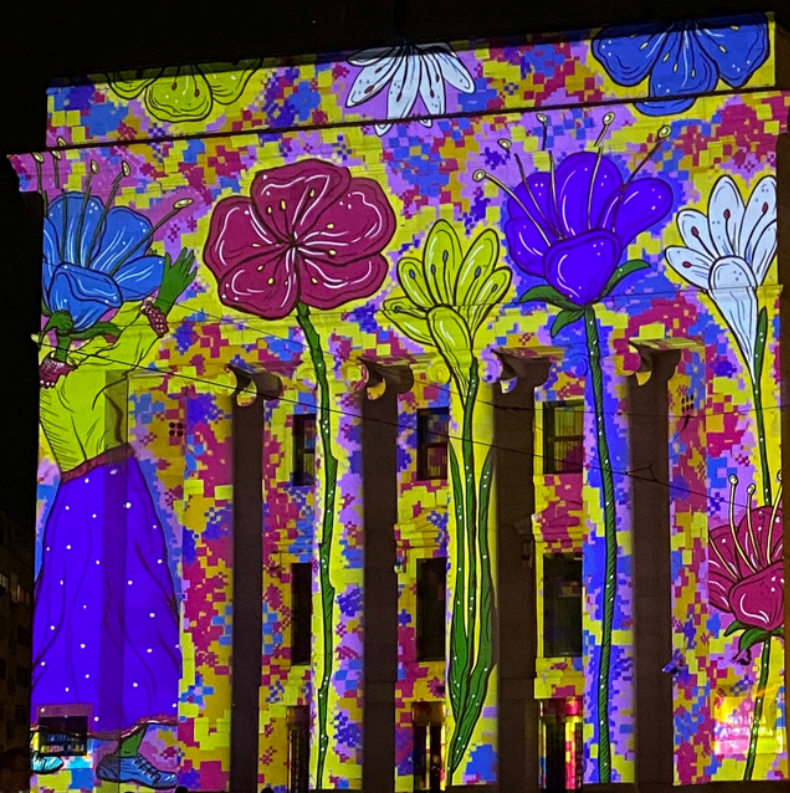


Tranvanj 2024

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THE STREET IS WAITING FOR THE NIGHT...

*The street is waiting for the night.
All is history and silence.
The trees along the walk
are asleep along the sky.*

*And the sad sky is violet.
an April sky, a beautiful
violet sky with gentle
preludes of starlight.*

*Now the lamps are shining
at the barred windows. A dog whines
at a closed door. A black cat
twirls in the smooth sky ...*

*Ah! that yellow lamp,
the peace of the blind children,
the nostalgia of the widows,
the presence of the dead!*

*And the stories that we told
on those April evenings
that have never returned,
while we gazed at the stars!*

*And the darkness is falling,
sweet and great and peaceful,
among the distant murmurs
of the little villages ...*

*Poem by Juan Ramón Jiménez,
Spanish Nobel Prize in Literature in
1956*



How to beat eco-anxiety: take action and relax

It is not considered a pathology, but it limits your daily life

Image by Pixabay



Eco-anxiety is a relatively new term that defines people's response to the changes that have occurred in our climate in recent years. With new extreme weather conditions upon us, it is easy to think that the climate is going to collapse soon and that it is going to affect us. Every year the assumption that we - as humanity - are going to experience extreme weather events becomes the reality and day-to-day life for most of the planet.

For example, India is experiencing the worst heat wave in the country's history, the worst just 8 years ago and the second worst five years ago. Indians are experiencing heat waves for the third consecutive year for the first time in history.

These extreme phenomena occur all over the planet, but some countries are more vulnerable than others. 16 of the 20 most vulnerable are in Africa, the other 3 are in India, Nepal, Bangladesh and Afghanistan.

The European continent will suffer from droughts, floods and heat waves in summer, in addition to other minor problems related to the lack of snow in some territories. These are major problems for Europe, but they will not be the world's biggest problem. The disappearance of the poles, floods in South Asia, drought in the south and north of the Sahel, and deforestation in Canada, Brazil or Russia will be the main factors of climate change.

Even so, Croatia is one of the countries that could be most affected by climate change within the European continent. Droughts will be more recurrent, snowfalls more infrequent and heat waves more deadly. The biggest problem will be the wildfires during the summer.

It is easy to despair with the current situation, especially knowing that the 10 hottest years in history have been in the last decade 2014/2023

100 companies are responsible for 71% of Greenhouse Gas Protocol emissions.

Over half of the world's industrial emissions can be traced back to just 25 state companies and entities. (PIC, 2017).

The key to avoiding eco-anxiety is to live from day to day without thinking about what might happen in the future. This is easier said than done, as the news is not a good stimulus since climate change problems are constantly being broadcast.

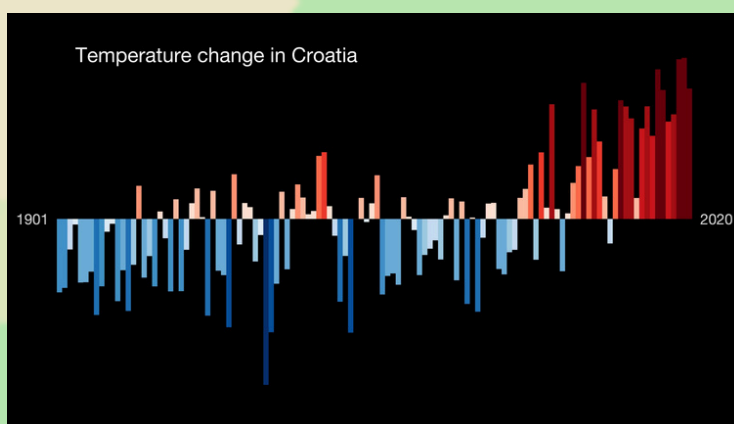
Climate change is happening every day, but not in the way we think. The increase in temperatures leads to the disappearance of the poles, but also to an increase in water condensation so that when it rains, it will rain more heavily. That is the kind of cause and effect that will occur in climate change.

Not all of them will be negative; they will produce a chain reaction that in some cases will be beneficial (such as an increase in precipitation), but in return, there will be negative effects of greater or lesser impact, such as a decrease in ice at the poles or the need to dam more water due to irregular rainfall. It is important not to get carried away by catastrophism, since the consequences of climate change and the changes it will produce in ecosystems are - less and less, but still - unknown.

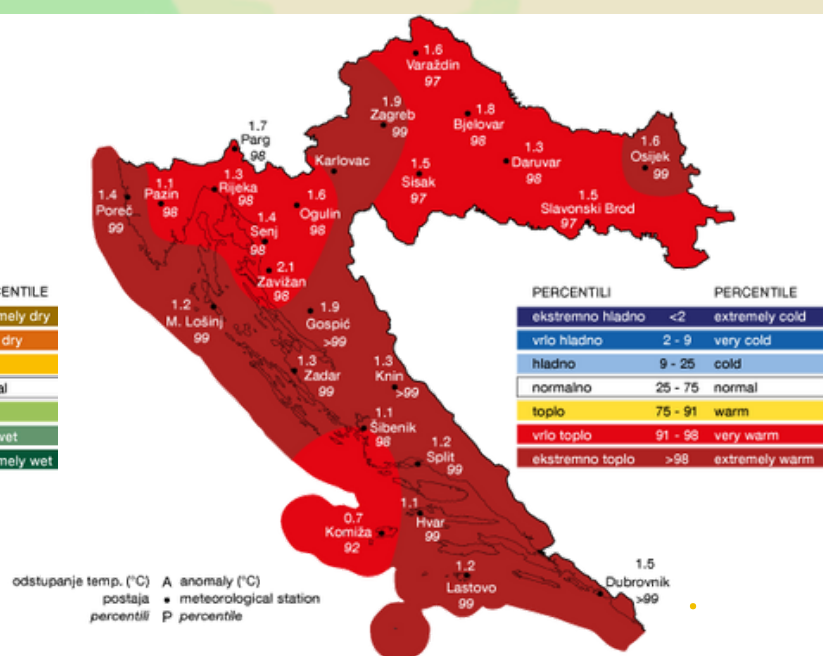
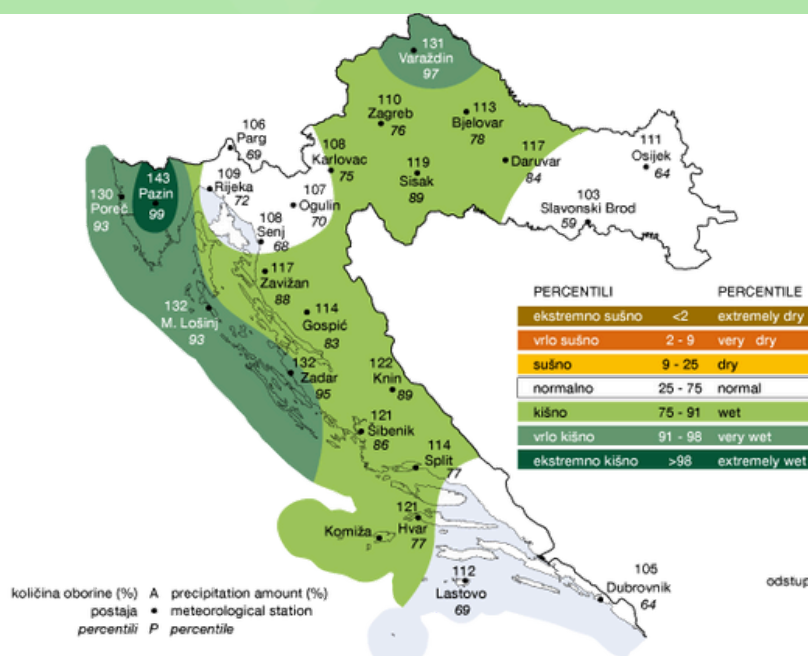
The certainties about this phenomenon are that there will be differences in ecosystems compared to the image we have of them, but we cannot establish exactly how it will be.

Beating eco-anxiety is a complicated matter since it is not a pathology in itself but a cumulus of sensations that are externalized with climate change, such as bewilderment with the future, impotence due to the inability to change the situation or the perceived inaction on the part of the political class especially when Croatia has dropped 10 places in climate change policies in the last two years (from 25th to 35th out of 67).

Promjena temperature u Hrvatskoj. Source:: Klima.hr



Maps on climate and precipitation anomaly in Croatia in 2019. Source:: Klima.hr



An important first step in controlling eco-anxiety is to take breaks from the news we receive daily. Having periods of 24 hours without using social networks or being active in the news at certain times such as a family meal, a get-together with friends or a day of disconnection.

A second step that may be necessary for this eco-anxiety control is to take the necessary actions on your impact on the climate: recycle, change your energy plan to a green one or reduce the use of the car, but at the same time be aware of the real culprits of the climate crisis. One hundred companies have produced 71% of greenhouse gas emissions between 1988 and 2015. The top twenty-five account for half of global emissions.

This is the order of companies that polluted the most in the cited period:

- China Coal 14,3 %
- Saudi Aramco 4,5 %
- Gazprom OAO 3,9 %
- National Iranian Oil Co. 2,3 %
- ExxonMobil Corp 2,0 %
- Coal India 1,9 %
- Petróleos Mexicanos 1,9 %
- Russia Coal 1,9 %
- Royal Dutch Shell PLC 1,7 %
- China National Petroleum Corp 1,6 %

As a last tip, and perhaps the most important, a very important tool to combat eco-anxiety is to live day to day. If it is hot today, prepare for the day if it snows tomorrow, equip yourself for it. If you lose sight of the events occurring on the planet, do not think in the short term but in the medium and long term, as well as transforming the concern and real actions.

Article by Adrián Cobo



Image generated by Carmen Sanz with Microsoft Copilot

Book's Day Review

I'm glad my mother died was published in August 2022 and it is a bestseller.

Not long ago, walking through the centre of Zagreb, I saw in some bookshops that Jennette McCurdy's book, *I'm Glad That My Mom Died*, was released in Croatian translation. It happens to be the last book I read just before coming to Croatia, so taking advantage of the fact that 23rd April is Book's Day, I am going to write a review of this book, which I enjoyed and does not leave you indifferent.

For context, Jennette McCurdy was a child star, who began acting at 8, playing small roles in series such as *CSI* and *Malcolm in the Middle*. But what she is most remembered for by those of us who grew up in the 2000s is her time on Nickelodeon, specifically her starring role as Sam Pucket in *iCarly*, a character that would later spin-off with another character played by Ariana Grande, called *Sam and Cat*.

The story she tells is one of abuse, manipulation, and much suffering, all sweetened with some tender moments and a great sense of humour, which makes it a very entertaining book. One of the first things she tells is that she was born into a Mormon family with few economic resources; she hated acting, but her mother, Debra, who manipulated her through cancer she suffered years before, forced her to start her acting career, trying to live her dream through it. She also gave her anorexia, which later became bulimia, and carried out other abuses such as not letting her shower alone.

About her time at Nickelodeon, she also talks about the abuse of producer Dan Schneider, although she refers to him as "The creator", it is clear that she is referring to him. To put in context, this person has been implicated in alleged abuse scandals on Nickelodeon sets; the latest controversy related to this producer has been the documentary "Off the Record", which I also recommend, in which several names have been implicated in child and work abuse. Jennette talks about how he encouraged her to drink alcohol and that he once gave her a shoulder massage. She also says that she turned down the \$300,000 Nickelodeon offered her for her silence on the matter.

Although I may have spoiled the book, the truth is that I haven't mentioned a quarter of it.

If you knew Jennette before from her shows, it's very interesting to see the reality behind it, but if you didn't know her, the book is catchy all the same, because it's still a story of her life, told with a lot of humour and that makes you reflect on the careers of child stars, toxic relationships or family, among other things. Another point to note is that as a person who has part of her life documented on the internet, she mentions certain moments that you can google and that complement the narration.

In conclusion, it is a bestseller and that is not always attractive, it is a book that I highly recommend though and that is now translated into Croatian.

Article by Carmen Sanz



Source: 2017 © Fraktura. Sva prava pridržana.



Međunarodni dan jazz - 30.04

Možete li zamisliti vožnju tramvajem bez slušalica u ušima? Kuhanje ručka bez treštanja radija? Možete li zamisliti život bez glazbe? Vjerojatno ne.

Glazba je postala esencijalni dio života. Vjeruje se da se glazbom mogu pokazati emocije, da određena pjesma može u potpunosti izraziti radost, tugu, ljubav ili razočaranje. Prema tome, glazba često služi kao sredstvo komunikacije i samospoznaje. Glazba nam pomaže otkriti tko smo.

Novija istraživanja su čak pokazala da postoji korelacija između toga što slušamo i kako se ponašamo. Smatra se da su ljubitelji popa uglavnom ekstroverti, dok obožavatelje hip hop glazbe karakterizira visoko samopouzdanje.

Kada je riječ o jazzu, i njemu sličnim žanrovima, kao što su blues i soul, vjeruje se da ljubitelji jazza odlikuju crte ličnosti kao što su kreativnost, inteligencija i opuštenost. Osim toga, jazz se povezuje i s promicanjem određenih vrijednosti poput ravnopravnosti, tolerancije i mira. Jazz ruši barijere, smanjuje napetosti između zajednica, te potiče međukulturalni dijalog. Općenito govoreći, jazz je simbol slobode.

Važnost jazza uvidio je i UNESCO, koji je 2011. proglasio 30. travnja Međunarodnim danom jazza. Stoga, dok se približava ovaj datum, pozivamo vas da se prepustite ritmu i istražite bogatu povijest jazz!

Neke od naših preporuka su:

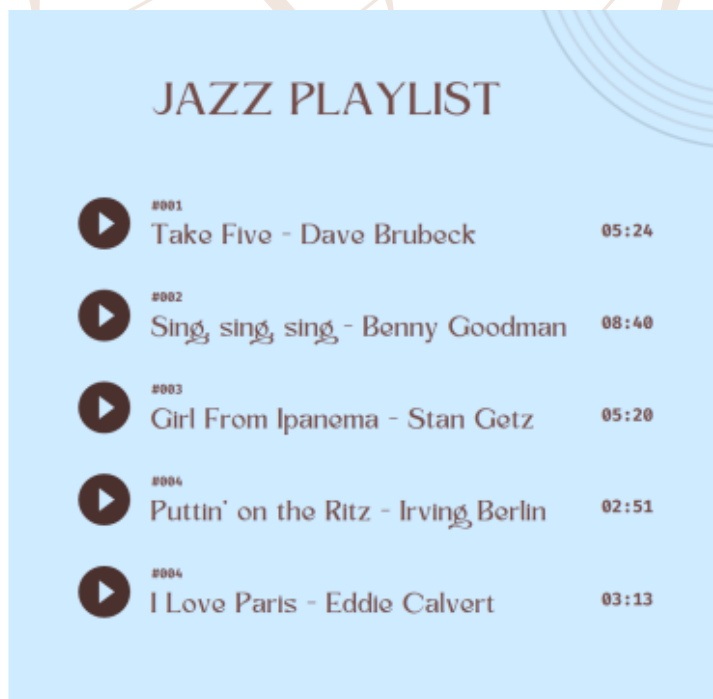


Image by Ivana Dubroja

Nakon slušanja, možda se složite s Ninom Simone, koja je rekla: Jazz is not just music, it's a way of life, it's a way of being, a way of thinking.

Article by Ivana Dubroja



Image by Canva

IZVORI:

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THE WORLD DESERVES A BETTER ENDING



Fallout

prime
amazon

APRIL 11
New Series

Fallout the game became perk

Amazon's new series was launched on April 11 and is a candidate for show of the year

Amazon is the king of IPs: *The Wheel of Time*, *The Lord of the Rings: The Rings of Power*, *Gen V*, *Reacher*, *The Boys*, *Mr and Mrs Smith*, *Invincible*, *Good Omens* and a long list of other properties that the shipping and e-commerce brand owns. Its attempt to compete with Disney and Netflix has caused Amazon to focus on buying products that can be adapted for television. One such product is the popular *Fallout* video game saga.

Fallout has 11 games - and one more in development - and countless fans, admirers and references in popular culture. Its already popular Vault Boy - the thumbs-up logo symbol - is an icon of the videogame scene. Just as the Brotherhood of Blood armour is one of the most coveted collector's items by fans and most represented by roleplayers.

Precisely because of this fervent fondness there was a lot of pressure on what could be *Fallout*, as many eyes were going to be focused on the outcome of the game for a matter of fandom, but also of difficulty in adaptation. Adapting a video game has never been easy and we are talking that the *Fallout* saga has 11 to adapt. Indeed, some of them don't delve too deep into the lore -like pinball or *Fallout: Shelter*-, but it's still a complicated mission. Even more considering that there have been two attempts to adapt the video games into a movie, both of which have been unsuccessful.

Once the development of a series was agreed upon, there were several points of agreement about the series: that it would be canon, it would be within the continuity of the video games, and it would be an original story, not an adaptation of the video games.

Therefore, the challenge was twofold: to create a story that would be part of the video game canon - a continuation of the video games - and simultaneously bring together new and old fans.

The series follows the lives of three characters: Lucy MacLean (played by Ella Purnell), a young Vault Dweller searching for her father (a reference to *Fallout 3*), Maximus (Aaron Moten), a squire of the Brotherhood of Steel (referencing *Fallout: New Vegas*) and The Ghoul / Cooper Howard, (Walton Goggins) a once-famous Hollywood actor and Vault-Tec ambassador who mutated into a ghoul after the bombs fell (references to *Fallout: Brotherhood of Steel*) in their adventures through the Wasteland that cross each other. We also see life inside Vault 33 through Norm MacLea (Moisé Arias), a Vault 33 resident, and Lucy's brother who seeks the truth about some strange events in his community (a reference to *Fallout* and *Fallout 2*).

The style of the episodes is very marked by the references to the videogame itself: *Mad Max*, *Westworld*, *A Boy and His Dog*, *Forbidden Planet* or *Flash Gordon*, as well as the music and the setting of the 60's in the United States. Each episode is visceral - in any sense of the word-, violent, bloody, and satirical. Don't let the violence around you overshadow and spoil an experience with a first-class production -you can see every dollar that has been invested-, a great soundtrack by the great Ramin Djawadi and a photography that fills your eyes at certain moments.

In short, *Fallout* is one of the series of the year that anyone interested in a good product could enter fully and feel satisfied even if you are not a fan.

Rating: 16+. Article by Adrián Cobo



Image by Amazon Video



Love it or hate it: the *coquette* trend

With its origins in *rococó*, this exaggerated style that exalts classic femininity is making a strong comeback in 2024.

It is a fact that fashion is part of our daily lives. You may not follow the trends, but whether it's through social media, magazines or directly by going out on the street and observing, you can get an idea of what's hot at the moment. It is not only limited to clothing and footwear, there are also trends in hair and make-up, so it is very difficult to live in complete ignorance of them.

Social media like TikTok or Instagram are nowadays full of posts with the hashtag #coquette, in which you can see people wearing pastel shades, accessories from ballet, fabrics like tulle or lace, fliers, pearls and an element that is probably the most defining: ribbons, lots of ribbons. In the context of the current situation, what is the origin of this style? Since fashions are cyclical, we have to go back to the past.

Originally inspired by the courtly style of the pre-French Revolution era, with *rococó* at its height, it has been revived in recent decades. In the late 1990s, *Lolita* style gained momentum among Japanese women, who created their urban tribe associated with Japanese pop music. The way they dressed had certain elements similar to what we call coquette today. Shows like *Gossip Girl* (2007) recovered some of those elements, although the rise of romantic and slightly *rococó* looks took off for good after the 2010 release of *Marie Antoinette*, the film directed by Sofia Coppola continues to be a source of inspiration. Then came *The Bridgertons* in 2020 with their empire-cut dresses, satin gloves and pearl necklaces; some clothing brands even launched collections in collaboration with the show. But the one that came to put the cherry on top was *Barbie* (2023).



Source: CANAL 66



Frame from *The Bridgertons*

Although with *Barbie*, there has not only been an aesthetic consolidation, there has also been an ideological one: taking all those elements that have been attributed to women for centuries, such as pink, and turning them into a way of empowerment; the point is to stop rejecting them and flee from masculinisation to break with the established. This can be problematic because conservative groups are celebrating the "return" of femininity; there could be the imposition of certain canons. There is also the opinion that women are infantilised and that there are paedophile undertones, but in contrast to that we go back to empowerment and take elements that have even been used as a mockery in our favour.

Regardless of all opinions, fashion is a way of expressing ourselves, it does not always have to have a claim behind it, but what is clear is that this trend is sweeping and that it breaks with what we were used to seeing during these post-pandemic years, that were more minimalistic. In closing, a question, what will be next?

Article by Carmen Sanz

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