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Marko BOŽOVIĆ
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Glavni urednik:

Leonora Shabanaj Nikšić

Novinari: Ali Rexha,

Violeta Matović,

Jelena Simić Rašić

Fotografije: Ekipa "4You"

Design & Layout:

Bekim Shabani &

Leopard Cana

Uredništvo možete kontaktirati na telefon:

038/503-603-2139

Pisma možete slati na adresu:

HQ KFOR - Kosova Film;

"4You Magazine";

Strasbourg Building;

10000 Priština

E-mail:

magazineforyou2003@gmail.com;

www.magazineforyou.com



Naslovna:

Marko BOŽOVIĆ

Uvodnik

Maturanti, čestitamo: Pronadite put do karijere iz snova

Dok stojite na pragu novog poglavlja u svojim životima, usred proslave mature i zasluženog aplauza, jedno pitanje vam se možda vrtima po glavi: Šta sledi posle? Put pred tobom ispunjen je mogućnostima, a u srcu svega leži težnja za pronalaženjem tvog poziva, zanimanja, tvoje karijere iz snova.

Prelazak iz srednje škole u profesionalni svet može delovati kao da treba da zakoračiš u veliku i nepoznatu divljinu. Mogućnosti su bezbrojne, a pritisak da se donese ispravna odluka je očigledan. Ali ne plaši se, jer to je putovanje na koje je morao da se otisne svaki maturant - putovanje samootkrivanja, istraživanja i rasta. Dok krećeš na ovo putovanje, zapamti da pronalaženje prave profesije nije samo puko pronalaženje posla - već se radi o odabiru karijere koja te ispunjava i pruža ti smisao, i koja je u skladu sa tvojim strastima, vrednostima i težnjama. Radi se o otkrivanju unutrašnje vatre koja pokreće tvoju dušu, koja rasplamsava tu iskru ushićenja i svrhe u tebi.

Dakle, odakle da kreneš? Počni od introspekcije. Razmisli o svojim interesovanjima, talentima i snovima. Koji su ti bili omiljeni predmeti u srednjoj školi? Koje aktivnosti su ti donosile radost i ispunjenje? Prema čemu gajiš istinsku strast? Odgovori na ova pitanja poslužiće ti kao zvezde vodilje, osvetljavajući put ka tvojoj idealnoj profesiji. Ali sama strast nije dovoljna. Neophodno je i praktično razmišljanje. Istraži različita zanimanja i kakvi su izgledi za pronalazak posla u toj profesiji, raspon plata i mogućnosti za dalji razvoj karijere. Potraži savet od mentora, savetnika za karijeru ili profesionalaca u oblastima koje te zanimaju. Njihovo mišljenje i saveti mogu ti pružiti neprocenjivu jasnoću i usmeriti te dok lutaš kroz lavirint različitih mogućnosti.

Dok krećeš na ovo putovanje, budi otvorenog uma. Poslovno i radno okruženje se neprestano razvija, pojavljuju se nove delatnosti, dok tradicionalni poslovi prolaze kroz transformaciju. Prihvatite promene, prilagodite se novim prilikama i budite spremni da istražujete nekonvencionalne puteve. Zapamtite, vaš put do pronalaska prave profesije nije sprint već maraton. Nedostaci i izazovi su neizbežni, ali su takođe i prilike za rast i učenje. Dok isertavaš svoju putanju ka karijeri iz snova, ne zaboravi da uživaš i u samom putovanju. Prigrli sve zgrade i nezgode, prihvati svaki uspeh i neuspeh i budi zahvalan za lekcije naučene na tom putu. Tvoj put možda neće uvek biti lak, ali će se zasigurno isplatiti.

I zato, ovo je moj savet maturantima: Budite hrabri, odvažni i verni sebi. Vaša budućnost je puna mogućnosti, a svet čeka da ostavite svoj trag. Prigrllite avanturu koja je pred vama i želim vam ispunjenje i uspeh na putu do ostvarenja snova. Čestitamo još jednom i neka vaš put bude ispunjen radošću, rastom i beskrajnim mogućnostima.

Topli pozdrav svima!

Leonora

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Editorial

Congratulations, Graduates: Find the path to your dream career

As you stand on the threshold of a new chapter in your lives, amidst the graduation celebrations and well-deserved applause, there's one question that may be in your minds: What comes next? The journey ahead is filled with possibilities, and at the heart of it lies the quest to find your calling, your vocation, your dream career.

The transition from high school to the professional world can feel like stepping into a big and unfamiliar wilderness. The choices are endless and the pressure to make the right decision visible. But fear not, for this is a journey that every graduate embarks upon - a journey of self-discovery, exploration, and growth. As you set forth on this journey, remember that finding the right profession is not merely about landing a job - it's about choosing a fulfilling and meaningful career that is in line with your passions, values, and aspirations. It's about discovering what sets your soul on fire, what ignites that spark of enthusiasm and purpose within you.

So, where do you begin? Start by introspecting. Reflect on your interests, talents, and dreams. What subjects did you enjoy studying in high school? What activities brought you joy and fulfilment? What are you genuinely passionate about? Your answers to these questions will serve as guiding stars, illuminating the path towards your ideal profession. But passion alone is not enough. Practical considerations also come into play. Research different career paths, explore their job prospects, salary ranges, and growth opportunities. Seek guidance from mentors, career counsellors, or professionals in your fields of interest. Their insights and advice can provide invaluable clarity and direction as you navigate the maze of possibilities.

Keep an open mind as you embark on this journey. The landscape of the professional world is constantly evolving, with new industries emerging and traditional roles undergoing transformation. Embrace change, adapt to new opportunities, and be willing to explore unconventional paths. Remember, your journey to finding the right profession is not a sprint but a marathon. Setbacks and challenges are inevitable, but they are also opportunities for growth and learning. As you chart your course towards your dream career, don't forget to enjoy the journey. Embrace every twist and turn, appreciate every triumph and setback, and cherish the lessons learned along the way. Your path may not always be smooth, but it will undoubtedly be rewarding.

So, to the graduates of high school, I offer this advice: Be brave, be bold, and be true to yourselves. Your future is filled with possibilities, and the world is waiting for you to make your mark. Embrace the adventure that lies ahead, and may you find fulfilment and success in the pursuit of your dreams. Congratulations once again, and may your journey be filled with joy, growth, and endless possibilities.

Warm wishes for you!

Leonora

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Chief Editor:

Leonora Shabanaj Nikshiq

Journalists:

Ali Rexha,

Violeta Matovic,

Jelena Simic Rasic

Photos by:

"4You" Team

Design & Layout:

Bekim Shabani &

Leopard Cana

The editorial staff can be contacted on:

038/503-603-2139

Any letters can be sent at:

HQ KFOR - Film City;

"4You Magazine";

Strasbourg Building;

10000 Pristina

E-mail:

magazineforyou2003@gmail.com

www.magazineforyou.com



Cover:

Marko BOZOVIC

JOVANA FILIĆ

TALENAT KOJI SPAŽA KLAVIR I KARATE



Jovana Filić živi u Lapljem Selu. Učenica je petog razreda Osnovne škole „Miladin Mitić“ u ovom mestu a uporedo pohađa i treći razred osnovne Muzičke škole „Stevan Mokranjac“ - Gračanica. Odlična je učenica i u redovnoj osnovnoj školi kao i u Muzičkoj školi. Klavir je školski predmet koji Jovana najviše voli u muzičkoj školi, a u osnovnoj školi to su – srpski jezik i biologija, otkriva nam na početku razgovora za 4You Magazin.

Njen izbor? Klavir

Još od malena, Jovana gaji ljubav prema klaviru, a nedavno je svoj talenat potvrdila osvajanjem druge nagrade na međunarodnom takmičenju "Sirmium" koje je održano u Sremskoj Mitrovici. Jovana je prethodno osvojila i treću nagradu na Memorijalu "Sanja Pavlović" i Internacionalnom takmičenju "Viva harmonika" u Aleksincu. Planira i da u budućnosti svira klavir i od toga ne odustaje. „Veoma je lepo i veoma je privlačno kada vidite da neko svira klavir“, objašnjava Jovana. Voli da svira kompozicije nemačkog kompozitora

Johana Sebastijana Baha i sonatine. „Elegantno, ni u previše brzom ritmu, ali ni u sporom“, ovim rečima, Jovana opisuje tempo, kojim najviše voli da svira. Ipak priznaje, da voli da zavisno od raspoloženja sluša i različite muzičke žanrove.

Klavir i karate

Ova simpatična devojčica nije samo muzički virtuoz. Jovana trenira karate i nosi zeleni pojas u Karate klubu „Senši“. I dok neki ovu kombinaciju klavira i karatea vide kao nespojivu, Jovana dokazuje da jednako

Sa samo dvanaest godina, Jovana je već pokazala da je muzički čarobnjak, svojim izvođenjem na klaviru. Ali njen talenat ne počiva samo u notama, ona je takođe majstor borilačkih veština, osvaja medalje u karateu i dokazuje da je snaga više od fizičke forme – da je to i stanje uma i duha.

uspešna u bavljenju muzikom, ali i u sportu. Trenutno je čak šampion u karateu u disciplini kate pojedinačno, što je impresivno dostignuće za jednu tako mladu osobu.

Ljubav prema knjigama i srpskom jeziku

Jovanin talenat nije ograničen samo na





JOVANA FILIC

A TALENT THAT COMBINES PIANO AND KARATE

At the age of twelve, Jovana has already shown that she is a musical prodigy with her piano performances. However, her talent is not limited to music notes; she is also a martial arts master, winning medals in karate and proving that strength is more than physical form—it is also a state of mind and spirit.

muziku i sport. Ona uživa u čitanju knjiga i pisanju sastava. A još jedno od njenih dostignuća, koje ne možemo da izostavimo je opštinsko takmičenje iz srpskog jezika na kome se takmičila. Želi da nakon završene osnovne škole, upiše Gimnaziju, mada ima kako ona sama to kaže, još četiri godine za razmišljanje. Volela bi da radi u školi, da bude nastavnica srpskog jezika i da podučava decu. Priznaje da ima malo slobodnog vremena, ali da ga uvek pronađe u pauzama između vežbanja klavira, učenja i školskih obaveza. „Sve se može kada se hoće“, kaže Jovana. Kroz Jovaninu priču, shvatamo da su talent, rad i ljubav ključni ka postizanju uspeha. Kao što Jovana kaže: „Ništa nije apsolutno teško ako nešto volite iz srca.“ Ona je imala poruku za svoje vršnjake na Kosovu. „Naša planeta je kao nebo puno zvezda, ali zašto ti ne bila ona najsjajnija“, poručila je Jovana.

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 4You Magazina.

Jovana Filic lives in Laplje Selo. She is a fifth-grade student at “Miladin Mitic” Elementary School therein and she also attends the third grade at the “Stevan Mokranjac” Elementary Music School in Gracanica. She excels in both regular school and music school. Piano is her favorite subject in music school, while in regular school, she enjoys Serbian language and biology, she reveals at the beginning of her interview with 4You Magazine.

Her Choice? The Piano

From a young age, Jovana has nurtured a love for the piano, recently confirming her talent by winning the second prize at the international “Sirmium” competition held in Sremska Mitrovica. Jovana previously won third prizes at the “Sanja Pavlovic” Memorial and the International “Viva Accordion” competition in Aleksinac. She plans to continue playing the piano in the future and is determined not to give it up. It’s very beautiful and very appealing when you see someone playing the piano, Jovana explains. She loves to play compositions by the German composer Johann Sebastian Bach and sonatinas. Elegant, not too fast but not too slow, is how Jovana describes the tempo she prefers to play. However, she admits that she likes to listen to various music genres depending on her mood.

Piano and Karate

This charming girl is not just a musical virtuoso. Jovana practices karate and holds a green belt at the “Sensi” Karate Club. While some see the combination of piano and karate as incompatible, Jovana proves she is equally successful in both music and sports. She is currently the champion in the karate discipline

of individual katas, an impressive achievement for someone so young.

Love for Books and the Serbian Language

Jovana’s talent is not limited just to music and sports. She enjoys reading books and writing essays. Another of her accomplishments that cannot be overlooked is her participation in the municipal competition in the Serbian language. She wants to enroll in a Gymnasium after finishing elementary school, although, as she says, she has four more years to think about it. She would love to work in a school, to be a Serbian language teacher, and to educate children. She admits she has little free time but always finds it during breaks between piano practice, studying, and school obligations. Anything is possible if you want it, says Jovana. Through Jovana’s story, we understand that talent, hard work, and love are the keys to success. As Jovana says, “Nothing is absolutely difficult if you love something from the heart.” She had a message for her peers in Kosovo. “Our planet is like a sky full of stars, but why wouldn’t you be the brightest one,” Jovana sent a message.

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

ČETVRT VEKA MIROVNE MISIJE KFOR-a



Već četvrt veka, Kosovske snage (KFOR) stoje kao posvećeni čuvar mira i stabilnosti na Kosovu. Od svog osnivanja, ova multinacionalna mirovna misija suočila se i prevazišla različite izazove, istovremeno obezbeđujući sigurno i bezbedno okruženje i pomažući u stvaranju osnovnih civilnih institucija u regionu.

Očuvanje stabilnosti

Od svog raspoređivanja 1999. godine, KFOR je igrao ključnu ulogu u očuvanju stabilnosti na Kosovu. Posledice sukoba na Kosovu ostavile su krhku situaciju okarakterisanu etničkim tenzijama i nedostatkom političke stabilnosti. U tom kontekstu, prisustvo KFOR-a je bilo od suštinskog značaja za sprečavanje oživljavanja sukoba i stvaranje okruženja koje je omogućilo napredak. Kroz patrole, kontrolne punktove i mogućnosti brzog reagovanja, KFOR je efikasno sprečio nastanak mogućih izvora tenzija, uz poboljšanje osećaja bezbednosti kod lokalnog stanovništva.

Podrška civilnim institucijama

Pored svog mandata da obezbedi bezbednost, KFOR se aktivno angažovao u podršci razvoja civilnih institucija na Kosovu. Tokom prvih godina svoje misije, KFOR se fokusirao na pomoć u rekonstrukciji infrastrukture, oživljavanju javnih usluga i podršci povratku raseljenih lica u njihove

domove. Dok je Kosovo napredovalo ka samoupravi, uloga KFOR-a je takođe evoluirala tako da uključuje napore usmerene na osnaživanje lokalnih institucija i promociju prakse dobrog upravljanja. Kroz programe obuke, savetodavnu podršku i saradnju sa



lokalnim vlastima KFOR je doprineo stvaranju održivih civilnih institucija koje su od suštinskog značaja za postizanje dugoročne stabilnosti i napretka.

Prilagođavanje izazovima

Tokom proteklih dvadeset pet godina,

KFOR se suočio sa mnogim izazovima različite prirode, od političkih tenzija do pretnji bezbednosti. Zbog toga je ova misija morala da prilagodi svoje strategije i operacije kako bi se uspešno i efikasno suočila sa ovim novim izazovima. Na primer,

tokom perioda pojačanih tenzija, KFOR je intenzivirao svoje prisustvo i koordinaciju sa lokalnim akterima kako bi sprečio eskalaciju ovih tenzija. Štaviše, KFOR je takođe igrao ključnu ulogu u pružanju podrške naporima za krizne reakcije, kao što su katastrofe i humanitarna pomoć, čime je dokazao svoju svestranost u rešavanju širokog spektra izazova.

Međunarodna saradnja

Jedna od najjačih strana KFOR-a je njegov multinacionalni sastav i saradnja. Pod banerom KFOR-a okupile su se trupe iz raznih zemalja, udružujući različita iskustva i stavove u okviru ove misije. Ovaj međunarodni

sastav nije samo poboljšao efikasnost operacija KFOR-a, već je povećao i posvećenost međunarodne zajednice miru i stabilnosti na Kosovu. Štaviše, partnerstvo KFOR-a sa međunarodnim organizacijama kao što su Evropska unija i Ujedinjene nacije, još više je olakšalo koordinaciju napora i promovisanje jedinstvenog pristupa izgradnji mira u regionu.

U susret budućnosti

Posle dvadeset pet godina službe, KFOR je na vitalnoj raskršnici svoje misije. Iako je postignut značajan napredak, izazovi ostaju i put ka održivom miru se nastavlja. Međutim, uz kontinuiranu posvećenost, saradnju i podršku KFOR ostaje odlučan da se suoči sa budućim izazovima kako bi nastavio da sprovodi svoju ključnu ulogu u promovisanju mira i stabilnosti na Kosovu, koliko god da je potrebno.

Dok posmatramo dvadeset pet godina službe KFOR-a, jasno je da je njegov doprinos Kosovu i celom regionu bio veoma ekstenzivan. Počevši od očuvanja stabilnosti do podrške civilnim institucijama, KFOR je bio i ostaje stub mirovnih napora na Kosovu. Dok gledamo u budućnost, nema sumnje da KFOR ostaje posvećen svojoj misiji kako bi se uspesi postignuti vrednim radom i posvećenošću sačuvali za buduće generacije. Uz kontinuiranu podršku međunarodne zajednice i posvećenost svog osoblja, KFOR će nastaviti da igra ključnu ulogu u promovisanju mira, stabilnosti i prosperiteta na Kosovu.

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A QUARTER CENTURY OF KFOR'S PEACEKEEPING MISSION

For a quarter century, Kosovo Force (KFOR) has stood as a dedicated guardian of peace and stability in Kosovo. Since its creation, this multinational peacekeeping mission has faced and overcome various challenges while ensuring a safe and secure environment and helping in the creation of essential civil institutions in the region.

Preservation of stability

Since its deployment in 1999, KFOR has played a vital role in preserving stability in Kosovo. The consequences of the Kosovo conflict left a fragile situation characterized by ethnic tensions and the lack of political stability. In this context, KFOR's presence was fundamental in preventing the renewal of conflicts and in creating an environment that facilitated progress. Through the use of patrols, checkpoints, and fast reaction capabilities, KFOR effectively prevented the emergence of possible sources of tensions, while improving the overall sense of safety among the local population.

Supporting civil institutions

Besides its mandate to provide security, KFOR has actively engaged in supporting the development of civil institutions in Kosovo. During the first years of its mission, KFOR focused on helping with the reconstruction of the infrastructure, the revival of public services, and supporting the return of displaced people to their homes. While Kosovo progressed towards self-governance, KFOR's role also evolved to include efforts aimed at the empowerment of local institutions and the promotion of good governance practices. Through training programs, advisory support, and cooperation with local authorities KFOR has contributed to the creation of sustainable civil institutions that are essential in achieving long term stability and progress.

Adapting to challenges

During the past twenty-five years, KFOR has faced various challenges ranging in nature from political tensions to threats to security. Therefore, this mission has had to adapt its strategies and operations in order to address these new challenges successfully and effectively. For example, during periods of increased tensions, KFOR intensified its presence and coordination with local actors to prevent the escalation of these tensions. Moreover, KFOR has also played a key role in supporting efforts to crisis reactions, such as disaster relief and humanitarian assistance, thus proving its versatility when faced with a wide range of challenges.

International cooperation

One of KFOR's strongest points has

been its multinational composition and cooperation. Troops from various countries have gathered under KFOR's banner, joining various experiences and viewpoints within this mission. This international composition has not only improved the effectiveness of KFOR's operations but has also increased the dedication of the international community towards the peace and stability in Kosovo. Moreover, KFOR's partnership with international organizations like the European Union and United Nations, has further facilitated the coordination of efforts and the promotion of a unified approach towards peacebuilding in the region.

Towards the future

After twenty-five years of service, KFOR is at a vital crossroad to its mission. Although significant progress has been achieved, challenges remain and the road towards sustainable peace continues. However, with continued dedication, cooperation, and support KFOR remains determined to face future challenges in order to continue implementing its crucial role in promoting peace and stability in Kosovo, for as long as needed.

As we review the twenty-five years of KFOR's service it is clear that its contribution to Kosovo and the entire region has been very profound. Starting with the preservation of the stability to the supporting of civil institutions, KFOR has been and remains a pillar of peacekeeping efforts in Kosovo. While we look towards the future, there is no doubt that KFOR remains dedicated to its mission in order to ensure that the successes achieved with hard work and dedication are preserved for future generations. With the continued support of the international community and the dedication of its personnel, KFOR will continue to play a key role in promoting peace, stability, and prosperity in Kosovo.

ISPLANIRAJTE SVOJE IDEALNO LETOVANJE

Priznajte da ste već uveliko počeli da razmišljate o ovom letu koje nam predstoji. U svojim mislima ga verovatno provodite na nekoj plaži, uz najbolje društvo, druga ili drugaricu. Ma kako god da ga zamišljate, ono vam u mislima trenutno izgleda tako lepo i veselo....



Naravno, leto i treba da bude takvo, posebno ukoliko ste mladi kao vi, naši dragi čitaoci, kada nemate previše obaveza i kada možete sebi da priuštite provod do zore. Avanture su uvek poželjne, kako one uz društvo u svom gradu, na putovanju, tako i one ljubavne, a odluke su uvek samo na vama. Mi vam predlažemo kako uz pojedine stvari, sitnice, da ovo leto učinite još lepšim.

Plaža i more

More je uvek destinacija kojoj će se većina uputiti uz ogroman osmeh na licu. Iskoristite to vreme da svaki dan budete na plaži, da se "zalepíte" za pesak, da sasvim uživate, da se opustite i u potpunosti relaksirate od svega onoga što vas je prethodnih meseci brinulo, mučilo, dosađivalo. Uživate u svakom trenutku provedenom na plaži, u morskoj vodi i gledajte da skoro sve vreme tu i potrošite. Povedite svoje kućne ljubimce, prošetajte ih na neki obližnji proplanak, park, ponesite neku užinu i dok se oni igraju

i trče oko vas, vi uživajte u omiljenom obroku. Savršen način da napunite baterije!

Festival kod kuće

Ukoliko nemate novca da kupite kartu za omiljeni letnji festival, onda organizujte festival sami sebi. Napravite tematsku žurku u svom stanu, dvorištu kuće, dodajte sjaja, omiljene muzike, dobrog raspoloženja i to je sve što će napraviti odličnu zamenu za mesto koje ste želeli da posetite.

Spa kod kuće

Potreban vam je odmor, ali nakon nekog napornog dana? Napunite svoju kadu i

stvorite pravi spa doživljaj u svojoj kući, sipajte omiljeni sladoled u čašu, dodajte neki kolačić i uživajte u narednih nekoliko sati. Napolju je ionako pretoplo da biste bilo šta drugo radili.

Piknik sa društvom

Dogovorite se sa društvom i organizujte piknik uz omiljenu hranu i piće. Neka svako ima svoj zadatak kako biste brzo sve organizovali i dobićete još jedan od savršenih letnjih dana u nizu.

Radionice i volonterski kampovi

Leto je vreme različitih radionica i dešavanja, pa se prijavite za neki volonterski kamp koji će vam pružiti mnogo novih poznanstava, lepih iskustava i kvalitetno i lepo utrošeno vreme. Komp u ruke i malo surfujte internetom. Pronađite najbolje ponude za letovanje, neko putovanje koje biste mogli sebi da priuštite sa svojim društvom. Ukoliko baš niste u mogućnosti da sebi priuštite neki duži odmor, uvek možete pronaći ponude za produženi vikend koji je savršeno organizovan.

Roštilj i društvene igre

Umesto da odete na neku fensi ili elegantnu večeru, pripremite roštilj u svom dvorištu, spremite društvene igre i





pozovite svoje "ljude". Osim opuštajući atmosfere i dobre ekipe, ništa drugo nije potrebno za kul provod.

Takmičenja u pravljenju hrane

Napravite neko takmičenje sa svojim društvom. Oformite ekipe, takmičite se u tome ko je bolji i brži u pravljenju pize, nekih kolača, bilo čega šta volite da jedete, osim što ćete spremiti nešto što volite, sigurno ćete se zaista zabaviti.



Ključ uspešnog i ispunjenog leta je u planiranju i prilagodavanju vaših želja i mogućnosti. Bilo da putujete na more ili uživate u svom dvorištu, važno je da se opustite, zabavite i napunite baterije za predstojeće izazove. Kreirajte uspomene koje ćete pamtili celog života i uživajte u svakom trenutku ovog leta.

PLAN YOUR PERFECT SUMMER VACATION

Admit it, you are already well into thinking about the upcoming summer. In your mind, you are probably spending it on a beach, with the best company, a friend. No matter how you imagine it, it seems so nice and cheerful in your mind at the moment....

Of course, this is what the summer should be like, especially when you are young like you are, our dear readers, and you don't have many responsibilities and you can afford to party until dawn. Adventures are always welcome, both with the friends in your home town or during a trip, as well as love adventures, choices are always yours to make. And we suggest you how to make this summer even nicer, with a few bits and pieces.

Beach and sea

The sea is always a destination that most people will head to with a huge smile on their face. Use that time to spend every day on the beach, to "fuse" yourself to the sand, to fully enjoy yourself, to relax and completely unwind from everything that has been worrying, upsetting, and bothering you in previous months. Enjoy every moment spent at the beach, in the sea water, and make sure that you spend almost all of your time there. Take your pets, walk them to a nearby glade, a park, take some snack with you and while they are playing and running around you, enjoy your favorite meal. Perfect way to recharge your batteries!

A home festival

If you don't have money to buy the ticket for your favorite summer festival, then organize your own festival. Throw a themed party in your apartment or house backyard, add some glitter, favorite music, good mood and this is all you will need to make for a great substitute for the place you wanted to visit.

A home spa

Need a vacation, but after a busy day? Fill your bathtub and create a real spa experience in your home, pour your favorite ice cream in a glass, add some cookies and enjoy the next few hours. It is too hot outside to do anything else anyway...

Picnic with friends

Make arrangements with your friends and organize a picnic with your favorite food and drinks. Share the tasks so you can get everything organized quickly and you will have yet another perfect summer day.

Workshops and volunteer camps

Summer is the time for various workshops and events, so sign up for a volunteer camp that will allow you to make many new acquaintances, gain nice experiences and spend some quality time. Grab your computer and surf the Internet. Find the best vacation deals, a trip you can afford with your friends. If you are not able to afford a longer vacation, you can always find offers for a perfectly organized extended weekend.

Barbecue and board games

Instead of going to a fancy or elegant dinner, organize a barbecue in your backyard, prepare board games and invite your "crowd." Apart from a relaxed atmosphere and a good crew, you don't need anything else to have a cool time.

Cooking competitions

Make a competition with your friends. Form teams, compete to see who is better and faster at making pizza, or some cakes, or anything you like to eat. Besides preparing something you love to eat, you will definitely have a lot of fun.

The key to a successful and fulfilling summer is in planning and adapting to your wishes and possibilities. Whether you take a trip to the seaside or have fun in your backyard, it is important to relax, have fun and recharge your batteries for the challenges ahead. Create memories that you will remember for a lifetime and enjoy every moment of this summer.

DAMJAN MLADENOVIĆ

PRAVA STRAST PREMA MUZICI

U svetu muzike, talenti se rađaju i razvijaju, a jedan od njih je svakako jedanaestogodišnji Damjan Mladenović iz Gornje Gušterice. Ovaj mladi virtuoz harmonike počeo je svoje muzičko putovanje pre tri godine i već je osvojio srca i nagrade. Damjan, učenik trećeg razreda Osnovne Muzičke škole „Stevan Mokranjac“ u Lapljem Selu, već je u ranoj dobi pokazao svoj talenat i ljubav prema muzici. Njegova strast prema harmonici odražava se u svakoj noti koju izvodi.



Početak muzičkog putovanja

Svoj dar za muziku Damjan je pokazao već na prijemnom ispitu za osnovnu Muzičku školu, otkriva nam na početku razgovora za 4You Magazine. Upisao je osnovnu Muzičku školu „Stevan Mokranjac“ 2021. godine na odelu za harmoniku. Muzika je oduvek bila njegova strast, sa osećajem za ritam koji je uvek bio prisutan. Pod mentorstvom profesora Veljka Vasića, Damjan je nedavno osvojio drugo mesto na Memorijalu „Sanja Pavlović“ i Internacionalnom takmičenju „Viva harmonika“ u Aleksincu. Takođe, u martu je na 12. Regionalnom takmičenju "Binički" u muzičkoj školi "Stanislav Binički" u Beogradu, osvojio drugu nagradu, demonstrirajući svoje izvanredne muzičke veštine.

Odličan učenik i budući doktor

Međutim, Damjan nije samo virtuozni muzičar; on je takođe odličan učenik petog razreda Osnovne škole „Knez Lazar“ u Gornjoj Gušterici. Pored muzike, voli i prirodne nauke, posebno biologiju i matematiku. Iako je harmonika njegova prva ljubav, Damjan priznaje da bi voleo jednog dana postati doktor, možda čak

i hirurg. "To me je uvek privlačilo", skromno kaže.

Posvećenost muzici

Kroz dva sata sviranja harmonike svakog dana, Damjan ne samo da usavršava svoje veštine, već i pokazuje svoju istinsku posvećenost umetnosti

zvuka. "Uvek pravim paralelu u životu, mada moram da priznam da sam uvek više posvećen muzici", kaže Damjan. Iako voli klasičnu muziku, ne zanemaruje ni narodnu muziku koja često inspiriše njegove interpretacije. "Od klasične muzike to su uglavnom etide i valceri", dodaje.



DAMJAN MLADENOVIC

TRUE PASSION FOR MUSIC



Ostatak slobodnog vremena provodi u druženju sa prijateljima i crtanju, dok čitanje knjiga, posebno stranih autora, dodatno obogaćuje njegov um. Jedna od omiljenih knjiga je klasik britanske spisateljice Enid Blyton, serija romana pod nazivom "Pet prijatelja", koji ne samo da zabavlja već i podstiče na razmišljanje i istraživanje, ističući važnost prijateljstva, hrabrosti i timskog rada.

„Pronađite sebe u sportu, muzici ili umetnosti“

Damjan ima poruku za svoje vršnjake na Kosovu. "Želim vam da pronađete nešto u čemu uživate, bilo da je to sport, muzika ili neka druga umetnost. Želim vam da pronađete svoj okean i da uspete da ga premostite, ali da vi sami odlučite koji je to vaš put, a ne da to uradi neko drugi ili vaša sredina", poručuje Damjan. Ovaj mladi harmonikaš nije samo primer predanosti i inspiracije. Muzika koju on izvodi pokazuje da je uz istinsku posvećenost i ljubav sve moguće.

Talents are born and develop in the world of music, and one of them is certainly eleven-year-old Damjan Mladenovic from Gornja Gusterica. This young accordion virtuoso began his musical journey three years ago and has already won hearts and prizes. Damjan, a third grade pupil at the "Stevan Mokranjac" primary music school in Laplje Selo, showed his talent and love for music at an early age. His passion for the accordion is reflected in every note he plays.

The beginning of a musical journey

Damjan showed his musical talent as early as the entrance exam for primary music school, he reveals at the beginning of the interview with 4You Magazine. He was enrolled at the "Stevan Mokranjac" Primary Music School in the accordion section in 2021. Music has always been his passion and his sense of rhythm has always been there. Under the mentorship of Professor Veljko Vasic, Damjan recently won second place at the "Sanja Pavlović" Memorial and the international competition "Viva Harmonika" in Aleksinac. He also won second prize at the 12th regional "Binicki" competition at the "Stanislav Binicki" music school in Belgrade in March, demonstrating his outstanding musical abilities.

Excellent student and future doctor

However, Damjan is not only a virtuoso musician, he is also an excellent student in the fifth grade of the "Knez Lazar" primary school in Gornja Gusterica. In addition to music, he is also interested in science, especially biology and maths. Although the accordion is his first love, Damjan admits that one day he would like to become a doctor, perhaps even a surgeon. "That has always appealed to me," he says modestly.

Dedication to music

By playing the accordion for two hours a day, Damjan not only perfects his skills,

but also shows his true dedication to the art of sound. "I always make a parallel in life, although I have to admit that I am devoting more and more time to music," says Damjan. Although he likes classical music, he does not neglect folk music, which often inspires his interpretations. "From classical music, it's mainly etudes and waltzes," he adds.

He spends the rest of his free time with friends and drawing, while reading books, especially by foreign authors, further enriches his mind. One of his favourite books is the classic by British author Enid Blyton, a series of novels entitled "Five Friends", which not only entertains, but also encourages reflection and exploration and emphasises the importance of friendship, courage and teamwork.

"Find yourself in sport, music or art"

Damjan has a message for his peers in Kosovo. "I want you to find something you enjoy, be it sport, music or another art. I want you to find your ocean and manage to cross it, but I want you to decide for yourself which path is yours and not allow someone else or your environment do it for you," says Damjan. This young accordionist is not just an example of dedication and inspiration. The music he plays shows that with true dedication and love, anything is possible.

PREVAZILAŽENJE ETNIČKIH PODELA

Poziv za saradnju mladih na Kosovu



NVO ACDC je 16. maja organizovala konferenciju pod nazivom „Međuetnička saradnja mladih na Kosovu“ u svojim prostorijama u Severnoj Mitrovici. Ovaj događaj je imao za cilj da podstakne dijalog i saradnju među studentima iz većinskih i nevećinskih zajednica u regionu. Konferencija je naglasila hitnu potrebu za povećanom međuetničkom saradnjom i takođe je iskorišćena za predstavljanje istraživačke analize „Međuetnička saradnja mladih na Kosovu“, koju finansira italijansko Ministarstvo spoljnih poslova i međunarodne saradnje.

Međuetnički seminari i jezičke barijere

U razgovorima je naglašen nedostatak međuetničke saradnje, posebno između srpskih i albanskih studenata, i naglašena je neophodnost inicijativa za podsticanje takve interakcije. Marija Savić, mlada pravica i jedna od panelista, istakla je važnost ovih napora. „Kako saradnja i kontakti do skoro nisu postojali, verujem da NVO ACDC ovdje igra ključnu ulogu“, rekla je ona. Savić je istakla i da mladi pravници, bez obzira na kretanje u karijeri, pokazuju slična interesovanja i uče iste zakone, čineći međunacionalne seminare i radionice bitnim. „Neophodno je organizovati više seminara na kojima bi mladi pravници mogli da podele svoje ideje o budućnosti i svom znanju“, dodala je ona, ističući barijeru koju stvaraju jezičke razlike. „Nepoznavanje jezika je prepreka u bilo kojoj vezi. Bilo bi lakše kada bismo mogli direktno da komuniciramo jer su prevodi uvek podložni promenama“, napominje Savić.

Postoji volja, ali nedostaje podrška

Direktor ACDC-a Dušan Radaković

istakao je značaj ovakvih inicijativa. „Ovaj događaj je veoma važan jer naše istraživanje pokazuje da ne postoji međuetnička saradnja, posebno između srpskih i albanskih studenata“, objasnio je Radaković. Ohrabrio je mlade da budu aktivni i da više komuniciraju, čak i ako to moraju da rade na engleskom,

glavni problem nedostatak kontakta i jezičke barijere. „Ako obezbedimo mesto gde mogu da se sastanu, oni brzo počnu da razgovaraju i saraduju“, dodao je Rapajić. On je istakao da mladi ljudi, iako žele da saraduju, često nemaju mesta za to.



kako bi podstakli bolju saradnju i prosperitet. Aleksandar Rapajić, programski direktor ACDC-a, ponovio je ove stavove. „Mladi ljudi su ti koji treba da poguraju stvari napred. Ne sećaju se sukoba i imaju želju da saraduju“, rekao je on, ističući da je

Ima poboljšanja, ali mora da se uradi više

Gentiana Zeçiri (Zeqiri), građanska aktivistkinja iz Srbije, osvrnula se na važnost prevazilaženja stereotipa i predrasuda. „Cilj organizovanja ovakvih konferencija je stvaranje mostova saradnje među mladima kako bi mogli da razbiju predrasude nasleđene iz prošlosti“, rekla je ona. Zeçiri je rekla da su početni napori da se povežu mladi iz različitih zajednica naišli na oklevanje, ali da su postepeno postali sve prihvaćeniji. „Jedna od najboljih uspešnih priča je projekat saradnje sa ACDC-om, koji je omladina Srbije dobro dočekala. Sada i sami traže takve aktivnosti“, dodala je ona. Fatjona Musliju (Musliu), studentkinja Pravnog fakulteta koja je prisustvovala

OVERCOMING ETHNIC DIVIDES

A Call for Youth Cooperation in Kosovo



On May 16th, NGO ACDC organized a conference titled “Interethnic Cooperation of Youth in Kosovo” at its premises in Northern Mitrovica. This event aimed to foster dialogue and cooperation among students from majority and non-majority communities in the region. The conference highlighted the urgent need for increased interethnic cooperation and was also used to present the research analysis “Interethnic Cooperation of Youth in Kosovo,” funded by the Italian Ministry of Foreign Affairs and International Cooperation.

konferenciji, naglasila je potrebu da se mladi ljudi fokusiraju na budućnost, a ne na prošlost. „Mladi ljudi ne treba da se fokusiraju na prošlost, već da gledaju u budućnost i rade za mir i napredak“, apelovala je Musliju.

Konferencija je zaključena sa nekoliko ključnih preporuka za unapređenje međuetničke saradnje među mladima na Kosovu:

- **Promovisanje ekonomskog razvoja i borba protiv korupcije:** Stvaranje prilika za zapošljavanje mladih je od suštinskog značaja.
- **Finansijska podrška obrazovanju:** Pružanje finansijske pomoći za dalje obrazovanje i napredovanje u karijeri je ključno.
- **Podsticanje zajedničkih aktivnosti:** Organizovanje događaja koji okupljaju mlade iz različitih etničkih grupa neguje raznovrsnije društvo.
- **Učenje jezika:** Promovisanje učenja i albanskog i srpskog jezika u školama može poboljšati komunikaciju i razumevanje.
- **Podrška međunarodnih aktera:** Smernice i podrška međunarodnih organizacija mogu igrati značajnu ulogu u promovisanju međuetničke saradnje.

Konferencija je istakla važnost inicijativa koje imaju za cilj prevazilaženje etničkih podela među mladima na Kosovu. Fokusirajući se na dijalog, obrazovanje i međusobno razumevanje, mladi ljudi mogu utrti put za mirniju i prosperitetniju budućnost.

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Interethnic seminars and language barriers

The discussions underscored the lack of interethnic cooperation, particularly between Albanian and Serbian students, and emphasized the necessity for initiatives that encourage such interactions. Marija Savic, a young lawyer and one of the panelists, stressed the importance of these efforts. “As cooperation and contact were almost non-existent until recently, I believe that NGO ACDC plays a crucial role here,” she said. Savic also pointed out that interethnic seminars and workshops are very important for young lawyers, because regardless of their career paths, they share similar interests and learn the same laws despite the college they attend. “It is essential to organize more seminars where young lawyers can share their ideas about the future and their knowledge,” she added, highlighting the barrier presented by language differences. “Not knowing the language is a barrier in any relationship. It would be easier if we could communicate directly because translations are always subject to change,” Savic noted.

There is a will, but little support

ACDC’s director, Dusan Radakovic, emphasized the importance of such initiatives. “This event is very important because our research shows that there is no interethnic cooperation, especially between Serbian and Albanian students,” Radakovic explained. He encouraged young people to be active and to communicate more, even if they have to do so in English, to foster better cooperation and prosperity. Aleksandar Rapajic, ACDC’s program director, echoed these sentiments. “Young people are the ones who need to push things forward. They do not remember the conflict and have the desire to cooperate,” he said, noting the main problem is the lack of contact and language barriers. “If we provide a place where they can meet, they quickly start talking and cooperating,” Rapajic added. He pointed out that while young people do want to cooperate, they often lack the venues to do so.

There is improvement but more has to be done

Gentiana Zeqiri, a civil activist from Skenderaj/Srbica, reflected on the

importance of overcoming stereotypes and prejudices. “The goal of organizing such conferences is to create bridges of cooperation among young people so they can dispel prejudices inherited from the past,” she said. Zeqiri shared that initial efforts to connect youths from different communities were met with hesitation but have gradually become more accepted. “One of the best success stories is the cooperation project with ACDC, which has started to be welcomed by the youth of Skenderaj/Srbica. Now, they themselves ask for such activities,” she added. Fatjona Musliu, a student at the Faculty of Law attending the conference, emphasized the need for young people to focus on the future rather than the past. “Young people should not focus on the past but look towards the future and work for peace and progress,” Musliu urged.

The conference concluded with several key recommendations to enhance interethnic cooperation among the youth in Kosovo:

- **Promote economic development and fight corruption:** Creating job opportunities for young people is essential.
- **Financial support for education:** Providing financial aid for further education and career advancement is crucial.
- **Encourage joint activities:** Organizing events that bring together youth from different ethnic backgrounds fosters a more diverse society.
- **Language learning:** Promoting the learning of both Albanian and Serbian languages in schools can improve communication and understanding.
- **Support from international actors:** Guidance and support from international organizations can play a significant role in promoting interethnic cooperation.

The conference highlighted the importance of initiatives aimed at overcoming ethnic divides among the youth in Kosovo. By focusing on dialogue, education, and mutual understanding, young people can pave the way for a more peaceful and prosperous future.

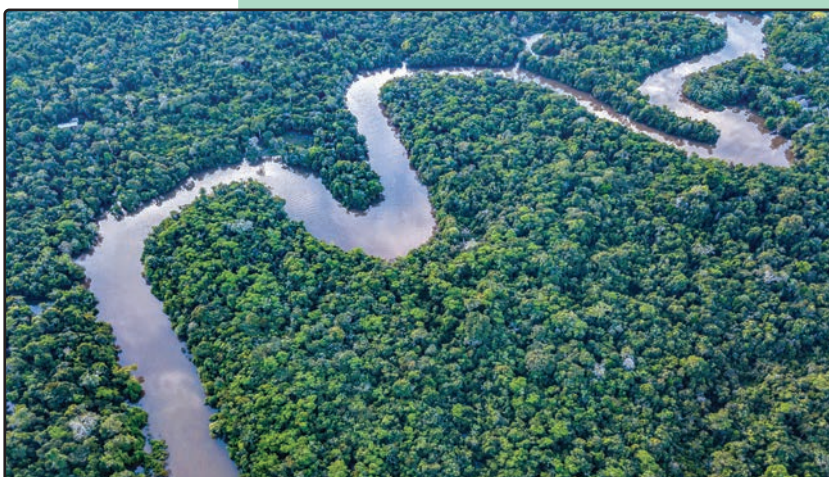
PET NAJDUŽIH REKA NA SVETU

Reke se smatraju pravim svetskim čudima, jer teku planetom, a takođe i pružaju staništa za velike i male vrste. Prema dostupnim informacijama, postoji 150 hiljada imenovanih reka širom planete, a smatra se da je taj broj i viši. Ipak, postoji nedoumica o tome koje su to najduže reke na svetu, jer se za dužinu reke kao merilo koristi određivanje ukupne udaljenosti koju reka pokriva od svog izvora do ušća. Stoga, dužina reka, može varirati zbog različitih metoda merenja i promena u rečnim tokovima. Upravo zbog ovoga najviše polemike se vodi oko toga koja je najduža reka na svetu. Da li je to reka Nil ili Amazon? U nastavku teksta pročitajte kojih pet reka se smatra najdužim na svetu.



Nil - 6650 km, Afrika

Počasno prvo mesto ipak pripada - reci Nil. Ova reka sa dužinom od 6.650 kilometara, nalazi se u Africi i jedna je od najpoznatijih reka na svetu. Obale Nila su mesto gde se rodila jedna od najvećih svetskih civilizacija, drevni Egipat. Nil teče kroz mnoge zemlje pre nego što se izlije u Sredozemno more uključujući Ugandu, Etiopiju, Keniju, Tanzaniju, Egipat, Sudan i Južni Sudan. Pritoke koje se ulivaju u reku čine Plavi Nil, Beli Nil i Atbara. Nil je glavni izvor vode, posebno za poljoprivredu i navodnjavanje.



Amazon - 6400 km, Južna Amerika

Sa 6.400 kilometara dužine, reka Amazon je izuzetno blizu reke Nil. Međutim, ova reka ima daleko najveću količinu slatke vode na svetu, te svake sekunde u danu izlije najmanje 200 hiljada litara u okean. Od svog izvorišta u planinama Anda u Peruu, reka Amazona teče duž ruba Južne Amerike prema istoku, da bi na kraju ušla u Atlantski okean. Zbog svoje velike količine vode, utiče i na nivo mora na Karibima - kako se njegova voda prenosi na karipska ostrva, nivo mora raste za 3 centimetra.



Jangce - 6300 km, Kina

Treća najduža reka na svetu, kineska reka Jance ili Jangcekjang - duga je 6.300 kilometara. Jangce u prevodu sa kineskog znači Velika ili Dugačka reka. Protiče većim delom Azije i stvara nezvaničnu granicu između severne i južne Kine, što je čini daleko najdužom rekam u Aziji. Uzdižući se u planinama pokrajine Činghaj na tibetanskoj visoravni, Jangce teče duž svoje ogromne udaljenosti do Istočnog kineskog mora.

Misisipi - Misuri - 6270 km, SAD

Reka Misisipi-Misuri nabolje bi mogla da se opiše kao rečni sistem nego reka sama po sebi, jer se sastoji od reka Misuri i Misisipi koje se ulivaju jedna u drugu, stoga se često nazivaju jednom velikom rekam. Reka Misisipi nalazi se u centralnom delu SAD i dužine je 3730 km. Najveća pritoka Misisipija je reka Misuri čija je dužina 2411

FIVE LONGEST RIVERS IN THE WORLD

Rivers are considered true wonders of the world, because they flow across the planet and provide habitats for various species, large and small. According to available information, there are 150,000 named rivers worldwide, and this number is believed to be even higher. However, there are doubts as to which are the longest rivers in the world, as the length of a river is measured by the total distance it travels from its source to its mouth. Therefore, the length of rivers can vary due to different measurement methods and changes in the course of the river. Precisely for this reason there is a debate over which is the longest river in the world. Is it the Nile or the Amazon? Read on below which rivers are considered the longest in the world.



km dok se kao izvorište Misurija uzima reka Džeferson sa dužinom od 134 km. Ovaj golemi vodeni put proteže se na impresivnih 6.270 kilometara, što ga čini daleko najdužom vodenom deonicom u čitavoj Sjedinjenim Američkim Državama.

Hoangho - 5464 km, Kina

Hoangho je reka u severnoj Kini i treća po dužini reka u Aziji. Dugačka je 5.464 kilometara. Njeno ime u prevodu sa kineskog znači "žuta reka" a ime je dobila po velikoj količina lesa žuta boje kojeg nosi u sebi. Reka izvire u Bajan Bar planinama u Činghaj provinciji. Sliv ove reke je kolekva kineske civilizacije. Ovo je bio najprosperitniji region u ranoj istoriji Kine.



The Nile - 6650 km, Africa

The honourable first place still belongs to the Nile. This river with a length of 6,650 kilometres is located in Africa and is one of the most famous rivers in the world. The banks of the Nile are the cradle of one of the world's greatest civilisations, ancient Egypt. The Nile flows through many countries before emptying into the Mediterranean, including Uganda, Ethiopia, Kenya, Tanzania, Egypt, Sudan and South Sudan. The tributaries that flow into the river are the Blue Nile, the White Nile and the Atbara. The Nile is the main source of water, especially for agriculture and irrigation.

Amazon - 6400 km, South America

With a length of 6400 kilometres, the Amazon is very similar to the Nile. However, this river has by far the largest volume of fresh water in the world and pours at least 200,000 litres into the ocean every second. From its source in the Peruvian Andes, the Amazon flows eastwards along the edge of South America and finally flows into the Atlantic Ocean. Due to its large volume of water, it also influences the sea level in the Caribbean - when its water is channelled to the Caribbean islands, the sea level rises by 3 centimetres.

Yangtze - 6300 km, China

The third longest river in the world, the Chinese Yangtze, is 6,300 kilometres long. Translated from Chinese, Yangtze means Great or Long River. It flows through most of Asia and forms the

unofficial border between northern and southern China, making it by far the longest river in Asia. The Yangtze rises in the mountains of Qinghai Province on the Tibetan Plateau and flows in its mighty course to the East China Sea.

Mississippi - Missouri - 6270 km, USA

The Mississippi-Missouri could be described as a river system rather than a river, as it consists of the Missouri and Mississippi rivers flowing into each other and is therefore often referred to as one large river. The Mississippi is located in the central part of the USA and is 3730 kilometres long. The largest tributary of the Mississippi is the Missouri River with a length of 2411 kilometres, while the Jefferson River with a length of 134 kilometres is considered the source of the Missouri. This huge waterway stretches over an impressive length of 6270 kilometres, making it by far the longest body of water in the entire United States of America.

Huang-ho - 5464 km, China

The Huang-ho is a river in northern China and the third longest river in Asia. It is 5464 kilometres long. Its name translates from Chinese as "Yellow River" and it got its name because of the large amount of yellow loess it carries. The river has its source in the Bayan Har Mountains in Qinghai Province. The catchment area of this river is the cradle of Chinese civilisation. This was the most prosperous region in early Chinese history.

KAKO DA NAPRAVITE VIZIR ZA SUNCE?

Vizir za sunce koristi se za zaštitu lica i očiju od sunčevih zraka, posebno tokom letnjih meseci. Oni su veoma praktični za svakodnevne aktivnosti na otvorenom kao što su šetnja, trčanje ili vožnja bicikla, jer nam pružaju zaštitu od sunca bez potrebe za nošenjem kapa ili šešira. Oni su takođe postali modni dodatak, pa se tako često koriste kao deo stila tokom letnjih meseci. Bez obzira na to da li ih koristite na plaži, tokom sportskih aktivnosti ili u svakodnevnom životu, njihova primarna svrha je da osiguraju udobnost i zaštitu od neprijatnih efekata sunca. U nastavku teksta pročitajte kako da napravite praktičan i zabavan vizir za sunce na lak i jednostavan način.

Potreban materijal

- Olovka ili hemijska olovka
- Lenjir
- Makaze
- Mali bušač rupa ili šilo
- Samolepljiva traka
- Šablon za vizir od pene
- Listovi u boji napravljeni od eva pene A4 formata i
- Lastiš - elastična tkanina izrađena od gume.



I to je to. Vaš vizir je spreman za nošenje. Samo da vam napomenemo, korišćenjem vizira za sunce možete uživati u sunčanim danima bez bojazni od štetnih efekata sunčevih zraka.

Postupak izrade



Korak 1. Najpre je potrebno da odštampate šablon za vizir. Možete ga pronaći na nekom od sajtova na internetu. Nakon toga isecite šablon za vizir koji ste prethodno odštampali.



Korak 2. Sada zalepite šablon koji ste isekli na list u boji koji je napravljen od eva pene. Mi smo se ovde odlučili da koristimo papir u žutoj boji.



Korak 3. Iscrtajte olovkom ili hemijskom olovkom konture oko šablona vizira i pažljivo makazama isecite vizir.



Korak 4. Sada je potrebno da napravite rupe bušačem rupa ili šilom na mestima koje ste prethodno olovkom označili tačkama.



Korak 5. Nakon što se napravili rupe na viziru, sada je potrebno da isečete elastičnu tkaninu odnosno lastiš prema veličini glave. Mi vam ovde dajemo predloge koja dužina lastiša je potrebna ukoliko je vizir namenjen deci uzrasta od 3 do 10 godina, to bi bilo 25 centimetara. Ipak ukoliko je vizir potreban tinejdžeru potrebno 28 cm lastiša, za žene 30 cm a za muškarce dovoljno je 35 centimetara lastiša.

Korak 6. Ovo je ujedno i poslednji korak pri izradi. Nakon što ste odredili dužinu lastiša koja vam je potrebna za izradu vizira, sada je neophodno taj lastiš provucite kroz rupe i vežite ga običnim čvorom.



Ukoliko vam se svideo ovaj naš predlog i sami odlučite da napravite vizir za sunce, molimo vam da nam pošaljete vaše radove i da sa nama podelite utiske na email: magazineforyou2003@gmail.com.

DO IT YOURSELF

HOW TO MAKE A SUN VISOR?

A sun visor is used to protect the face and eyes from the sunlight, especially during the summer months. They are very practical for everyday outdoor activities such as walking, running or cycling, as they provide protection from the sun without having to wear caps or hats. They have also become a fashion accessory, therefore they are often used to express one's style during the summer months. Regardless of whether you use them on the beach, during sports activities or in everyday life, their primary purpose is to ensure comfort and protection from the unpleasant effects of the sun. Read on how to make a practical and fun sun visor in an easy and simple way.



Material you will need

- Pencil or pen
- Ruler
- Scissors
- Small hole punch or awl
- Duct tape
- Foam visor template
- Eva foam color sheets A4 format and
- Elastic - elastic fabric made of rubber.



And that is it. Your visor is ready to wear. Just a side note - by using a sun visor you can enjoy sunny days without fear of harmful effects of the sunlight.

Instructions



Step 1. First you need to print the visor template. You can find one on an Internet website. After that, cut out the visor template that you previously printed.



Step 2. Now tape the template you have cut out to the Eva foam color sheet. We decided to use yellow paper.

Step 3. Trace contours around the visor template with a pencil or a pen and carefully cut out the visor with scissors.

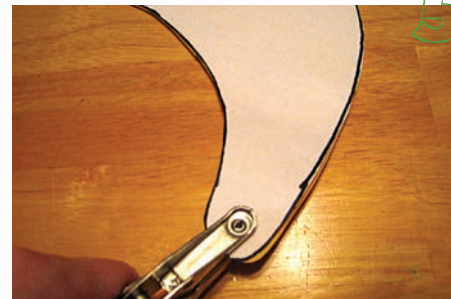


Step 4. Now you need to punch holes with a hole punch or an awl in places you previously marked out with a pencil.

Step 5. After you have punched the holes on the visor, now cut out the elastic fabric, i.e. elastic, to fit your head size. We will suggest the length of the elastic needed for a visor intended for children aged 3 - 10 years, it would be 25 centimeters. On the other hand, if the visor is intended for teens, it will require 28 cm of elastic, 30 cm for women, while 35 cm of elastic is sufficient if the visor is meant for men.



Step 6. This is also the last step in the making process. After you have determined the length of the elastic necessary to make the visor, now you need to thread the elastic through the holes and tie it with a simple knot.



If you liked this proposal of ours and you decide to make a sun visor yourself, please send us your works and share your impressions with us to the following email: magazineforyou2003@gmail.com.



NAJBOLJI FILMOVI ZA TOPLE, LETNJE VEČERI

Leto je idealno vreme za opuštanje uz dobar film. Bilo da volite romantične komedije, avanturističke filmove, ili klasične letnje hitove, sledeće preporuke će vam pomoći da uživate u toplim letnjim večerima. Bilo da se smežete, uzbuđujete ili jednostavno uživate u opuštajućoj priči, ovi filmovi, iako su neki od njih nastali čak pre vašeg rođenja, pružiće vam pravo letnje iskustvo. Zato pronađite vaš omiljeni film, napravite kokice i uživajte u zvezdanim, filmskim večerima ovog leta...

ROMANTIČNE KOMEDIJE "500 Days of Summer" (2009)

Ljubavi i životnim lekcijama.



K Ovaj film prati priču o neobičnoj vezi između Toma i Samer, istražujući sve uspone i padove romanse. Savršen je za letnje večeri zbog svoje tople atmosfere i emotivnog sadržaja.

Crazy, Stupid, Love (2011)

Ova romantična komedija sa Stivom Karelom, Rajanom Goslingom i Emom Stoun idealna je za smeh i uživanje uz priče o

avanturom i slobodom.

Scott Pilgrim vs. The World (2010)

Ova komedija prati Skota Pilgrima koji mora da se bori sa zlim bivšim dečkom svoje devojke kako bi osvojio njeno srce. Film je prepun akcije, humora i jedinstvenog vizuelnog stila.

AVANTURISTIČKI FILMOVI Into the Wild (2007)

Istinita priča o mladom čoveku koji napušta svoj udoban život da bi istraživao divljinu Aljaske. Ovaj film inspiriše gledaoce da tragaju za



Napoleon Dynamite (2004)

N Neobična komedija koja prati Napoleon Dajnamita, društveno neprilagođenog tinejdžera, kroz njegove avanture u školi i kod kuće. Film je postao kulturni hit zbog svog jedinstvenog humora i nezaboravnih likova.

KLASIČNI LETNJI HITOVI

Jaws (1975)

Klasičan triler Stivena Spilberga koji se dešava tokom letnje sezone. Savršen je za noći kada želite malo uzbuđenja i napetosti.

Dirty Dancing (1987)

Ova ikonična romansa smeštena u letnji kamp 1960-ih godina i idealna je za sve ljubitelje plesa i muzike. Uz nezaboravne scene i muziku, pruža osećaj prave letnje nostalgije.

PORODIČNI FILMOVI

The Sandlot (1993)

Ova priča o grupi dečaka koji provode svoje leto igrajući bejzbol i upadajući u razne avanture odlična je za celu porodicu.

Finding Nemo (2003)

Animirani film o potrazi jednog oca za svojim izgubljenim sinom kroz ocean, savršen je za decu i odrasle, pružajući smeh i emotivne trenutke.



BEST MOVIES FOR HOT SUMMER EVENINGS

Summer is the perfect time to relax with a good movie. Whether you like romantic comedies, adventure movies, or classic summer hits, the following suggestions will help you enjoy the hot summer evenings. Whether you laugh, get excited or just enjoy a relaxing story, these movies, even though some of them were made before you were even born, will give you a real summer experience. Therefore, choose your favorite movie, make some popcorn and enjoy star-studded movie nights this summer...

Booksmart (2019)

Ova komedija prati dve najbolje prijateljice koje shvataju da su preozbiljno shvatile školu, pa odlučuju da nadoknade izgubljeno vreme i proživljavaju divlju noć pre mature. Film je osvežavajuće moderan i smešan.

KOMEDIJE

Ferris Bueller's Day Off (1986)

Klasična priča o Ferisu Buleru, tinejdžeru koji odlučuje da preskoči školu i provede dan u avanturi po Čikagu. Film je zabavan, duhovit i prepun nezaboravnih scena.



10 Things I Hate About You (1999)

Moderna adaptacija Šekspirovog dela "Ukročena goropad", ova romantična komedija prati ljubavne zavrzlake u srednjoj školi. Film je šarmantan i duhovit, sa sjajnim glumačkim nastupima Hita Ledžera i Džulije Stajls.

The Edge of Seventeen (2016)

Priča o tinejdžerki Nadine koja se suočava sa teškoćama odrastanja, posebno kada njen brat počne da izlazi sa njenom najboljom prijateljicom. Film kombinuje humor i dramu na dirljiv način.

ROMANTIC COMEDIES

500 Days of Summer (2009)

The film follows the unusual relationship between Tom and Summer, exploring the ups and downs of their romance. The movie is perfect for summer evenings because of its warm atmosphere and emotional content.

Crazy, Stupid, Love (2011)

This romantic comedy with Steve Carell, Ryan Gosling and Emma Stone is ideal for laughing and having good time with stories of love and life lessons.

ADVENTURE FILMS

Into the Wild (2007)

A true story of a young man who leaves his comfortable life to explore the Alaskan wilderness. The film inspires viewers to seek adventure and freedom.

Scott Pilgrim vs. The World (2010)

The comedy follows Scott Pilgrim who must battle his girlfriend's evil ex-boyfriend in order to win her heart. The film is packed with action, humor and a unique visual style.

Napoleon Dynamite (2004)

A quirky comedy that follows Napoleon Dynamite, a socially awkward teenager, through his adventures at school and at home. The film became a cult movie for its unique humor and memorable characters.

CLASSIC SUMMER HITS

Jaws (1975)

Steven Spielberg's classic thriller set during summer. It is perfect for nights when you want some thrill and tension.

Dirty Dancing (1987)

The iconic romance set in a 1960s summer camp is ideal for all dance and music fans. With unforgettable scenes and music, it gives a feel of real summer nostalgia.

FAMILY FILMS

The Sandlot (1993)

The story about a group of boys who spend their summer playing baseball and getting into various adventures is great for the whole family...

Finding Nemo (2003)

The animated film about a father's quest for his lost son through the ocean is perfect for children and adults, providing laughs and emotional moments.

Booksmart (2019)

The comedy follows two best friends realizing that they have taken school too seriously, so they decide to make up for the lost time and have a wild night before prom. The film is refreshingly modern and funny.

COMEDIES

Ferris Bueller's Day Off (1986)

A classic story of Ferris Bueller, a teenager who decides to skip school and spend the day adventuring around Chicago. The film is fun, humorous and full of memorable scenes.

10 Things I Hate About You (1999)

A modern adaptation of Shakespeare's "The Taming of the Shrew," this romantic comedy follows high school love entanglements. The film is charming and witty, with great acting performances by Heath Ledger and Julia Stiles.

The Edge of Seventeen (2016)

The story of a teenage girl Nadine who faces the difficulties of growing up, especially after her brother hooks up with her best friend. The movie combines humor and drama in a touching way.



DESET GODINA NAPRETKA I POSVEĆENOSTI: Pogled unutar kik boks kluba '028'

Kik boks klub '028' iz severnog dela Mitrovice uskoro slavi desetu godišnjicu uspešnog delovanja i posvećenosti sportu. Od osnivanja u septembru 2014. godine, klub je postao simbol sportskih dostignuća i ponosa ovog grada na Ibru, poznatog po vrhunskim sportistima. Pod vođstvom trenera Marka Božovića, bivšeg reprezentativca Srbije u kik boks, klub je ostvario impresivne rezultate kako na domaćem, tako i na međunarodnom nivou, pružajući mladima priliku za razvoj i napredak kroz sport. U razgovoru za 4You Magazin, trener ovog kluba, Marko Božović govorio je o brojnim uspesima koji su obeležili prvih deset godina kluba, o članovima, treninzima, takmičenjima, kako motivisati mlade da se bave sportom i o kratkoročnim i dugoročnim planovima koje ovaj klub ima za naredni period.



treninge, jačanje, tehniku i uvežbavanje“, objašnjava Božović.

Uspesi na takmičenjima

Kik boks klub '028' može se pohvaliti mnogim uspešnim takmičarima, uključujući svetsku šampionku Nataliju Savić - Čupku, kao i evropske i balkanske prvake. Klub je takođe aktivan u

Evropsko prvenstvo, koje se početkom avgusta ove godine održava u Banjaluci. Iako su imali reprezentativce u prošlosti, trenutno nemaju predstavnike u kik boks, ali se nadaju da će uskoro imati nove šampione. Klub radi na poboljšanju uslova kako bi zadržao talentovanu decu i podstakao ih da ostanu u klubu. „Stefan Pavlović je bio ujedno i reprezentativac, kao i Pavle Milisavljević, koji je zbog finansijske situacije prešao da boksuje za jedan klub u Jagodini, gde ima bolje uslove za rad, plaćen je i svaka medalja se nagrađuje. I to je ujedno segment na koji bi mogli da proradimo, kako bi zadržali decu ovde kod nas“, kaže.

Izazovi sa kojima se klub suočava

Finansijski izazovi i problemi sa putnim dokumentima predstavljaju prepreke koje klub mora prevazići. Međutim, uz podršku lokalne samouprave i roditelja, klub se nada da će uspeti da se izbori sa tim izazovima.

Sa oko osamdeset članova raspoređenih u tri grupe - takmičarsku, rekreativnu i grupu za mlađe rekreativne kategorije, klub je stvorio raznovrsno sportsko okruženje. Najmlađi članovi, uzrasta od 5 do 13 godina, pripremaju se za sportske izazove, dok stariji počinju takmičarsku aktivnost sa 14 ili 15 godina. „Treninge prilagođavamo svakoj grupi, sa varirajućim intenzitetom i strukturom u zavisnosti od priprema za nadolazeća



takmičenja. Takmičarska grupa trenira dva puta dnevno, pet dana nedeljno, usredsređujući se na kondicione

olimpijskom boks, sa članom Petrom Orlovićem, kadetskim reprezentativcem Srbije, koji se trenutno priprema za

Motivacija mladih za bavljenje sportom takođe je bitna tema za klub. Iako je teško motivisati decu u sredini u kojoj žive, klub



se trudi da promeni tu sliku kroz prezentacije u školama i medijsku pažnju. „Osnovno pravilo kluba je da deca koja treniraju moraju biti i dobri đaci, te se pored sportskih veština, posebna pažnja posvećuje i obrazovanju“, naglašava trener.

Motivacija mladih za bavljenje sportom

Sigurnost na treninzima je od ključne važnosti za klub. Korišćenje zaštitne opreme i preventivne mere smanjuju rizik od povreda i pružaju roditeljima sigurnost. „Roditelji smatraju da je ovo agresivan sport, da je ovo kontaktni sport pa se pomalo i plaše. Ipak, kada dođu na trening oni vide da svako dete mora da nosi zaštitnu opremu i rukavice. Zbog toga veoma teško može doći do povrede i da smo veoma obazrivi po tom pitanju i da vodimo računa. Onda oni stižu dozu sigurnosti koju im mi treneri ulivamo“, objašnjava Božović.

Poruka mladima
Klub planira učešće na Balkanskom kupu i državnom prvenstvu u kick light disciplini, dok će se u boksu takmičiti na Super ligi Srbije. Kroz sve izazove i uspehe, poruka koju klub želi da prenese mladima je jednostavna: bavite se sportom. Bez obzira da li je to rekreativno ili takmičarski, uključivanje u sportske aktivnosti donosi brojne koristi za fizičko i mentalno zdravlje. Klub se nada da će nastaviti da inspiriše mlade generacije da se aktivno uključe u sport i ostvare svoje potencijale.

TEN YEARS OF PROGRESS AND DEDICATION: A look inside kick boxing club '028'

Kickboxing club '028' from northern Mitrovica will soon celebrate its tenth anniversary of successful activity and dedication to the sport. Since its foundation in September 2014, the club has become a symbol of sports achievements and pride of this city on the Ibar, known for its top athletes. Under the leadership of coach Marko Bozovic, a former representative of Serbia in kickboxing, the club has achieved impressive results both domestically and internationally, providing young people with the opportunity for development and progress through sports. In an interview with 4You Magazine, the coach of this club, Marko Bozovic, spoke about the numerous successes that marked the first ten years of the club, about the members, training, competitions, how to motivate young people to do sports and about the short-term and long-term plans that this club has for the near future.

With about eighty members divided into three groups - competitive, recreational and group for younger recreational categories, the club has created a diverse sports environment. The youngest members, between the ages of 5 and 13, prepare for sports challenges, while the older ones start competitive activity at 14 or 15 years old. "We adapt the training to each group, with varying intensity and structure depending on the preparations for the upcoming competitions. The competition group trains twice a day, five days a week, focusing on fitness training, strengthening, technique and practice," explains Bozovic.

Success in competitions

Kickboxing club '028' can boast of many successful competitors, including world champion Natalija Savic - Cupka, as well as European and Balkan champions. The club is also active in Olympic boxing, with member Peter Orlovic, a cadet representative of Serbia, who is currently preparing for the European Championship, which will be held in Banja Luka at the beginning of August this year. Although they have had national team members in the past, they currently have no representatives in kickboxing, but they hope to have new champions soon. The club is working to improve conditions in order to retain talented children and encourage them to stay in the club. "Stefan Pavlovic was also a member of the national team, as was Pavle Milisavljevic, who, due to his financial situation, switched to boxing for a club in Jagodina, where he has better working conditions, he is paid and every medal is rewarded." That is also a segment that we could work on, in order to keep the children here with us", he says.

Challenges facing the club

Financial challenges and problems with travel documents are obstacles the club must overcome. However, with the support of the local government and parents, the club hopes to overcome the same. The motivation of young people to do sports

is also an important topic for the club. Although it is difficult to motivate children in the environment they live in, the club is trying to change that image through school presentations and media attention. "The basic rule of the club is that the children who train must also be good students, so in addition to sport skills, special attention is also paid to education," emphasizes the coach.

Motivation of young people to do sports

Training safety is of key importance for the club. The use of protective equipment and preventive measures reduce the risk of injury and provide parents with safety. "Parents think that this is an aggressive sport, that this is a contact sport, so they are a little afraid." However, when they come to training they see that every child has to wear protective equipment and gloves. Thus, it is very difficult for an injury to occur and we are very careful about it. This way they gain a dose of security that we coaches instill in them," explains Bozovic.

A message to young people
The club plans to participate in the Balkan Cup and the national championship in the kick light discipline, while in boxing it will compete in the Super League of Serbia. Through all the challenges and successes, the message the club wants to convey to young people is simple: Do sports, whether it is recreational or competitive, involvement in sports activities brings numerous benefits for the physical and mental health. The club hopes to continue to inspire young generations to get actively involved in sports and realize their potential.

ZNAČAJ DIGITALNE DETOKSIKACIJE ZA TINEJDŽERE

U današnjem svetu tehnologija je svuda oko nas, a vi tinejdžeri posebno provodite mnogo vremena na pametnim telefonima, tabletima i računarima. Od društvenih mreža do on-line igara, digitalni svet nudi mnoge atrakcije. Međutim, previše vremena provedenog pred ekranima može biti štetno. Ovde dolazi na scenu ideja digitalnog detoksa.

RAZUMEVANJE DIGITALNOG SVETA TINEJDŽERA

Današnji tinejdžeri su poznati kao digitalni domoroci. To znači da ste odrasli sa tehnologijom svuda oko vas. Koristite internet za učenje, druženje i zabavu. Društvene mreže kao što su Instagram, Snapchat i Facebook su vrlo popularne. Ove platforme vam omogućavaju da se povežete s prijateljima, delite svoja uključivanja uživo i otkrivajte nove interese. Međutim, one su i razlog zašto provodite previše vremena pred ekranima, što može uzrokovati mnoge od sledećih problema:

Mentalni zdravstveni problemi: Previše vremena provedenog online može dovesti do mentalnih zdravstvenih problema kao što su anksioznost i depresija. Gledanje savršenih života drugih na društvenim mrežama može vas učiniti nesrećnim zbog vas samih i smanjiti vaše samopouzdanje.

Nedostatak sna: Mnogi od vas ostaju budni do kasno koristeći svoje uređaje. Plava svetlost sa ekrana



Digitalna detoksikacija znači pravljenje pauze u korišćenju elektronskih uređaja, što može biti vrlo korisno za sve, a posebno za tinejdžere.

može poremetiti vaše obrasce spavanja, otežavajući vam da zaspate. Nedostatak sna utiče na vašu koncentraciju i uspeh u školi.

Fizički zdravstveni problemi: Sedenje na duži vremenski period uz korišćenje uređaja može dovesti do fizičkih zdravstvenih problema. Možete doživeti bol u leđima, napetost u vratu i naprezanje očiju. Takođe smanjuje vašu fizičku aktivnost, koja je važna za održavanje zdravlja.

Smanjena pažnja: Konstantne notifikacije i brz tempo sadržaja na internetu mogu skratiti vaš raspon pažnje. Ovo otežava fokusiranje na učenje ili druge važne zadatke.

KORISTI OD DIGITALNE DETOKSIKACIJE

Nakon što smo obradili probleme povezane sa previše vremena provedenog pred ekranima, hajde da istražimo zašto je digitalna detoksikacija važna i kako može poboljšati vaš život.

Poboljšano mentalno zdravlje: Pravljenje pauze od društvenih mreža može poboljšati vaše

mentalno zdravlje. Daje vam vreme za opuštanje i smanjuje osećaje anksioznosti i depresije.

Bolji san: Smanjenje vremena provedenog pred ekranom, posebno pre odlaska u krevet, može vam pomoći da bolje spavate i da se osećate svežiji nakon buđenja.

Više fizičke aktivnosti: Umesto da provodite sate pred ekranom, možete izaći napolje, baviti se sportom ili se jednostavno više kretati. Ovo poboljšava vaše fizičko zdravlje i nivo energije.

Poboljšani fokus i produktivnost: Ako vas obaveštenja ne ometaju sve vreme, možete se bolje koncentrisati na učenje. Možete brže i efikasnije završavati domaće zadatke, što vodi do boljih akademskih rezultata.

Poboljšane društvene veštine: Interakcijom licem u lice sa porodicom i prijateljima pomaže vam da razvijete bolje društvene veštine. Učite kako da efikasnije komunicirate i gradite jače odnose.

KAKO ZAPOČETI DIGITALNU DETOKSIKACIJU?

Započinjanje digitalne detoksikacije ne znači potpuno odricanje od tehnologije. Tu se radi o pronalaženju zdrave

ravnoteže. Evo nekoliko saveta kako da započnete:

Postavite ograničenja vremena pred ekranom: Donesite odluku o razumnoj količini vremena koje ćete provoditi na uređajima svakog dana.



Kreirajte zone bez uređaja: Uspostavite oblasti u domu gde uređaji nisu dozvoljeni, kao što su trpezarijski sto ili spavaće sobe.

Planirajte aktivnosti bez tehnologije: Planirajte aktivnosti koje ne uključuju ekrane. To može biti čitanje knjige, odlazak u šetnju ili igranje društvene igre. Pronađite hobije i interese koji ne zavise od tehnologije.

Pravite redovne pauze: Pravite kratke pauze u korišćenju uređaja tokom dana. Čak i nekoliko minuta bez korišćenja ekrana može osvežiti um i smanjiti naporanje očiju.

Digitalna detoksikacija može značajno poboljšati vaše mentalno i fizičko zdravlje, poboljšati vašu fokusiranost i pomoći vam da razvijete bolje društvene veštine. Preduzimanjem jednostavnih koraka za smanjenje vremena pred ekranom, možete pronaći zdraviju ravnotežu i uživati u ispunjenijem životu.

THE IMPORTANCE OF DIGITAL DETOX FOR TEENAGERS

In today's world, technology is everywhere, and you teens in particular, spend a lot of time on smartphones, tablets, and computers. From social media to online games, the digital world offers many attractions. However, too much screen time can be harmful. This is where the idea of a digital detox comes in.

A digital detox means taking a break from using electronic devices as this can be very beneficial to everyone and especially teenagers.

UNDERSTANDING THE DIGITAL WORLD OF TEENAGERS

Teenagers today are known as digital natives. This means you have grown up with technology all around you. You use the internet for studying, socializing, and entertainment. Social media platforms like Instagram, Snapchat, and Facebook are very popular. These platforms allow you to connect with friends, share your lives, and discover new interests. However, they are also the reason you spend too much time in front of screens, which in turn may cause many of the following problems:

Mental Health Issues: Spending too much time online can lead to mental health issues like anxiety and depression. Seeing the perfect lives of others on social media can make you feel bad about yourself and lower your self-esteem.

Lack of Sleep: Many of you stay up late using your devices. The blue light from screens can interfere with your sleep patterns, making it hard for you to fall asleep. Lack of sleep affects your concentration and performance in school.

Physical Health Problems: Sitting for long periods using devices can lead to physical health problems. As a result, you might experience back pain, neck strain, and eye strain. It also reduces your physical activity, which is important for staying healthy.

Reduced Attention Span: Constant notifications and the fast pace of online content can shorten your attention spans. This makes it harder for you to focus on your studies or other important tasks.

BENEFITS OF A DIGITAL DETOX

Having looked at the problems associated with too much screen time, let us explore why a digital detox is important and how it can help improve your lives.

Improved Mental Health: Taking a break from social media can improve your mental health. It gives you time to relax and reduces feelings of anxiety and depression.

Better Sleep: Reducing screen time, especially before bed, can help you sleep better and wake up feeling more refreshed.

More Physical Activity: Instead of spending hours in front of a screen, you can go outside, play sports, or simply move around more. This improves your physical health and energy levels.

Enhanced Focus and Productivity: Without the constant distraction of notifications, you can concentrate better on your studies. You can complete your homework faster and more efficiently, leading to better academic performance.

Improved Social Skills: Interacting face-to-face with family and friends helps you develop better social skills. You learn to communicate more effectively and build stronger relationships.

HOW TO START A DIGITAL DETOX?

Starting a digital detox doesn't mean giving up technology completely. It's about finding a healthy balance. Here are some tips to help you start:

Set Screen Time Limits: Decide on a reasonable amount of time to spend on devices each day.

Create Device-Free Zones: Establish areas in the home where devices are not allowed, such as the dining table or bedrooms.

Schedule Tech-Free Activities: Plan activities that don't involve screens. This could be reading a book, going for a walk, or playing a board game. Find hobbies and interests that don't rely on technology.

Take Regular Breaks: Take short breaks from screens throughout the day. Even a few minutes away from the screen can help refresh the mind and reduce eye strain.

A digital detox can greatly benefit you by improving your mental and physical health, enhancing your focus, and helping you develop better social skills. By taking simple steps to reduce screen time, you can find a healthier balance and enjoy a more fulfilling life.

U KADRU: MLADI FOTOGRAFI BELEŽE ETNIČKU RAZNOLIKOST KOSOVA

Pripadnost etničkoj zajednici ili naciji, samo su jedan od mnogih filtera kroz koje posmatramo svet oko nas. Međutim, kada uklonimo taj filter koji je često pun barijera, pred nama se otkriva jedan novi svet u kojem vladaju zajednice gde se tolerancija i razumevanje podrazumevaju. Dokaz za to su mladi sa Kosova koji se neprestano uključuju u zajedničke međukulturalne aktivnosti, shvatajući njihov značaj za razvoj i prevazilaženje prošlosti.

NVO CASA nedavno je u Barabar centru u Prištini svečano otvorila izložbu fotografija pod nazivom „Capturing Diversity“. Fotografije sa izložbe nastale su u aprilu, tokom putovanja dvadeset mladih kosovskih fotografa, koji su, krenuvši iz Mitrovice i Prištine, posetili Janjevo, Prizren, Dragaš i Prevalac. Svrha trodnevnog putovanja bila je da se okom fotoaparata zabeleži raznolikost među etničkim zajednicama i prikaže kulturno bogatstvo na Kosovu.

Mladi umetnici proslavljaju kulturnu harmoniju

Od Mitrovice preko Prištine, pa sve do sela Janjeva, učesnici su pokazali izuzetnu solidarnost i složnost, dok su istraživali bogatu kulturu i tradiciju ovog regiona. Najlepše fotografije koje su nastale na ovom proputovanju našle su se na izložbi, a prema rečima mladih umetnika - oni su sa sobom poneli samo pozitivne utiske. Za Magazin4 YOU kažu da se pre svega raduju narednim susretima i budućoj saradnji.

“Kroz ove kulturne događaje svi mladi iz različitih zajednica imaju mogućnost da se druže i da razmene iskustva, ovakvi događaji nama pomažu da bliže sarađujemo i upoznajemo kulturu jedni drugih”, istakla je 18-godišnja Anja Marjanović iz severnog dela Mitrovice. Naglašava da joj je najinteresantniji deo bio upoznavanje sa ostalim mladim fotografima, kao i da su poštovanje, mir i buduća druženja zajednička poruka koju svima šalju. Njena fotografija, pod nazivom “Plavo”, nastala je u Janjevu, a za nju je inspiraciju pronašla u nekadašnjem, starinskom načinu života.



Pozitivni utisci i buduća saradnja

Mladi umetnici su poneli pozitivne utiske sa putovanja i raduju se budućim susretima i saradnji. Čendresa Spahiju (Qendresa) rekla nam je da obožava da se amaterski bavi fotografijom, kao i da je

mladih. Poručuje svojim vršnjacima da rade i sarađuju jedni sa drugima bez obzira na pol, veru ili etničku pripadnost. “Tolerancija je jedini način na koji mi kao društvo možemo da se razvijamo i napredujemo. Svi mi mladi koji smo danas ovde uskoro ćemo početi da



stvaramo karijere, a sutra ćemo biti advokati, političari, lekari ... Zato verujem da ćemo, ako razbijemo današnje barijere i naučimo da budemo tolerantni, biti i profesionalno uspešniji”. Za dvadestogodišnjeg Mihajla Nekića, studenta grafičkog dizajna, ova izložba je bila prilika da počne ozbiljno da se bavi fotografijom, koju izučava i kao jedan od predmeta na fakultetu. Na svojim

uvek spremna da učestvuje u aktivnostima, koje pored razvoja kreativnih i umetničkih veština imaju za cilj druženje i ujedinjavanje

izloženim fotografijama prikazao nam je svakodnevnicu seoskog života na Kosovu, a prema njegovim rečima tokom putovanja

upoznao je nove drugove.”
“Bilo nam je najzanimljivije u autobusu, dosta smo komunicirali i razmenjivali iskusta, davali savete jedni drugima. Nadam se nekoj budućoj saradnji i novim zajedničkim izložbama”, istakao je.

Oduševljenje posetilaca i njihova podrška

Sličnog su razmišljanja bili i brojni posetioci izložbe, a jedan od njih bio je i pijanista Ljek Saljihi (Lek Salihi). Njemu se veoma dopala sama ideja izložbe, jer je ona mladima dala podsticaj da izađu van okvira i otkriju bogatstva za koja često svi mi nismo svesni da su tu, oko nas.



Programski direktor NVO CASA, Boban Simić obećao je nastavak ovakvih aktivnosti, jer su mladi, kako kaže pokazali veliko interesovanje za učestvovanjem, upoznavanjem i druženjem. Zato je na kraju kratko poručio svima: “Ne vrtite slike nasilja i nesuglasica, već promovišite kulturu i pomirenje, poput učesnika ove izložbe!”

Izložba “Capturing Diversity” nastala je tokom radionice “Barabar angažovana umetnost: Prolećna otvorena radionica” u okviru projekta Centra Barabar koji finansira Misija Ujedinjenih nacija na Kosovu (UNMIK).



IN FOCUS: YOUNG PHOTOGRAPHERS CAPTURE THE ETHNIC DIVERSITY OF KOSOVO

Belonging to an ethnic community or nation is just one of the many filters through which we view the world around us. However, when we remove that filter, which is often full of barriers, a new world emerges before us, where communities thrive on tolerance and understanding. This is exemplified by the youth of Kosovo, who are continually engaging in joint intercultural activities, recognizing their significance for development, and overcoming the past.

NGO CASA recently opened a photo exhibition titled “Capturing Diversity” at the Barabar Center in Pristina. The photographs featured in the exhibition were taken in April, during a trip by over twenty young Kosovan photographers who, starting from Mitrovica and Pristina, visited Janjevo, Prizren, Dragash, and Prevala/Prevalac. The purpose of the three-day trip was to capture the diversity among ethnic communities through the lens of a camera and to showcase the cultural richness of Kosovo.

Young artists celebrate cultural harmony in Kosovo

From Mitrovica, through Pristina, all the way to the village of Janjevo, the participants demonstrated exceptional solidarity and unity as they explored the rich culture and traditions of this region. The most beautiful photographs taken during this journey were featured in the exhibition, and according to the young artists, they only brought back positive impressions. For 4You Magazine, they expressed their excitement for future meetings and collaborations.

Eighteen-year-old Anja Marjanovic from the northern part of Mitrovica emphasized: “Through these cultural events, all young people from different communities get the opportunity to socialize and exchange experiences. These events help us to cooperate more closely and learn about each other’s cultures.” She went on stressing that the most interesting part for her was meeting other young photographers, and that respect, peace, and future friendships are the common message they send to everyone. Her photography, titled ‘Blue,’ was taken in Janjevo, inspired by the past and an old-fashioned way of life.

Positive impressions and future cooperation

The young artists said that they look forward to future meetings and cooperation. Qëndresa Spahiu told us that she loves amateur photography and is always ready to participate in activities that, besides developing creative and artistic skills, are aimed at socializing and

uniting young people. She encourages her peers to work and collaborate with each other regardless of gender, faith, or ethnic background. “Tolerance is the only way we as a society can develop and progress. All of us young people here today will soon start building our careers, and tomorrow we will be lawyers, politicians, doctors... So, I believe that if we break today’s barriers and learn to be tolerant, we will also be more successful professionally.”

For twenty-year-old Mihajlo Nekić, a graphic design student, this exhibition was an opportunity to start seriously engaging in photography, which he also studies as a subject at university. In his exhibited photographs, he depicted everyday rural life in Kosovo, and during the trip, he made new friends. “The most interesting part was in the bus, we communicated a lot, exchanged experiences, and gave each other advice. I look forward to future cooperation and new joint exhibitions,” he stated.

Visitors’ support and enthusiasm

Many exhibition visitors, including pianist Lek Salihi, shared similar sentiments. He was very impressed with the idea of the exhibition, as it encourages young people to think outside the box and discover the riches that are often around us but go unnoticed.

Program director of NGO CASA, Boban Simić, promised the continuation of similar activities, as the youth have shown great interest in participating, learning, and socializing. Therefore, he concluded with a brief message to everyone: “Don’t dwell on images of violence and discord; instead, promote culture and reconciliation, just like the participants of this exhibition!”

The “Capturing Diversity” exhibition was created during the “Barabar engaged art: Springtime outdoor atelier” workshop within the Barabar Center project funded by the United Nations Mission in Kosovo (UNMIK).

Vaše mišljenje o letnjim destinacijama?



ALEKSA MIRIĆ



Koja je tvoja omiljena letnja destinacija?

Moja omiljena letnja destinacija je negde na primorju, jer ne postoji ništa bolje od osvežavajuće morske slane vode i peščanih plaža. Zato ja za svoju letnju destinaciju uvek biram - more.

Zbog čega?

Na moru možeš da plivaš, da uživaš u sunčanju. Takođe, pošto ja volim šetnje, mogu i da uživam u šetnjama duž morske obale. More ima taj poseban način da nas osveži i opusti.

Gde biste najradije proveli letnji raspust na moru, planini ili na nekom drugom mestu?

Ja kao varijantu gde ću provesti letnji raspust uvek biram more, volim da provedem vreme tamo, da plivam, sunčam se i uživam. Jednom rečju - odmarajući. Sa druge strane, nije da ne volim planine ali ja nisam osoba za aktivan odmor na planini.

What is your favorite summer destination?

My favorite summer destination is somewhere on the coast, because there is nothing better than refreshing salt sea water and sandy beaches. That's why I always choose the sea side as my summer destination.

Why?

You can swim in the sea, enjoy sunbathing. Also, since I like walking, I can also enjoy walking along the seashore. The sea has a special way of refreshing and relaxing us.

Would you prefer to spend your summer vacation at the seaside, in the mountains or somewhere else?

I always choose the seaside as the place to spend my summer holiday, I like to spend time there, to swim, sunbathe and enjoy. In a word - resting. On the other hand, it's not that I don't like mountains, but I'm not a person for an active holiday in the mountains.



IRENA GUDŽIĆ



Koja je tvoja omiljena letnja destinacija?

Ja imam više omiljenih destinacija koje posećujem leti. Najviše volim da idem na more, kada je leto, a volim takođe i da posećujem i druga mesta poput Vrnjačke Banje i Kraljeva.

Zbog čega?

Postoji dosta razloga zašto volim ove destinacije, ali recimo na moru najviše volim da se kupam. Dane provodim na plaži, plivam, kupam se ili sunčam. Takođe, volim i šetnje pored mora.

Gde biste najradije proveli letnji raspust na moru, planini ili na nekom drugom mestu?

Kao što sam već rekla na prvom mestu je mora, zatim to je Vrnjačka Banja koja je leti predivna, ima dosta mesta za šetnju i uživanje u prirodi. Kraljevo je grad, koji vrlo često posećujem, jer se nalazi veoma blizu Vrnjačke Banje.

What is your favorite summer destination?

I have several favorite destinations that I visit during the summer. I like to go to the seaside the most, when summer comes, and I also like to visit other places like Vrnjaska Banja and Kraljevo.

Why?

There are many reasons why I like these destinations, but let's say that I like swimming the most at the seaside. I spend my days on the beach, swimming, bathing or sunbathing. I also like walks by the sea.

Would you prefer to spend your summer vacation at the seaside, in the mountains or somewhere else?

As I already said, the first place is the seaside, then there is the Vrnjaska Banja, which is beautiful in the summer, there are plenty of places to walk and enjoy nature. Kraljevo is a town that I visit very often, because it is very close to the Vrnjaska Banja.



Molimo vas šaljite vaša razmišljanja o letnjim destinacijama na email: magazineforyou2003@gmail.com

Your opinion about summer destinations?



DAMJAN MLADENOVIĆ



Koja je tvoja omiljena letnja destinacija?

To je grad koji se nalazi na moru - Herceg Novi u Crnoj Gori. To mi je ujedno omiljena letnja destinacija. Obožavam plivanje, pa zato kada sam na moru, trudim se da iskoristim, što je više moguće, sve blagodeti koje more i morski vazduh pružaju.

Zbog čega?

Razlog zašto volim more je taj jer volim da plivam. Plivanje je sportska aktivnost koju najviše volim. Ovdje nemam mogućnosti da se bavim plivanjem, pa zato na moru najviše vremena provodim plivajući.

Gde biste najradije proveli letnji raspust na moru, planini ili na nekom drugom mestu?

Kao što sam već napomenuo, uglavnom je to more. Upravo zbog mnoštva mogućnosti, već sam rekao da volim da plivam ali takođe volim i da veslam. Tako da uživam u svakom letnjem raspustu.

What is your favorite summer destination?

It is the city located in the seaside - Herceg Novi in Montenegro. It is also my favorite summer destination. I love swimming, so when I'm at seaside, I try to use, as much as possible, all the benefits that the sea and sea air provide.

Why?

The reason why I like the seaside is because I like to swim. Swimming is my favorite sport. I don't have the opportunity to swim here, so I spend most of my time at the seaside swimming.

Would you prefer to spend your summer vacation at the seaside, in the mountains or somewhere else?

As I mentioned before, it's mostly the seaside. Precisely because of the multitude of possibilities, I have already said that I like to swim, but I also like to row. So that is why I enjoy every summer vacation.



PETAR NIČIĆ



Koja je tvoja omiljena letnja destinacija?

Moja omiljena letnja destinacija je planina. Mnogo volim Zlatibor i tamo često idem. Tamo se uvek osećam opušteno i jednostavno uživam u letnjem odmoru na planini.

Zbog čega?

Volim planine zbog čistog vazduha, volim da šetam i da uživam u prirodi i prelepim pejzažima. Ja sam takoreći, odrastao u jednoj takvoj sredini, pa mi je stoga i prirodno da to volim. Takođe, kada sam na planini, volim da vozim kvad i tako uživam u prirodi.

Gde biste najradije proveli letnji raspust na moru, planini ili na nekom drugom mestu?

Naravno, to je planina. Zlatibor je na prvom mestu uvek. Ove godine sam proveo deset dana u mestu koje se zove Prevalac, koji se nalazi 20-ak kilometara udaljenosti od Brezovice, a posetio sam i Prokletije.

What is your favorite summer destination?

My favorite summer destination are the mountains. I love Zlatibor very much and I go there quite often. I always feel relaxed there and just enjoy my summer vacation on the mountain.

Why?

I like the mountains because of the clean air, I like to walk and enjoy nature and beautiful landscapes. I grew up in such an environment, so it's natural for me to like it. Also, when I'm on the mountain, I like to ride a quad bike and enjoy nature that way.

Would you prefer to spend your summer vacation at the seaside, in the mountains or somewhere else?

Of course, it's a mountain. Zlatibor is always in the first place. This year I spent ten days in a place called Prevalac, which is located about 20 kilometers from Brezovica, and I also visited Prokletije Mountain.



Please send us your thoughts on summer destinations to the following email: magazineforyou2003@gmail.com

ODRŽAVANJE VEZA ZA DOBROBIT MLADIH

Ueri u kojoj digitalna komunikacija dominira, vrednost održavanja pravih veza često biva zasenjena privlačnošću virtualnih interakcija. Ipak, suština ljudske povezanosti ostaje ključna, posebno za dobrobit današnje omladine. Zato je neophodno rasvetliti zašto je negovanje stvarnih odnosa sada važnije nego bilo kada u prošlosti.



Kretanje digitalnim pejzažem

Digitalno doba je revolucionarno promenilo način na koji se povezujemo. Platforme društvenih mreža, aplikacije za razmenu poruka i onlajn gejming zajednice nude trenutnu povezanost na velikim udaljenostima. Dok su ovi alati nesumnjivo proširili naše društvene krugove, doneli su i sopstveni set izazova. Za mnoge mlade ljude, virtualni svet može stvoriti privid povezanosti dok zapravo podstiče osećaj izolacije. Lajkovi, komentari i

pratioci mogu pružiti prolazni osećaj validacije, ali često ne zadovoljavaju urođenu potrebu za pravom ljudskom interakcijom. Štaviše, prekomerno vreme provedeno ispred ekrana povezano je s brojnim mentalnim problemima, uključujući anksioznost i depresiju, dodatno naglašavajući važnost balansiranja digitalnih interakcija sa stvarnim vezama.

Moć autentičnih veza

Za razliku od digitalnih interakcija,

prave veze su ukorenjene u autentičnosti, empatiji i recipročnosti. Bilo da je reč o kvalitetnom vremenu provedenom s porodicom, poveravanju bliskim prijateljima ili stvaranju veza s mentorima, ovi odnosi igraju fundamentalnu ulogu u oblikovanju emocionalnog i psihološkog blagostanja mladih ljudi. Studije dosledno pokazuju da jake socijalne veze doprinose većoj otpornosti, poboljšanom samopouzdanju i boljim mentalnim ishodišima. Od pružanja emocionalne podrške tokom teških vremena do zajedničkog proslavljanja uspeha, smisaoni odnosi služe kao tampon protiv životnih neizvesnosti i teškoća.

Negovanje veza u brzom svetu

U današnjem brzom društvu, negovanje smisaonih veza zahteva nameru i trud. To podrazumeva prioritizaciju interakcija licem u lice protiv digitalnih ometanja, aktivno slušanje drugih i prisutnost u trenutku. Uključuje kultivisanje empatije, razumevanja i međusobnog poštovanja u našim odnosima, stvaranje okruženja u kojima se pojedinci osećaju vrednovano i prihvaćeno onakvima kakvi jesu. Za roditelje, edukatore i lidere zajednice, stvaranje prilika za mlade da se angažuju u smisaonim društvenim aktivnostima je od najveće važnosti. Bilo kroz vannas-



tavne programe, volontiranje ili grupne diskusije, podsticanje okruženja koja ohrabruju autentične veze može značajno uticati na dobrobit mladih.

Gledajući unapred: Uloga društva

Dok se krećemo sve povezanim, ali fragmentiranim svetom, ključno je da društvo kao celina prepozna važnost održavanja veza za dobrobit mladih. Ovo podrazumeva promovisanje kulture koja vrednuje prave ljudske interakcije, prioritzuje usluge podrške mentalnom zdravlju i podstiče inkluzivne zajednice u kojima se pojedinci osećaju viđeno, saslušano i podržano. U zaključku, iako digitalne tehnologije nude neviđenu povezanost, one bi trebalo da nadopunjuju, a ne da zamene autentične ljudske veze.



Davanjem prednosti odnosima zasnovanim na poverenju, empatiji i međusobnom poštovanju, možemo kultivirati zdraviju i otporniju generaciju spremnu da plovi u složenom modernom svetu. Kao čuvari budućnosti, obavežimo se da očuvamo vitalnu vezu koja održava dobrobit mladih: moć prave ljudske povezanosti.

MAINTAINING CONNECTIONS FOR YOUTH WELLBEING

In an era where digital communication dominates, the value of maintaining genuine connections often gets overshadowed by the allure of virtual interactions. Yet, the essence of human connection remains crucial, especially for the wellbeing of today's youth. It is therefore imperative to shed light on why nurturing real-life relationships is more important now than ever.

Navigating the digital landscape

The digital age has revolutionized the way we connect. Social media platforms, messaging apps, and online gaming communities offer instant connectivity across vast distances. While these tools have undeniably expanded our social circles, they come with their own set of challenges. For many young people, the virtual world can create a facade of connection while fostering feelings of isolation. Likes, comments, and followers can provide a fleeting sense of validation but often fail to satisfy the innate need for genuine human interaction. Moreover, excessive screen time has been linked to a host of mental health issues, including anxiety and depression, further emphasizing the importance of balancing digital interactions with real-world connections.

The power of authentic relationships

Unlike digital interactions, genuine connections are rooted in authenticity, empathy, and reciprocity. Whether it's spending quality time with family, confiding in close friends, or forming bonds with mentors, these relationships play a fundamental role in shaping the emotional and psychological wellbeing of young individuals. Studies have consistently shown that strong social connections contribute to greater resilience, improved self-esteem, and better mental health outcomes. From providing emotional support during challenging times to celebrating achievements together, meaningful relationships serve as a buffer against life's uncertainties and hardships.

Fostering connection in a fast-paced world

In today's fast-paced society, nurturing

meaningful connections requires intentionality and effort. It entails prioritizing face-to-face interactions over digital distractions, actively listening to others, and being present in the moment. It involves cultivating empathy, understanding, and mutual respect in our relationships, fostering environments where individuals feel valued and accepted for who they are. For parents, educators, and community leaders, creating opportunities for young people to engage in meaningful social activities is paramount. Whether through extracurricular programs, volunteering opportunities, or group discussions, fostering environments that encourage authentic connections can significantly impact youth wellbeing.

Looking ahead: The role of society

As we navigate an increasingly interconnected yet fragmented world, it's crucial for society as a whole to recognize the importance of maintaining connections for youth wellbeing. This entails promoting a culture that values genuine human interactions, prioritizes mental health support services, and fosters inclusive communities where individuals feel seen, heard, and supported. In conclusion, while digital technologies offer unprecedented connectivity, they should complement rather than replace authentic human connections.

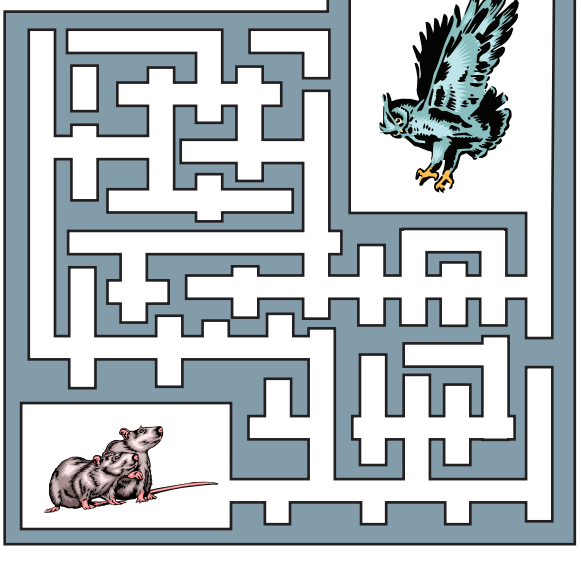
By prioritizing relationships built on trust, empathy, and mutual respect, we can cultivate a healthier and more resilient generation equipped to navigate the complexities of the modern world. As stewards of the future, let us commit to preserving the vital link that sustains youth wellbeing: the power of genuine human connection.

SKANDI UKRŠTENICA

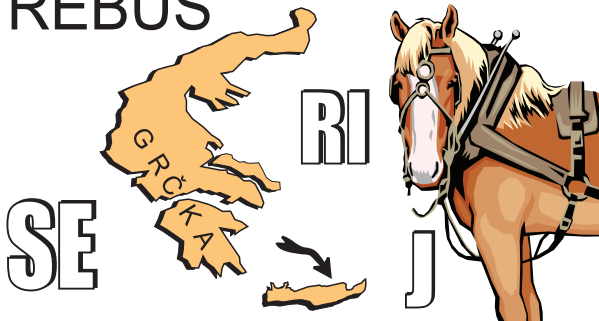
SUDOKU

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LAVIRINT



REBUS



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		POZNATA GLUMICA NA SLICI	DRŽAVA U AZIJI	VOJNIČKA MENZA	
	ENGLJSKI PEVAČ, DŽEGER				
	UŠTAVLJENA OVCJA KOŽA				
	TEKSTILNA BILJKA				
	DELO, RADNJA				
	KELVIN	ITALIJA	POZNATA GLUMICA, OLIVERA		
	U. K. N.				
	GRADA, SASTAV NEKE MAŠINE	VAŽAN, ZNAČAJAN	KISEONIK	NATRIJUM I AMPER GLUMAC NOLT	
	KAUČUK CRNE BOJE				RITUAL, CEREMONIJA
H. I.		REKA U NEMAČKOJ SREBRO			
NAPAD, NAVALA			JAPANSKA MILJA KAO, POPUT		
NEODIVEN, GO			ŠAV NA ŽENSKOJ ČARAPI RT U TUNISU		
REKA U AUSTRIJI		PLANINSKI VRH U TURSKOJ MALI, NEZNATAN		DELO EMILA ZOLE	
FILM KOSTE GAVRASA	JAK, SNAŽAN PEVAČICA, DEMI				
ODSUSTVO SA MESTA ZLOČINA				PRVO SLOVO TERMIN U MUZICI	
SILA, SNAGA		GRAD U FRANCUS. ITALIJANS. POLITICAR, LAMBERTO			
GLUMICA, NATALI			TANTAL		
ENGLJSKI FILOZOF, HUMANIST, TOMAS			AFRIČKA REKA		
STROJ, SPRAVA NAUKA O BILJKAMA				AKTIJUM	
ONAJ KOJI, GNJURI					



Dreni



Jelena

Uputstva za pravac Udhëzimet rrugore

Reçnik - Fjalor

Napred	Përpara
Nazad (prilog)	Prapa/ Mbrapa/ Pas (ndajfolje)
Iza (predlog)	Prapa/ Mbrapa/ Pas (parafjalë)
Nakon (za vreme)	Pas (për kohën)
Pravo	Drejt
Desno	Djathtas
Levo	Majtas
Gore	Lart
Dole	Poshtë
Ispod	Nën
Put	Rrugë
Glavni/a	Kryesor/e
Prvi	I pari
Drugi	I dyti
Prva	E para
Druga	E dyta
Ispred	Përballë
Sa strane	Anash
Skretanje	Kthesë
Raskrsnica	Udhëkryq
Zgrada	Ndërtesë
Nekoliko	Disa/ Ca
Knjižara	Librari
Kružni tok	Rreth rrotullim
Pekara	Furrë
Prodavnica	Shitore/ Dyqan
Spomenik	Përmen- dore
Referentna tačka	Pikë referimi





Did
you
know?

"Sve dobro, sve magično dešava se
između meseca juna i avgusta."

JENNY HAN