji istinski demokratskog i pravednog društva." U vezi sa ovim događajem, Elena Sahatčiu, učenica prištinske Gimnazije je istakla: „Učestvovanje u ovoj aktivnosti nam je pomoglo da upoznamo stvarne ljude koji su direktno radili kao aktivisti na stvaranju pozitivnih promena u društvu. Takođe mi je pomoglo da shvatim da svi zajedno treba da radimo za bolju budućnost. Jer samo tako možemo napredovati. Volonterizam je važan jer društvo ne može da napreduje ako razmišljamo samo o sopstvenim interesima i ličnim koristima.”

Sejanje semena razumevanja: Uloga saradnje

Sada već četvrtu godinu zaredom, događaj „Živa biblioteka“ nastavlja da neguje dijalog i empatiju u različitim zajednicama. Anida Đurđialji, koordinatorka projekta, istakla je ključnu ulogu umrežavanja i saradnje u ostvarivanju pozitivnih društvenih promena. „Kroz ovu tekuću inicijativu, mladi aktivisti će nastaviti da pojačavaju svoj glas, pokrećući talas podrške za inkluzivniju i složniju budućnost.”

Težite ka svetu koji karakteriše mir i prosperitet

Glavna lekcija i poruka sa ovog događaja bila je da ste vi, mladi, sredstvo u oblikovanju saosećajnijeg i kohezivnijeg društva. Od digitalnog zagovaranja do mobilizacije građana, vaša predanost i posvećenost socijalnoj pravdi ne poznaje granice. Dok mapirate kurs ka boljoj sutrašnjici, odazovite se pozivu na aktivizam, okupite se iza ovog cilja i kolektivno težite ka svetu koji karakteriše mir i prosperitet za sve.



EMPOWERING YOUTH: AGENTS OF POSITIVE CHANGE

In a world where challenges often overshadow hope, it is imperative to shine a spotlight on your potential, our youth as catalysts for positive transformation. Despite the obstacles you face, you are stepping up, advocating for change, and making your voice heard loud and clear.

"Living Library" Event: A source of inspiration

Pristina recently played host to a remarkable event called the "Living Library", orchestrated by Community Building Mitrovica, New Social Initiative and Youth Initiative for Human Rights - Kosovo, supported by USAID. This gathering provided a platform for young human rights activists from diverse communities to share their inspiring stories and shed light on their tireless efforts towards fostering enduring peace in Kosovo.

Youth activism: A pathway to progress

At the heart of the event was a resounding call for youth activism as a cornerstone of societal progress. Dimitrije Obrenović, a passionate activist from North Mitrovica, emphasized: "Active youth plays a key role engagement in addressing pressing social issues. For us young advocates, peace is not merely a distant ideal but a tangible goal, requiring deep understanding and coordinated efforts towards reconciliation." "Contrary to prevailing misconceptions, today's youth are far from apathetic," stated Andrea Todić, an enthusiastic participant of this event. She also highlighted the evolving nature of activism in the digital age. "While traditional forms of protest may have dwindled, young people are harnessing the power of social media to mobilize and effect change." Andrea aptly noted that despite these shifts, the essence of activism remains steadfast, rooted in the collective vision of forging a more equitable and peaceful society.

Stories of resilience: Voices that inspire

One of the most impactful narratives came from Rubija Redžepi, a nineteen-year-old Roma from Kamenica. Despite facing systemic barriers and discrimination, Rubija emerged as a firm advocate, championing the rights of marginalized communities. Her resolve serves as a source of hope, inspiring others to join the fight for justice and equality. "Since my childhood I wanted to be active and contribute to improve the lives of the people of my community. Growing up as a Roma girl was not easy.

However, today thanks to my work as a volunteer I have learned to be proud of my origin. That is why I keep encouraging all my peers regardless of their ethnic background to become activists and work towards building a truly democratic and just society." In relation to the event Elena Sahatčiu, a student from Prishtina High School stressed: "Participating in this activity helped us meet real people who have worked directly as activists to bring about positive changes in society. It also helped me understand that we all need to work together for a better future. Because only then we can progress. Volunteerism is important because society cannot progress if we only think about our own interests and personal gains."

Sowing seeds of understanding: The role of collaboration

Now in its fourth year, the "Living Library" event continues to foster dialogue and empathy across disparate communities. Anida Gjurgjiali, the project coordinator, underscored the pivotal role of networking and collaboration in effecting positive societal change. "Through this ongoing initiative, young activists will continue to amplify their voices, catalyzing a groundswell of support for a more inclusive and harmonious future."

Strive towards a world defined by peace and prosperity

The main lesson and message from this event was that you, the youth, are instrumental in sculpting a more compassionate and cohesive society. From digital advocacy to grassroots mobilization, your dedicated commitment to social justice knows no bounds. As you chart a course towards tomorrow, respond to the call for activism, rally behind this cause, and collectively strive towards a world defined by peace and prosperity for all.

PRIHVATANJE TRADICIJE UTICAJ TRADICIONALNE KULTURE ODEVANJA NA SAVREMENE MODNE TRENDOVE

Moda je više od pukog odevanja; ona je izraz identiteta, kulture i kreativnosti koja duboko odražava duh čovečanstva. U svetu koji slavi individualnost, a lični stil je iznad svega, moda postaje moćno sredstvo samoizražavanja. Od odeće koju odlučimo da obučemo do modnih dodataka i načina na koji se ulepšavamo, svaki izbor koji napravimo odražava našu ličnost, vrednosti i težnje. Ali izvan domena ličnog stila, moda ima dublje značenje koje prevazilazi individualne preferencije. To je oblik kulturnog izražavanja, način na koji zajednice slave svoje nasleđe, istoriju i tradiciju.



Ponovno otkrivanje nasleđa

U svetu u kojem prevladava brza moda i prolazni trendovi, mnogi se okreću tradicionalnoj modi zbog osećaja povezanosti sa svojim korenima. Od domorodačkih zajednica koje se vraćaju odeći svojih predaka do modnih dizajnera koji crpe inspiraciju iz kulturnog nasleđa, ponovo su na ceni priče utkane u svaki šav.

Nova klasika

Tradicionalna odeća nije relikv prošliosti, već živi izraz kulturnog identiteta. Dizajneri daju savremenu notu klasičnim siluetama, ubacujući tradicionalne motive sa modernim štihom. Rezultat? Jedinstveni odevni komadi koji odaju počast tradiciji dok istovremeno slave individualnost. Na primer, povratak kimona u kolekcijama visoke mode, u kombinaciji sa džinsom ili kožom, ilustruje ovu fuziju starog i novog.



Slavimo različitosti

Tradicionalna moda je proslava različitosti, koja odražava bogatu tapiseriju globalnih kultura. Od živopisnih šara afričkih materijala do kompleksnog veza na južnoazijskoj nošnji, tradicionalna kultura odevanja nas podstiče da prihvatimo i slavimo naše različitosti. Prihvatanje tradicionalne mode omogućava pojedincima da ponosno izraze svoje

kulturno nasleđe, dok u isto vreme neguju osećaj inkluzivnosti i uvažavanja različitih identiteta.

Osnaživanje zajednica

Osim estetike, tradicionalna kultura odevanja igra važnu ulogu u osnaživanju zajednica i očuvanju kulturnog nasleđa. Podržavajući zanatlije i majstore, doprinosimo održivom životu i osiguravamo da se tradicionalne veštine prenose na buduće generacije. Organizacije i inicijative fokusirane na praksu trgovine i napore za očuvanje kulture ističu važnost etičke potrošnje i osnaživanja zajednica u okviru modne industrije.

Moderno i tradicionalno

Lepota tradicionalne mode leži u njenoj sposobnosti da se razvija u skladu sa duhom vremena, a da ostane



verna svojim korenima. Danas vidimo fuziju tradicionalnih i savremenih elemenata, brišući granice između prošlosti i sadašnjosti. Bilo da je u pitanju jakna inspirisana kimonom ili moderna verzija škotskog kilta, tradicionalna moda nastavlja da inspiriše inovaciju i kreativnost. Ovo mešanje starog i novog ne samo da udahnuje novi život vekovnim stilovima već i omogućava očuvanje i reinterpretaciju kulturnog nasleđa u modernom kontekstu.

Prihvatanje održive mode

Kako postajemo svesniji uticaja našeg izbora odeće na životnu sredinu, tradicionalna moda nudi održivu alternativu. Ručno izrađena odeća napravljena od prirodnih materijala ne samo da smanjuje ugljični otisak, već i podržava tradicionalnu izradu i promoviše etičku modnu praksu. Odlučujući se za tradicionalne modne komade, potrošači imaju mogućnost da prave ekološki odgovorne izbore i istovremeno doprinose očuvanju kulturnog nasleđa i zanatskih tradicija.

Zaključak

U svetu u kome trendovi dolaze i odlaze, tradicionalna kultura odevanja stoji kao vanvremenski svetionik lepote, nasleđa i autentičnosti. Prihvatajući svoje korene i slaveći raznolikost kultura, ne samo da obogaćujemo svoju garderobu, već i odajemo počast pričama i tradicijama koje nas sve povezuju.

EMBRACING TRADITION THE INFLUENCE OF TRADITIONAL FASHION CULTURE ON MODERN STYLE

Fashion is more than just clothing; it's an expression of identity, culture, and creativity that resonates deeply with humanity. In a world where individuality is celebrated and personal style is paramount, fashion becomes a powerful means of self-expression. From the clothes we choose to wear to the way we accessorize and adorn ourselves, every choice we make reflects our personality, values, and aspirations. But beyond the realm of personal style, fashion holds a deeper meaning that transcends individual preferences. It is a form of cultural expression, a way for communities to celebrate their heritage, history, and traditions.

Rediscovering heritage

In a world driven by fast fashion and changing trends, many are turning to traditional fashion for a sense of connection to their roots. From Indigenous communities reclaiming their ancestral attire to fashion designers drawing inspiration from cultural heritage, there's a renewed appreciation for the stories woven into every stitch.

Reimagining the classics

Traditional clothes are not relics of the past but living expressions of cultural identity. Designers are putting a contemporary spin on classic silhouettes, combining traditional motifs with modern flair. The result? Unique pieces that honor tradition while celebrating individuality. For instance, the resurgence of the kimono in high fashion collections, paired with denim or leather, illustrates this fusion of old and new.

Celebrating diversity

Traditional fashion is a celebration of diversity, reflecting the rich tapestry of global cultures. From the vibrant patterns of African textiles to the intricate embroidery of South Asian attire, traditional fashion culture encourages us to embrace and celebrate our differences. Embracing traditional fashion allows individuals to express their cultural heritage proudly while fostering a sense of inclusivity and appreciation for diverse identities.

Empowering communities

Beyond aesthetics, traditional fashion culture plays a vital role in empowering communities and preserving cultural heritage. By supporting artisans and craftsmen, we contribute to sustainable livelihoods and ensure that traditional skills are passed down to future generations. Organizations and initiatives focused on fair trade practices and cultural preservation efforts highlight

the importance of ethical consumption and community empowerment within the fashion industry.

Innovating with tradition

The beauty of traditional fashion lies in its ability to evolve with the times while staying true to its roots. Today, we see a fusion of traditional and contemporary elements, blurring the lines between past and present. Whether it's a kimono-inspired jacket or a modern twist on the Scottish kilt, traditional fashion continues to inspire innovation and creativity. This combination of old and new not only breathes new life into old styles but also allows for the preservation and reinterpretation of cultural heritage in a modern context.

Embracing sustainable fashion

As we become more conscious of the environmental impact of our clothing choices, traditional fashion offers a sustainable alternative. Handcrafted garments made from natural materials not only reduce our carbon footprint but also support traditional craftsmanship and promote ethical fashion practices. By opting for traditional fashion pieces, consumers can make environmentally responsible choices while contributing to the preservation of cultural heritage and artisanal traditions.

Conclusion

In a world where trends come and go, traditional fashion culture stands as a timeless beacon of beauty, heritage, and authenticity. By embracing our roots and celebrating the diversity of global cultures, we not only enrich our wardrobes but also honor the stories and traditions that connect us all.

KENI NIJE MRTAV:

ISTRAŽNOST KAO KLJUČ USPEHA

Gitarski trio "Keni nije mrtav" čine Mateja Đokić (gitara, glavni vokal), Matija Pešić (bas, prateći vokal) i Sava Tomić (bubanj). Ovaj bend, osnovan u Kruševcu 2017. godine, često se svrstava u žanrove poput pank roka, pop pank i alternativnog roka, a prepoznatljivi su po svojim jedinstvenim koncertnim performansima. Mnogi ih opisuju kao jedan od "najaktivnijih bendova u regionu" zbog svojih upečatljivih nastupa.

Započeli su koncertnu sezonu za 2024. godinu u Novom Sadu, a već krajem januara održali su nastup u Privatnom kulturnom centru "Akvarijus" u severnom delu Mitrovice. Razgovarali smo sa članovima benda pred njihov mitrovički nastup, na kojem su predstavili svoj album "Ajmo da plešemo" i prvi put izveli pesmu "Dijamanti", sa kojom su se takmičili na beogradskom festivalu "Pesma za Evroviziju 2024".

Počeci benda

Osnivanje benda proizašlo je iz ideje



Mateja, a pre samog formiranja benda, Mateja i Matija su amaterski svirali, inspirisani muzikom bendova poput Six Pack, Korn, Slipknot i Limp Bizkit. Sava, osim što svira bubnjeve, preuzeo je ulogu producenta benda. Prvi nastup ovog sastava desio se u avgustu 2017. godine tokom Grizlijade u Kruševcu. "Posle prve svirke, znali smo da će ovo biti naš put", kaže Mateja na početku razgovora za 4You Magazin. Trio se slaže da je za uspeh benda potrebno mnogo vežbanja, sviranja i strpljenja, ali takođe naglašavaju i važnost doslednosti. "Rokenrol je kao stari zanat

koji se gradi i kali, ali ključ je održati viziju i doslednost planu. Uspeh će doći kada bude vreme za to", ističe Mateja. Prva pesma koju su stvorili nosi naziv "PBR" (Par besmislenih reči), a Mateja ju je napisao dok je bio u srednjoj školi. Bend se svrstava u moderni alternativni rok, ali ih odlikuje izrazita energičnost i buntovnost.

Objavlivanje albuma

Debitantski album "Ajmo da plešemo" objavljen je 5. novembra 2021. godine putem interneta u izdanju izdavačke kuće 'Mascom Records'. Zvuk albuma kombinuje elemente pank muzike, pop-panka i alternativnog roka. Singlovi "Venecijaneri", "Samodisciplina" i "Vetar" najavili su izdanje, dok su u decembru 2021. godine objavili spotove za pesme "Samodisciplina", "Ajmo da plešemo" i "Vetar". Album se našao na nekoliko lista najboljih albuma 2021. godine, a pesma "Samodisciplina" bila je u finalu konkursa za nagradu Milan Mladenović 2021. godine. Promociju albuma započeli su turnejom u Ljubljani, a zatim su nastupili u Beogradu, Bijeljini, Novom Sadu, Nišu, Sarajevu, Mostaru i Kruševcu. Krajem februara prošle godine, bend je predstavio singl "Pod tvojim prstima" - zavodljivu i modernu rokenrol pesmu.





„Keni nije mrtav“
 Naziv benda "Keni nije mrtav" aludira na šalu iz animiranog filma "Saut Park", u kojoj lik Kenija Makormika umire na različite načine. Matija, veliki fan ovog crtanog filma, zaslužan je za naziv benda. Želeli su da poruču da je Keni simbol pank, a da pank, ipak, nije mrtav. Bend je stekao pažnju na raznim svirkama i muzičkim festivalima širom Srbije i regiona, uključujući Koncerte na Zidiću, Beogradski festival piva, Nišvil i Egzit. Pesmom "Dijamanti" učestvovali su u prvoj polufinalnoj večeri i plasirali se u finale festivala "Pesma za Evroviziju 2024", gde se birao predstavnik Srbije na Pesmi Evrovizije, koja se ove godine održava u Malmeu, u Švedskoj. Bend "Keni nije mrtav" ima poruku za mlade bendove i muzičare koji tek počinju svoj put: "Da bi bend postao bend, mora se mnogo vežbati i svirati. Potrebno je mnogo vremena i godina da bi se postiglo nešto. Mi smo vežbali mnogo i verujemo da smo danas uspešni."

KENNY'S NOT DEAD:

PERSISTENCE AS THE KEY TO SUCCESS

The guitar trio "Kenny is not dead" consists of Mateja Djokic (guitar, lead vocals), Matija Pesic (bass, backing vocals) and Sava Tomic (drums). This band, established in Krusevac in 2017, is often classified into genres such as punk rock, pop punk and alternative rock, and they are recognizable for their unique concert performances. They are described by many as one of the "most active bands in the region" due to their impressive performances.

They started the concert 2024 season in Novi Sad, and by the end of January they performed at the Private Cultural Center "Aquarius" in the northern part of Mitrovica. We spoke with the band members before their performance in Mitrovica, where they presented their album "Let's Dance" and performed the song "Diamonds" for the first time, with which they are competing at the Belgrade festival " Eurovision Song 2024".

The beginnings of the band

The founding of the band came from Mateja's idea, and before the formation of the band, Mateja and Matija played as amateurs, inspired by the music of bands like Six Pack, Korn, Slipknot and Limp Bizkit. Sava, in addition to playing drums, took on the role of the band's producer. The first performance of this band took place in August 2017 during the Grizijada in Krusevac. "After the first gig, we knew that this would be our path," says Mateja at the beginning of the conversation with 4You Magazine. The trio agree that it takes a lot of practice, playing and patience for the band to succeed, but they also emphasize the importance of consistency. "Rock and roll is like an old craft that is built and honed, but the key is to maintain the vision and consistency of the plan. Success will come when the time is right," Mateja emphasizes. The first song they created is called "PBR" (Pair of Meaningless Words), and Mateja wrote it while he was in high school. The band belongs to modern alternative rock, but they are distinguished by their distinct energy and rebelliousness.

Album release

The debut album "Let's dance" was released on November 5, 2021 via the Internet by the publishing house of 'Mascom Records'. The sound of the album combines elements of punk music, pop-punk and alternative rock. Singles "Venetian blind", "Self-discipline" and "The Wind" marked the release, while in December 2021 they released videos for the songs "Self-discipline", "Let's dance"

and "The Wind". The album was included in several lists of the best albums of 2021, and the song "Self-discipline" was in the final of the competition for the 2021 Milan Mladenovic Awards. They started the promotion of the album with a tour in Ljubljana, and then performed in Belgrade, Bijeljina, Novi Sad, Nis, Sarajevo, Mostar and Krusevac. At the end of February last year, the band presented their single "Under Your Fingers" - a seductive and modern rock and roll song.

"Kenny's Not Dead"

The band's name "Kenny's Not Dead" alludes to a joke from the animated movie "South Park", in which Kenny McCormick's character dies in various ways. Matija, a big fan of this cartoon, is responsible for the name of the band. They wanted to say that Kenny is a symbol of punk, and that punk is still not dead. The band gained attention at various gigs and music festivals throughout Serbia and the region, including Concerts in Zidis, Belgrade Beer Festival, Nishville and Exit. With the song "Diamonds", they participated in the first semi-final and final night of the "Eurovision Song 2024" festival, where the representative of Serbia is selected at the Eurovision Song Contest, which will be held this year in Malmö, Sweden. The band "Kenny is not dead" has a message for young bands and musicians who are just starting their journey: "In order for a band to become a band, you have to practice and play a lot. It takes a lot of time and years to achieve something. We practiced a lot and we believe we are successful today."

KFOR DONIRAO REKREATIVNU OPREMU NVO „CBM“ U MITROVICI



Kao dirljiv prikaz saradnje, Kosovske snage (KFOR) su nedavno donirale odabranu rekreativnu opremu nevladinoj organizaciji Community Building Mitrovica (CBM). Ceremoniji primopredaje, održanoj u sedištu CBM-a, prisustvovali su potpukovnik Marta Nigrele, šef kancelarije za odnose sa javnošću Regionalne komande Istok, zajedno sa predstavnicima KFOR-CIMIC (Civilno-vojna saradnja) i LMT jedinica (Tim za vezu i monitoring), kao i CBM uključujući Nemanju Nestorovića, zamenika direktora i Rinu Hadžimehmeti (Rina Haxhimehmeti), službenicu za komunikacije.

Raznolikost nas može učiniti jačima

Potpukovnik Marta Nigrele, koja je predstavljala pukovnika Rosa Vokera, komandanta regionalne komande Istok, izrazila je posvećenost KFOR-a naporima za izgradnju mira. „Uvek tražimo mogućnosti da promovišemo izgradnju mira, tražeći trajne uticaje na zajednice kako bismo otvorili okruženje za miran dijalog i isceljenje“, rekla je ona. Naglašavajući značaj različitosti, Nigrele je istakla multietničku zajednicu u Mitrovici i važnost negovanja okruženja za buduće generacije.

Donacija uključuje bicikle, hula hop, košarkaške lopte, fudbalske lopte, projektor i razne druge stvari koje imaju za cilj pružanje rekreativnih mogućnosti za decu u zajednici. Poruka Nigrele je odražavala osećaj da različitost jača zajednice, ohrabrujući pojedince da izađu iz svojih tipičnih krugova i formiraju trajna prijateljstva sa ljudima različitog porekla.

Ova donacija podstiče inkluzivnost unutar grada

Nemanja Nestorović, zamenik direktora CBM-a, izrazio je zahvalnost na vrednoj donaciji, navodeći kako će oprema, uključujući i preko potreban projektor, podržati njihove aktivnosti ne samo u Mitrovici, već i u širem regionu Kosova. Pored toga, Nestorović je istakao specifične potrebe dve škole

u Mitrovici za decu sa smetnjama u razvoju. Donirana oprema će pomoći u održavanju redovne nastave za ovu marginalizovanu grupu, podstičući inkluzivnost u gradu.

Nestorovićevo poruka mladima istakla je ulogu pojedinca u izgradnji mira. „Mir počinje od nas, u našim pojedinačnim akcijama i aktivnostima koje možemo kolektivno sprovesti u zajednici, da zajedno idemo napred i živimo u modernom demokratskom društvu.“

Zajedno možemo ojačati ovaj lanac dobrote

Rina Hadžimehmeti, službenica za komunikacije u CBM, dodala je dalje,

naglašavajući važnost ovakvih donacija za njihovu organizaciju. Oprema, uključujući košarkaške lopte, fudbalske lopte i bicikle, biće namenjena dvema školama za decu sa smetnjama u razvoju u južnoj i severnoj Mitrovici. Hadžimehmeti je istakla da je svaki doprinos zarad poboljšanja svakodnevnih aktivnosti i kvaliteta života ove dece dragocen i dobrodošao.

CBM, radeći sa ljudima svih uzrasta i etničkog porekla, ima za cilj da ujedini zajednice kroz različite aktivnosti, rušeći komunikacijske barijere. Hadžimehmeti je izrazila zahvalnost na kontinuiranoj podršci KFOR-a, ističući značaj partnerstva u tome da Kosovo postane bolje mesto. „Zajedno





Potpukovnik Marta Nigrelle

možemo ojačati ovaj lanac dobrote i to je jedini način da prodremo i pomognemo tamo gde je potrebno da Kosovo bude bolje mesto, svaki doprinos koji se daje ka poboljšanju svakodnevnih aktivnosti i kvaliteta života ove dece je dragocen i dobrodošao."



Ovaj zajednički napor između KFOR-a i CBM-a ne samo da simbolizuje posvećenost izgradnji mira, već služi i kao svedočanstvo o pozitivnom uticaju koji jednostavno velikodušna dela mogu imati na živote dece na Kosovu. Podstičući inkluzivnost i pružajući mogućnosti za rekreaciju, ove organizacije seju seme za harmoničnu i ujedinjenu budućnost, u kojoj prijateljstva cvetaju u različitim sredinama.

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KFOR DONATES RECREATIONAL EQUIPMENT TO NGO 'CBM' IN MITROVICA

In a heartwarming display of collaboration, the Kosovo Force (KFOR) recently donated a selection of recreational equipment to the Community Building Mitrovica (CBM) non-governmental organization. The handover ceremony, held at CBM's headquarters, was attended by Lieutenant Colonel Martha Nigrelle, the Chief of Public Affairs for Regional Command East, along with representatives of KFOR CIMIC (Civil-Military Cooperation) and LMT units, as well as CBM including Nemanja Nestorović, the Deputy Director, and Rina Haxhimehmeti, the Communication Officer.

Diversity can make us stronger

Lieutenant Colonel Martha Nigrelle, representing Colonel Ross Walker, Commander of Regional Command East, expressed the KFOR's commitment to peace-building efforts. "We are always looking for opportunities to promote peace building, seeking lasting impacts on communities to open an environment for peaceful dialogue and healing," she stated. Emphasizing the significance of diversity, Nigrelle highlighted the multiethnic community in Mitrovica and the importance of fostering an environment for future generations.

The donation includes bikes, hula hoops, basketballs, footballs, a projector, and various other items aimed at providing recreational opportunities for children in the community. Nigrelle's message echoed the feeling that diversity strengthens communities, encouraging individuals to reach beyond their typical circles and form lasting friendships with people from different backgrounds.

This donation fosters inclusivity within the city

Nemanja Nestorović, Deputy Director of CBM, expressed gratitude for the valuable donation, detailing how the equipment, including a much-needed projector, will support their activities not only in Mitrovica but also in the broader region of Kosovo. Additionally, Nestorović highlighted the specific needs of two schools in Mitrovica catering to children with developmental challenges. The donated equipment will aid in maintaining regular classes for this marginalized group, fostering inclusivity within the city.

Nestorović's message to the youth emphasized the role individuals play in building peace. "Peace begins with us,

in our individual actions and activities that we can collectively implement in the community to move forward together and live in a modern democratic society."

Together, we can strengthen this chain of goodness

Rina Haxhimehmeti, Communication Officer at CBM, added further insights, emphasizing the importance of such donations for their organization. The equipment, including basketballs, footballs, and bicycles, will be dedicated to two schools catering to children with special needs in both South and North Mitrovica. Haxhimehmeti stressed that every contribution made towards improving the daily activities and quality of life for these children is precious and welcomed.

CBM, working with people of all ages and ethnic backgrounds, aims to unite communities through various activities, breaking down communication barriers. Haxhimehmeti expressed gratitude for the ongoing support from KFOR, highlighting the significance of partnerships in making Kosovo a better place. "Together, we can strengthen this chain of goodness and it is the only way to penetrate and help where it is needed to make Kosovo a better place."

This collaborative effort between KFOR and CBM not only symbolizes the dedication to peacebuilding but also serves as a testament to the positive impact that simple acts of generosity can have on the lives of children in Kosovo. By fostering inclusivity and providing recreational opportunities, these organizations are sowing the seeds for a harmonious and united future, one where friendships blossom across diverse backgrounds.

UMETNIČKE GALERIJE

Muzeji i galerije širom sveta predstavljaju bogatstvo kulture, istorije i kreativnosti, bez obzira na to da li istražujemo svetski poznate muzeje sa remek-delima ili skrivene galerije sa lokalnim umetnicima. Upravo zbog toga izbor najboljih umetničkih galerija i muzeja na svetu može da zavisi od različitih kriterijuma, kao što su veličina kolekcije, prestižnost, značaj umetničkih dela koja se izlažu, arhitektura prostora i drugih karakteristika. Stoga, mi smo naš izbor sveli na četiri najbolja i u nastavku pročitajte opširnije o njima.



LUVR, PARIZ, FRANCUSKA

Jedan je od najpoznatijih muzeja na svetu, dom brojnim remek-delima, uključujući "Mona Lizu" i "Veneru de Milo". Luvr je ujedno najveći svetski muzej, ali i najposećeniji. To je grad u gradu, ogroman lavirint galerija na više nivoa, prolaza, stepeništa i pokretnih stepenica. U ovom muzeju izloženo je oko 35.000 umetničkih dela i artefakata, podeljenih u osam odeljenja i smeštenih u tri krila: Denon, Suli (Sulli) i Rišelje (Richelieu). Ispod atrijuma staklene piramide, svako krilo ima svoj ulaz, mada možete preći iz jednog u drugo. Blago Egipćana, Etruraca, Grka i Rimljana ima svako svoje galerije u krilima Denon i Sulli, kao i bliskoistočna i islamska umetnost. Ovaj muzej možete posetiti i onlajn, naime veb stranica Luvra, od koje je većina na engleskom, je nenadmašan resurs.



GALERIJA UFFIZI - FIRENCA, ITALIJA

Galerija je smeštena u Palati Uffizi, koja je prvobitno izgrađena kao kancelarije za firentinske magistrature u 16. veku, a dizajnirao je italijanski slikar Đorđo Vazari. Proširene kolonade, linearni stubovi i tradicionalni frontovi savršeno se uklapaju sa zadivljujućim umetničkim delima smeštenim unutar zidova same galerije, pa je zato ovo mesto arhitektonski fascinantno. Ova galerija čuva najvažniju zbirku renesansne umetnosti, uključujući dela Botičelija, Mikelandela, Leonarda da Vinčija i Rafaela, a čuveno delo "Rođenja Venera" Botičelija, privlači umetničke entuzijaste iz celog sveta. Ovde se nalaze i dela Karavađa, Rembranta i mnogih drugih. Galerija često organizuje izložbe, predavanja i druge kulturne događaje.



MUZEJ MODERNE UMETNOSTI (MOMA) - NJUJORK, SAD

Muzej MoMA (Museum of Modern Arts) u Njujorku, jedan je od najuticajnijih i najpoznatijih muzeja, koji svake godine privlači sve veći broj zaljubljenika u modernu umetnost. Ovaj muzej može da se pohvali najimpozantnijom kolekcijom savremene i moderne umetnosti. Nalazi se u centru Menhetna i poznat je kao prvi otvoreni muzej moderne umetnosti u Sjedinjenim Američkim Državama. Njegovu bogatu kolekciju krase dela iz raznih oblasti, kao što su fotografija, slika, grafika, ilustracija, arhitektura, film,

dizajn, elektronski mediji i crtež. MoMA muzej predstavlja jedan od najposećenijih muzeja današnjice i može da se pohvaliti ogromnim brojem održanih izložbi najvećih svetskih umetnika i proizvođača, od čuvenih slikara Pikasa i Mondriana, pa sve do izložbi velikih svetskih kompanija kao što su Apple i Adidas.



PRADO, MADRID, ŠPANIJA

Osnovan je davne 1818. godine od strane kralja Španije Fernando VII, a otvoren godinu dana kasnije, pod nazivom "Kraljevski muzej i javna ustanova Prado" (Real Museo de Pintura y Escultura). Danas je ovaj madridski muzej, jedan od najposećenijih muzeja umetnosti na svetu. Trenutno se u Prado muzeju čuva impresivna kolekcija, koja broji preko 34.000 umetničkih dela i obuhvata slike, skulpture, crteže, tapiserije i druge umetničke forme. Dela potiču iz različitih perioda evropske umetnosti, uključujući špansku, italijansku, nizozemsku i flamansku umetnost, što Prado čini jednim od najznačajnijih muzeja evropske umetnosti. Muzej je posebno poznat po svom impresivnom fondu španske umetnosti iz Zlatnog veka, uključujući dela slikara kao što su Velasquez, Goja i El Greko. Među remek-delima koja se čuvaju u Pradu su i slike poznatih majstora poput Ticijana, Rubensa, Karavađa, Rafaela i mnogih drugih.

ART GALLERIES

Museums and galleries around the world represent the richness of culture, history and creativity, whether we are exploring world-famous museums with masterpieces or secluded galleries with local artists. That is precisely why the selection of the best art galleries and museums in the world can depend on various criteria, such as the size of the collection, prestige, importance of the works of art that are exhibited, the architecture of the space and other characteristics. Therefore, we narrowed our selection down to four of the best. Read more about them below.

LOUVRE, PARIS, FRANCE

It is one of the most popular museums in the world, home to numerous masterpieces, including the Mona Lisa and the Venus de Milo. The Louvre is also the world's largest museum, as well as the most visited one. It is a city within a city, a vast multi-level maze of galleries, staircases, passages and escalators. About 35,000 works of art and artefacts are exhibited in the museum, divided into eight departments and housed in three wings: Denon, Sully and Richelieu. Beneath the atrium of the glass pyramid, each wing has its own entrance, although you can also move from one wing to another. The treasures of the Egyptians, Etruscans, Greeks and Romans each have their own galleries in the Denon and Sully wings, as does the Middle Eastern and Islamic art. You can also visit this museum online. The Louvre website, most of which is in English, is an unparalleled resource.

Modern Art) in New York is one of the most influential and popular museums, which attracts more and more enthusiasts of modern art every year. This museum boasts the most impressive collection of contemporary and modern art. It is located in midtown Manhattan and is known as the first established museum of modern art in the United States of America. Its rich collection contains works from various fields, including photography, painting, graphics, illustration, architecture, film, design, electronic media and drawing. The MoMA museum is one of the most visited museums today and boasts a huge number of exhibitions held by the world's greatest artists and manufacturers, from the famous painters Picasso and Mondrian, to the exhibitions of major global companies such as Apple and Adidas.

THE UFFIZI GALLERY - FLORENCE, ITALY

The gallery is housed in the Uffizi Palace, originally built as offices for the Florentine magistrates in the 16th century, and designed by Italian painter Giorgio Vasari. Extended colonnades, linear columns and traditional fronts blend perfectly with the stunning works of art held within the walls of the gallery, making this place architecturally fascinating. This gallery holds the most important collection of Renaissance art, including works by Botticelli, Michelangelo, Leonardo da Vinci and Raphael, while the famous Birth of Venus by Botticelli attracts art enthusiasts from all over the world. There are also works by Caravaggio, Rembrandt and many others. The gallery often organizes exhibitions, lectures and other cultural events.

PRADO, MADRID, SPAIN

It was established back in 1818 by King Fernando VII of Spain, and opened a year later under the name Royal Museum and Public Institution Prado (Real Museo de Pintura y Escultura). Today, this Madrid museum is one of the most visited art museums in the world. Currently, the Prado Museum holds an impressive collection of over 34,000 works of art, including paintings, sculptures, drawings, tapestries and other art forms. The works come from different periods of European art, including Spanish, Italian, Dutch and Flemish art, making the Prado one of the most important museums of European art. The museum is particularly known for its impressive collection of Spanish art from the Golden Age, including works by painters such as Velázquez, Goya and El Greco. Among the masterpieces held in the Prado are also paintings by renowned masters such as Titian, Rubens, Caravaggio, Raphael and many others.

MUSEUM OF MODERN ART (MOMA) - NEW YORK, USA

The MoMA Museum (Museum of



DO IT YOURSELF



KAKO DA NAPRAVITE PARFEM?

Parfemi se koriste već hiljadama godina. Upotreba parfema potiče još iz drevnih civilizacija, a u početku korišćeni su u verskim obredima, u medicinske svrhe i za ličnu higijenu. Tokom vremena, razvijali su se različiti načini proizvodnje i primene parfema, a postali su i deo kulture i društvenih običaja širom sveta. Danas su parfemi neizostavan deo svakodnevnog života i industrije lepote.

Potreban materijal

- bočica za parfem sa raspršivačem od 50 ml
- eterično ulje lavande
- eterično ulje grejpfruta
- i destilovana voda



Stoga, u nastavku pročitajte kako da sami napravite parfem od eteričnih ulja. Ono što je posebno bitno jeste odaberite mirisna ulja koja volite i koja se dobro slažu međusobno. Možete birati lavandu, ružu, jasin, citrusne note poput limuna ili narandže, pačulija ili sandalovinu. Mi smo se ovog puta odlučili za svež, lagan i cvetni miris - grejpfruta i lavande.

Postupak izrade

Korak 1. - Voda

Potrebno je najpre da napunite bočicu sa raspršivačem destilovanom vodom. Mi smo ovde koristili bočicu od 50 ml i vodom smo je napunili skoro do vrha, ali smo ostavili prostor za eterična ulja. Samo da vam napomenemo, da uvek koristite čistu bočicu od stakla ili plastike.



Korak 2. - Eterična ulja

Kao što smo vam već rekli, mi smo za izradu ovog parfema odabrali eterična ulja - grejpfrut i lavandu. Eterična ulja možete pronaći na lokalnom tržištu, u nekoj od bolje snabdevenih apoteka ili parfimerija. Ubacite jednu po jednu kap ulja grejpfruta u bocu. Mi smo ovde koristili oko 10-15 kapi, ali vi možete dodati ili oduzeti kapi zavisno od vašeg ukusa. Na isti način, potom dodajte eterično ulje lavande, neka to bude okvirno oko 10 kapi.



Korak 3. - Pomešajte ulja

Nakon što ste prethodno u bočicu, ubacili eterična ulja grejpfruta i lavanda, sada je potrebno da dobro promućkate bočicu protresete kako bi se ulja dobro sjedinila. Poprskajte svoj novi parfem kako bi ste bili sigurni da ima jačinu koja vama odgovara. Ako vam se miris ne sviđa, uvek možete dodati više ulja ili vode, zavisno od toga šta volite.



Još jedna napomena, uvek budite oprezni prilikom rukovanja sa eteričnim uljima, jer su ona koncentrisana i mogu da izazovu iritacije na koži. Zato pre svakog korišćenja, uvek proverite uputstva i preporuke za sigurno korišćenje.



I za kraj, parfem koji smo napravili, savršen je kako za dan tako i za večernji izlazak. Uživajte u svom novom mirisu!

DO IT YOURSELF

HOW TO MAKE PERFUME?

Perfumes have been used for thousands of years. The use of perfumes dates back to ancient civilizations, and initially they were used in religious ceremonies, for medical purposes and personal hygiene. Over time, different ways of producing and applying perfumes have developed, and they have become part of culture and social customs around the world. Today, perfumes are an indispensable part of everyday life and the beauty industry.

Therefore, read below how to make your own perfume from essential oils. What is especially important is to choose fragrance oils that you like and that go well with each other. You can choose lavender, rose, and jasmine, citrus notes like lemon or orange, patchouli or sandalwood. This time we decided on a fresh, light and floral scent - grapefruit and lavender.

Required material

- 50 ml perfume bottle with atomizer
- lavender essential oil
- grapefruit essential oil
- and distilled water



Manufacturing process

Step 1. - Water

You first need to fill the spray bottle with distilled water. We used a 50 ml bottle here and filled it almost to the top with water, but we left space for the essential oils. Just to remind you, always use a clean glass or plastic bottle.



Step 2. - Essential oils

As we have already told you, we have chosen essential oils - grapefruit and lavender - to make this perfume. You can find essential oils in the local market, in one of the better-stocked pharmacies or perfumeries. Pour one drop of grapefruit oil into the bottle. We used about 10-15 drops here, but you can add or subtract drops depending on your taste. In the same way, then add lavender essential oil, let it be around 10 drops.



Step 3. - Mix the oils

After you have previously put the essential oils of grapefruit and lavender into the bottle, now you need to shake the bottle well so that the oils mix well. Spray your new perfume to make sure it has the right strength for you. If you don't like the smell, you can always add more oil or water, depending on what you like.



Another note, always be careful when handling essential oils, as they are concentrated and can cause skin irritation. Therefore, before each use, always check the instructions and recommendations for safe use.



Finally, the perfume we created is perfect for both daytime and evening outings. Enjoy your new fragrance!

SA NESTRPLJENJEM OČEKUJEMO...

Od dugo očekivanih nastavaka popularnih franšiza do originalnih filmova koji su već počeli da privlače pažnju publike, u nastavku vam 4You Magazin predstavlja neke od najiščekivanijih filmova 2024. godine.



ARGYLLE

Godina je započela akcionom komedijom Metju Von "Argajl", u kojoj glume Dua Lipa, Henri Kaviil, Semjuel Li Džekson i Džon Sina. Film prati spisateljicu detektivskih romana Ellie Conway (Bryce Dallas Howard), koja postaje glavna meta kriminalističkog sindikata jer se radnja njenih romana poklapa s aktivnostima sindikata.

MADAME WEB

Sonijev najnoviji film prati bolničarku Kasandru Veb (Dakota Džonson), koja ima moć predviđanja budućnosti. Veb koristi svoje moći kako bi pomogla mladim ženama koje imaju potencijal da postanu Spider-Woman, koje lovi negativac Ezekiel Sims. Uz Džonson u filmu glume Sidni Svini, Adam Skot i Zosia Mamet.



DUNE: PART TWO

Drugi deo Dine, reditelja Deni Vilnev, prikazaće rat za planetu Arakis, nakon što Paul Atreides (Timoti Šalame) ujedini Fremene u borbi protiv porodice Harkonen. U filmu glume Rebeka Ferguson, Stelan Skarsgard, Kristofer Volken, Ostin Batler, Zendeja i brojne druge zvezde.



KUNG FU PANDA 4

U najnovijem nastavku popularne animirane franšize, veliki panda Po spreman je da preuzme titulu Duhovnog vođe Doline mira. Ali, pre nego što preuzme novu titulu, Po mora da pronađe novog Zmajskog ratnika i porazi negativku Kameleon. Svoje glasove u filmu pozajmili su Džek Blek, Akvafina, Viola Dejvis, Dastin Hofman, Ijan Makšejn i Brajan Karnston.

GODZILLA X KONG: THE NEW EMPIRE

Gozila i Kong udružuju snage u novom filmu franšize Monsterverse, kako bi pobedili drevno zlo koje preti celom čovječanstvu. Film režira Adam Vingard, a glavne uloge igraju Den Stivens, Brajan Tajri Henri i Kajli Hotl.

JOKER 2



KINGDOM OF THE PLANET OF THE APES

Smešten 300 godina nakon filma War for the Planet of the Apes, najnoviji film popularne franšize prati mladog majmuna Nou i devojčicu Mae koji pokušavaju stati na kraj vođi majmuna Proximusu Caesaru, jer želi da porobi sve majmunske klanove u potrazi za ljudskom tehnologijom. U filmu glume Owen Teague, Freya Allen i Kevin Durand.

JOKER: FOLIE À DEUX

Džoker, reditelja Toda Filipa, najuspješniji je film svih vremena koji nosi oznaku R, a u oktobru 2024. godine dobiće svoj prvi nastavak, ali ovaj put u obliku mjuzikla. Hoakin Feniks ponoviče ulogu Džokera iz prošlog filma, a u ulozi Harli Kvin pridružit će mu se Lejdi Gaga.

GLADIATOR 2

Datum premijere zakazan je za 22. novembar 2024. Nastavak je kultnog hita iz 2000. godine, u režiji Ridlija Skota, a pratiće odraslog Luciusa (Paul Mescal), sina Lucille (Connie Nielsen), kojeg je u prvom filmu spasio Maximus (Russell Crowe). Uz Meskala, u filmu glume Denzel Washington, Derek Jacobi, Joseph Quinn i Pedro Pascal.



IMPATIENTLY WAITING FOR...

From long-awaited sequels to popular franchises to original films that have already begun to draw the audience's attention, the 4You Magazine brings you some of the most anticipated movies of 2024.

ARGYLLE

The year kicked off with Matthew Vaughn's action comedy Argyll, starring Dua Lipa, Henry Cavill, Samuel L. Jackson and John Cena. The film follows Ellie Conway (Bryce Dallas Howard), author of detective novels, who becomes the prime target of a crime syndicate because the plot of her novels mirrors the syndicate's activities.

MADAME WEB

Sony's latest film follows paramedic Cassandra Webb (Dakota Johnson), who possesses the ability to predict the future. Webb uses her powers to help young women with the potential to become Spider-Woman, who are hunted by the villain Ezekiel Sims. Sidney Sweeney, Adam Scott and Zosia Mamet star alongside Johnson in the movie.

DUNE: PART TWO

Dune: Part Two, directed by Denis Villeneuve, shows the war for the planet Arrakis, after Paul Atreides (Timothy Chalamet) unites with the Fremen people in the fight against House Harkonnen. The film stars Rebecca Ferguson, Stellan Skarsgård, Christopher Walken, Austin Butler, Zendaya and many other stars.

KUNG FU PANDA 4

In the latest sequel of the popular animated franchise, giant panda Po is poised to become the Spiritual Leader of the Valley of Peace. But before he can assume his new title, Po must find a new Dragon Warrior and defeat the wicked sorceress Chameleon. Jack Black, Awkwafina, Viola Davis, Dustin Hoffman, Ian McShane and Bryan Cranston act as voice actors in the movie.

GODZILLA X KONG: THE NEW EMPIRE

Godzilla and Kong are joining forces in the new film of the MonsterVerse franchise to defeat an ancient evil that threatens the entire universe. The film is directed by Adam Wingard and stars Dan Stevens, Brian Tyree Henry and Kylee Hottle.

KINGDOM OF THE PLANET OF THE APES

Set 300 years after the War for the Planet of the Apes, the latest film of the popular franchise follows young ape Noa and young girl Mae as they try to stop the ape leader, Proximus Caesar, who seeks to enslave all ape clans in search of human technology. The film stars Owen Teague, Freya Allen and Kevin Durand.

JOKER: FOLIE À DEUX

Joker, directed by Todd Phillips, is the most successful R-rated film of all time, that will have its first sequel in October 2024, but this time in the form of a musical. Joaquin Phoenix will reprise his role as the Joker from the previous film, and Lady Gaga will costar, playing Harley Quinn.

GLADIATOR 2

The release date is set for 22 November, 2024. The film is a sequel to the 2000 epic hit, directed by Ridley Scott. It will follow Lucius, now a grown man, (Paul Mescal), the son of Lucilla (Connie Nielsen), who was saved by Maximus (Russell Crowe) in the first film. In addition to Mescal, the movie stars Denzel Washington, Derek Jacobi, Joseph Quinn and Pedro Pascal.

NEBESKI PLES - PARAGLAJDING

Paraglajding, kao jedan od najpopularnijih vazdušnih sportova, predstavlja pravu avanturu za ljubitelje neba i slobode. Ovaj sport omogućava ljudima da dožive san o letenju, nudeći jedinstvenu kombinaciju adrenalina i mira dok lete kroz vazduh. Razvijajući se iz padobranskog sporta, paraglajding je prilagođen da bude pristupačniji i jednostavniji, čime je postao dostupan širokom krugu entuzijasta.

Lepota paraglajdinga leži u njegovoj sposobnosti da približi čoveka prirodi i nebu na način koji ranije nije bio moguć. Osećaj slobode, tišine i mira dok se lebdi iznad zemlje, gledajući svet iz ptičje perspektive, nešto je što se teško može opisati rečima. Osim toga, paraglajding podstiče fizičku aktivnost, mentalnu jasnoću i pruža izvanrednu priliku za druženje sa sličnim entuzijastima.

Istorija paraglajdinga

Istorija paraglajdinga je priča o evoluciji, inovaciji i strasti prema letenju. Počeci paraglajdinga sežu u 1960-e godine, kada su padobranski skakači i entuzijasti počeli eksperimentisati s jednostavnijim načinima za letenje. Prve ideje su se razvijale iz želje da se padobransko krilo koristi ne samo za siguran spust sa visine, već i za produženo lebdenje i upravljanje u vazduhu. Prvi ozbiljni koraci ka razvoju paraglajdinga desili su se kada su Francuski skijaši i padobranici, tražeći nove forme uzbuđenja, počeli koristiti padobranska krila za spust sa planina. Tokom 1970-ih i 1980-ih, paraglajding je počeo da se razvija kao zaseban sport. Tehnološki napredak u materijalima i dizajnu krila doveo je do značajnih poboljšanja u performansama i bezbednosti. U to vreme, sport je postao popularan u Evropi, posebno u Francuskoj, Švajcarskoj i Austriji, gde su se razvijali prvi klubovi i škole paraglajdinga.

Kako se obavlja paraglajding?

Paraglajding je sport koji zahteva pažljivu pripremu, veštinu u poletanju, kontrolu u vazduhu i preciznost u sletanju. Svaki korak je ključan za uspešan i bezbedan let. Priprema za let u paraglajdingu počinje daleko pre nego što pilot dodirne krilo. Ovo uključuje de-



taljnu proveru vremenskih uslova, vetra i termičkih struja. Piloti takođe moraju pažljivo pregledati svoju opremu, uključujući krilo, pojaseve, kacigu i eventualnu opremu za hitne slučajeve, kao što je rezervni padobran. Nakon provere opreme, sledi detaljno planiranje rute leta, uzimajući u obzir trenutne vremenske uslove i predviđanja.

U vazduhu: Kontrola i manevrisanje

Kada je u vazduhu, pilot koristi trake pričvršćene za krilo za upravljanje i manevrisanje. Naginjanjem tela i povlačenjem traka, pilot može promeniti smer, visinu i brzinu leta. Efikasno iskorišćavanje termičkih struja može

omogućiti pilotu da ostane u vazduhu satima i pređe velike razdaljine. Piloti moraju biti vešti u čitanju okruženja, koristeći promene u vetru, oblicima oblaka i kretanjima drugih ptica kao vodiče za navigaciju.

Sletanje

Sletanje je jednako važno kao i poletanje i zahteva preciznost i kontrolu. Bitno je da pilot održava koncentraciju sve do potpunog zaustavljanja i sigurnog spuštanja krila na zemlju. Svaki od ovih koraka u procesu paraglajdinga zahteva obuku, vežbu i razumevanje kako bi se osiguralo uživanje u letenju uz maksimalnu bezbednost. Paraglajding je više od sporta - to je umetnost letenja, koja



zahteva strpljenje, veštinu i duboko poštovanje prema silama prirode.

Obuka

Prvi i najvažniji korak ka bezbednosti u paraglajdingu je sveobuhvatna obuka i sticanje sertifikata. Ovo osigurava da piloti imaju neophodno znanje i veštine. Važno je redovno proveravati i održavati opremu, kao i obavljati detaljnu inspekciju pre svakog leta. Piloti treba da budu dobro upućeni u trenutne i prognozirane vremenske uslove, i da izbegavaju letenje u nepovoljnim uslovima, kao što su jak vetar ili nestabilno vreme.



Najbolja mesta za paraglajding
Paraglajding je sport koji pruža nezaboravna iskustva, a izbor prave lokacije može učiniti let još spektakularnijim. Na međunarodnom nivou, postoje brojne destinacije koje privlače paraglajdere iz celog sveta. Alpi u Francuskoj, posebno oblast oko Chamonixa, nude neke od najlepših scena za letenje. Annecy je još jedna popularna destinacija sa kristalno čistim jezerom i spektakularnim alpskim vrhovima. Nepal, sa svojim impresivnim Himalajima, pruža izvanredno iskustvo letenja iznad nekima od najviših vrhova na svetu. Oludeniz u Turskoj je poznat po svom tirkiznom moru i idealnim uslovima za paraglajding tokom cele godine.

SKY DANCE - PARAGLIDING

Paragliding, as one of the most popular air sports, represents a real adventure for lovers of the sky and freedom. This sport allows people to realize the dream of flying, offering a unique combination of adrenaline and peace as they glide through the air. Evolving from parachuting, paragliding has been adapted to be more accessible and simple, making it accessible to a wide range of enthusiasts.

The beauty of paragliding lies in its ability to bring a person closer to nature and the sky in a way that was not possible before. The feeling of freedom, silence and peace while floating above the earth, seeing the world from a bird's eye view, is something that can hardly be described in words. Besides, paragliding encourages physical activity, mental clarity and provides an excellent opportunity to socialize with like-minded enthusiasts.

History of paragliding

The history of paragliding is a story of evolution, innovation and passion for flying. The beginnings of paragliding date back to the 1960s, when skydivers and enthusiasts began experimenting with simpler ways to fly. The first ideas were developed from the desire to use the parachute not only for safe descent from a height, but also for prolonged hovering and control in the air. The first serious steps towards the development of paragliding took place when French skiers and paratroopers, looking for new forms of excitement, began to use paragliders for descent from the mountains. During the 1970s and 1980s, paragliding began to develop as a separate sport. Technological advances in wing materials and design have led to significant improvements in performance and safety. At that time, the sport became popular in Europe, especially in France, Switzerland and Austria, where the first paragliding clubs and schools were developed.

How is paragliding done?

Paragliding is a sport that requires careful preparation, skill in take-off, control in the air and precision in landing. Every step is crucial for a successful and safe flight. Preparation for a paragliding flight begins long before the pilot touches the wing. This includes a detailed check of weather conditions, wind and thermal currents. Pilots must also carefully inspect their equipment, including the wing, harnesses, helmet and any emergency equipment, such as a spare parachute. After checking the equipment, detailed planning of the flight route follows, taking into account current weather conditions and forecasts.

In the air: Control and maneuvering

Once in the air, the pilot uses straps attached to the wing for steering and maneuvering. By tilting the body and pulling the straps, the pilot can change the

direction, altitude and speed of the flight. Effective use of thermal currents can allow a pilot to stay airborne for hours and cover long distances. Pilots must be adept at reading the environment, using changes in wind, cloud patterns and the movements of other birds as guides to navigation.

Landing

Landing is just as important as take-off and requires precision and control. It is important that the pilot maintains concentration until the complete stop and the safe landing of the wings on the ground. Each of these steps in the paragliding process requires training, practice and understanding to ensure the enjoyment of flying with maximum safety. Paragliding is more than a sport - it is the art of flying, which requires patience, skill and a deep respect for the forces of nature.

Training course

The first and most important step to paragliding safety is comprehensive training and certification. This ensures that pilots have the necessary knowledge and skills. It is important to regularly check and maintain the equipment, as well as perform a thorough inspection before each flight. Pilots should be well versed in current and forecast weather conditions, and avoid flying in adverse conditions, such as strong winds or unstable weather.

The best places for paragliding

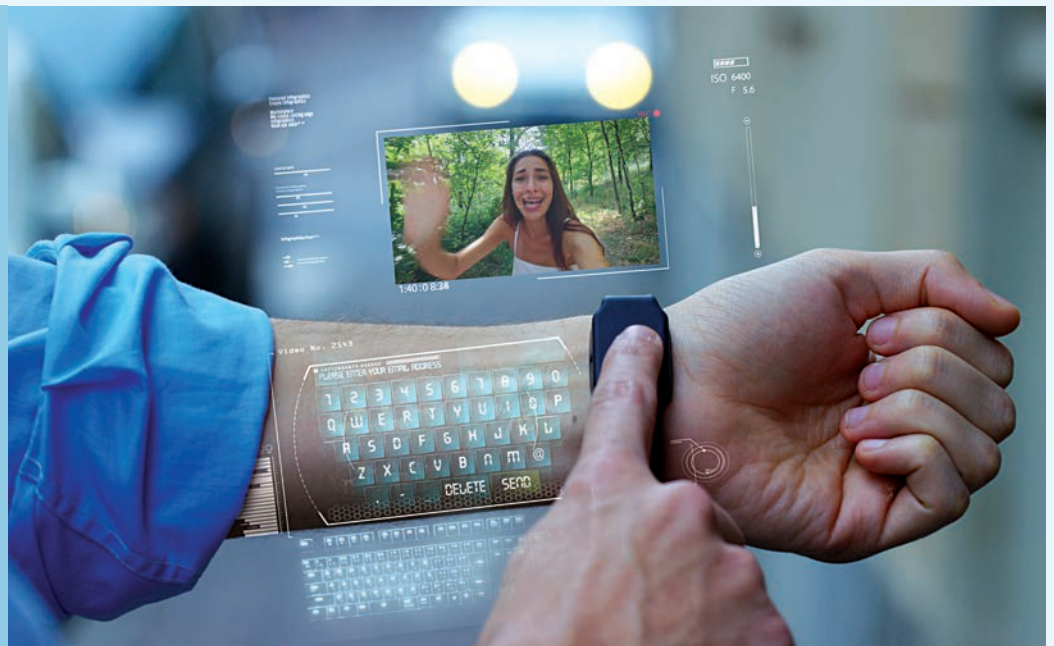
Paragliding is a sport that provides unforgettable experiences, and choosing the right location can make the flight even more spectacular. Internationally, there are numerous destinations that attract paragliders from all over the world. The Alps in France, especially the area around Chamonix, offer some of the most beautiful scenes for flying. Annecy is another popular destination with a crystal clear lake and spectacular alpine peaks. Nepal, with its impressive Himalayas, offers the extraordinary experience of flying over some of the highest peaks in the world. Oludeniz in Turkey is famous for its turquoise sea and ideal conditions for paragliding all year round.

USPON NOSIVE TEHNOLOGIJE

U današnjem digitalnom dobu, tehnologija nastavlja da se razvija brzim tempom, prožimajući svaki aspekt naših života, uključujući i modnu industriju. Prošlo je vreme kada se moda bavila isključivo estetikom; sada se radi o spajanju stila sa funkcionalnošću. Uđite u svet nosive tehnologije – najnoviji trend koji nije samo moderan već i neverovatno praktičan. Ova uzbudljiva fuzija mode i tehnologije preoblikuje način na koji se oblačimo i komuniciramo sa svetom.

Susret mode i funkcionalnosti

Suština nosive tehnologije nije samo o tome da dobro izgledate; već se radi o unapređenju našeg svakodnevnog života na načine koje ranije nismo mogli ni zamisliti. Od pametnih satova koji pomažu u postizanju naših fitness ciljeva do naočara proširene stvarnosti koje pružaju informacije u realnom vremenu, ovi inovativni gadžeti uvode revoluciju u način na koji doživljavamo svet oko nas. Zamislite da neprimetno proveravate obavешtenja ili pratite svoje zdravstvene parametre bez posezanja za telefonom – to je moć nosive tehnologije. Kako ovi uređaji postaju sve više integrisani u naše živote, oni ne samo da nam pružaju udobnost već služe i kao produžetak naše ličnosti, omogućavajući nam da se izrazimo istovremeno kroz modu i kroz funkcionalnost.



Pametna garderoba

Prošli su dani pasivnih odevnih predmeta. Danas naša garderoba postaje pametnija uz odevne predmete u koje je inkorporirana tehnologija. Bilo da se radi o odeći koja prilagođava temperaturu vašem telu ili o tkaninama koje mogu da prate vaše vitalne funkcije, mogućnosti su beskrajne. Recite zbogom nefunkcionalnoj garderobi i pozdravite inteligentnu odeću koja se prilagođava vašim potrebama i željama. Sa pojavom održivih materijala i proizvodnih procesa, pametna garderoba budućnosti ne samo da unapređuje naš svakodnevni život već i minimizira svoj uticaj na životnu sredinu, donoseći održiviji pristup modi.

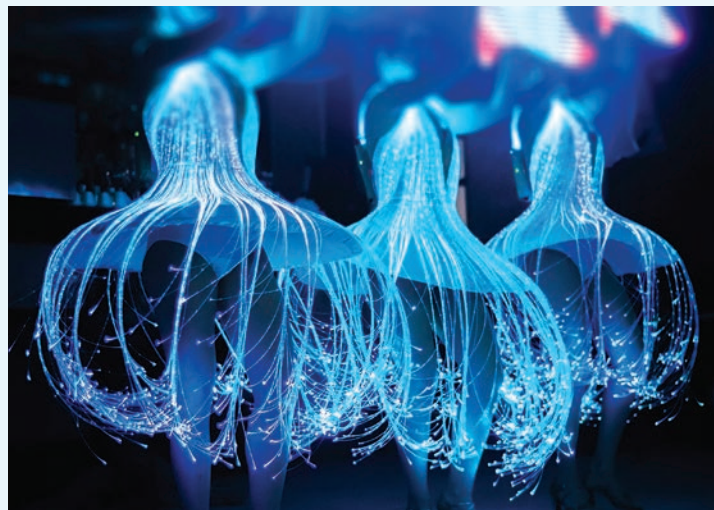
Tehnologija na modnim pistama

Modne revije više ne predstavljaju samo

prikazivanje najnovijih modela; one su takođe i platforma za predstavljanje inovativne tehnologije. Od LED haljina koje osvetljavaju pistu do 3D štampanih modnih dodataka, dizajneri inkorporiraju tehnologiju u svoje kreacije na inovativne načine. Ovi futuristički modeli ne samo da očaravaju publiku, već i pomeraju granice mogućeg u modi. Štaviše, saradnje između modnih kuća i tehnoloških kompanija podstiču inovaciju u ovoj industriji, što dovodi do razvoja revolucionarnih proizvoda koji brišu granice između mode, umetnosti i tehnologije.

Uspón nosive umetnosti

Nosiva tehnologija nije ograničena samo na gadžete i gizmose, već postaje i medijum za umetničko izražavanje. Umetnici i dizajneri spajaju tehnologiju sa tradicionalnim zanatskim umećem kako bi stvorili umetnička dela koja se mogu nositi i koja brišu granice između mode, umetnosti i tehnologije. Od interaktivnih odevnih predmeta koji reaguju na pokret do modnih dodataka koji su u isto vreme i kinetičke skulpture, ove kreacije pomeraju granice



kreativnosti i mašte.

Izazovi i mogućnosti

Iako je nosiva tehnologija veoma obećavajuća, ona takođe dolazi sa značajnim izazovima. Zabrinutost oko zaštite privatnosti, bezbednosti podataka i održivosti elektronskih komponenti su samo neka od pitanja kojima se treba pozabaviti. Međutim, uz odgovarajuću regulativu i inovacije, ovi izazovi se mogu prevazići, utirući put za budućnost u kojoj se nosiva tehnologija neosetno integriše u naše živote.



Dok nastavljamo da prihvatamo digitalnu revoluciju, nosiva tehnologija je spremna da postane sastavni deo našeg svakodnevnog života. Bilo da se radi o unapređenju naših zdravstvenih i fitness navika ili oslobađanju naše kreativnosti kroz nosivu umetnost, mogućnosti su beskonačne. I zato, zašto da biramo između mode i funkcije kada možemo imati oboje? Prigrbite budućnost mode uz nosivu tehnologiju i zakoračite u svet u kome se stil susreće sa inovacijama. Kako tehnologija nastavlja da se razvija, jedno je sigurno – budućnost mode je stigla, i može da se nosi.

THE RISE OF WEARABLE TECHNOLOGY

In today's digital age, technology continues to evolve at a rapid pace, infiltrating every aspect of our lives, including the fashion industry. Gone are the days when fashion was solely about aesthetics; now, it is about merging style with functionality. Enter wearable technology – the latest trend that is not just fashionable but also incredibly practical. This exciting fusion of fashion and tech is reshaping the way we dress and interact with the world.

Fashion meets functionality

Wearable technology is not just about looking good; it is about enhancing our daily lives in ways we never imagined before. From smartwatches that track our fitness goals to augmented reality glasses that provide real-time information, these innovative gadgets are revolutionizing the way we experience the world around us. Imagine seamlessly checking your notifications or monitoring your health metrics without ever having to reach for your phone – that is the power of wearable tech. As these devices become more integrated into our lives, they not only provide convenience but also serve as extensions of our personalities, allowing us to express ourselves through both fashion and functionality.

The smart wardrobe

Gone are the days of passive clothing items. Today, our wardrobes are getting smarter with garments embedded with technology. Whether it is clothing that adjusts its temperature according to your body or fabrics that can monitor your vital signs, the possibilities are endless. Say goodbye to wardrobe malfunctions and hello to intelligent clothing that adapts to your needs and preferences. With the advent of sustainable materials and manufacturing processes, the smart wardrobe of the future not only enhances our daily lives but also minimizes its environmental impact, ensuring a more sustainable approach to fashion.

Tech on the runway

Fashion shows are no longer just about displaying the latest designs; they are also a platform for unveiling innovative technology. From LED dresses that light up the runway to 3D-printed accessories, designers are incorporating technology into their creations in innovative ways. These futuristic designs not only captivate audiences but also push the boundaries of what is possible in fashion. Moreover, collaborations between fashion houses and tech companies are

fueling innovation in the industry, leading to the development of groundbreaking products that blur the lines between fashion, art, and technology.

The rise of wearable art

Wearable technology is not confined to gadgets and gizmos; it is also becoming a medium for artistic expression. Artists and designers are merging technology with traditional craftsmanship to create wearable art pieces that blur the lines between fashion, art, and technology. From interactive garments that respond to movement to accessories that double as kinetic sculptures, these creations are pushing the boundaries of creativity and imagination.

Challenges and opportunities

While wearable technology holds immense promise, it also comes with its fair share of challenges. Privacy concerns, data security, and the sustainability of electronic components are just a few of the issues that need to be addressed. However, with proper regulation and innovation, these challenges can be overcome, paving the way for a future where wearable technology seamlessly integrates into our lives.

As we continue to embrace the digital revolution, wearable technology is poised to become an integral part of our daily lives. Whether it is enhancing our health and fitness routines or unleashing our creativity through wearable art, the possibilities are endless. So, why choose between fashion and function when you can have both? Embrace the future of fashion with wearable technology and step into a world where style meets innovation. As technology continues to evolve, one thing is clear – the future of fashion is here, and it is wearable.

PROSLAVLJAJUĆI USPEH "LTLCHANGE INITIATIVE" NA KOSOVU

Sredinom januara 2024. godine, NVO Nova društvena inicijativa iz Mitrovici bila je domaćin konferencije „Uticao na promene, osnaživanje zajednica“, čime je obeležen uspešan završetak njihovog dvogodišnjeg projekta, "Linking Through Lenses 2.0 - #LTLChange Initiative." Podržan od strane Švajcarskog saveznog odeljenja za spoljne poslove (FDFA) preko Ambasade Švajcarske na Kosovu i Fonda braće Rokfeler (RBF), projekat je imao za cilj da podstakne međuetničku saradnju, izgradi socijalnu koheziju i neguje poverenje među svim zajednicama na Kosovu.

Poverenje je najvrednija i najugroženija imovina

Konferencija je počela obraćanjem Njegove Ekselencije Jurga Šprehera, švajcarskog ambasadora na Kosovu, koji je izrazio zadovoljstvo što obeležava kraj ovog transformativnog puta. Ambasador Špreher je istakao važnost obnove poverenja na lokalnom nivou, pohvalivši Novu društvenu inicijativu za njihovu posvećenost promovisanju pozitivnih priča na Kosovu. „Poverenje je najvrednija i najugroženija imovina“, rekao je on, naglašavajući potrebu da zajednice rade zajedno kako bi podstakle poverenje.

Od skromne ideje do značajnog uticaja

Jovana Radosavljević, izvršna direktorka Nove društvene inicijative, dala je uvid u razvoj i uticaj projekta. Prvobitno zamišljena da unese toplinu i svetlost usred sumornih vesti, Inicijativa LTLChange je porasla da podrži različite inicijative zajednice širom Kosova. Ova podrška se proširila na finansijsku pomoć, promotivnu pomoć i kreiranje



platforme <https://kos-info.net/> koja je sada dostupna kao mobilna aplikacija (i za android i iOS) i veb portal koji pojednostavljuje pristup medijima na srpskom jeziku na Kosovu. Radosavljević je istakla različite inicijative, uključujući pametne klupe u opštini Štrpce, renoviranje igrališta, podršku festivalima, dečijim nastupima i multietnički ragbi klub. Fokus je bio ne samo na promovisanju pozitivnih priča, već i na pomaganju manjim medijima i olakšavanju pristupa građanima informacijama o događajima na Kosovu.

Podsticanje pozitivnih promena širom Kosova

Ardita Džemajli (Ardita Xhemajli), menadžerka projekta, istakla je saradničku

prirodu Inicijative LTLChange. Ona je sa ponosom opisala uspeh projekta u podršci petnaest pažljivo odabranih lokalnih inicijativa, podstičući pozitivne promene širom Kosova. Inicijative su se kretale od programa razmene mladih do renoviranja parkova, kulturnih razmena i stvaranja inteligentnog rešenja za sedenje u Štrpcu, pružajući građanima platformu da pune svoje telefone dok pristupaju informacijama o lokalnim atrakcijama. Kako kaže Džemajli, ključ uspeha Inicijative LTLChange bio je nivo transparentnosti koji je postignut kroz više uspešnih sastanaka širom Kosova, koji su služili kao vitalne platforme za angažovanje različitih segmenata zajednice, uključujući mlade, civilno društvo, blogere i lidere zajednice. Ovi sastanci su omogućili razmenu perspektiva, iskustava i razgovore o potencijalnim idejama i izazovima unutar lokalnih zajednica.

Snaga u jedinstvu

Posvećenost inicijative transparentnosti i inkluzivnosti bila je očigledna u njenoj aktivnoj podršci lokalnim inicijativama, promovisanju jedinstva i pozitivnih promena. Priznanja uručena tokom konferencije kreatorima i izvršiocima projekata dodatno su naglasila temeljan uticaj ovih napora. Predstavnicima su se obavezali da će nastaviti da rade zajedno za dobrobit svih zajednica na Kosovu, naglašavajući snagu koja se nalazi u jedinstvu.



CELEBRATING THE SUCCESS OF "LTLCHANGE INITIATIVE" IN KOSOVO

In mid-January 2024, the New Social Initiative NGO in Mitrovica hosted the "Influencing Change, Empowering Communities" conference, marking the successful conclusion of their two-year project, "Linking Through Lenses 2.0 - #LTLChange Initiative." Supported by the Swiss Federal Department of Foreign Affairs (FDFA) through the Embassy of Switzerland in Kosovo and the Rockefeller Brothers Fund (RBF), the project aimed to foster interethnic collaboration, build social cohesion, and nurture trust among all communities in Kosovo.

Konferencija „Uticaj na promene, osnaživanje zajednica“ prikazala je značajna dostignuća Inicijative LTLChange, pokazujući da saradnja i pozitivne akcije mogu da prevazdađu izazove i da izgrade svetliju budućnost. Uspešne priče prikazane na konferenciji služe kao inspirativno svedočanstvo transformacione moći inicijativa vođenih zajednicama, postavlajući nadu za budućnost Kosova.



Sprovedene na različitim lokacijama širom Kosova, petnaest podržanih inicijativa pružaju vidljivo uticaj u Ranilugu, Fužnoj Mitrovici, Severnoj Mitrovici, Gnjilanu, Župi, Gračanici, Štrpcu, Donjo Gušterici, Podujevu, Vučitrnu, Prištini i Zubinom Potoku. Da biste videli uticaj koje su ove inicijative imale u vašem kraju, posetite: <https://heizine.com/flip-book/5ad8fe460a.html#page/1>

Trust is the most valuable and vulnerable asset

The conference commenced with an address by His Excellency Jürg Sprecher, the Swiss Ambassador to Kosovo, who expressed his delight in marking the end of this transformative journey. Ambassador Sprecher emphasized the importance of rebuilding trust at the local level, praising the New Social Initiative for their commitment to promoting positive stories in Kosovo. "Trust is the most valuable and vulnerable asset," he stated, underscoring the need for communities to work together independently to foster trust.

From a humble idea to a meaningful impact

Jovana Radosavljevic the Executive Director of the New Social Initiative, provided insights into the project's evolution and impact. Originally conceived to inject warmth and light into the midst of gloomy news, the LTLChange Initiative grew to support various community initiatives across Kosovo. This support extended to financial aid, promotional assistance, and the creation of the <https://kos-info.net/> platform, now available as a mobile application (both android and iOS) and web portal simplifying access to Serbian-language media in Kosovo. Radosavljevic highlighted diverse initiatives, including smart benches in Shtërpçë/Štrpce Municipality, playground renovations, support for festivals, children's performances, and a multiethnic rugby club. The focus was not only on promoting positive stories but also on helping smaller media outlets and facilitating citizen access to information about events in Kosovo.

Fostering positive changes across Kosovo

Ardita Xhemajli, the project manager, emphasized the collaborative nature of the LTLChange Initiative. She proudly detailed the success of the project in supporting fifteen carefully selected local initiatives, fostering positive changes across Kosovo. The initiatives ranged from youth exchange programs to park renovations, cultural exchanges, and the creation of an intelligent seating solution in Shtërpçë/Štrpce, providing citizens with a platform to charge their

phones while accessing information about local attractions. According to Xhemajli, the key to the success of the LTLChange Initiative was the transparency level that was achieved through multiple successful meetings throughout Kosovo, which served as vital platforms for engagement among various community segments, including youth, civil society, bloggers, and community leaders. These meetings facilitated the exchange of perspectives, experiences, and discussions around potential ideas and challenges within local communities.

Strength in unity

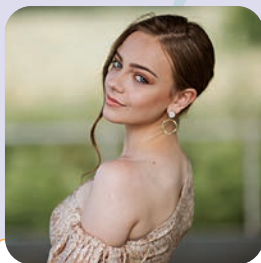
The initiative's commitment to transparency and inclusivity was evident in its active support of local initiatives, promoting unity and positive changes. The acknowledgments handed out during the conference to project creators and implementers further underscored the profound impact of these efforts. Representatives pledged to continue working together for the benefit of all communities in Kosovo, emphasizing the strength found in unity.

The "Influencing Change, Empowering Communities" conference displayed the significant achievements of the LTLChange Initiative, demonstrating that collaboration and positive actions can overcome challenges and build a brighter future. The stories of success shared at the conference serve as an inspiring testament to the transformative power of community-driven initiatives, setting a hopeful tone for the future of Kosovo.

Implemented in various locations throughout Kosovo, the supported fifteen initiatives are providing tangible impact in Ranilug/Ranilug, South Mitrovica, North Mitrovica, Gjilan/Gnjilane, Žužpa/Žužpa, Gračanica/Gračanica, Shtërpçë/Štrpce, Gushtericë e Poshtme/Donja Gušterica, Podujevë/Podujevo, Vushtrri/Vučitrn, Prishtinë/Priština and Zubin Potok. To see the impact these initiatives have made in your neighborhood go to: <https://heizine.com/flip-book/5ad8fe460a.html#page/1>



Vaše mišljenje o ženskim pravima?



SOFIJA JAKŠIĆ



Koja su to ženska prava?

Za mene lično, ženska prava su nešto što još na rođenju svaka žena treba da ima, a ne nešto za šta trebamo da se borimo da bi stekle. To su ona prava, koja su stečena i ta trebaju da se poštuju.

Da li mislite da se prava žena u dovoljnoj meri poštuju na Kosovu?

Iako je tema ženskih prava aktuelna već dugi niz godina, smatram da se svest o važnosti poštovanja istih još uvek nije probudila kod svih ljudi. Pa zato treba kontinuirano raditi na ovoj temi.

Zašto je važno poštovati prava žena?

Ja se trudim da poštujem ženska prava, ne samo jer sam žena, nego i jer mislim da je neracionalno ne poštovati ih u dvadest prvom veku, vremenu kada zbog društvenih normi poštujemo razne, gnusne stvari. Poštovanje ženskih prava je najmanje što možemo da učinimo za opstanak čovečanstva.

What are women's rights?

For me personally, women's rights are something that every woman should have from birth and not something that we have to fight for. They are rights that have been earned and should be respected.

Do you believe that women's rights are sufficiently respected in Kosovo?

Although the issue of women's rights has been topical for many years, I believe that not everyone realises how important it is to respect them. That's why we need to keep working on this issue.

Why is it important to respect women's rights?

I try to respect women's rights, not only because I am a woman, but also because I think it is irrational not to respect them in the twenty-first century, a time when we respect various abominable things because of social norms. Respecting women's rights is the least we can do for the survival of humanity.



HELENA POPOVIĆ



Koja su to ženska prava?

Ženska prava su prava koje imaju žene i devojčice širom sveta. Ova prava mislim da se stiču rođenjem i kao takva treba da ih poštuju svi, bez obzira na sve i bez diskriminacije.

Da li mislite da se prava žena u dovoljnoj meri poštuju na Kosovu?

Ja nisam sigurna da li se ova prava poštuju u dovoljnoj meri. Uvek može bolje i time se i ja lično vodim. Treba poštovati ženska prava, a to poštovanje uvek treba unaprediti.

Zašto je važno poštovati prava žena?

Važno je za sve da ih poštuju, ne samo devojčice i žene. Svi treba da poštuju ženska prava jer je to ispravno i svako demokratsko društvo bazira se na poštovanju ljudskih prava.

What are women's rights?

Women's rights are rights that women and girls have everywhere in the world. I think these rights are acquired by birth and as such should be respected by everyone, regardless of anything and without discrimination.

Do you believe that women's rights are sufficiently respected in Kosovo?

I am not sure that these rights are sufficiently respected. It can always get better, and that is what I am personally guided by. Women's rights should be respected, and this respect should always be improved.

Why is it important to respect women's rights?

It is important that everyone respects them, not just girls and women. Everyone should respect women's rights because it is right and every democratic society is based on respect for human rights.



Molimo vas šalžite vaša razmišljanja o ženskim pravima na email: magazineforyou2003@gmail.com

Your opinion on women's rights?



LELA HADŽIBEGOVIĆ



Koja su to ženska prava?

Ženska prava su ljudska prava. To podrazumeva zaštitu osnovnih sloboda i pre svega jednakost u svim poljima društvenog delovanja. Pristup obrazovanju, zapošljavanju, te zaštita od diskriminacije i nasilja.

Da li mislite da se prava žena u dovoljnoj meri poštuju na Kosovu?

Ja mislim da se poštuju, ali ne postoji delimično poštovanje, ona se moraju poštovati u potpunosti. Ženska prava se moraju poštovati u svim segmentima društva.

Zašto je važno poštovati prava žena?

Lično ja poštujem ženska prava tako što sam svakodnevno u interakciji sa ljudima. Smatram da je važno i tako pokušavam da edukujem ljude kada primetim da se ne poštuju ženska prava i da to predstavlja opasnosti za dalju borbu za ženska prava.

What are women's rights?

Women's rights are human rights. This includes the protection of fundamental freedoms and, above all, equal rights in all areas of social life. Access to education, employment and protection from discrimination and violence.

Do you believe that women's rights are sufficiently respected in Kosovo?

I think they are respected, but there is no partial respect, they must be fully respected. Women's rights must be respected in all areas of society.

Why is it important to respect women's rights?

I personally respect women's rights because I deal with them every day. I consider them important and therefore I try to educate people when I realise that women's rights are not respected and that this is a threat to the continued fight for women's rights.



NEVENA POPOVIĆ



Koja su to ženska prava?

To su ustvari ljudska prava, a koja se odnose ili tiču se svih žena ili devojčica. Ja mislim da svaka od nas, mora da zna koja su to ženska prava i na šta se odnose.

Da li mislite da se prava žena u dovoljnoj meri poštuju na Kosovu?

Ne znam, nisam se nikada baš bavila tom temom. Možda se i poštuju u određenim oblastima više a u nekima manje. Ono što ja mislim je da ženska prava moraju da se poštuju.

Zašto je važno poštovati prava žena?

Ja poštujem ženska prava, onoliko koliko znam i koliko sam u mogućnosti. Smatram da je važno da se ženska prava poštuju kako u školi, tako i na poslu i u porodici. Društvo kao celina mora da zna i bude svesno ženskih prava.

What are women's rights?

These are actually human rights that relate to or affect all women and girls. I think that each of us needs to know what women's rights are and what they relate to.

Do you believe that women's rights are sufficiently respected in Kosovo?

I don't know, I've never really looked into this subject. Maybe they are more respected in certain areas and less in others. I believe that women's rights must be respected.

Why is it important to respect women's rights?

I respect women's rights as far as I know and as far as I am able. I believe that it is important that women's rights are respected at school, at work and in the family. Society as a whole needs to know and be aware of women's rights.



Please send us your thoughts on women's rights on the following email: magazineforyou2003@gmail.com

KAKO ČITANJE OBLIKUJE TINEJDŽERSKI UM I KARAKTER?

Istraživanja pokazuju da tinejdžeri danas čitaju manje nego ranije. Činjenica je da mnogi od vas, umesto da čitaju, većinu slobodnog vremena provode na mobilnom telefonu, igrajući igrice na računaru. Ipak, iako živimo u digitalnoj eri, čitanje je i dalje važan deo odrastanja i sazrevanja, a knjige za vas, tinejdžere, značajno mogu uticati i na to kako ćete videti i doživljavati svet oko sebe.



Negovanje navike čitanja u tinejdžerskim godinama pomaže mladima da se



bave svojim sve složenijim unutrašnjim svetom i da razumeju odgovornosti, karakteristične za svet odraslih koje ih uskoro očekuju. Čitanje vam može pomoći da shvatite da niste sami, da su linije komunikacije uvek otvorene i omogućiti vam da vidite kako su drugi pronašli rešenja za probleme. Redovnim čitanjem razvija se vokabular, obogaćuje mašta, poboljšava pisano izražavanje i stiče samopouzdanje u usmenom izražavanju. Knjige nude obilje znanja i mogu vas nadahnuti da hrabro pratite svoje ciljeve.

Čitanje je važna aktivnost u periodu adolescencije jer omogućava i usvajanje

novih ideja. Čitanjem se šire perspektive i kreiraju nova interesovanja i aktivnosti. Čitanjem se ulazi u misli druge osobe i proživljavaju se tuđa osećanja, što razvija osećaj empatije.

U doba novih tehnologija i društvenih mreža, koje su za mnoge tinejdžere postale najvažniji deo života, o krizi čitanja kod mladih govori se više nego ikada. S druge strane, zahvaljujući toj istoj digitalnoj tehnologiji, knjige su današnjim tinejdžerima veoma lako dostupne. Jedno je sigurno – kada je čitanje u pitanju, znamo da vas, tinejdžere, ne treba prisiljavati nego ohrabrivati.

Čitanjem se stiče sofisticiran pogled na svet i jača osećaj samopouzdanja zahvaljujući stečenom znanju. Tinejdžeri koji čitaju uvek imaju o čemu da pričaju. Redovnim čitanjem se stvara osnova za formiranje stabilnog znanja i dobrog razumevanja pročitanog sadržaja.

Knjige za tinejdžere mogu biti lekovite u savladavanju vaših problema, jer vam pokazuju da oni ne muče samo vas, zato podršku možete pronaći na mestu gde je najmanje očekujete – u knjigama. Osim toga, knjige vam mogu pomoći da bolje razumete sebe. Izdanja iz oblasti popularne psihologije često mogu biti dobar saveznik tinejdžerima koji ne znaju kome da se obrate za savet. Teme kao što su mentalno zdravlje, samopouzdanje, motivacija, planiranje vremena, zdrav život, odnosi u porodici i sa prijateljima, kao i muško-ženski odnosi, pružaju odgovore na brojne dileme i pomažu vam da prođete kroz razne krizne periode tokom odrastanja.



HOW READING SHAPES TEENAGERS' MINDS AND CHARACTERS?

Studies show that teens today read less than before. The fact is that many of you, instead of reading, spend most of your free time on your mobile phone and playing computer games. Nevertheless, even though we live in the digital era, reading is still an important part of growing up and maturing, and books for you, teenagers, can significantly influence how you see and experience the world around you.

PREPORUKA ZANIMLJIVIH KNJIGA ZA TINEJDŽERE
Čitalački ukus mladih je raznolik i promjenljiv, u zavisnosti od njihovog senzibiliteta i interesovanja. 4 You Magazine je iz svih ovih razloga za vas, naše drage čitaoce izdvojio nekoliko naslova, koji vam nude različite žanrove i teme, od naučne fantastike do savremenih ljubavnih priča i društvenih izazova. Nadamo se da ćete pročitati bar neku od ponuđenih knjiga i javiti nam kako vam se dopadaju...

Serijal "Harry Potter" od J.K. Rowling

Fantastična serija o mladom čarobnjaku, Harryju Potteru, koji se bori protiv mračnog čarobnjaka Lord Voldemorta.

Trilogija "Igre gladi" od Suzanne Collins

Trilogija koja prati priču Katniss Everdeen, mlade devojke koja se bori za preživljavanje u surovom televizijskom takmičenju u post apokaliptičnom svetu.

"Krive su zvezde" od John Green

Ljubavna priča koja prati dva tinejdžera, Hazel Grace Lancaster i Augustusa Watersa, koji se bore s teškim bolestima.

Trilogija "Divergentni" od Veronica Roth

Utopistička trilogija smeštena u društvo podeljeno prema frakcijama, a prati priču Tris Prior koja otkriva svoj identitet u opasnom svetu.

Trilogija "Maze Runner" od James Dashner

Naučno-fantastična trilogija o mladiću Thomasu koji se budi u lavirintu s grupom svojih vršnjaka, ne sećajući se svoje prošlosti.

"Prednosti marginalca" od Stephen Chbosky

Priča o tinejdžeru Charlieju koji pokušava pronaći svoje mesto u srednjoj školi, istražujući teme prijateljstva, ljubavi i mentalnog zdravlja.

Cultivating a reading habit in the teenage years helps young people deal with their increasingly complex inner world and understand the responsibilities characteristic of the adult world that soon awaits them. Reading can help you realize that you are not alone, that the lines of communication are always open, and allows you to see how others have found solutions to problems. Regular reading develops vocabulary, enriches imagination, improves written expression, and helps gain confidence in verbal expression. Books offer a wealth of knowledge and can inspire you to boldly pursue your goals.

Reading is an important activity during adolescence because it also enables the adoption of new ideas. Reading broadens perspectives and creates new interests and activities. By reading, one gets into the thoughts of another person and experiences other people's feelings, thus developing a sense of empathy.

In the era of new technologies and social networks, which have become the most important part of life for many teenagers, the reading crisis among young people is being talked about more than ever. On the other hand, thanks to that same digital technology, books are very easily accessible to today's teenagers. One thing is certain - when it comes to reading, we know that you, teenagers, should not be forced but encouraged.

By reading, one acquires a sophisticated worldview and boosts self-confidence thanks to the acquired knowledge. Teens who read always have something to talk about. Regular reading creates the basis for the formation of stable knowledge and a good understanding of the read content.

Books for teenagers can be healing in overcoming your troubles, because they show you are not the only one facing them, therefore you can find support where you least expect it - in books. In addition, books can help you understand yourself better. Popular psychology publications can often be a good ally for a teenager who does not know who to turn to for advice. Topics such as mental health, self-confidence, motivation, time planning, healthy living, relationships with family and friends, as well as male-female relationships, provide answers to numerous dilemmas and help you go through various crisis periods while growing up.

INTERESTING BOOK RECOMMENDATIONS FOR TEENAGERS

The reading taste of young people is diverse and evolving, depending on their sensibility and interests. For all these reasons, 4 You Magazine has selected several titles for you, our dear readers, which offer you different genres and topics, from science fiction to contemporary love stories and social challenges. We hope you will read at least one of the books proposed and let us know how you like them...

Harry Potter series by J.K. Rowling

A fantasy series about a young wizard, Harry Potter, who fights against the dark wizard Lord Voldemort.

The Hunger Games Trilogy by Suzanne Collins

The trilogy narrates the story of Katniss Everdeen, a young girl who fights for survival in a cruel televised competition in a post-apocalyptic world.

The Fault in Our Stars by John Green

A love story that follows two teenagers, Hazel Grace Lancaster, and Augustus Waters, who struggle with serious illnesses.

The Divergent trilogy by Veronica Roth



The dystopian trilogy set in a society divided into factions, narrates the story of Tris Prior who discovers her identity in a dangerous world.

The Maze Runner trilogy by James Dashner

A science fiction trilogy about a young man, Thomas, who wakes up in a maze with a group of his peers, not remembering his past.

The Perks of Being a Wallflower by Stephen Chbosky

The story of Charlie, a teenager trying to find his place in high school, exploring themes of friendship, love, and mental health.

POLJSKI FUDBALER NA SLICI	▼	POKAZNA ZAMENICA	UŠTAVLJENA OVČIJA KOŽA	USAMLJENE	JAPANSKI REZISER, KUROSAVA	VRSTA SLATKIŠA								
TRAG														
DUČAN OD DAŠAKA DAŠČARA,														
ELEKTRON		INDIJSKI GLUMAC, KAN												
RANDOLF SKOT		VRSTA JAPANSKIH SATOVA	UŽIČANIN											
ČAJ (ENGL.)			NEPRAVILNOSTI	AMPERMETAR										
FRANCUSKI GLUMAC, VENTURA				KISEONIK	ENERGIJA									
EKOLOŠKI (SKR.)				EVANS LINDA	ODABRANO DRUŠTVO									
"VOICE of THE MARTYRS"				LANTAN										
PRVI SAMOGLASNIK		MAĐARSKI PESNIK, ENDRE		HRVATSKI FUDBALSKI KLUB		IMAGINARNI BROJ								
NASUTI		MAĐARSKI PESNIK, ENDRE VEŠTINA, UMETNOST					"ASSOCIATION of TECHNICAL EMPLOYEES"	ČASAK, TREN, TRENUTAK	AMPERMETAR	LISTOPADNI GRM JUŽNIH KRAJEVA	"S" IZMEĐU DVA "E"	▼	PARTNERI U POSLU ISTA SLOVA	
REKA IZMEĐU BOSNE I HERCEGOVINE I SRBIJE							NEPROFESSIONALCI							
"OVERSEAS SECURITY and JUSTICE ASSISTANCE"					ATOMSKI FIZICARI		PAPIN GOD. PRIHOD							
PET (RIMSKI)		AMERIČKI PEVAČ								GLUMICA PADOVANI				GLAVNI GRAD KAZAHSTANA
INICIJALI GLUMICE BULOK		OPROŠTAJNA GOZBA	ZOLJA					GLUMICA TOMPSON		GOSPOĐA (FR.)		KALCIJUM		
"KENYA AIRPORTS AUTHORITY"			NAJSITNIJI DELOVI ELEMENATA	GL. GRAD GRČKE				ŽENSKO IME			PLANINSKI ČETINAR BEZ SMOLE	PLETENI ODELO		
ITALIJANSKI FUDBALSKI KLUB				STRANO (Z.) IME				RADIOLOKATOR			ČOVEK (GR.)			TEMPERATURA
 BIVŠI NEMAČKI KANCELAR HELMUT					DIVOVI, GOROSTASI			"TRANSPORT-IMPORT"						AMPER
		TITANIJUM			RENIJUM									ANA MANJANI
MESTO U VOJVODINI, U BAČKOJ									MEK, KOJI NIJE TVRD					
SATNICA PUTOVANJA (LAT.)									RADIJUS		ITALIJANSKI FUDBALSKI KLUB			



Dreni



Jelena

Međunarodni dan žena Dita ndërkombëtare e grave

Reçnik - Fjalor

Dan	Ditë
Međun- arodni/a	Ndërkom- bëtar/e
Žena	Grua
Rodna rav- nopravnost	Barazi gjinore
Emanci- pacija	Emancipim
Pravo glasa	E drejta e votës
Solidarnost	Solidaritet
Protest	Protestë
Napredak	Përparim
Diskrimi- nacija	Diskrimin- im
Kampanja za ženska prava	Fushatë për të drejtat e grave
Aktivista	Aktivist/e
Inspirativna	Frymëzuese
Predstavni- ca	Përfaqë- suese
Vizija	Vizion
Pobeda	Fitore
Saradnja	Bashkëpun- im
Poštovanje	Respekt
Sloboda	Liri
Podrška	Mbështetje
Harizmatiç- na	Karizmatik
Želja	Dëshirë
Čestitka	Urim
Solidarnost	Solidarizim
Pozdrav	Përshën- detje
Snaga	Forcë
Nezavisnost	Pavarësi
Kraljica	Mbretëreshë
Jedinstvo	Bashkim



Sutra je Međunarodni dan žena - dan za slavlje i poštovanje žena širom sveta. Nesër është Dita Ndërkombëtare e Grave - dita për të festuar dhe nderuar gratë në mbarë botën.



Apsolutno! Žene zaslužuju priznanje za svoja dostignuća i doprinose. Absolutisht! Gratë meritojnë mirënjohje për arritjet dhe kontributet e tyre.



Sutra je i dan za podizanje svesti o pravima žena. Nesër është edhe dita për të rritur ndërgjegjësimin për të drejtat e grave.



Moramo nastaviti da podržavamo i osnažujemo žene. Ne duhet të vazhdojmë t'i mbështesim dhe fuqizojmë gratë.



Hajde da radimo na inkluzivnijem društvu. Le të punojmë për një shoqëri më gjithëpërfshirëse.



Srećan Međunarodni dan žena tebi i svim ženama! Gëzuar Ditën Ndërkombëtare të Grave ty dhe të gjitha grave!

Did
you
know?



“Jednakost je duša slobode;
u stvari, nema slobode bez toga.” - **Frances Wright**