MILAP DOST.DOBRO / BR. 14 / LIPANJ 2023.*

THE POWERO (SELF)-DISCOER

Događanja u županiji - lipanj SPARK for Climate Održan je 18. Sajam udruga KZŽ Breaking Free Photography page Monthly HOROSCOPE Razmjena mladih u Sloveniji

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SADRŽAJ

Događanja u županiji- lipanj | *Marija Gebert 3*

SPARK for Climate | Aysenur Kursun 4 - 6

Održan je 18. Sajam udruga KZŽ | *Kristina Franc 7*

Breaking Free: Empowering Young People to Overcome Feeling Stuck Aysenur Kursun 8 - 9 Photography page | Aysenur Kursun 10-11

Monthly HOROSCOPE | Aysenur Kursun 12-13

Razmjena mladih u Sloveniji | Marija Gebert 14



THE POWER (SELF)-DISCOVER

e wanted to make discovery the subject of this issue. Discovering oneself, discovering one's surroundings is a power for us. Realising and using this power, feeding on this power makes life more livable. Self-discovery holds the key to unlocking our true potential and living a fulfilling life. By embarking on this journey, we open ourselves to new possibilities, deeper connections, and a profound understanding of who we are. In this article, we explore the transformative power of self-discovery and its impact on personal growth and happiness.

In this Issiue, Gamze Tezer wrote about Monthly Horoscope, also I wrote about my Brussels journey and Feeling like Stuck, how we can break free.

Embarking on the journey of self-discovery is a transformative experience that enables us to live a life true to ourselves. By embracing authenticity, unleashing hidden talents, cultivating self-compassion, and fostering connections with others, we unlock our true potential and pave the way for a more fulfilling and purpose-driven existence. Let us embark on this journey with open hearts and open minds, embracing the power of self-discovery to shape our lives for the better.

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LIPANJ 2023

Drugi Zabočki Brzopleti Šahovski Turnir 25.6.2023. - Polanović, Zabok

Najavljujemo DRUGI Zabočki brzopleti šahovski turnir! Turnir će se održati u nedjelju 25. lipnja s početkom od 12:00 h - u prostorijama Caffe bara Polanović u Zaboku. Prijave za turnir: Facebook u inbox, u Krčmi Polanović u Zaboku ili na telefon 098 396 352. Sudjelovati mogu SVI, bez obzira na dob, spol ili državljanstvo. Službeni voditelj Turnira bit će Tomislav Kralj. JEDINI UVJET- ne mogu nastupiti aktivni igrači, članovi šahovskih klubova. Ne može nastupiti nitko tko je ikada osvojio bilo kakve službene bodove, makar i na općinskom prvenstvu. (Rejting na internetu ovdje se ne računa.)

Kajbumščak trail 2023.

24.6.2023. - Krapina

"Kajbumščak trail" - utrka koja vas vodi putevima iz davnina kojima je krapinski neandertalac, naš "Dedek Kajbumščak" prije 130 tisuća godina trčao i hodao, tražio i smišljao alate, lovio špiljskog medvjeda, vuka, losa, jelena, nosoroga, skupljao bobice ali i divio se vizurama Zagorja – Bajke na dlanu. Prijave su otvorene na utrka.com.

5. Ljeto u Donjoj Stubici 16. - 18.6.2023. - Donja Stubica

Kupi karte odnosno ulaznice na Entrio.hr za Premijera U ZDRAV MOZAK - Kerekesh Teatar, TVORNIČ-KE POSTAVKE - Kazalište Moruzgva i GOLA ISTINA - Aleksandar Lazić i Bara - 5. Ljeto u Donjoj Stubici, 16.06.2023. u ljetna pozornica pored sportske dvorane OŠ - Donja Stubica, Donja Stubica.



Ljeto u Mariji Bistrici 2023. 3.6. - 23.9.2023. - Marija Bistrica

Ljet u Mariji

Bistricí 2023.



NOĆ KRAPINSKOG PRAČOVJEKA

16. - 18.6.2023. - Krapina

NOĆ KRAPINSKOG PRAČOVJEKA

Stavite u planove Hušnjakovo 16.6.-18.6. Koncerti, predstave, natjecanje u roštiljanju, kreativne radionice, plesni nastupi, animacijski sadržaji za djecu... Vikend zabave za sve, male & velike!

SPARK for Climate

Last week, I had the incredible opportunity to be part of the SPARK EU youth training programme, a remarkable initiative coordinated by Oxfam and the Climate Action Network (CAN) Europe. This program brought together young activists from across the globe in Brussels, providing a platform for engaging

discussions and inspiring conversations about the European Union's crucial role in addressing the urgent challenges posed by the climate crisis. The experience not only enabled us to interact with representatives from European institutions but also allowed us to connect with fellow young changemakers who are leading transformative action and advocating for climate justice in their communities. This article reflects on the impact of the SPARK EU youth training programme, emphasizing the power of collective action and the optimism that arises when passionate individuals unite for a common cause.

Enriching Knowledge on EU Climate Policy-Making:

The Spark EU Climate Action Digital Programme, organized by Oxfam International and Climate Action Network (CAN) Europe, proved to be an invaluable platform for ex-

panding my understanding of EU climate policy-making. Through expert-led sessions, interactive workshops, and engaging discussions, I gained insights into the complexities of the political landscape and learned effective strategies for engaging with policymakers. The program equipped me with a compre-

hensive understanding of the policy framework, enabling me to navigate the pathways for positive change in tackling the climate crisis. Through panel discussions, workshops, and interactive sessions, we gained valuable insights into the policy-making processes at the EU level and learned about the various initiatives and strategies being implemented to combat the climate crisis. These interactions enabled us to grasp the complexities and challenges faced by policymakers while also offering a platform to voice our concerns and perspectives. Such engagement fostered a sense of empowerment and reinforced the notion that young voices

have the power to shape the future.

Inspiring Encounters with Global Climate Activists:

One of the most remarkable aspects of the Spark EU Climate Action Digital Programme was the opportunity to connect with passionate climate activists from around the world. During a week in Brussels, I had the privilege of meeting brilliant individuals who are driving change in their communities through diverse approaches. The exchange of ideas, experiences, and perspectives was truly inspiring and fostered a sense of global solidarity. Witnessing the dedication and creativity of these activists reinforced my belief in the power of grassroots movements and the importance of collaboration on a global scale. Inspiring Encounters with Young Changemakers: Meeting like-minded individuals who share a common passion for climate justice was incredibly inspiring and invigorating. The diversity of backgrounds, experiences, and approaches represented within the group highlighted the power of collective action and the effectiveness of grassroots movements. Sharing stories, challenges, and successes reaffirmed our shared commitment to driving positive change and reminded us that we are not alone in our endeavors.

Transformative Learning Experience:

The Spark EU Climate Action Digital Programme exceeded my expectations in terms of its transformative nature. Not only did I acquire knowledge about climate policy-making, but I also underwent personal growth and self-reflection. The program challenged my preconceived notions, expanded my horizons, and empowered me to think critically about the systemic changes needed to address the climate crisis effectively. The safe space created by the organizers and the opportunity to exchange knowledge with fellow participants amplified the program's impact, providing a nurturing environment for growth and learning.

Expressing Gratitude:

I would like to extend my deepest gratitude to the organizers, Oxfam International and CAN Europe, for curating such a remarkable program. Their commitment to fostering climate activism and equipping individuals with the tools for meaningful engagement is commendable. I also want to express my appreciation to





my friends and fellow participants for their support, camaraderie, and knowledge exchange throughout the program. The diversity of backgrounds and experiences within the group enriched our discussions and broadened our perspectives.

Recognizing the Ongoing Journey:

While the SPARK EU youth training programme provided us with valuable knowledge and connections, it also served as a reminder that there is still a long way to go in addressing the climate crisis. The magnitude of the challenge ahead can be overwhelming, but witnessing the dedication and passion of fellow activists filled us with a renewed sense of purpose and determination. The program underscored the importance of persistence, collaboration, and continued advocacy in driving systemic change. By coming together and supporting one another, we can create a ripple effect that extends far beyond the duration of the program.

A Call for Collective Action and Optimism:

The SPARK EU youth training programme instilled within us a deep belief in the power of collective action. It demonstrated that when individuals with shared goals and aspirations unite, their impact can be extraordinary. As we return to our respective communities, armed with newfound knowledge and inspiration, we are committed to continuing our efforts to tackle the climate crisis. While the challenges are immense, our collective determination fuels our optimism for a better future. By amplifying our voices, advocating for climate justice, and collaborating across borders, we have the power to bring about positive change and create a sustainable world for generations to come.

The SPARK EU youth training programme provided an invaluable experience for young activists, offering opportunities to engage with European institutions, connect with fellow changemakers, and strengthen our resolve in addressing the climate crisis. The program emphasized the importance of collective action, reminding us that together, we can drive transformative change. As we move forward, let us carry the knowledge, inspiration, and optimism gained from this program, and continue to advocate for climate justice, striving to create a more sustainable and equitable world.

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održan je: **18. Sajam udruga KZŽ**

U subotu, 27.5.2023. održan je tradicionalni, a ove godine i punoljetni, 18. Sajam udruga Krapinsko-zagorske županije. Ovogodišnji sajam održao se u Donjoj Stubici u organizaciji Mreže udruga Zagor zajedno s partnerima Multimedijalnim centrom STUB-KLUB, udrugom PETROŽE-KRUŠLJEVO SELO, Bedekovčanskom udrugom mladih te uz potporu Grada Donja Stubica i pokroviteljstvo Krapinsko-zagorske županije.

Na samom početku Sajma prisutne su pozdravili predsjednik Multimedijalnog centra STUB-KLUB, Zvonimir Babić, koordinatorica Mreže udruga Zagor, Ivana Radanović, gradonačelnik Grada Donja Stubica, Nikola Gospočić te pročelnica Upravnog odjela za zdravstvo, socijalnu politiku, branitelje, civilno društvo i mlade, Martina Gregurović Šanjug.

Sajam udruga održava se s ciljem okupljanja aktivnih udruga koje djeluju na području županije, njihovog povezivanja i predstavljanja rada svima koji žele doprinijeti razvoju civilnog društva Krapinsko-zagorske županije. Ove godine na Sajmu je sudjelovalo 30- tak udruga s područja županije te Savjet za razvoj civilnoga društva KZŽ i Savjet za mlade KZŽ. Na sajmu je sudjelovalo oko 200 članova/ica navedenih organizacija.

Uz neformalno druženje za Sajam je bilo pripremljen prigodan program koji je uključivao kulturno scenski nastup Studio Dramatona čiji članovi/ice su održali niz predstava i performansa, zbor umirovljenika iz Marije Bistrice, organiziran je mali tečaj DJiranja i izrade grafita. Osim navedenoga sudionici/ce Sajma su imali priliku pogledati izložbu majica i fotografija svih dosadašnjih Sajmova gdje su mogli vidjeti kako je Sajam izgledao do svoje punoljetnosti.

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Breaking Free: Empowering Young People to Overcome Feeling Stuck

In today's fast-paced world, it is not uncommon for young people to experience a sense of feeling stuck. Whether it's due to societal expectations, career uncertainties, personal struggles, or a lack of direction, this feeling can be overwhelming and hinder personal growth. However, it is essential for young individuals to recognize that they have the power to break free from this state of stagnation and chart their own path towards fulfillment and success. In this article, we will explore the reasons why young people often feel stuck and provide actionable strategies to help them overcome these challenges and unlock their true potential.

External Pressures and Expectations:

One of the leading causes of feeling stuck among young people is the weight of external pressures and expectations. Society often imposes predefined timelines and milestones that can make individuals feel trapped in a rigid framework. Whether it's the pressure to excel academically, secure a high-paying job, or conform to societal norms, these expectations can create a sense of confinement. It is crucial for young individuals to recognize that everyone's journey is unique, and they should focus on their own passions and aspirations rather than succumbing to external pressures.

Career Uncertainty:

Another significant factor contributing to feeling stuck is the uncertainty surrounding career choices. Young people often face a multitude of options and may feel overwhelmed by the fear of making the wrong decision. It is important to understand that career paths are rarely linear, and it's okay to explore different opportunities and change directions along the way. By embracing curiosity and actively seeking experiences that align with their interests, young individuals can discover their true passions and forge a path that brings them joy and fulfillment.

Personal Struggles and Self-Doubt: Personal struggles, such as mental health issues, relationship challenges, or a lack of self-confidence, can also leave young individuals feeling trapped and stagnant. It is crucial for young people to prioritize their well-being and seek support when needed. Building a strong support system of friends, family, or mentors can provide valuable guidance and encouragement during challenging times. Investing in self-care practices, such as exercise, mindfulness, and self-reflection, can also help in building resilience and overcoming self-doubt.

Strategies for Overcoming Feeling Stuck:

a. Self-Reflection and Goal Setting: Taking time for self-reflection and introspection can provide valuable insights into personal values, interests, and aspirations. Setting meaningful goals can help young individuals create a roadmap for their future, giving them a sense of purpose and direction.

b. Embracing Change and Taking Risks: Stepping outside of comfort zones and embracing change is essential for personal growth. Young people should be encouraged to take calculated risks, whether it's pursuing a new career path, starting a business, or traveling to unfamiliar places. These experiences can broaden horizons and open doors to new opportunities.

c. Seeking Mentorship and Guidance: Connecting with mentors or role models who have overcome similar challenges can be incredibly valuable. Mentors can provide guidance, share their experiences, and offer advice on navigating through difficult situations, helping young people gain confidence and perspective.

d. Continuous Learning and Skill Development: Investing in learning and skill development is vital for personal and professional growth. Young individuals should explore avenues such as online courses, workshops, or internships to enhance their knowledge and acquire new skills, opening up doors to new possibilities.

Mindset and Resilience:

One of the most powerful tools in breaking free from feeling stuck is cultivating a positive mindset and building resilience. The way we perceive and interpret our circumstances greatly influences our ability to overcome challenges and move forward. By adopting a growth mindset, young individuals can view obstacles as opportunities for growth and learning rather than roadblocks. They can develop a belief in their ability to learn, adapt, and find creative solutions to problems. Resilience, the ability to bounce back from setbacks, is also a crucial skill to develop. It is important to recognize that setbacks and failures are part of the journey, and they do not define one's worth or potential. Resilient individuals view these experiences as stepping stones toward success, learning valuable lessons along the way. They embrace setbacks as opportunities for self-improvement and use them as motivation to push forward.

Building resilience can be achieved through various practices, such as cultivating a strong support system, practicing self-care, and developing coping strategies. Engaging in activities like journaling, meditation, or engaging in hobbies can help young people recharge and gain perspective during challenging times. Additionally, seeking professional help when needed is a sign of strength and can provide valuable tools and strategies for building resilience.

Feeling stuck is a common experience for many young people, but it is not an insurmountable obstacle. By adopting a growth mindset, embracing change, seeking support, and building resilience, young individuals can break free from the confines of feeling stuck and pave the way towards a more fulfilling and purposeful life. Remember, it is essential to prioritize personal growth, self-care, and self-reflection while staying true to one's own aspirations and passions. With determination and perseverance, young people can transcend limitations, unlock their true potential, and create a future filled with possibilities.

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THE TOORS

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Discovering a city always inspires me and gives me peace of mind. I always look upwards and at the details when I walk. I wanted to create a collage of these details.

Museum of Broken kelationships



MONTH: JUNE

Rising Aries: With Venus moving into Leo on June 5th, your love life is getting more active. You may have agendas related to children. It seems like you will have plenty of vacation fun and celebrations. On June 11th, as Mercury moves into Gemini, you can go on a trip or travel and participate in an educational program. There may be changes for those awaiting transfers or appointments. Communication with siblings, relatives, and close circles may increase.

Rising Taurus: With Venus moving into Leo on June 5th, there will be activity in matters related to home, family, and your residence. You can make changes to your living arrangements. You can plan for a new house or settlement. You may also take action for real estate transactions. On June 11th, as Mercury moves into Gemini, your agenda will revolve around money. With your intelligence and communication skills, you can earn more money. You can make money through business. Consider it.

> Rising Gemini: With Venus moving into Leo on June 5th, there will be activity in communication with siblings, relatives, and close circles. You can spend more time with them and go on trips. You are quite lucky in education, commerce, and communication matters. You may enter a new social circle. On June 11th, as Mercury moves into Gemini, you can become more dynamic and intelligent. Things will progress well for you. New ideas may come to your mind.

Rising Cancer: With Venus moving into Leo on June 5th, your income will become more active. You may embark on new pursuits to earn money. Opportunities will come to you. Make use of them. On June 11th, as Mercury moves into Gemini, there may be an increase in people talking behind your back, engaging in gossip, and being jealous of you. You shouldn't trust anyone and should keep your secrets to yourself. Be cautious until the end of June.



Rising Leo: With Venus moving into Leo on June 5th, it will bring you all kinds of blessings. You will shine with your appearance. You may receive plenty of compliments. Your motivation may increase, and you can socialize more. On June 11th, as Mercury moves into Gemini, you can frequently participate in celebrations like engagements and birthdays. It can be a time when you spend a lot of time with friends, go out, and socialize with new groups.

Rising Virgo: With Venus moving into Leo on June 5th, your spirituality may increase. Psychological purification and isolation can be good for you. Take care of your health. Be careful of games that can be played behind your back. On June 11th, as Mercury moves into Gemini, a busy period awaits you in your career. You can talk to important people and have meetings.

🤹 😥 🎸 😰









Rising Libra: With Venus moving into Leo on June 5th, your social life is increasing. It can be a period where you frequently come together with friends, attending events, celebrations, and love opportunities. Your surroundings will be crowded, and you can focus on your goals. On June 11th, as Mercury moves into Gemini, you can start a new education. Your exam or interview performance can be successful, and you may engage in beautiful activities such as traveling and exploring new places.

Rising Scorpio: With Venus moving into Leo on June 5th, your public image is enhancing. There may be respect, love, and promotions in your career and society. Job seekers can find the job they desire. Steps towards marriage and love opportunities are with you. Family issues can be resolved. On June 11th, as Mercury moves into Gemini, you can deal with issues related to inheritance, credit, taxes, and banking. Increasing income may be on your agenda.





Rising Sagittarius: With Venus moving into Leo on June 5th, travel and foreign affairs can be on your agenda. You can embark on trips to distant places frequently. If you have matters related to visa or passport, you can achieve positive results. You can take new trainings and develop your vision. On June 11th, as Mercury moves into Gemini, if you have any issues in partnership and marriage, you can resolve them through communication. Unmarried individuals may discuss getting married.

Rising Capricorn: With Venus moving into Leo on June 5th, you can settle existing debts. You may undergo cosmetic surgery. There can be an increase in passive income. If you have matters related to inheritance, credit, and banking, you can find solutions. On June 11th, as Mercury moves into Gemini, there can be activity in your work life. Desired job opportunities may come your way. Your routines may increase, and you can start exercising and dieting.





Rising Aquarius: With Venus moving into Leo on June 5th, serious relationship opportunities are at your doorstep. Your love sharing in relationships can increase. Serious steps can be taken towards marriage. On June 11th, as Mercury moves into Gemini, you are supported in matters of love and flirting. It can be a period where singles can find love. You can spend plenty of time with your hobbies and children. Those who want to have children may have the opportunity in this period.

Rising Pisces: With Venus moving into Leo on June 5th, you need to take care of your health. You can establish daily routines. You can focus on diet, exercise, and personal care. You may encounter job opportunities that will bring you success. You can meet new people in your work life. On June 11th, as Mercury moves into Gemini, it can be a period where family conversations take the lead. Topics such as home, settlement, and relocation may be frequently discussed. It can be a time where you work from home online. Land or property transactions may come up.



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culsolid Art

PRIJAVI SE! - razmjena mladih u Sloveniji!

MOVIT

-> Mlada si osoba iz Hrvatske (16-30 godina)?

-> Dio si neke organizacije i/ili ti teme kao što su volontiranje, solidarnosti i umjetnost nisu strane?
-> Zainteresiran/a si za stjecanje znanja o programu Erasmus+ i upravljanja projektima za mlade?

-> Zanimaju te teme solidarnosti, umjetnosti i ranjivim ciljanim skupinama mladih?

-> Spreman/a si raditi u multikulturnom okruženju?

-> Koristiš se engleskim i možeš samostalno sudjelovati u aktivnostima na engleskom jeziku?

Ako su tvoji odgovori na prethodna

pitanja DA, onda si upravo ti jedan/ na od 5 idealnih kandidata/kinja za razmjenu mladih.

Razmjena će se održati 14.7. – 23.7.2023. u Murskoj Soboti i Hodošu u Sloveniji. Kroz projekt Culture, Solidarity and Art (CulSolidArt), mladi ljudi dalje stječu životna iskustva koja im mogu pomoći pri ulasku na tržište rada. Kao dio projekta, cilj je pripremiti različite volonterske akcije kako bi se širila toleranciju, važnost međusobnog pomaganja i solidarnosti, istovremeno gradeći vlastite kompetencije i izgrađujući međunarodne mostove među mladima. Ako si zainteresiran/a javi nam se na marija@zagor.info ili sandra@zagor. info, a mi ćemo te kontaktirati i odgovoriti na sva tvoja pitanja. A više detalja pronađi skenirajući QR kod!

Erasmus+



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