

Siječanj 2024

# MLA- DOST. DOBRO

- Meet the new volunteers from Spain!
- “Saltburn” review
- Škola za umjetnost, dizajn, grafiku i odjeću Zabok: Mladi pokreću revoluciju kulturnih navika!
- Hormonski balans i kvaliteta života

# SADRŽAJ

## Drago mi je, Zabok!

Carmen Sanz's presentation

2

## Pleased to meet you, Zabok

Adrian Cobo's presentation

4

## Saltburn: Not only a good looking film

Review of the film

6

## Škola za umjetnost, dizajn, grafiku i odjeću Zabok: Mladi pokreću revoluciju kulturnih navika!

8

## Hormonski balans i kvaliteta života

Razgovor s dr. Toljan

10



**MREŽA  
UDRUGA  
ZAGOR**



**CENTAR ZA MLADIKZZ**

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I want it with the blood,  
with the bone,  
with the eye that looks  
and the breath,  
with the forehead that  
bends the thought,  
with this hot and  
imprisoned heart,  
  
and with the fatally  
obsessed dream  
of this love that fills me  
with feeling,  
from the brief laughter to  
the lament,  
from the witch's wound  
to its kiss.

My life is tributary to your  
life,  
whether it seems to you  
tumultuous, or solitary,  
like a single desperate  
flower.

Depends on it as on the  
hardwood  
the orchid, or like ivy on  
the wall,  
Which alone on it  
breathes lifted up.

*Como una sola flor desesperada,*  
by Juana de Ibarbourou

English translation

# Drago mi je, Zabok!

It is not even two weeks since I arrived in Zabok, and I already feel this place as home. The people are very welcoming and life is peaceful. The climate is like what I know, so I have no problems. I had a good start, now I am going to tell you a little about myself.

My name is Carmen, I am 26 years old and I am passionate about fitness, cooking, fashion, cinema, music, and nature. The way I am introducing myself looks like an essay for the English class, I apologise for that! Sometimes it is difficult to me to talk about myself, I will try to tell my story in a nutshell.

I was born and raised in a small mountain village, Quintanar de la Sierra, in the north of Spain. I had a quiet childhood, for years I went to a theatre workshop after school and enjoyed the natural environment around me. During high school I became a bit introverted and in the last year I had some issues to decide what I wanted to study at university. When I finished, I moved to Burgos to study Audiovisual Communication. In the first two years, I was not sure if I had made the right choice, but I had a great time because I made a good group of friends that I keep and I enjoyed the freedom of living away from my parents' house.



Image by María Elicegui



Image by Carmen Sanz / Elements from Canva

The third year, I made a change to clarify myself, I went for a year of SICUE (like Erasmus, within Spain) to Málaga. There I studied subjects that I liked the most, focusing on screenwriting and photography. The experience gave me a lot of perspective. The following year, I finished my degree, and I decided to study a master's degree in screenwriting in Seville. There I had one of the best years of my life, I learned a lot and met wonderful people, among them Adrián, the other volunteer.

After finishing my studies, I returned to Burgos and started in March 2021 as an intern in a DIH (Digital Innovation Hub), a place where European funding for digitalisation is distributed. I was hired and have been working there until December 2023. During those years, I had my ups and downs, as Burgos is not exactly my favourite city and the work was not fulfilling. I needed a change; this brings me to why I started looking for volunteering.



Plaza España (Sevilla). Image by [Amoner](#) from [Pixabay](#).

I found out about the volunteer experience through Anais, a university classmate, so I asked Anais for more information and I started to look for and send applications through the European Solidarity Corps.

Croatia was one of the countries that interested me, because I have always wanted to get to deeply into Balkan culture. I interviewed with many organisations, but the volunteering that interested me the most was in Mreža udruga Zagor. Apart from the location, what this organisation does seems very necessary to society, and I would have appreciated something similar in Quintanar. I also think that the one-year duration is a plus, because I think it gives you more time to adapt and enjoyment.

I expect several things from this experience: on the one hand, to contribute as much as I can with my knowledge, skills, experience, etc. and also improve them. On the other hand, I hope to get to know the culture and language of this place as much as possible, I am passionate about cultural exchange. Finally, I hope to get to know myself a little better, travelling and changing my life has always given me perspective and helped me to understand who I am.

I would like to thank Mreža udruga Zagor team for this opportunity and for the great welcome we have received.



Zagreb Cathedral. Image by [Marko Tomic](#) from [Pixabay](#).



# Pleased to meet you, Zabok

**Hello, Zabok.** My name is Adrián Cobo. I am a 26-year-old Spaniard who has decided to be part of your community. These first days in Croatia have been the most welcoming, despite the cold winter people have been very warm with me. In just three weeks, I have had to say goodbye to my life in Spain to start this new stage of my life and, to be honest, the transition to Croatia, although I have to get used to the timetables, is very bearable.

I am going to explain a bit of my life story. I was born in Andalusia, specifically in the province of Granada, in 1997. I grew up in a village –Cenes de la Vega– of 8,000 inhabitants, so for me, it is like living in my hometown all my life, in that sense. Therefore, the adaptation could not have been better.

My first experience living away from home was living in Malaga the same city where I graduated in journalism four years ago and, quite poetically; it was the city from when I left to come to Croatia. Carmen accompanies this new life challenge, a person I know from my time in Seville, where we both studied for a master's degree in scriptwriting and audio-visual creativity.



Image by Carmen Sanz

After finishing my studies, I started my professional career at the Technological Center of Castilla y León, where I was in charge of networks, SEO, and website as well as video production. Then I worked in the editorial department of Cadena Ser Radio, the biggest radio station in Spain. During the year 2023, I worked as a freelance video producer.

I have also been secretary of the Spanish Journalists Association. In my spare time, I have a weekly baseball podcast - it is the most listened to in Spanish - and I have edited five American football guides and a book on the history of baseball.

Among all the hodgepodge of personal experience, I do not want to omit the main reason that moved me to start this project: to help continue with the project of an association that helps the community as well as to get to know a new reality different from my own. Bringing my experience to the community will be an important part of the whole process, but also about what the community can bring to me. In this case, to see the reality of a society different from my own, where I can give my best to help solve its problems, embrace its strengths, and create steps towards a better-formed more open, and plural society.

As I said at the beginning, the welcome has been very hospitable and I hope to repay the organization and the city for all the trust placed in me.



Guadalquivir River at Seville. Image by Adrián Cobo

ACADEMY AWARD® NOMINEE  
**BARRY  
KEOGHAN**

**JACOB  
ELORDI**

ACADEMY AWARD® NOMINEE  
**ROSAMUND  
PIKE**

ACADEMY AWARD® NOMINEE  
**RICHARD E.  
GRANT**

**ALISON  
OLIVER**

**ARCHIE  
MADEKWE**

*We're all about to lose our minds*

FROM ACADEMY AWARD® WINNER EMERALD FENNEL

# Saltburn

BY EMERALD FENNEL AND EMERALD FENNEL



IN SELECT THEATERS  
**NOVEMBER 17**  
EVERYWHERE THANKSGIVING

R

MRC

AMAZON MGM  
STUDIOS



Saltburn's frame.© AMAZON CONTENT SERVICES LLC

# Not only a good looking film

**Saltburn.** Emerald Fennell presents a gothic thriller in which heartbreak and obsession are the main elements.

**Written and Directed by** Emerald Fennell

**Produced by** Emerald Fennell, Josey McNamara & Margot Robbie

## Starring

- Barry Keoghan
- Jacob Elordi
- Rosamund Pike
- Richard E. Grant
- Alison Oliver
- Archie Madekwe

**Cinematography by** Linus Sandgren

**Edited by** Victoria Boydell

**Music by** Anthony Willis

**Production Design by** Suzie Davies

Rated **+18** for strong sexual content, graphic nudity, language throughout, some disturbing violent content, and drug use.

Available at **Amazon Prime Video**

**E**merald Fennell is a director who lives and writes for the critique of worlds that are anchored in the past and refuse to disappear. In the spectacular - and deservedly Oscar-winning Best Original Screenplay - Promising Young Woman (2020), Fennell spoke of a male world that is laden with chivalry, taking advantage of weakness to prey on women in distress. In Saltburn, the dynamic of chivalry is similar, as Felix Catton - played by Jacob Elordi - comes to the aid of Oliver Quick - Barry Keoghan - and they begin to establish a friendship that will lead to Oliver spending the summer with Felix's family.

Within Felix's family, we see a clear inclination towards charity, and in a way that only British aristocrats could, in this case with a friend (Carey Mulligan, who reprises her collaboration with Fennell) of the mother, Lady Elspeth Catton (Rosamund Pike), who competes for Oliver's attention and affection. In the role of the father, we see an excellent Richard E. Grant in the role of an aristocratic septuagenarian living his last years with his family, which is completed by his daughter - Venetia Catton, played by Alison Oliver - and by Farleigh Start, the nephew played by Archie Madekwe.



Saltburn's frame.© AMAZON CONTENT SERVICES LLC

Throughout the film, we see the exquisiteness of the English bureaucrats, with memories of a past in which they prevailed and from which they have to maintain their presence in society so that they can survive in it. In addition, this is one of the central themes of Saltburn, aristocrats who, as well as being a satire of themselves, try to resist a society in which they no longer have the importance they once had and need to live in their comfort zone.

## **THIS IS A FILM ABOUT LOVING SOMEONE, AND LOVING THEIR WORLD KNOWING THAT THEY WILL NEVER LOVE YOU BACK.**

**Emerald Fennell, writer and director.**

The image they have of Oliver is that of a neglected young man who needs the help of the Cattons to survive, but as the summer wears on that image begins to change until there is a turning point at a party. At that point, we enter a somewhat predictable, but good, third act, where most of the film's weaknesses are to be found. In Promising Young Woman, this last act was better resolved.

As in any gothic tale, Saltburn Manor is a metaphor for a sick psyche and possesses a kind of sinister will. Fennell wanted it to be unique and chose a property that had never been seen on film before and whose location, by contract, none of the crew could reveal.

But the most difficult thing was the weather, Fennell said. If you're making a film that takes place entirely in the summer in England, you're always going to be living dangerously in hope of a miracle. Shot in an almost square format, the 4:3 television format, so that the viewer has the sensation of peeping in, every detail.

If there is an aspect of this film that stands out, it is the visual ensemble. With the aforementioned director's debut film, one would expect something along the same lines. The shots, the costumes, the color palettes, and the photography make it look idyllic, unreal as if it were a dream. It is reminiscent of a play. Do not forget that most of the story is set in 2006, some of that aesthetic is preserved throughout the film, and there is a soundtrack that brings a nice nostalgia to those of us who have lived through that era.

Overall, it is an entertaining film, with complex characters, scenes, and elements that do not leave the viewer indifferent, which will probably be remembered as iconic. The plot may be predictable at times, but that is because of the good construction of the characters and the coherence of the story, they do not play to deceive the viewer, simply the pieces slowly fit together to form a story without too many plot twists, but with a character evolution that takes all the relevance within the story.

Rating: 

*Review by Carmen Sanz and Adrián Cobo*





# Škola za umjetnost, dizajn, grafiku i odjeću Zabok: Mladi pokreću revoluciju kulturnih navika!

U Školi za umjetnost, dizajn, grafiku i odjeću Zabok, već drugu godinu zaredom, uz podršku Krapinsko-zagorske županije i ravnateljice Božice Šarić, provodi se fakultativni predmet Škola i zajednica u kojem mladi uče kroz praktično iskustvo, suradnju i angažman.

Poznat kao ŠiZ, ovaj kurikulum građanskog odgoja i obrazovanja oblikuje pristup nastavi, potičući učenike da istražuju, djeluju i rješavaju stvarne probleme u zajednici.

Pod vodstvom profesorica Valentine Petric Klaužer i Sanje Zagorec, ŠiZ nije samo predavanje iz knjiga-to je poziv na promišljanje i akciju. Dr. sc. Boris Jokić, ravnatelj Instituta za društvena istraživanja, jedan od autora ŠiZ-a, naglašava da ovaj predmet želi izbrisati

granice između učionice i zajednice, pružajući učenicima novo, često emocionalno iskustvo koje školu čini više od samih knjiga.

Ove godine, fokus ŠiZ-a je na kulturnim navikama mladih - problemu koji pogađa mnoge od nas. Svjesni važnosti kulturnog obrazovanja u oblikovanju ponašanja mladih, odlučili smo hrabro stati na kraj nedostatku zainteresiranosti za kulturne sadržaje u društvu.

Anketirali smo svoje vršnjake. Rezultat? 5 i više sati dnevno ispred ekrana. Otkrili smo, dakle, da većina mladih provodi slobodno vrijeme na računaru i društvenim mrežama, dok kulturni sadržaji često nailaze na nedostatak zanimanja ili informiranosti.



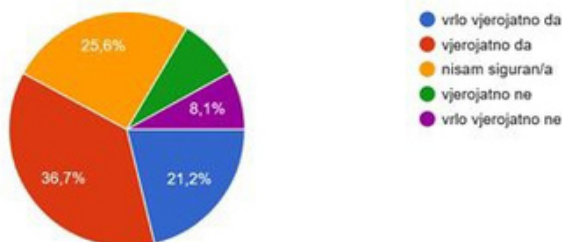
# Anketni upitnik: kulturne navike mladih

U okviru fakultativnog predmeta Škola i zajednica (ŠiZ), učenici Škole za umjetnost, dizajn, grafiku i odjeću Zabok provode istraživanje o kulturnim navikama mladih čiji je sastavni dio i ovaj upitnik. Upitnik je namijenjen učenicima koji pohađaju srednje škole u Zaboku. Upitnik je anoniman te vas molimo da što iskrenije odgovarate na postavljena pitanja. Za isunjavanje upitnika potrebno je odvojiti svega par minuta. Unaprijed zahvaljujemo na vremenu koje ste utrošili i time pridonijeli kvaliteti našeg istraživanja.

Kada bi ti se pružila prilika da svojim znanjem, iskustvom i prijedlozima možeš pridonijeti razvoju kulturne ponude, bi li sudjelovao/la?

Kopiraj

297 odgovora



Kako najčešće provodiš slobodno vrijeme?

Kopiraj

297 odgovora



No, naša ekipa ne sjedi prekriženih ruku – posjetili smo lokalne institucije koje nude kulturne sadržaje (Gradska galerija, Gradska knjižnica, Mreža udruga Zagor, Regenerator, Savjet mladih) gdje smo prikupili važne informacije, a uskoro planiramo proširiti svoje istraživanje i na veće gradove.

Cilj nam je jasan – približiti kulturne sadržaje mladima u Zaboku, potaknuti ih na sudjelovanje u kreiranju kulturne ponude te omogućiti svima pristup zanimljivim sadržajima.

Svojim aktivnostima, mi mladi entuzijasti, želimo potaknuti promjene i motivirati mlade na aktivno sudjelovanje u kulturnom životu zajednice.

Ovo je poziv na suradnju i podršku našim naporima jer, kako kažu, kultura nije rezervirana samo za knjige – kultura je život, a mi smo odlučili biti njezini glasnici!

*Napisali: Leonarda Škrebilin i Roman Tučkar Peh  
Fotografije: Sanja Zagorec i Valentina Petric Klaužar*



# Hormonski balans i kvaliteta života

Imate li problema s viškom kilograma, regulacijom ciklusa, kožnim promjenama, stalno ste iscrpljeni i umorni? Možda je ključ upravo u vašim rukama kroz jednostavne promjene i prilagodbe vlastitih životnih navika.

Doktorica Sanja Toljan, stručnjakinja na području hormonalnog liječenja daje nam preporuke kako kroz uvođenje zdravih rutina ojačati organizam, održati vitalnost i vratiti energiju i produktivnost u svoj život. Dora Kučina, volonterka u Mreži udruga Zagor, razgovarala je s dr. Toljan o hormonskom balansu i kvaliteti života.

**Dora:** Svi smo već dobro upoznati sa starim tajnama zdravlja – treba jesti raznoliko, biti fizički aktivan, dovoljno spavati i izbjegavati stres. No, koliko se ovih jednostavnih pravila, živeći ubrzanim ritmom života, zapravo pridržavamo? Što se događa kada se osjećamo umorno, debljamo se, ne možemo se riješiti zdravstvenih teškoća unatoč medicinskim pretragama koje su pokazale uredne rezultate ili unatoč lijekovima koje uporno pijemo, a ne dolazi do poboljšanja? Dolazi li se medikamentoznim liječenjem do srži problema koji uzrokuje probleme sa štitnjačom, jajnicima, aknama, umorom, sniženom kvalitetom života općenito? O tome koliko je veliki postotak bolesti i stanja uzrokovan upravo hormonskim disbalansom govori nam doktorica Sanja Toljan. Pionirka antiaging medicine u Hrvatskoj pomaže svojim pacijentima otkriti uzrok svojih zdravstvenih tegoba, živjeti duljim i kvalitetnijim životom i prevenirati brojne bolesti. Ova grana medicine osnažuje tijelo i organe te im vraća prirodni balans izgubljen uslijed krivog „rukovanja“ tijelom. Molimo Vas da se čitateljima ukratko predstavite; svoje ime, obrazovanje, zanimanje...

**Dr. Toljan:** Ja sam Sanja Toljan, specijalistica sam anesteziologije, reanimacije i intenzivnog liječenja, ali sam zadnjih 20 godina posvećena proučavanju jedne nove struke koja se zove psihoneuroendokrinoimunologija. Educirala sam se u inozemstvu, naravno čitajući i učeći iz medicinske literature koja nam je sada dostupna putem interneta. Imam 57 godina, ali u glavi se osjećam mlađe i još uvijek želim mijenjati svijet na bolje.

**Dora:** Što Vas je motiviralo za rad u ovom polju medicine, odnosno što vas je konkretno zainteresiralo za područje hormona i hormonskog balansa?

**Dr. Toljan:** Pacijenti koji dolaze po pomoć su uvijek motivator. Vidjela sam puno ljudi koji su dolazili k meni po pomoć radi kroničnih bolova, a u pozadini njihovi životi bili su puni problema, ne samo zdravstvenih. Slabo su jeli, slabo su spavali, zapustili društva, vježbanje, nisu su radovali. Mnogi su imali poremećene nalaza hormona, ali nisu znali kako se s tim nositi. Medicina koja se primarno bavi hormonima još je jako zaostala. Iako se puno zna, malo toga se zaista stavilo i u službu liječenja. Upravo to me zainteresiralo. „Ako nitko neće, ja ću“, pomislila sam. Prvo sam otišla u Belgiju kod doktora Thierry Hertogha, jednog od najvećih imena hormonske medicine. Uživao, bez socijalne distance i maski, (prije 15 godina) upijala sam svaku riječ i polako slagala puzzle. Bila sam mladi doktor, puna novog znanja i već sam vidjela način kako ljudima pomoći da ozdrave.

**Dora:** Prema svom iskustvu, kolika je informiranost i znanje u općoj populaciji o hormonima i njihovim funkcijama?

**Dr. Toljan:** Uglavnom mješavina točnih i netočnih informacija kruži internetom. Kada tome dodamo nespremnost većine medicinara da pričaju o hormonima, imamo zbrku u glavi. Većina ljudi prihvaća redukcionistički model tipa: za štitnjaču je dobro uzimati jod. Onda se nakrcavaju jodom bez da o tome nešto znaju, pa proizvedu ozbiljna i opasna stanja, kao npr. pretjerani ili usporeni rad štitnjače. Negdje pročitaju da zbog hormona ne treba jesti gluten, pa kupuju bezglutenske (najčešće još opasnije) inačice glutenskih jela. Informiranost o hormonima i kako ih balansirati je među medicinskom i općom populacijom nedovoljna, ocijenila bih ju ocjenom 1-2 (na skali do 5).



Image by [Peter Middleton](#) from [Pixabay](#).

**Dora:** Biste li svoju metodu u odnosu na tradicionalna medicinska shvaćanja nazvali alternativnom?

**Dr. Toljan:** Nikako. Ja sam liječnik zapadne znanstvene medicine i jako malo znam o komplementarnoj medicini. Studirala sam i akupunkturu, ali se njome nikada nisam bavila jer sam ju premalo poznavala. Sve što radim iz domene je znanstvene medicine, samo sam ja malo ispred vremena, pa to izgleda kao „alternativa“.

**Dora:** Zbog čega smatrate da je moderni čovjek ranjiviji i skloniji bolestima koje su posljedice disfunkcije/oslabljene funkcije hormona? Smatrate li da su naši daleki predci živjeli kvalitetnije po tom pitanju?

**Dr. Toljan:** Naši daleki preci su imali ono što mi nemamo, prirodnu selekciju. Preživljavali su samo oni koji su bili najbolje prilagođeni životu i životnim okolnostima. Svi ostali su nestajali ili su se mučili.

Mi to ne moramo jer možemo spasiti većinu ljudi i ostaviti ih na životu, ali pod cijenu nekvalitetnog života. Npr. anksiozno - depresivni poremećaj koji se javlja kod nekih mladih ljudi već u srednjoj školi izraz je slabe prilagođenosti životu. Njima je život previše stresan a ne znaju kako izaći iz toga. Stres generira promjene u hormonima i onda imate sliku mlade osobe kojoj ne rade jajnici, testisi, štitnjača, gušterača, hipofiza... Liječenje takvih poremećaja mora krenuti od vježbanja otpornosti, a najčešće kreće sa medikamentima, koji nažalost ne liječe, nego situaciju čine podnošljivom, ali na štetu funkcije tijela. Primjerice, kontracepcija koja ustabilji cikluse, ali jajnici i dalje ne rade, ili hormoni štitnjače koji uđu u tijelo, ali ne liječe oboljelu štitnjaču. Tako se gube godine i onda jednog dana kada mlada osoba shvati da nije ozdravila i da lijekove treba piti cijeli život, tek krene borba.

**Dora:** Koliko su ljudi svjesni svojih loših životnih navika? Većina ljudi prilikom suočavanja s bolešću traži instantno rješenje za svoje tegobe, u obliku tablete i -

uglavnom ne razmišljaju ili nisu spremni na radikalnu promjenu životnog stila. Koliko je dovođenje hormona u ravnotežu složen i dugotrajan posao?

**Dr. Toljan:** Ljudi su svjesni svojih loših navika ali ih ne dovode u vezu sa obolijevanjem. Recimo, nespavanje kod mladih ljudi se ne dovodi u vezu sa aknama ili neredovitim ciklusom, ili se konzumacija slabe hrane ne dovodi u vezu sa anksioznošću. Najčešće vas niti liječnik ne pita pitanja o tome kada dođete u ordinaciju. Vide nalaze i kreće terapija, a ne pitaju vas kada idete spavati ili koliko povrća jedete dnevno. Još uvijek se ne smatra da je to važno za nastajanje bolesti, ali isto tako, ako bolest želimo izbjeći ili ako želimo ozdraviti moramo znati poštovati cirkadijani ritam, zdravu prehranu, fizičku aktivnost, rad i druženje. To je medicina koju ja prakticiram a zove se PNEI, psihoneuroendokrinoimunologija. To je medicina koja djeluje i ozdravljuje.

**Dora:** Može li se negdje u Hrvatskoj u općem zdravstvenom sustavu podvrgnuti terapiji bioidentičnim hormonima? Treba li ova praksa biti učestalija?

**Dr. Toljan:** Naravno da može, samo za to trebate imati liječnike koji prate stručnu literaturu. Neki liječnici iz sustava to i rade, no zaista su rijetki. Napredna medicina je kod nas još uvijek u rukama privatnika, nama je u interesu izliječiti pacijenta budući da on liječenje plaća sam, kad bismo ga slali drugim doktorima samo bismo gubili vrijeme. Bioidentični hormoni su farmaceutski oblik hormona koji je identičan hormonima u ljudskom tijelu, i treba znati indikaciju kada ih preporučiti pacijentu i na koji način, te što očekivati od njih. A i to treba učiti. Ima jedna krasna poslovice koju sam pročitala, a kaže: "Najveći neprijatelj ljudskog progresa nije neznanje,

nego iluzija znanja." Tako je i medicini. Previše se misli da se zna, a treba biti skroman i reći: "ne znam, ali idem učiti." U svakoj struci bi trebalo biti tako, ali malo je ljudi spremno za takav pristup.

**Dora:** Za kraj, što smatrate da je najveća prijetnja balansu hormona s kojom se susreću studenti i kako na nju utjecati? Naglašavate i važnost odlaska na počinak oko 22 sata, dok je bioritam modernog čovjeka u moru obveza potpuno izmijenjen, kao i prehrana. Kako smanjiti izloženost stresu za vrijeme studija?

**Dr. Toljan:** Najveći utjecaj za svoju budućnost imate sada, u studentskim danima. Kako sada „isklešete,, mozak i tijelo, tako će vam raditi cijeli život. Dragi studenti, budite aktivni danju a noću spavajte. Izlazite samo vikendom. Jedite tri obroka dnevno, jedite raznovrsno, a između obroka pijte tekućinu. Družite se svaki dan, hodajte, nemojte se voziti. Koristite stepenice, a ne liftove, igrajte rekreativno razne sportove. Svaki dan budite na suncu barem sat vremena.

Uživajte u svojim mladim danima. Nemojte se brinuti. Einstein je rekao: "95% onoga za što sam se brinuo, nije se nikada dogodilo." Jednom ste mladi, uživajte, a istinski možete uživati samo kada ste zdravi. Zato poslušajte moje savjete. Život je maraton pred vama. Nemojte se trošiti na početku jer će vam trebati još energije za lijepe stvari koje vas čekaju na tom putu.

*Intervju provela: Dora Kučina, studentica preddiplomskog studija logopedije i volonterka novinarka za Mrežu udruga Zagor, intervju je proveden 2022. godine*  
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