

Svibanj 2024

MLA- DOST. DOBRŌ



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The sea is
the Lucifer of the blue.
It is the sky fallen to earth
for wanting to be light.

Poor sea, now is condemned
to eternal motion,
after having stood
still in the firmament!

But sea, from your bitterness,
You were redeemed by love.
You gave birth to pure Venus
and your depths remained
virgin and painless.

Your sorrows are beautiful,
they are a sea of glorious
spasms.

But today, instead of stars
you have greenish octopuses.

Endure your suffering,
given by terrible Satan.
Christ walked on water (on
you),
but so did Pan.

The star born of you, Venus
is the harmony, the wisdom of
the world.

The way of Ecclesiastes!
Venus is the depths
of the soul...

... And Man by his fate
Is a fallen angel from heaven...
... The earth is probably
The paradise lost...

Sea by Federico Garcia Lorca

English translation



Balet: mračna strana plesa

Prema definiciji, balet je plesna scenska forma koja se izvodi uz glazbu, a potječe s talijanskih dvorova u doba renesanse. Danas poznat svagdje u svijetu, balet se često doživljava kao umjetnost gracioznosti i elegancije. Međutim, iza svjetla reflektora kriju se razni izazovi.

Balet je postao sinonim za savršenost zbog visokih standarda tehnike, elegancije i izvedbe koji se tradicionalno očekuju od plesača. Riječ je o plesu koji zahtijeva izuzetnu kontrolu tijela i preciznost pokreta kako bi se postigla željena estetika. Upravo zbog navedene težnje prema savršenstvu, mnogi plesači su perfekcionista s izraženim natjecateljskim duhom i željom da budu „najbolji“.

Perfekcionizam kao takav može biti vrlo koristan jer služi kao unutarnja motivacija, nešto što ljude čini discipliniranijima i produktivnijima. No, mnogi perfekcionista su toliko fokusirani na ispunjavanje svojih visokih standarda, da konstantno žive u stanju visokog stresa i straha od neuspjeha. Zanimljiva je i činjenica da iako sam po sebi nije psihološki poremećaj, perfekcionizam je povezan s anksioznošću i drugim problemima mentalnog zdravlja, poput opsesivno-kompulzivnog poremećaja (OKP). Ovo je u segmentu baleta odlično prikazano u filmu „The Black Swan“.

Kada pričamo o baletu, perfekcionizam nije jedini problem s kojima se plesači suočavaju. Istraživanja su pokazala da u baletnim školama postoji dugotrajna toksična kultura. Okrutne tehnike treniranja, kultura straha, restriktivne dijetete i fokus na težinu samo su komadić onoga što plesači svakodnevno proživljavaju. U prijevodu: plesači su izloženi body-shamingu, vrsti verbalnog zlostavljanja temeljem oblika i veličine tijela. Izloženost takvom okruženju doprinijela je do poražavajućih statistika. Indeks tjelesne mase 127 plesačica u predprofesionalnoj fazi pokazao se abnormalnim za 57,5% plesačica. Nadalje, 16,4% baletnih plesačica ima neki oblik poremećaja prehrane (anoreksija, bulimija, ortoreksija i sl.), a čak 75% plesačica izjavilo je da je imalo problema s mentalnim zdravljem u prethodnih pet godina.

Kao oblik borbe protiv zastrašujućeg režima baleta, mnoge umirovljene balerine progovaraju o svojim iskustvima, a neke su čak tužile baletne škole za štetu učinjenu fizičkom i mentalnom zdravlju. S obzirom da baletne škole izbjegavaju odgovornost, tvrdeći da imaju dobro uspostavljene procese i da im ništa nije važnije od sreće i dobrobiti učenika, mnogi smatraju da je potrebno uvesti pojačanu regulaciju i nadzor nad baletnim školama kako bi se suzbili negativni učinci. No... hoće li to zaista pomoći?

ZVORI

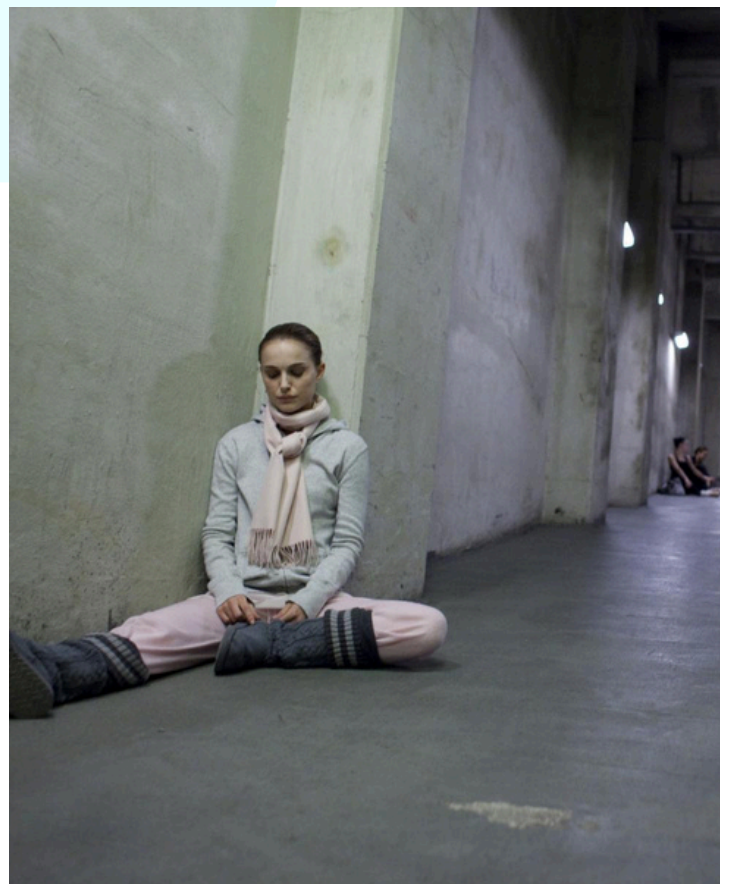
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Autorica: Ivana Dubroja



Shot from the film *The Black Swan*



Dress to impress: MET Gala 2024

On the first Monday in May, the MET Gala is held at the Metropolitan Museum of Art in New York for the opening of the exhibition organised by its fashion department.

The MET Gala is considered the Oscars of fashion. It is an event with a guest list limited to the decision of Anna Wintour, editor-in-chief of Vogue magazine since 1988. The goal is to raise funds for the Metropolitan Museum of Art's Costume Institute, with an exhibition that opens the week after the gala and stays open until the end of September.

The former Costume Institute Benefit began in 1948 as a dinner that guests could attend for fifty dollars a ticket. Eleanor Lambert, the so-called queen of public relations, called it the 'Party of the Year', as the event raised funds to support the Costume Institute and celebrate the opening of its main annual exhibition.

Having given the "historical" explanation, we return to the present day and get into the *theme*, which is the essence of the dress code, in other words, the concept that guests and designers should be guided by for the look they will attend with and it is directly related with the exposition that is being opened.

This year, the *theme* of the Met Gala was *Sleeping Beauties: Reawakening Fashion*, the name of the exhibition with which the centre will approach sustainability through a very particular prism: "It's an ode to nature", acknowledged Andrew Bolton, chief curator of the Costume Institute and the main person responsible for this idea. "Nature as a metaphor for fashion, its fragility and transience". Consequently, we have seen many designs that allude directly to the beauty of flora and fauna. The exhibition will explore 400 years of history, from the 17th century to recent museum acquisitions from Phillip Lim, Connor Yves and Stella McCartney.

The particular sleeping beauties in the exhibition are 50 pieces from the archives' collections, too fragile to be re-dressed or put on mannequins. As a bit of gossip, some people have even claimed that this *theme* has been chosen as a way of reprimanding Kim Kardashian, since at last year's gala she wore a museum piece, specifically the dress in which Marilyn Monroe sang Happy Birthday to President Kennedy in 1962, and ended up tearing it up because it wasn't even her size.



Image by ESPECIAL (source *El Siglo de Torreón*)

Going into the dress code, the name is *The Garden of Time*, and its main inspiration is a short story of the same title written by J.G. Ballard in 1962. The author was a contributor to Vogue. In 1977, British Vogue published his essay "The Future of the Future", in which he accurately predicts the world of social media. With the reinterpretation of nature and all that has been said, elements such as flowers, crystals, glitter and plants were to be expected, and certainly many allusions to period clothing.



Image by Nick Knight

Once the context is given, it is time to select some of my favourite looks that fit the *theme*, while also being faithful to the style of the designer and the celebrity who wears it.



Image by Getty Images

Elle Fanning in Balmain and Cartier



Image by Getty Images

Hannah Bagshave and Eddie Redmayne in Steve O Smith



Image by Getty Images

Wisdom Kaye in Robert Wun



Iris Law in Versace



Amelia Gray in Undercover and Messika



Aurora James in Ana Khouri



Demi Moore in Harris Reed and Cartier



Image by Getty Images

Cynthia Erivo in Thom Browne



Image by Getty Images

Ariana Grande in Loewe



Image by Getty Images

Eiza González Rivera in Del Core with Cartier

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Article by Carmen Sanz

Radical Optimism: Dua Lipa's duology second part



Image by Warner Records

After 4 years (yes, since the beginning of the pandemic) Dua Lipa is back in business. The expectations were high because with *Future Nostalgia* we can say that it was not only the album of the year in 2020, but we can also say that it is one of the best albums of the decade and of the century, at least in the pop genre.

The pandemic occurred when Dua Lipa changed her work priorities: she started a career in the film industry as an actress and producer. However, her music career did not come to a halt, but it did slow down: during the three years before *Houdini*, she released only seven songs.

The wait came to an end when on 9 November 2023, Dua Lipa released the single *Houdini*, the first of the three that were to precede the release of *Radical Optimism*. According to Lipa herself, the album was to be radically different from what we had seen on *Future Nostalgia*. In her previous album, we had heard Lipa closer to the 80s, with clear visual references to Cher and a more primal approach to pop and disco.

This new stage of Dua Lipa begins with the announcement of the 'End of an Era', marking the separation between what we witnessed in Dua Lipa's career with a new sound. This new album starts with synths, bass and clean vocals from Dua Lipa.

Nothing eighties, no disco. Just his voice and the synthesizer in the background by Danny L Harle (producer, among others, of Caroline Polachek, the artist who opened the *Future Nostalgia* tour) and with the bass and programming of Kevin Parker, better known as Tame Impala.

A new musical team for Dua Lipa who was led by Andrew Wyatt, Oscar winner for 'A Star is Born' and best known for his recent work on 'Barbie'.

A new team for a new sound, closer to dance-pop, contemporary Europop and Neo-psychedelia. We have gone from Cher to references like The Verve, Liam Gallagher or Coldplay.

We also see authorship with Dua Lipa on this album: songs dedicated to love, relationships and beginnings. Very typical of the British-Kosovarian singer since her beginnings. And, above all, songs that can be danced to and that don't leave Lipa's reflection on her relationships to one side.

The album is made up of 11 songs and six of them would be very high on a hypothetical tier list of Dua Lipa songs, especially 'Whatcha Doing' and 'Maria', the latter of which many people have been fond of classifying as Dua Lipa's 'Jolene'.

In short, an album that, despite not having a spectacular first listen, is gaining in quality as you listen to it again and has some of Dua Lipa's best tracks and songs. The only downside of this work is that three of the six notable songs have been singles.

Rating:



Article by Adrián Cobo





Image by [dograapps](#) from [Pixabay](#).

Kako je Catan osvojio svijet

Društvene igre oduvijek su bile važan segment slobodnog vremena, te su zauzimale posebno mjesto u srcima najmlađih. I iako se danas često preferiraju video igre naspram društvenih igara, pandemija COVID-19 značajno je utjecala na popularizaciju modernih društvenih igara, u sklopu čega je tržište društvenih igara poraslo za čak 20% u 2020. godini. Prema statistikama, više od 5000 novih društvenih igara uvedeno je na tržište samo u 2020. godini, a najveći dio igara na svjetskom tržištu odnosi se na strateške igre, koje čine 69% ukupne prodaje.

Kada govorimo o društvenim igrama, malo je društvenih igara koje su imale tako dubok i trajan utjecaj na popularnu kulturu kao the Settlers of Catan. Premda nije nova igra, Catan je jedna od najpopularnijih strateških igara današnjice. Od svog osnutka 1995. do danas, prodana je u više od 45 milijuna primjeraka diljem svijeta i prevedena je na više od 40 jezika, a tijekom prvih pet mjeseci 2020., prodaja Catana porasla je za čak 144%!

No, kako se Catan uopće igra? Igrači su zapravo doseljenici na nenaseljeni otok, sa zadatkom da nabave resurse (drvo, ciglu, rudu, žito i vunu) i izgrade naselja, gradove i ceste.

Iskorištavanjem resursa i gradnjom kapaciteta skupljaju se bodovi, a cilj je doći do 10 bodova. U prijevodu – riječ je o strateškoj igri o upravljanju resursima.

Ilako nije bio začetnik žanra, Catan se smatrao oličenjem onoga što je bilo poznato kao Eurogames. Za razliku od američkih društvenih igara s visokim stupnjem sreće i učestalim sukobima igrača, Eurogames su manje sukobljavajuće, a više strateške, te istražuju teme izvan rata, što je pomoglo ponovnom predstavljanju društvenih igara široj obiteljskoj publici.

Nakon inicijalnog velikog interesa za Catanom, Klaus Teuber, stvoritelj ove igre, odlučio je izdavati tematske setove proširenja, od kojih je prvi bio Seafarers of Catan, objavljen 1997. godine. Druge varijacije igre uključuju Star Trek Catan, Game of Thrones Catan, Catan Junior i mnoge druge. Sa svim svojim ekspanzijama i varijacijama, Catan se u tolikoj mjeri svidio široj zajednici, da su se počeli organizirati i Catan turniri, a prvi u nizu održan je u Essenu u Njemačkoj, 2002. godine.

Značaj Catana dosegao je takvu razinu da su ga često zvali „ubojicom Monopolyja“, no The Washington Post je bilo nešto ljepši u izričaju, pa ga je proglasio „društvenom igrom našeg vremena“. U suštini, može se zaključiti da se popularnost Catana održala svih ovih godina zato što proizvođači igre prate trendove i sukladno tome kreiraju nove ekspanzije. Tako je s rastom popularnosti ekologije i environmentalizma došlo vrijeme za novo izdanje igre Catan: New Energies, koje bi trebalo biti pušteno u prodaju kasnije

ove godine. U novom izdanju, igrači će morati odlučiti hoće li graditi elektrane na fosilna goriva (brzo i jeftino), što također povećava zagađenje, ili će sporije ulagati u obnovljive izvore energije. Pritom „najodrživiji“ igrač neće nužno uvijek pobjeđivati, no ako razina zagađenja naraste iznad određenog praga, događa se ekološka katastrofa i igra završava za sve.

Teuber je za ovo izdanje kazao: „Ishod ove utakmice neće promijeniti svijet, ali možda će se vaš način razmišljanja promijeniti, pa kasnije možete otići i promijeniti svijet“, aludirajući na važnost osvještavanja ekoloških problema. Nažalost, Teuber neće doživjeti rezultate i dojmove novog izdanja jer je preminuo 1.4.2023. godine. Sve što preostaje jest čuvati sjećanje na njega igrajući Catan, te biti zahvalan na njegovom ogromnom doprinosu industriji društvenih igara.

IZVORI

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Autorica: Ivana Dubroja

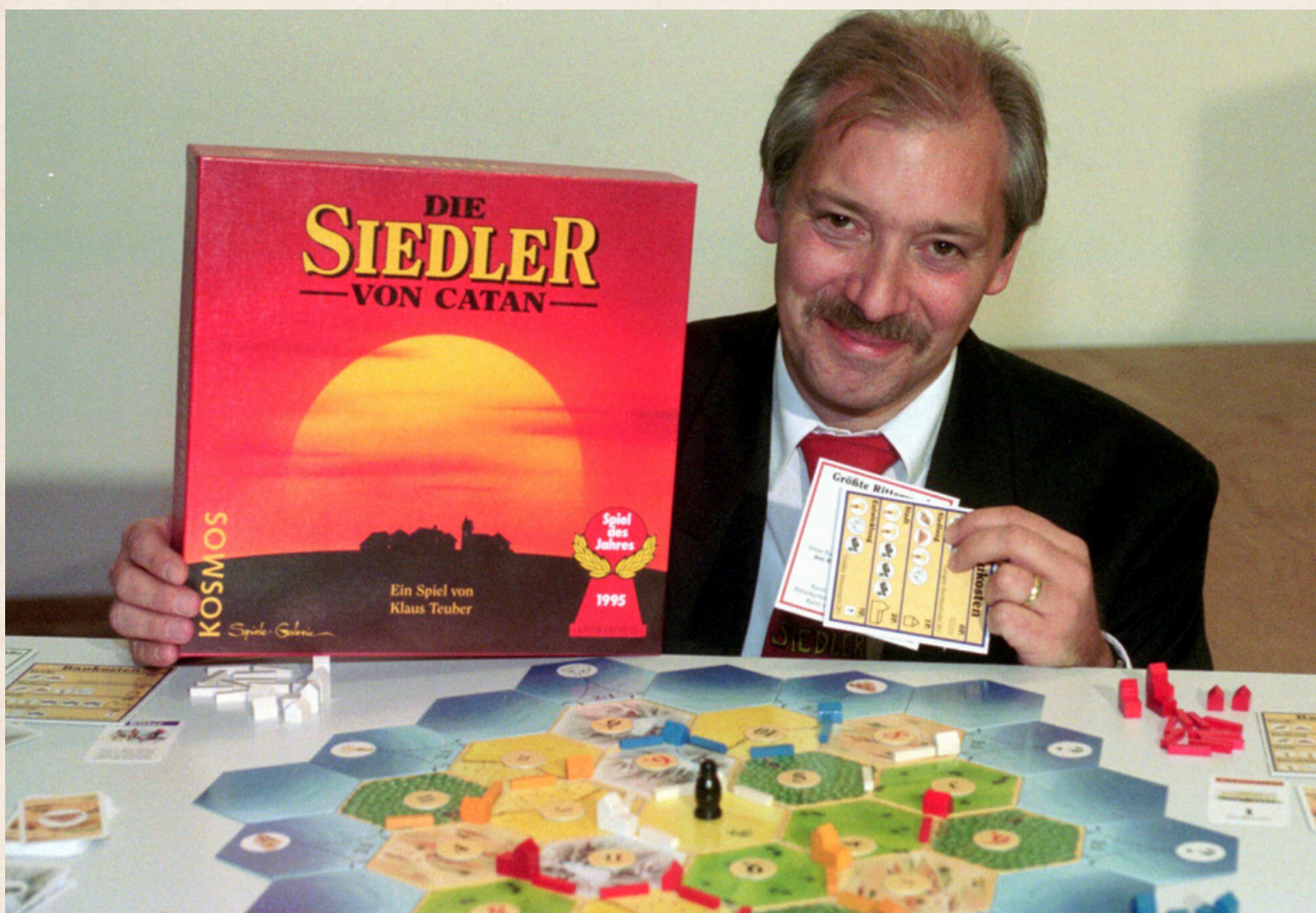


Image by BERND KAMMERER / AP



Spain: a snapshot of a country that is permissive with alcohol

Spain is drinking less and less alcohol, but with more hazardous habits

Image by Francesco Ciccolella/The New York Times



The typical -costumbrista- scene of Spanish society is the bars. A place where you can meet with family, and friends, go on dates and watch, for example, football or events of all kinds. There are more bars than churches, sports centres and schools, combined. Spain holds the record for being the country with the most bars and restaurants in the world: according to the National Institute of Statistics, in 2020 it had 277,539 bars and restaurants, one for every 175 inhabitants.

Despite our established bar and restaurant culture, Spain is not one of the biggest consumers of alcohol in the European Union. However, it consumes one litre more per capita per year than Croatia. In Spain about 10 litres of ethanol (referred to as the amount of pure alcohol, not alcoholic beverages) are drunk per year, in Croatia this figure is barely 9 litres a year (8.9. UN, 2016).

In Spain, 64.5% of the population drinks at least once a month. In comparison, 62.3% of the Croatian population drinks at least once a month, according to the latest Eurostat survey on the subject in 2022.

Daily alcohol consumption reaches 9% of the Spanish population. In comparison, 10.3% of the Croatian population reports daily drinking according to Eurostat (2022). In Spain, differences in alcohol consumption between age groups are notable, especially in drinking habits.

Daily consumption among people over 55 years of age reaches 17% of the population in that age group (27% in men and 6% in women in that age group). While daily consumption among people under 25 years of age is only 1.3% of the population of that age group (1.9% among men and 0.6% among women). All these data are according to the Survey on Alcohol and Other Drugs in Spain (EDADES 2022).

The same survey says that young people in Spain, especially in the 15-24 age group, are more aware of the consequences of alcohol and, on average, consume less ethanol per year than their older citizens, but this does not mean that they do not abuse the substance.

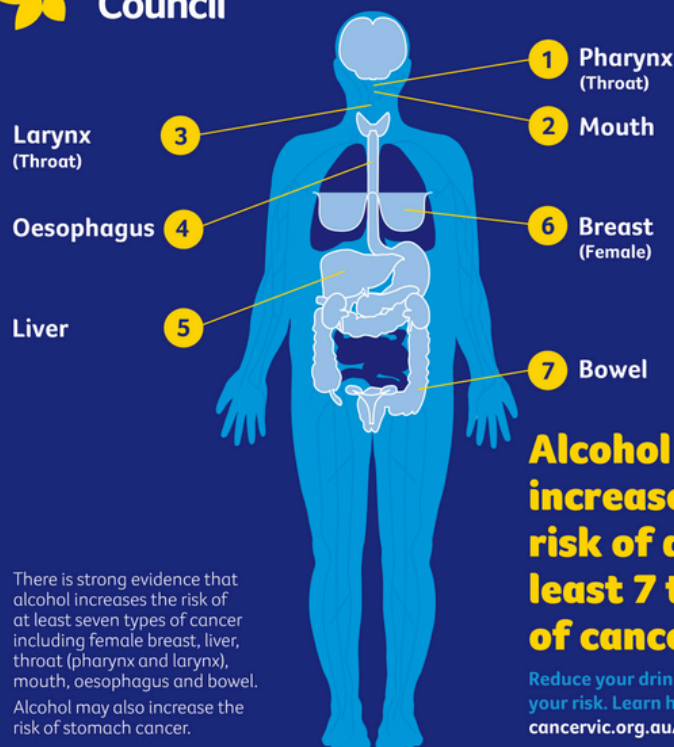
35% of young people aged 15-24 say they have been drunk once in a year

Binge drinking is considered to be the consumption of 5 or more alcoholic drinks (if male) or 4 or more alcoholic drinks (if female) on the same occasion, i.e. in a row or within a two-hour interval.

This consumption was carried out by 15.4% of the Spanish population at least once over the last year.

Among people under 35 years of age, this practice was carried out by 25% of young people at least once a month. For people over 35 years of age, only 10% of Spaniards did it.

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There is strong evidence that alcohol increases the risk of at least seven types of cancer including female breast, liver, throat (pharynx and larynx), mouth, oesophagus and bowel. Alcohol may also increase the risk of stomach cancer.

Alcohol increases the risk of at least 7 types of cancer

Reduce your drinking to reduce your risk. Learn how at cancervic.org.au/alcohol

Credit: Cancer Council Victoria

On the other hand, 16.7% of the Spanish population has been drunk at least once a month during 2022.

Here too, we see a notable difference between young people and the rest of the population. 29.8% of under-35s (35% of men and 24% of women) got drunk at least once in the last year. Among the over 35s, this figure drops to 10% of the Spanish population.

Thirty-five percent of young people between 15 and 24 say that they have been drunk once in the past year, while only 5% of those over 55 say that they have been drunk once in the past year.

Therefore, we see that young people consume less ethanol, less frequently, but with abusive consumption.

This decline in alcohol consumption has been replaced by another drug among the young population: cannabis.

Alleged drug in Spain

Cannabis is illegal in Spain: you can consume it at home, but not in public. You can buy marijuana seeds, but you cannot have more than two marijuana plants at home or sell THC. However, you can buy CBD in authorized shops.

The legalization debate is very present these days in Spain because parts of the government started it.

A good percentage of the population consumes it, specifically, 10% of the population claims to have done so in the last year, which means that it is the fourth most consumed drug in Spain.

Among under-25s, 22.6% have used cannabis at least once in the last year (27.2% of men and 17.8% of women). Among young people aged 25-35, reported use was 15.9 per cent (21.3 per cent of men and 10.5 per cent of women). However, among those aged 55 and over, only 3.1 per cent reported having used cannabis in the last year (4.3 per cent of men and 1.9 per cent of women).

Looking at the type of cannabis, marijuana is historically more prevalent than hashish among those who have used cannabis in the last month. 49.0% report having smoked mainly marijuana. Only 21.9 of users smoked hashish

Irrespective of gender, the vast majority of cannabis users in the last month reported having smoked cannabis mixed with tobacco (88.1%). The average number of joints consumed in a single day is 2.7 joints, with slightly higher figures among men.

Energy drinks

It is not a drug, but the consumption of energy drinks is very present among the Spanish population, especially among young people. 37.6% of young people between 15 and 24 years old said they had consumed energy drinks in the last month. Separated by gender, 42.8% of men consumed energy drinks in the last month, compared to 32.1% of women.

The decline decreases with age, with "only" 22% of 25-34-year-olds claiming to have consumed an energy drink in the last month. Among those over 55, only 3.5% have had an energy drink in the last 30 days.

