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NEW ERA-NEW US

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@mladostdobro_
magazine

**MREŽA
UDRUGA
ZAGOR**

 **EUROPSKE
SNAGE
SOLIDARNOSTI**
ZAJEDNO SNAŽNIJI.

 **AGENCIJA ZA
MOBILNOST I
PROGRAME EU**

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CENTAR ZA MLADKZZ

NOVA ERA - NOVI MI

"Nova godina nam je stigla, a s njom stigle su i nove promjene. Hrvatska je ušla u Schengen, dobili smo eure, a krenuli smo i sa novim brojevima mla-dost.dobro magazinom u ovoj godini."

U ovom broju, prisjetiti ćemo se još malo 2022. i nekih tema koje su nas okružile zadnjih nekoliko tjedana. Nova godina, nova privikavanja, nove teme, nova era. Krećemo sa nečim posebnim u ovoj godini, pa smo tako za ovaj mjesec izbacili događaje u županiji, no to ne znači kako ih nema, dapače, događaja je više nego na što smo navikli, no mi smo se ovoga puta fokusirali na priče. Hvala vam svima koji ste nas pratili u posljednjih 9 brojeva našeg magazina za mlade, a sada jubilarnim desetim brojem započinjemo, zajedno sa eurima, 2023. godinu. U ovom broju nalaze se razne teme, za svakoga ponešto, pa tako možete pročitati zašto se Leon bavi nogometom, što je njegovo najveće dostignuće i kako se zaista baviti nogometom ozbiljnije. Nakon toga volonter Mreže udruga Zagor Jordan iz Bugarske opisao je svoje iskustvo na Europskom događaju za mlade (European youth event) koji se prošle godine održao u Varaždinu. Uz Juru (Yordana) nalazi se i Aysenur, volonterka iz Turske koja vam opisuje tko je i čime se bavi, a kasnije preuzima i ulogu nove editorice našeg magazina. Jasmina nam je opisala što je ovisnost o alkoholu i kako do nje dolazi, ali nas je i pripremila za ponovni odlazak u školu u drugo polugodište sa njezinim izborom top 5 pjesama idealnih za slušanje do škole. Petra vas također priprema za drugo polugodište sa trikovima o učenju. Naš volonter osim EYE-a opisao nam je i svoj on-arrival trening u Orahovici, koja mu se definitivno zarezala u pamćenje. U ovom broju donosimo i novitet – mla-dost.dobro poem gdje se možete inspirirati zanimljivim poezijom, isto tako, kao novitet ove godine, dosadašnji Landscapes from countries, dodjelili smo Aysenur koja će vas inspirirati prekrasnim kreacijama analogne fotografije. A za kraj našeg 10-og izdanja magazina, još uvijek u blagdanskog/novogodišnjem duhu Petra vam donosi idealan recept za krašuljke, a Karolina piše o zdravom životu. Uživajte čitajući novi broj magazina, uz ovoliki broj novih tekstova sigurno će te pronaći nešto za sebe, a ako se želite iskušati u pisanju članaka, poezije, ili poslati fotografije možete nam pisati na naš Instagram profil @mladostdobro_magazine ili nam se javite na mladost.dobro@gmail.com, a pisati nam možete na hrvatskom ili engleskom. Sretna vam svima nove 2023. godina, uživajte u novom broju i čitajte se i u veljači.



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1. Molim te da nam se predstaviš.

Pozdrav, moje ime je Leon Voloder, imam 25 godina, dolazim iz Stubičkih Toplica, trenutno sam zaposlen u Mreži udruga Zagor kao Suradnik na projektima, polaznik sam HNS-ove akademije za trenera i igram za Nogometni klub Tondach Bedekovčina.

2. Koliko dugo igraš nogomet i koja si pozicija?

Nogomet igram od svoje 6. godine i igram na poziciji golmana.

3. Odakle želja baš za tim sportom? Tko te motivirao? Koji su ti uzori i najdraži klub?

Od malena sam uvijek htio biti s loptom, nabijati loptu i igrati se s loptom. Iskreno, sam sebi sam bio najveća motivacija, moji roditelji nisu bili previše sportski tipovi, odnosno, nisu se bavili sportom, ali sam uvijek uživao njihovu veliku

podršku u tome što igram nogomet, a i još uvijek imam njihovu veliku podršku. Prva nogometna utakmica koje se sjećam da sam gledao, je bila utakmica kluba kojeg sam navijač i dan danas, Arsenal Football Club iz Engleske. Nogometnih uzora i omiljenih igrača imam više, kako su prolazile godine i kako je nogomet evoluirao, tako su se i moji uzori i omiljeni igrači evoluirali i mijenjali. Pa su tako neki od njih, Thierry Henry, Francesc Fabregas, Jack Wilshere, Aaron Ramsdale, Bukayo Saka, Gabriel Martinelli, William Saliba, Emile Smith Rowe, Martin Odegaard, Ricardo Kaka, Luka Modrić, Eduardo da Silva...

4. Koji je tvoj najveći uspjeh do sada?

Najveći i najdraži uspjeh je osvajanje lige NSZZ 2008/2009 s NK Zaprešić, gdje smo u zadnjem kolu pobjedom na domaćem terenu osvojili naslov prvaka. Bili smo nova ekipa, sastavljena na ljeto, ali odličnim vođenjem i treniranjem od gospodina trenera Ninoslava Kordića, smo ostvarili najveći uspjeh kluba do tada. Uspjeh je još draži i veći, što sam tada, u tom

klubu, stekao prijatelje za cijeli život i kada god se vidimo i pričamo o toj sezoni i tome razdoblju, osmijesi-ma nema kraja.

5. Po tvom mišljenju, bave li se mladi dovoljno sportom?

Mladi se dovoljno bave sportom, ali, isto tako, jako lako odustanu od sporta.

6. Što bi preporučao mladima koji se žele okušati u nogometu, treba li im za to puno pripreme? Koje?

Naravno da treba puno pripreme, bilo da igraju amaterski nogomet ili profesionalni nogomet. Nogomet se razvija takvom brzinom, da praktički svaki dan izađe nešto novo, nova taktika, novi smjerovi, te se dnevno treba educirati i biti spreman na promjene.

I za kraj...
#HMPKI



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The EYE from the eye of Jura

“Never miss a chance to go to such an events and NEVER be afraid to raise your voice, when you disagree with something, because, if you don’t, you won’t have connections in the Romanian national agency, but most importantly, for real, absolutely, for sure, get yourself a blinking xmas hat!”

EYE

VARAŽDIN

25.-26.11.2022.

The event in Varaždin really felt like the pupil of my volunteering eye so far. Luckily, my blinking xmas hat was with me. I bet it wouldn't be the same without her. She was blinking vibes everywhere, the whole time, for two days straight. I knew it was about to flow well since the very beginning. I could feel it! The mood was all around even before we go there. The road itself was moody! In the good way, mean. I was even lucky enough to grab the Black Friday offer of a lifetime. Not my lifetime, though, but still, I bombed Marija's head about it. Indeed, "The Eye" was exactly that good as I expected. Neither more, neither less. Right in the bullsEYE.

The event was based in a nice communistic looking-like, from outside, building, but; actually, quite wide and opened once you go in. The locals call it, "The arena", I suppose. Although, the impressive, was the view in front of it. Lovely river crossing peaceful, green area, full of

trees and, right next to the river, two, three little, wooden houses. The day was sunny, almost warm and very calm, so the panorama fitted well as duck.

We entered in "The Arena" to leave our jackets and grab a cup of coffee. From the first step I made inside, the youth spirit punched me right in the face so hard, that a smile popped on it from ear to ear. It was full of people bouncing around, laughing, drinking coffee or some other stuff and communicating in person with each other. I felt like a student in his first day at university.

We took our cups and went outside to drink the coffees out of them. Sat on the sofas in front. No wind. Just sun, blue sky and good vibes. Marija was checking the daily program; I was watching the people and just chilling. It was so good to be around so much teen spirit again. I know even a full month haven't past since I came, but the loneliness in Zabok

was, already, pulling me down, so this whole thing felt like resurrection.

Half an hour later the cups was empty and the time for our first EYEctivity had come. The theme was "Effective Housing Policies for Young People - Wishful Thinking?". If you ask me why all of the words are starting with big letter, I don't know. If you ask me what does "Wishful Thinking" means, you're gonna get the same answer. But, besides all the questions without answers, the panel was, indeed, a good opening, I would say. I'm skipping the specifics of what the guys with the microphones on the stage were talking about, 'cause it was, mostly, all the same. A lot of complaining from three dudes from different countries with, pretty much, identical problems and reasons why, at the age of thirty something, they are still living in their parents homes and some promises, from a local politician, that the things will, eventually, be fixed. Don't think that I am mocking only at another countries. One of the three dudes complaining was a Bulgarian law student.

The panel was around two hours long, so, after it, we still had time for a fast coffee before lunch. We ate lunch in the inside sport playground so the feeling was like something between school and prison lunchtime. I loved it!



ZERO BORDERS ZERO BORDERS ZERO BORDERS ZERO BORDERS



but reading out loud the question, about the EU, written on the paper in the cup. A question that you have to answer to. Odd game, by my opinion, but I learned some things about the EU, realized how less I know about it and how good I am in throwing balls in cups. Time past and we went for the last activity for the day. It was not important, neither interesting, for me, so i won't tell you about it, but i will tell you about the performance that i watched after that.. Both, a good and the

worst thing in the “art culture” these days is that literally everything is considered either “art” or “performance”, doesn't matter if it's meaningless or stupid, or whatever it actually is. Even a dead fly on a car's front window is called “art” nowadays. The same case here with that. It was some sort of mix between contemporary dancing, mimic and unbelievably bad used elements of stand-up, all together mashed up, like potatoes, by one bold guy, not one by one, but all together, at the same time. But, I must be honest, it was quite enter-

The Eye part two

taining. There, at this performance, after all activities, I met my first Croatian friends, except Marija, of course. Two girls, Bruna and Anita, students in Varaždin and their friends, who, after that became my friends as well, Sara and Stiven. Very cool people, they made me really good impression and, even, almost petted me, by buying me a drink. We played billiard and drank some more. In that one night, I became native. On the next day, everybody there knew who I am, even the bartender lady, who's the most important person, you know. I think it was because of my hat.

There was a lot of free time left until the next activity, but, gladly, there were also a lot of things to do in it. There was this table with some plastic cups and ping-pong balls, right next to the reception, like for a beer-pong, but, instead of beer, inside the cups were pasted some little peaces of paper. The game was, in fact, a EU-pong, if I can call it this way. The same as beer-pong, but when you put the ball in the cup, your opponent does not drink beer,



like “TikTok as Your Future CV”, led by some blond Croatian dude, a “tiktokker”, apparently. Yes, I was surprised too, that this is considered a job. But, as it seems, it is... And a not bad payed one, by his words. I’ll save my real opinion about it, probably, you already presume what it is anyway.

I was more excited about the dance workshop after it. A bit wierd, like a living cartoon, contemporary dancer lady, from Poland, was leading it. Surprisingly, I wasn’t the only guy there, like at the bold’s dude performance, twenty something girls and me. At this workshop, there were between ten and fifteen girls, me and two, three more dudes. So I didn’t felt so special anymore. This was the first contemporary style workshop that I’ve been at. Before it started, I didn’t knew it’s going to be contemporary dancing. But it was, actually, kind of fun. I even met one girl there. After the workshop and the break we had this activity about “Active Youths” or something like that. The

group was filled with, maybe, thirteen, fifteen people. Three, four Croatian guys, a boy from Serbia, Romanian girl, two Spanish dudes, for which I wasn’t sure if they knew exactly where they are, Marija and me. And the moderator and the event volunteers, of course. The point of this gathering, apparently, was to complain about our countries, while looking at meaningless, but colorful diagram on the screen. I was pretty close to leave, but instead, I decided to say something about the whole thing. For my grand surprise, they actually heard me. For some reason, everybody seemed to be quite interested in what I’m saying or the way I’m saying it, so I kept talking. I don’t remember, precisely, what I’ve said, but I remember that I talked a lot and, I don’t know why, they listened through my whole speech. Some of them even asked me questions and came to interact with me after gathering ended. One of them was the Romanian girl. She appeared to be working for the Romanian national agency. Said that she’ve enjoyed my

loudly, mocking talking and wanna do some cooperation things in future, so I gave here my facebook and she added me.

After everything ended, there was a big party. Burak was playing. It was a hard, fat boom-boom, indeed! I can say only good this about it, but it’s a story for another time.

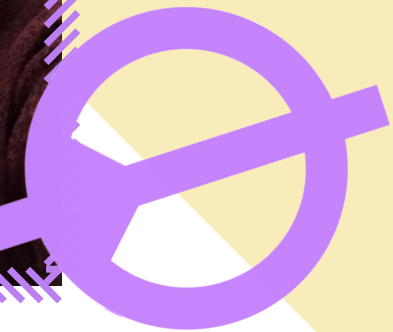
The point of this tale, kids, is: Never miss a chance to go to such an events and NEVER be afraid to raise your voice, when you disagree with something, because, if you don’t, you won’t have connections in the Romanian national agency, but most importantly, for real, absolutely, for sure, get yourself a blinking xmas hat!



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Me, myself & Ajš

Merhaba! My name is Aysenur, but you can call me Ajš. You had chance to get to know me in December issue of magazine. You need to get used to me writing articles for now on, because I will be here in Mreža udruga Zagor for a full year.

This article is for introducing myself. I came from Izmir, a gorgeous city in Turkey. As for my background, I have studied International Relations at Ege University, which equipped me with negotiation skills and different disciplines. It is essential for me because International Relations are multidisciplinary and it means we can cooperate with different things. It has also made me knowledgeable about how Non-governmental organizations work on an international level which is always useful for my perspective. Therefore, I realized I could get through with every part of life. As I am a multi-tasking person, I have also worked during my time as a student. I worked at Greenpeace Mediterranean Turkey, which is a Non-governmental organization that works on climate change issue. I became highly competent in teamwork. All these years in this NGO helped me conflict resolution strategies. I have also organized many events and workshops to develop and present these organizations cam-

paigns to people as a local volunteer. It taught me how powerful volunteering is and that we can change almost everything if we believe in ourselves. In that time, I have participated in many trainings like Greenpeace International Leadership, Greenspeakers, and I became an instructor in some of them. I am still volunteering as a local group facilitator remotely in this NGO. All these things are about my idealist part. One part of me is realistic and the other part is dreamy. I can explain myself like a “harmony of opposites”. I feel deeply about both of them. To talk about my dreamer side, I always laugh, dance, act like a movie character. I like taking photos, especially with my film cameras (analog photography). While taking photos, I prefer to change some things’ shape, add shad-

ow or light motive. By this, I try to show that another possibility is possible. I take photos for a long time, somewhere around ten years. Taking photos is the best way to express myself and show my point of view. This shows why I’ve been taking pictures for so many years. I prefer to use analog cameras because it is a good way to understand the process. I’ll

write about this more detail in future articles of this magazine (stay tuned).

The thing that has made me feel the best in past few years has been the lindy hop dance. I am interested in old times, vintage things, and jazz music so lindy hop is the best combination of all of them. Dance nights are like a time machine because all of us are wearing vintage clothes, and sometimes jazz bands are playing. You can forget everything about that day, and enjoy.

As a result, this dance has an important place in my life. My self-healing method is also painting. I paint items such as refrigerators and tables. When I focus on the painting, I feel calm. All my thoughts are getting clear in my head. My other option for feeling better is socializing. I like sharing emotions and memories. I think getting together is our best power and we must realize it. I guess I explained myself in few words for now; there must be something to write about in future issues. I hope you will stay tuned and find out more about analog photography, painting, lindy hop and me.



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Ovisnost o alkoholu

“Recite **NE** alkoholu i spriječite loše navike i posljedice.”

Alkohol stvara veliku ovisnost u svim dobnim skupinama. Ljudi često posežu za alkoholom zbog raznih situacija s kojima se susreću u današnjici. Na primjer: poslovni problemi, ljubavni problemi, problemi u obitelji itd. Ako postoji ovisnost, potrebno je potražiti stručnu medicinsku pomoć psihijatra. Osoba koja je ovisna, sama mora pristati na pomoć koja joj je potrebna uz pomoć i potporu svojih bližnjih. Ne podržavam alkohol jer smatram

da je alkoholizam bolest. Stvara osobu nasilnom, a to može dovesti do narušavanja mira u obitelji, ali i u okolini.

Kako alkohol nije dobar za okolinu, tako nije dobar ni za samog čovjeka jer stvara niz bolesti. Ljudi često misle da će utjehu naći u alkoholu, ali to nije tako jer na kraju se uvijek suoče sa stvarnošću. Neki posežu za alkoholom zbog društva, ali ako vam je netko pravi prijatelj neće vas tjerati na nešto što ne želite. Isto je i sa drugim situacijama u životu. Nemojte biti povodljivi, radite samo što vi želite i što mislite da je najbolje za vas. Recite **NE** alkoholu i spriječite loše navike i posljedice.

©Autor: Jasmina Marušić Piškorić
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THE TOP 5 BACK TO SCHOOL LIST ON:

Spotify®
BY JASMINA



1. “Toxic” by Britney Spears



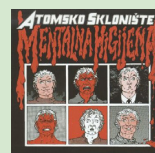
2. “We’re all in this together” by High School Musical



3. “Atom” by Endi



4. “Ovo mi je škola” by Gibonni



5. “Treba imat dušu” by Atomsko sklonište



ZNAJU LI MLADI UČITI?

Učenje je aktivnost koja zahtijeva punu pažnju, odmornost, koncentraciju i naravno, dobru pripremu.

Većina hrvatskih učenika ima krivi pristup istom. Zanimaju ih ocjene i rezultati, a manje sam proces koji ih do toga dovodi. Važno im je zadovoljiti standarde, upisati željenu

srednju školu ili studij, usrećiti roditelje... Manjka im volje za naporom i znanjem. Stoga je često učenje, odnosno neučenje, izvor nezadovoljstva i frustracija. Mnogi kažu kako im nedostaje motivacije, no ona nije i neće uvijek biti prisutna, zato je važno biti discipliniran. Škole bi trebale biti zaslužne da prije svega, usmjere učenike na ono ključno. Mislim da je uz to i veliki problem nesamostalnost djece i mladih. No, ništa nije nerješivo, učenje se da naučiti!

Evo nekoliko savjeta:

1. SAMOSTALNOST = ODGOVORNOST

Najbolje se uči na svojim greškama. Ukoliko ne nauče na prošli ispit i ocjena ih ne zadovoljava, djeca/mladi potrudite se za idući put.

2. POSTAVLJANJE CILJEVA

Važno je postaviti željene i realne ciljeve, a prije toga analizirati sebe, otkriti način na koji funkcioniramo da se možemo prilagoditi ciljevima i poboljšati u poljima koja su nam slabija, a ostati ustrajan.

3. ORGANIZACIJA – Priprema je pola posla!

Za učenje je važno biti naspavan i koncentriran. Moramo početi na vrijeme i podijeliti gradivo u više dijelova da sve upijemo i naučimo, pa i ponovimo naknadno nekoliko puta.

4. PAUZE

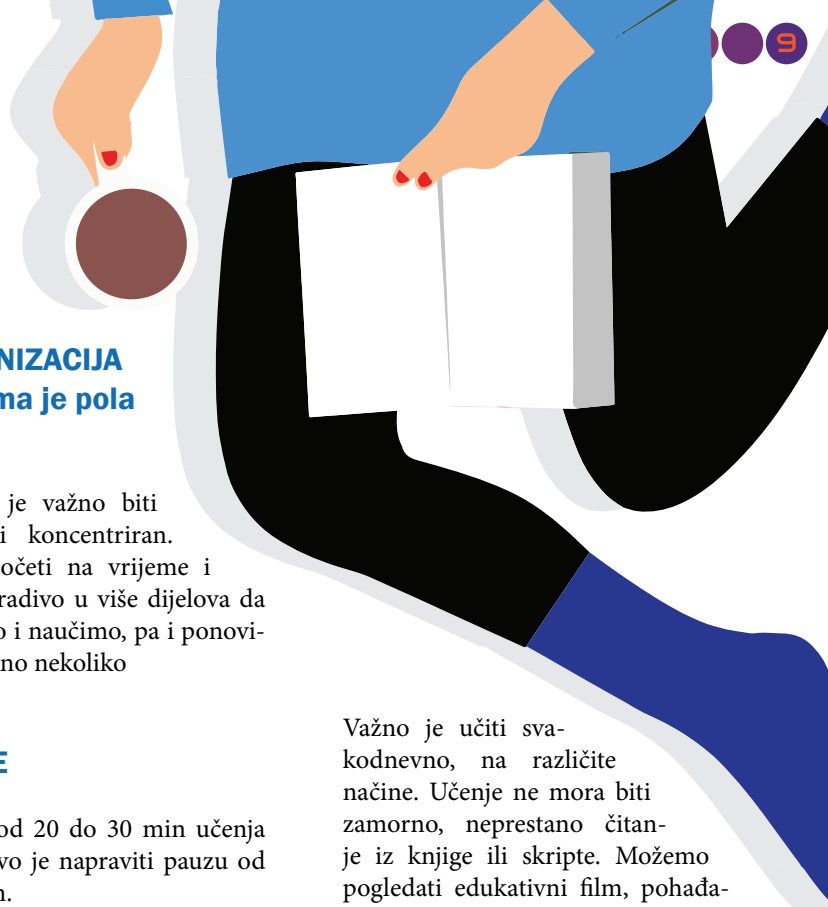
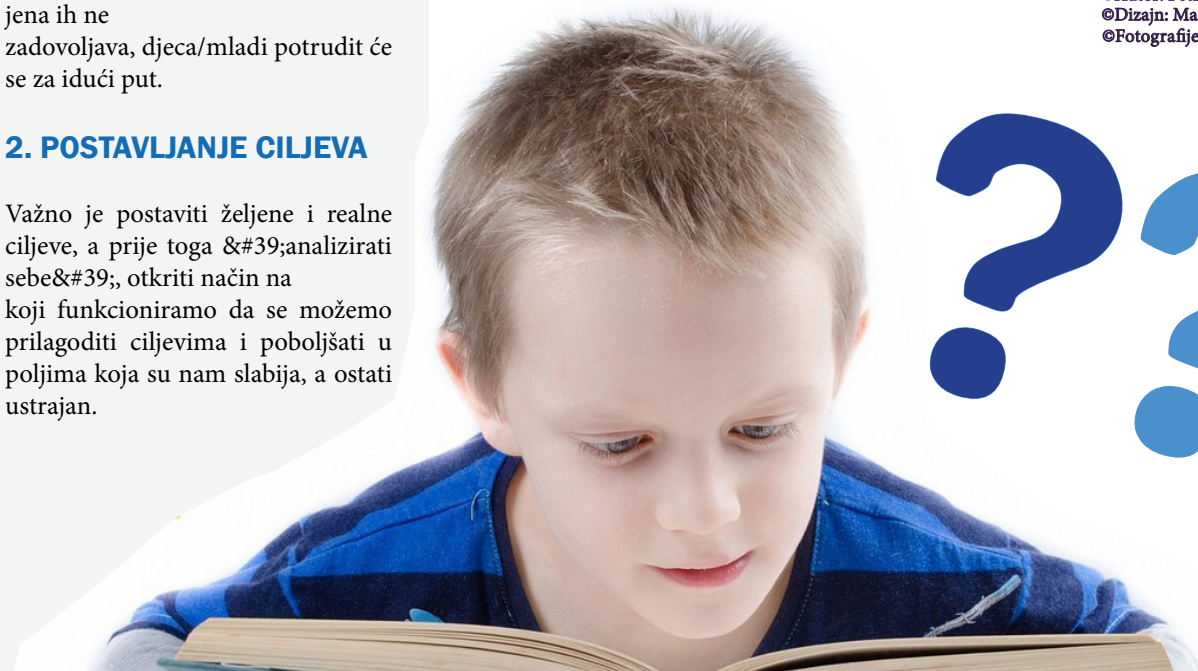
Za svakih od 20 do 30 min učenja preporučljivo je napraviti pauzu od 5 do 10 min.

5. UDOBNOST

Ako nam je udobno (stolica, temperatura sobe, tišina, rasvjeta, unutarne zadovoljstvo ...) onda neće biti distrakcija. Potrebno je imati dobru rutinu spavanja, vježbanja te pravilne i hranjive obroke!

Važno je učiti svakodnevno, na različite načine. Učenje ne mora biti zamorno, neprestano čitanje iz knjige ili skripte. Možemo pogledati edukativni film, pohađati radionice, slušati podcaste ... Prema istraživanju koje je objavljeno u časopisu European Journal of Social Psychology, potrebno je između 18 i 254 dana da se formira određena navika. Dakle, do novog polugodišta ili semestra stignemo usvojiti rutinu učenja!

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A TRAINING JOURNEY



EUROPSKE
SNAGE
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ZAJEDNO SNAŽNIJI.

Once upon a time, which, for sure, was not one month ago, in a magical peace of earth, in a parallel universe not so far far away from ours, lies a mystical, veiled land. I presume that now you're wondering: "Is this some ancient kingdom?" and so the answer that I can give you is: "Nope!"

And, I guess, you also want to know what's so supernatural about this place and you, absolutely, have the right to ask. So the answer is that, it is so mystical, that even the people living somewhere around it, doesn't really know where it is, for it's so mysterious, that you can never find it, if you're one of those, who's intentions are not clean and hearts not pure.

No one can never find it, unless it does not decide to reveal itself to somebody. "The city of wanders" will remain hidden from those, who doesn't know precisely where to look and how to. No maps or compasses can ever show you the right way. No trains or horses are going to take you there, unless they feel that your soul is in the right place. No bird or beast, my friend, will never lead or tell you the secret location, neither to the way for the old, Croatian city of... Orahovica. Or, as I like to call it - "The -if you know, you know- town".

This was the goal, the point, the final destination of my training journey. No, the journey, itself, was not a training for some bigger road trip or wild adventure. At least, in the beginning, when I went on it, I didn't knew it was. From the town named Zabok, I got on an iron horse to get me, directly, to the "if you know-you know town", but,

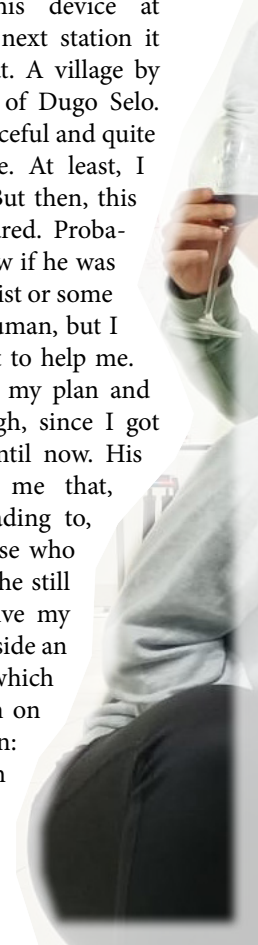
as I told you, no machine or living thing will take you there, unless your heart is purer the highest mountain lake, and so I traveled. I traveled hard and long until I got to elder capital, called Zagreb, where I had to leave the train and swap it for another one, who was supposed to know better where to take me. But, appar -



ently, I was too late. It have left the station two mines before my arrival there and so ducked was I by these circumstances and had to wait for two more hours for the next one to get seasoned and ready. Two hours have passed, three coffees have been drunk and i was ready to go back to my adventure. Hurrying I was, to get to the train, so I don't miss it and then, fortunately, I did not. I was in the train, expecting it to be the one it should have been,

but my hopes and expectations was destroyed when a man, at the rank of a conductor, came and saw my ticket. Surprised, he asked me where am I going and so I told him where, back then, I didn't now that the place I was going to is not an ordinary place for mortals to go to. If Orahovica doesn't want you to go there, fella, then, you just aren't going! But

I did not gave up so easy. Yes, I have been in train, taking me in the opposite direction, but was this enough to bring me down ? Absolutely not! So I abandoned this device at the very next station it stopped at. A village by the name of Dugo Selo. A very peaceful and quite empty place. At least, I thought so. But then, this guardian appeared. Probably, I'll never know if he was a conductor, machinist or some angel, dressed like human, but I know he did his best to help me. I told him all about my plan and what I've been trough, since I got on the first train, until now. His reaction confirmed me that, the place I was heading to, is not known by those who doesn't know it. But he still tried to help me solve my situation. He went inside an old, short building, which had a long, blue sign on it, where was written: "Dugo Selo", with white letters. I was waiting for him out-



side, in front the door. I could hear him speaking with someone in there, of course, I couldn't understand what they were saying to each other, because it was in their secret, almost dwarven, language, but, after not too long, he came back, bringing just a tiny peace of paper in his right hand. On the paper he have written an elder magic, instructing me how to get to where I wished to. I couldn't read it, yes, for I was not inscribed in their croatish magic words, so he explained me. The magic said that I must wait there, for three whole hours, for another train, which shall take me to city Virovitica and there to wait for one more hour, for another train, which was supposed to take me

to Osijek. But I shouldn't get of there! I should get of at the stop before, at station by the name of Zdenci-Orahovica. And so, my waiting began. When the first hour passed, I started to feel a little cold. Apparently, this place was runned by some evil forces, I could feel it! After the second hour passed, the daylight died and the night got birth to darkness. My stomach was protesting and rejecting to remain empty, but there was not a lot that could be done to fix this drama. Nor tradesman, neither animal was felt by me back then, but the fight was growing bigger, so something had to be done.

That's why, I finished the little burning elixir I had

left, to cure my inner wounds and it helped a little bit against the hunger and the cold, but it didn't gave me the ability of night vision. Nothing could! I struggled long and painfully, the evil force's spells were, slowly, taking my all faith away. My will to fight was fading more and more with every minute. I could not keep resisting anymore. It was over! I was done! The evilness was winning. I was just about to give up, but then.... It happened! I saw the light lighting stronger and stronger, cutting through the darkness. I heard the great, loud sound of the lord's horn, calling in the night, screaming my name, encouraging my victory and then. Then it came! It was astounding and powerful! Gigantic! It's scrapping, metal sound was blowing up, causing the darkness to squeak in suffering....

The train of the trains have come to save me from my doom and I, gladly, accepted it metallic hand.

From the moment i got in, everything changed. It was cold no more. I, still was feeling hungry, but not weak, in fact,



much stronger than before. However, I was tired. Devastated. I managed to send a mailing dove to my best advisor - Mateja, a might wizard, based in the national agency's high tower, to inform her what i have been through, where I am going and that I survived in good health of the body and the spirit. She knew about my journey and it's destination. She was begging me not to go, but she knew I had to. Shortly after the dove flew away, my tiredness succeeded and took control over me. I tried to fight, but it was pointless. Sleepiness was my mind's master now!

I have no clue how much time I have been dreaming, for it was so dark outside and I couldn't see my destiny, but my dreams got scattered by the comeback of the dove. I had an answer from Mateja. Apparently, she had connections with the Jedi-masters in Orahovica I was going to, so she have informed them about my struggles trough the way there and, lucky, one of them- Master Bojan, have agreed to meet me at the stop in Virovitica, to pick me up

and show me the secret way. After not long riding on the secret path, Bojan and me arrived in the Red Cross temple, where the Orahovica's Jedi conceal is. I was starving, but my luck showed up once again, for we arrived right on time for dinner. The food was freshly cached and very tasty. I felt refreshed. Revived! My strength came back to me. Right there, at the dinner table, I met compatriots. Other fellows' whit missions similar to mine. As it came out, they also were upholders of the burning elixirs, so, after dinner, we went together to the sacred trader and supplied ourselves with enough elixir for the night. While the elixir was burning our troubles, we spoke about each other's missions here, in the Jedi order, our journeys and tribulations through the road. Time had passed and the wanders of the sleep submitted all of us.

The morning after was the first official day of our training. It became immediately. There wasn't any time to lose. We was sharp and quick

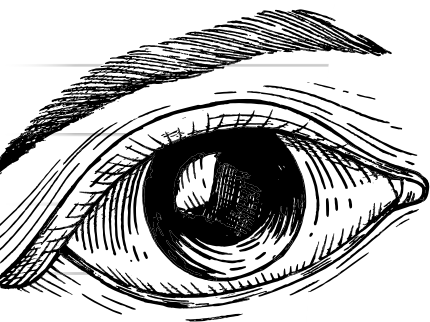
as blazers! Every night, since then, the food was like a blessing and the elixirs were growing stronger. There we learned how to fight against the forces of disaster, fear and loneliness. There we became a real fellowship. Of course, as every fellowship, we've passed through difficulties and conflicts, but we never fall apart or under the power of hatred or despair. We stood strong, grouped, a real team, during all the obstacles, through the whole time! We lived together, laughed and cried together and improved ourselves together. At the end, we became one whole.

The training was completed in five days and every one of us had to go back to their realms to protect it from harm and loath, until the end of his service, so we split our paths. But our connection as a group still remains strong and rooted as a mountain and, from now on, it can never be broken!



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MLA-DOST. DOBRO POEM

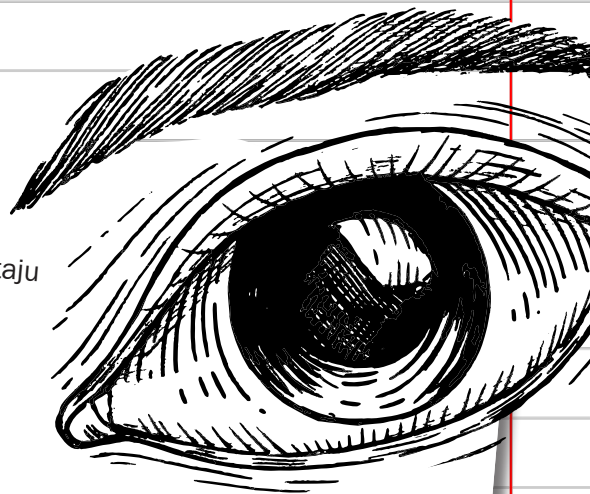


UMORNE OČI

umorne oči okolinu posmatraju
no ono što i vide, na to se ne osvrtaju
zašto ti srce preskače tako?
lupa, kuca, iskače
tjeskoba kao da te tjera i dostiže
morbidna figura u daljini se okreće
najzad se oči zatamne
i zaplaču

netko odlazi

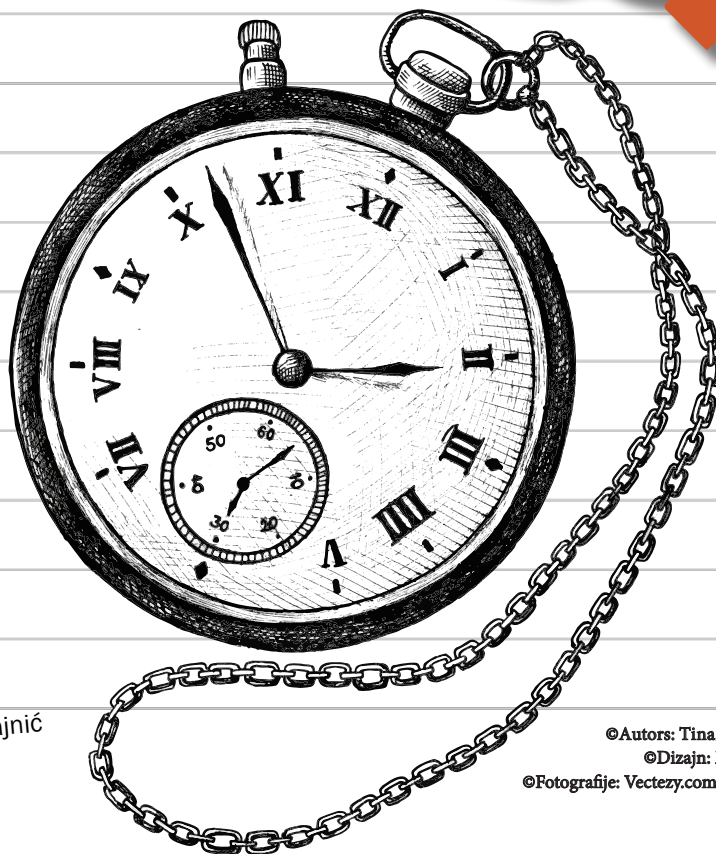
Stina Lončarević



JA ĆU I DALJE KASNITI

Pitaš me koliko dana nisam spavala
Zar ti izgledam kao netko tko broji?
Broji minute, dane, godine
Zar stvarno broj nešto znači?
Pa kad je meni brojenje bilo važno
Možeš li brojem izraziti misli
Izraziti emocije
Može li ti broj reći koliko voliš
Žudiš
Maštaš
Ako želiš
Ti samo broji
Mene će i dalje voditi niti stihova
Ja ću i dalje kasniti
Ja ću i dalje živjeti
Ja ne želim brojiti

Tina Gmajnić



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Aysenur Kursun; Izmir, Turska

Aysenur Kursun; Izmir, Turska





Aysenur Kursun; Izmir, Turska

The procedure of analog photography makes me curious. There are no screens, SD card or some way of seeing photo. You have 36 chances to create perfect photo. After taking all the photos and careful developing, you have finally the chance to see the peace of art you have created. It makes it valuable to me.

All the photos you see on these pages are taken in hometown city Izmir. The way that they were taken are with black and white film. In addition, it is not easy to destroy photographic film and they can be stored for a long time. Even if you ditch them voluntarily, it could end up in someone else's hands. We can say eternity in a way. There are many stories about abandoned films, and some of the stories have beautiful ending.

I think everyone should try at least once in their life to take analog photography to understand the procedure and to simply enjoy the excitement of seeing the final result.

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Analog photography

“It's like painting, but with fights. Literally.”
Aysenur Kursun

of Izmir

Aysenur Kursun; Izmir, Turska



Aysenur Kursun; Izmir, Turska

Krašuljci

Recept

Zdrav život

SASTOJCI

- 250 g margarina
- 200 g šećera
- 2 jaja
- 1 prašak za pecivo
- 550 g glatkog brašna
- 200 g nasjeckane čokolade za kuhanje
- malo naribane limunove korice i soka
- malo meda

TASTE: ★★★★★

TIME OF PREP: ★★★★★

DIFFICULTY: ★★★★★

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 ©Dizajn: Marija Gebert
 ©Fotografija: Petra Sente

PRIPREMA

1. U posudu staviti margarin nasjeckan na male kockice i 200 g šećera, koje rukama dobro razmrvimo i sjedinimo.
2. Dodajemo 2 jaja te nastavimo mijesiti rukama
3. Dodajemo ostale sastojke: 1 prašak za pecivo, 550 g glatkog brašna, 200 g nasjeckane čokolade za kuhanje te naribane korice limuna, sok i med. Nastavimo mijesiti rukama.
4. Nakon što smjesa postane kompaktna, ostavimo je na zraku 15 do 20 min.
5. Kuglice oblikujemo rukama, promjera oko 1,5 cm. Moramo imati na umu da se kuglice spljošte i rašire.
6. Staviti krašuljce u prethodno zagrijanu pećnicu na 200°, gornji i donji ventilator i peći 10ak minuta.



Kada se spomene zdrav život kodmah se povezuje sa prehranom. Zdravog života nema bez pravilne i uravnotežene prehrane. Pored prehrane potrebna je i tjelesna aktivnost jer pridonosi održavanju tjelesnog i duševnog zdravlja. Kako se dokazuje nepravilna prehrana i neaktivnost može dovesti do kroničnih bolesti.

Preporučuje se da svaki čovjek uvede mediteransku prehranu i preporučuje se minimalno 30 minuta tjelesne aktivnosti. Zbog toga danas sve više mladih odlazi u teretane i paze na pravilnu prehranu



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