

NEWSLETTER

june
2019



FONDACIJA
HASTOR



THE HASTOR FOUNDATION: A PLACE OF LEARNING, SOCIALIZING AND CREATIVITY

On Saturday, the 15th of June 2019, the Main Assembly Hall of the ASA Prevent Group was a gathering place for students/scholarship holders of the Hastor Foundation. These students, who come from different parts of Bosnia and Herzegovina, once again traveled hundreds of miles to attend another meeting of young people who, together with the Hastor Foundation, are actively working on their development as well as the development of their local communities.

The monthly meeting was, as usual, held in two groups, due to a great number of attendees. Everyone who was present had the opportunity to listen to two presentations in the field of genetics and bio-engineering and to participate in a creative quiz of general knowledge.

During the first part of the meeting, Dina Osmanović, a scholarship-holder and a third-year student of the International Burch University in Sarajevo, very eloquently spoke to the student about genetically modified organisms in food, DNA molecules, GMO approved countries, genetic modification and the positive and negative effects of it all. The scholarship-holders listened with enthusiasm, and Dina was rewarded with great applause and a lot of questions related to the topic.

Then, Kenan Kraković, a student of the International Burch University, gave his presentation. He explained the CRISPR method in detail, explaining to the students the meaning of the concept itself and the ways it can be used in the treatment of various diseases. Then he spoke about diseases caused by genetic disorders and the significance of vaccination. Kenan received a lot of questions from the students and skillfully initiated the interaction regarding the topic.

In the final part of the meeting, students were divided into teams and through a creative and interactive quiz, they demonstrated their general knowledge. Each team had the task of creating an original name for their group. After that, they answered questions regarding general knowledge by using their application to write their answers. They had the opportunity to follow the results, which motivated them even more to compete and work together. It was uncertain who would get the biggest number of points and win until the very end. The winners were rewarded with a chocolate. Educational, creative and entertaining – that is how another meeting of the Hastor Foundation's scholarship-holders was conducted.

Razim Medinić





DINA OSMANOVIĆ'S SUCCESSES

The success stories of the Hastor Foundation's scholarship holders are perhaps the best way of showcasing how successful the Foundation was in its work so far. The almost daily accomplishments of our scholarship holders prove that overall effort and readiness to engage in hard work pay off and that these values are championed by all the members of the Foundation.

Our scholarship holders excel in their formal education and extracurricular activities while showing discipline and good conduct.

Dina Osmanović is one of the Hastor Foundation's diligent and ambitious scholarship holders who achieve great results both in school and as a part of the Foundation's volunteering activities. Dina is from Kalesija. There she completed her primary and secondary school education, and then moved

to Sarajevo to study Genetics and Bioengineering at the International Burch University. Her nearly flawless, 9.8 GPA came as a crowning moment of her studies so far.

As a scholarship holder, Dina is particularly enthusiastic about various extracurricular activities. She has participated in numerous seminars and conferences, but also various lectures on general culture and education. In 2017, she participated in the "Presenting skills" program that was organized by the International Burch University in cooperation with the Association of Highschool Students of BiH. That same year, as a part of the project of non-formal secondary school students' education, organized by "Izvor nade" Foundation, she worked as an educator, gaining experience and also working on her personal development. This is one of the reasons why Dina is full of praise for this project.

Dina is truly dedicated to scientific research and has thus co-authored two research papers so far: "Review of Biosensors in Industrial Process Control" and "Review of Electrochemical Biosensors for Hormone Detection". Both were published by Springer and presented as a part of the CMBEBIH 2019.

These papers were written by Dina and her peers, with Dina emphasizing that everyone partook equally in the research and writing process, in accordance with where their strengths lie.

Another indicator of just why Dina's successes are worth of mention and praise is the fact that her faculty recognizes her achievements and is ready to entrust Dina with important tasks, such as being a part of the organizational committee for CMBEBIH 2019. Dina's professors recognized her talents and abilities, and this gave her the opportunity to truly prove her worth and help the organization to the maximum of her abilities. The main aim of this

conference, which gathered renowned experts from all across the world, was to promote biomedical engineering and similar fields of study in Bosnia and Herzegovina.

Last year, Dina participated in two regional workshops, organized by the Society for Medical and Biological Engineering in Bosnia and Herzegovina. The workshops were held in Mostar and Sarajevo and concerned nanotechnology and genetics.

Dina's most recent engagement was the "IoT, Economic and Management Challenges for E-Health Integration in the Enlarged Europe" spring school, held in Slovenia and Italy. Our scholarship holder was one of only two participants from Bosnia and Herzegovina, and used the occasion to once again demonstrate all of her abilities.

Maida Husnić



THE STORY OF VERSATILE AZRA SMAJIĆ



In addition to our Dina's story, the story of Azra Smajić, our scholarship holder from Konjic, is also part of this month's Newsletter and included in the section presenting our scholarship holder's successes.

Azra Smajić, who has been the Foundation's scholarship holder for nearly two years, finished the Konjic Gymnasium with a flawless 5.0 GPA. She is currently living in Sarajevo where she is preparing to enroll at a faculty and broaden her knowledge. Azra hopes that she will be at least as successful as she was so far.

She spends her free time in different ways – helping her parents, spending time with friends, learning new things, and playing sports. She has practiced karate for seven years and is the holder of a brown belt, as well as the winner of numerous competitions. However, growing up she realized that she has an affinity for other things too, namely art. Azra likes music and plays a guitar – she has played it at many volunteer meetings, but also performed at the Culture Center in Konjic. In her own words, however, her greatest passion is acting. She has been a member of the Amateur Theater Neretva for four years already. As the Theater makes the upper age limit 18/19, in other words does not have a place for college students,

this is Azra's last year in the Konjic Theater, which saddens her greatly. Some of her most wonderful high school days were spent in the theater where she has made many lifelong friendships. Each year, the Konjic Theater has the honor to host the secondary school drama festival which gathers hundreds of youths from across BiH. For Azra, this is a very joyful event that "allows you to spend seven days with those who share your worldview, who are like you and love the theater, acting, and hanging out, who prefer these activities rather than smartphone-staring and all-day-coffee-drinking. There is no such thing as a bad play. When you are on the stage and you are delivering your lines and constantly thinking of your next facial expression while standing in the limelight, you are no less of an actor than some well-known actor with an excellent paycheck."

This year was an excellent and successful one for Azra. Throughout primary and secondary school, Azra learned Turkish language – this year, she had the opportunity to test it at the drama competition organized by the Yunus Emre Institute where the plays needed to be performed in Turkish language. The professors of Turkish and Bosnian languages, the latter also having directing experience, brought together a small group of students and translated the text of the well-known Bosnian and Herzegovinian ballad "Hasanaginica" into Turkish in order to compete. After applying, a series of rehearsals followed and the whole group became like a family. The performance was recorded and sent to the cantonal competition, and in a couple of days time, the school's group was announced as the winner of this competition and also one of the finalists for the competition in Sarajevo. The national competition had gathered all the previous winners, but Azra and her group emerged as the winners once more, claiming the honor of representing BiH at the 14th International Festival of

Secondary School Acting in Kayseri.

Azra worked on another play during that same time period: this one for the 17th Festival of High School Theater Art in BiH. Our scholarship holder was very busy working on two plays, attending a programming course organized by the Students Programming Framework (SPF), and making sure that her academic achievements remain top-notch. But, as they say, doing something you love is never a burden.

After numerous rehearsals, it was time to shine in Kayseri and represent our country in the best possible way. Azra's group met various people from many countries such as Cyprus, Georgia, Turkey, Azerbaijan, and forged strong bonds that Azra considers one of the most important things about such journeys. Two days after their arrival in Kayseri, "Hasanaginica", which showcased our culture, tradition, customs, wear and music, was on stage. Each actor and actress gave it their all to perform the role and make our country proud.

Azra had this to say about the experience: "A deafening applause rippled through the audience and towards the stage where we stood, smiling and unable to hide it. We agreed that while taking our bows we would bring the flag of our country on stage too. I never felt more proud in my life. We came

*Doing something you
love is never a burden.*

”

back to BiH tired and happy, and I had to rush home from Sarajevo Airport to get to the rehearsal of another play. Our play was to be performed the last day of the festival, and knowing this was the last time I would perform as the actor on that stage, I truly became one with my role."

Azra won the award for her performance of Mrša in "Sarajevo Feeling", by Almir Bašović. Several days later, the results of the Kayseri competition arrived at the school e-mail.

The play won numerous awards. In addition to the first place at the national competition, seven more awards followed: awards for best acting, two for directing, one for costume design and one for music. Azra points out that this was an excellent and a fruitful year for her, but that it is time to look ahead towards future successes. Finally, she expressed her deepest gratitude towards her parents, friends and mentors who supported her during this period.

Razim Medinić



Since the learning process, as well as the memorizing one, rests on complex psychological and cognitive relations and mechanisms, it is relevant to look at some of the learning strategies from a more psychological angle that allows us a glimpse of how we actually learn and acquire new knowledge. One of the first things we need to be aware of is that the amount of time we dedicate to learning something is not directly proportional to the amount of knowledge that we truly store in our long-term memory and are thereby ready to use in the future. What we can do, however, is to identify the correct learning method and apply it, because it will reduce learning time while maximizing the learned content. Here are some of the methods that have been proven invaluable for effective learning and memorization.

1. COMBINE DIFFERENT SOURCES AND LEARNING METHODS WHILE STUDYING

Just like many of us watch videos that provide visually striking reviews of the books and movies rather than reading the book/movie itself, studying can also be enriched with various methods that we can freely combine. Even if you are not motivated to read a book or are simply not the type, watching different types of videos with animated content that concern a certain topic may prove very helpful to you. One 2008 study had these findings to share: “Engaging a greater number of brain regions in actively storing information on a certain topic leads to greater interconnection between these pieces of information. This redundancy allows the student

to access all these pieces of information stored in several regions in order to formulate an answer to a certain question.” There are many ways of practically applying this piece of advice. One very well-known learning resource is the Khan Academy website that offers video material, knowledge quizzes and a platform for any questions one may have while learning. Some additional examples of combining and integrating different methods are: flash cards, YouTube videos, audio exercises, and Quizlet App, but you may simply rely on sharing knowledge with your friends in the library or over the social media.

2. STUDY OVER A LONGER PERIOD OF TIME

Planning is necessary in all areas of life and for any activities you may engage in – the same is true for studying where planning is the basis of efficiency. For example, if your exam is on Friday, and it is currently Monday, then divide the material you need to learn over all five of the days that you can use. This means a lot less stress and a lesser workload for one day, but also greater focus and retaining of information. It may seem counterintuitive, but it is

better to go over one chapter a day than cram five of them together. It is a fact that we most readily forget the material that we worked on first and with greatest intensity. Our brain needs time to process all the data we are reading up on and thus allow it to move from short-term to long-term memory. When it comes to essay writing and research papers, it is the same thing.



3. CONNECT NEW INFORMATION WITH WHAT YOU ALREADY NOW

This is one of those crucial pieces of advice. If we manage to connect new knowledge with what we have already retained, we can understand and store certain concepts in long-term memory more easily and effectively, perhaps even learning something

for life. Making correlations and contextualizing different pieces of information relate to how our brain functions in general, and so this method should be readily applied while studying.

4. TEST YOUR KNOWLEDGE YOURSELVES

Testing your knowledge in this way doubles the benefits: you will increase your confidence if you are satisfied with the results, but also learn about the gaps in your knowledge, allowing you to start fixing

them. In addition, you will not waste additional time on concepts that you have already understood.

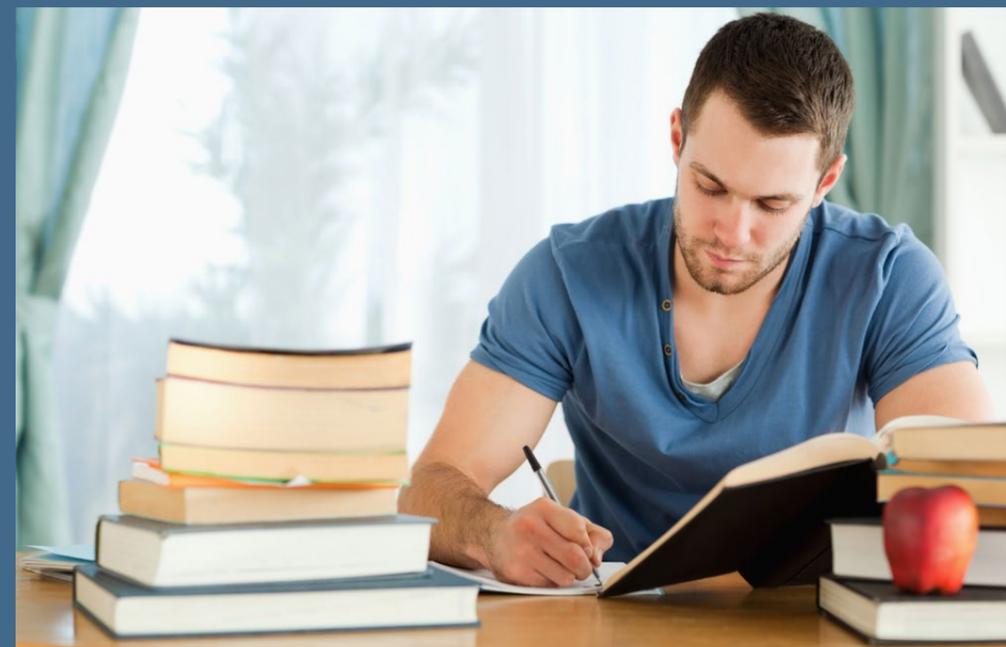


5. TAKE STUDY BREAKS

Studying loses on productivity if we try to focus on a certain topic for too long; this explains why it is so inefficient to leave studying for the last minute. While approaching a particular topic, it is necessary to take breaks that would allow for segmentation of the learned material. For example, if we need to learn twenty pages in one night, we need to divide the material into five-page-parts. We will focus intensely on each of these, but take breaks between

them. This makes the learning process more fun and less scary and torturous. It is a proven fact that one's focus weakens after 45 minutes, but a quick stretch or a short fun video will give you the energy for another 45 minutes. This is the scientifically established “Pomodoro” technique.

Amina Vatreš





FUN FACTS ABOUT THE PRESTIGIOUS AWARD FOUNDED BY THE “MERCHANT OF DEATH”

Prepared by: Razim Medinić

Aside from the fact that December is known as a month of anticipating the holidays and the beginning of a new year, all economists, writers, peacemakers and chemists, physicists and physicians are eagerly waiting for the award ceremony of the most prestigious award - the Alfred Nobel's Prize. The Nobel Prize has been awarded since December 10, 1901, when it was awarded five categories. Economic Sciences was added to the categories in 1969. Today, the winners are chosen by the Swedish Royal Academy of Sciences, the Karolinska Institute and the Norwegian Nobel Committee.

Alfred Bernhard Nobel was born in Sweden in 1833, but his family soon moved to Russia, where his father owned a factory of explosives. In 1864, as a result of nitro-glycerine detonation, his younger brother was killed, and that is when Alfred decided to search for a more secure product. His quest ended in 1867, when he invented dynamite, the compound which he later developed and for which he gained immense wealth and reputation. Although he was called the merchant of death, most of his wealth was deliberately allocated to today's most prestigious world prize, which is awarded, among other things, for peace.

Below, we bring you many interesting facts about the Nobel Prize and its winners.

- ▶ **1.** Six laureates rejected the Nobel Prize, but only two did it voluntarily: Jean-Paul Sartre and Lu Duc Tho. The famous author believed that a writer should not be allowed to become an institution, while the Vietnamese prime minister refused to share the peace prize with the US Secretary of State Henry Kissinger. Adolf Hitler forbade three winners to accept the prize: Richard Kuhn (Chemistry, 1938), Adolf Butenandt (Chemistry, 1939) and Gerhard Domagk (Medicine, 1939), and Soviet authorities forced Boris Pasternak to reject the 1958 Literary Prize.
- ▶ **2.** If you are a man born on February 28 or May 21, it is very likely that you are one of the future winners. These are the most common birth dates of the Nobel Laureates.

- ▶ **3.** The jury discussed awarding Sigmund Freud with a Nobel Prize in Physiology or Medicine for psychoanalysis twelve times, but the nomination was rejected each time due to the conclusion that psychoanalysis has no scientific value. Mahatma Gandhi was nominated four times.
- ▶ **4.** The youngest winner is Malala Yousafzai of Pakistan, who in 2014 won the Nobel Peace Prize when she was only seventeen, while Leonid Hurwicz, the oldest winner in 2007, was 90 years old at the time of receiving the award in Economic Sciences.
- ▶ **5.** Myanmar opposition leader Aung San Suu Kyi waited for twenty years for the authorities' permission to go to Oslo and receive the prize she had been awarded in 1991. Chinese dissident Liu Xiaobo is still waiting to receive the award he had won in 2010 because he is under house arrest. German pacifist Carl von Ossietzky never received the prize awarded to him in 1935 because he died while waiting to be released by the Nazis.
- ▶ **6.** Nobel Prize in Literature was awarded to 27 writers in English language, 14 of them wrote in French, 13 in German and 11 in Spanish.
- ▶ **7.** Four scientists received two Nobel prizes each. American John Bardeen was awarded twice in the field of physics: once for development of the transistor, and another time for the BCS superconductivity theory by which metals lose their electrical resistance. British biochemist Frederick Sanger twice won the award in the field of chemistry: for explaining the insulin structure and for developing a method by which DNA sequences in the nucleic acid can be identified. An unusual combination was achieved by American chemist Linus Pauling: in 1954 he was awarded the Nobel Prize for Chemistry and in 1962 the Nobel Peace Prize. Pauling was a great opponent of nuclear testing. Fantastic three are joined by Marie Curie.
- ▶ **8.** The various evaluation juries concluded 49 times that the award was not deserved by anybody. The Nobel Peace Prize was not awarded 19 times in total, last time in 1972.
- ▶ **9.** A period of fifty years needs to pass from the discussion of the candidates to publication of their names in order to avoid lobbying.
- ▶ **10.** There were 49 female winners of the award, including Marie Curie, who received it twice. There were 822 male winners. Only one woman received the Nobel Prize in Economics, while the Nobel Prize in Physics was awarded to two women.
- ▶ **11.** Only living people can be nominated for the Nobel Prize. Nobel Peace Prize winner Dag Hammarskjöld and Nobel Prize for Literature winner Erik Axel Karlfeldt were nevertheless rewarded posthumously because they died in the period between the nomination and the proclamation of the winners. Since 1974, it is no longer allowed. In 2011, however, the Nobel Peace Prize was awarded to a deceased nominee. When the Committee announced that the Nobel Prize for Medicine was to be received by Ralph Steinman, they did not know that the winner had died three days earlier. In this case, an exception was made, and Steinman's successors later received the award.
- ▶ **12.** Each year, 1350 people are invited to a banquet in the city hall in Stockholm, held in the honor of the winners. There were 113 people at the first banquet.

▶ **14.** Receiving the Nobel Prize is considered to be a tradition of the Curie family. Specifically, Pierre Curie and his wife Marie Curie received the Nobel Prize in Physics in 1903. Marie Curie is also the first woman to win this prestigious award. She later received the Nobel Prize for Chemistry in 1911. Marie Curie's daughter, Irene Joliot Curie, and her husband, Frederic Joliot, won the Nobel Prize for Chemistry in 1935. Irene's sister Eve Curie married Henry Richardson Labouisse, who was awarded the Nobel Peace Prize in 1965.

▶ **16.** The USA holds the record for the most Nobel Prize Laureates in all three scientific disciplines: 43% of all prizes in the fields of physics, chemistry and medicine went to the Americans. The second place in the fields of physics and chemistry is held by the Germans, the third by the British, while in the field of medicine this order is reversed. The fourth place in all three combinations is held by France.

▶ **18.** The winners from our areas are Ivo Andrić, Lavoslav Ružička and Vladimir Prelog.

▶ **13.** The winners of the awards receive 2 million BAM, and if there is more than one winner in the same category, the amount is divided into equal parts. The candidates have the greatest chance in the category of literature when it comes to the overall gain, because in that group only one winner was proclaimed as many as 104 times.

▶ **15.** A record number of nominations for the Nobel Peace Prize was in 2013 when there were 259 candidates, including 50 organizations.

▶ **17.** The average age of the winners of Nobel Prize in Economics is 67, which is also the largest average age, while the youngest are the winners in the field of physics, with the average age of 55.



Dina
Osmanović

Exceptional commitment and outstanding results in the fields of education and extracurricular activities, as well as dedication to volunteer engagement within the Hastor Foundation, have brought scholarship-holder Dina Osmanović the title of the scholarship holder of the month.

Dina Osmanović is an enthusiastic and dedicated scholarship holder who comes from Kalesija. She is a third-year student of the Faculty of Engineering and Natural Sciences, at the Department of Genetics and Bioengineering of the International University of Burch. She completed the final year of her studies successfully, achieving the overall GPA of 9.8 in the first cycle. Over the last few years, Dina was a part of many non-governmental organizations and projects. Among other things, she was the coordinator of the project "Raise Your Voice", which aimed to raise awareness among young people about the importance of participation in the development of local community. Also, this scholarship-holder of ours volunteers within several organizations, sharing their goals while noting that this is the first step towards changing the state of the society in Bosnia and Herzegovina. She volunteered in the Red Cross, where she was focused on projects such as blood donation and home care for the elderly. As a volunteer for the Foundation, every month she works in the administration diligently by helping students who are volunteering and improving themselves. As a part of the foundation Source of Hope, she was a part of the project team who wrote project applications, applied to various grants, and then, when funds were approved, carried out various projects. Furthermore, Dina is a part of the organizing committee of the International Federation of Medical and Biological Engineering. This is a position she has gained as a member of the Society for Medical and Biological Engineering in

Bosnia and Herzegovina on the basis of her personality and previous work assessment. She became a scholarship-holder of the Hastor Foundation in 2015 and she openly expresses her satisfaction with this fact:

"The Hastor Foundation provides immense support to its scholarship holders during schooling. After the first year of receiving the scholarship, by arriving to Sarajevo I became a mentor to a group of high school students. As a volunteer of the Foundation, I helped them out in schoolwork and tried to bring them closer to the topics that we discussed together. That year, I made new friends who are now almost all students and I am very proud of them. Such ways of meeting new people and creating lifelong friendships is one of the most positive things about the Hastor Foundation. This year, I became a member of the administrative team, learned an important lesson about teamwork, communication and process of adaptation."

She considers herself a good leader, but at the same time, she says she is a good team player and functions very well within a team. She spends her free time with family and friends. In addition, she devotes special attention to scientific research work, and loves to read.

When it comes to her future plans, Dina points out that she wants to enroll in a master's programme in genetics or molecular biology. She says that she can imagine herself working in this field in the future, and she would dedicate her full attention to it. Knowing Dina, we do not doubt that her wishes and plans will come true, and we wish her good luck in continuing her studies!

Maida Husnić

Internationally significant dates represent the opportunities to educate the public about important public issues, mobilize the political will as well as the resources to solve problems on a global level. Many of these dates primarily serve as celebrations and reminders of the most significant achievements of humankind. In this context, we will outline the following dates in the month of July:

july

06.07. INTERNATIONAL CO-OPERATIVE DAY

At a time when inequality of income in the world is rapidly increasing, it is good to remember that solutions to problems of inequality do exist. Among the potential solutions is the elementary model of co-operation, since it contains in its core aspects of sustainable development and is based on ethical values and principles.

The International Co-operative Day is the annual celebration of the cooperative movement, which has been taking place on the first Saturday in July since 1923. The aforementioned celebration is an increase of awareness of the importance of the cooperatives, and the event itself outlines of the contribution of the cooperative movement in solving the problems of the United Nations and the strengthening and expansion of partnerships between the international co-operative movement and other relevant collaborators.



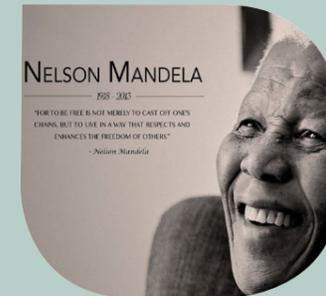
15.07. WORLD YOUTH DAY

Today, there are 1.2 billion young people in the world aged 15 to 24, making up 16 percent of the world's population. Active youth engagement in the area of contribution to sustainable development is of key importance for achieving sustainable, inclusive and stable societies, as well as for tackling the worst threats and challenges to sustainable development, including the consequences of climate change, unemployment, poverty, gender inequality, conflict and migration. However, unlike adults, young people are almost three times more likely to be unemployed and constantly exposed to lower quality jobs, greater inequalities in the labour market, and longer and more uncertain transitions from school to work. In addition, women are still prone to being underemployed and underpaid, performing part-time jobs or working under temporary contracts.



18.07. NELSON MANDELA INTERNATIONAL DAY

Nelson Mandela devoted his life to serving the humankind - as an advocate for human rights, an international peacemaker and the first democratically elected president of free South Africa. Mandela's values and his dedication to the service of humanity was first recognized by the UN in 2009, when the General Assembly passed a resolution, proclaiming the 18th of July Mandela Day. His consistent contribution to resolving conflicts, racial relations, promotion and protection of human rights, reconciliation and respect for diversity, gender equality, the rights of children and other vulnerable groups, the fight against poverty, and the promotion of social justice are undisputed. The resolution acknowledged his contribution to the international struggle for democracy and the promotion of the culture of pacifism around the world. Each of us has the ability and the responsibility to change the world for the better! Mandela Day is an opportunity for everyone to take individual action and in that way encourage change.



30.07. FRIENDSHIP DAY

It is well known that the world today faces many challenges, crises and inequalities such as poverty, violence and human rights violations. All of these undermine peace, security, development and social harmony between different nations and nationalities. In order to adequately address these problems and challenges, their basic causes must be addressed through the promotion and defines of the common spirit of human solidarity, which takes many forms – one of the simplest and most effective ones being – friendship.

By building friendly relationships and developing solid ties of trust, we can contribute to fundamental changes that are necessary to achieve permanent stability and establish a security net that will protect us and create a tendency towards a better world in which everyone is united in the aspiration to the greater good of all nations.



28.07. WORLD HEPATITIS DAY

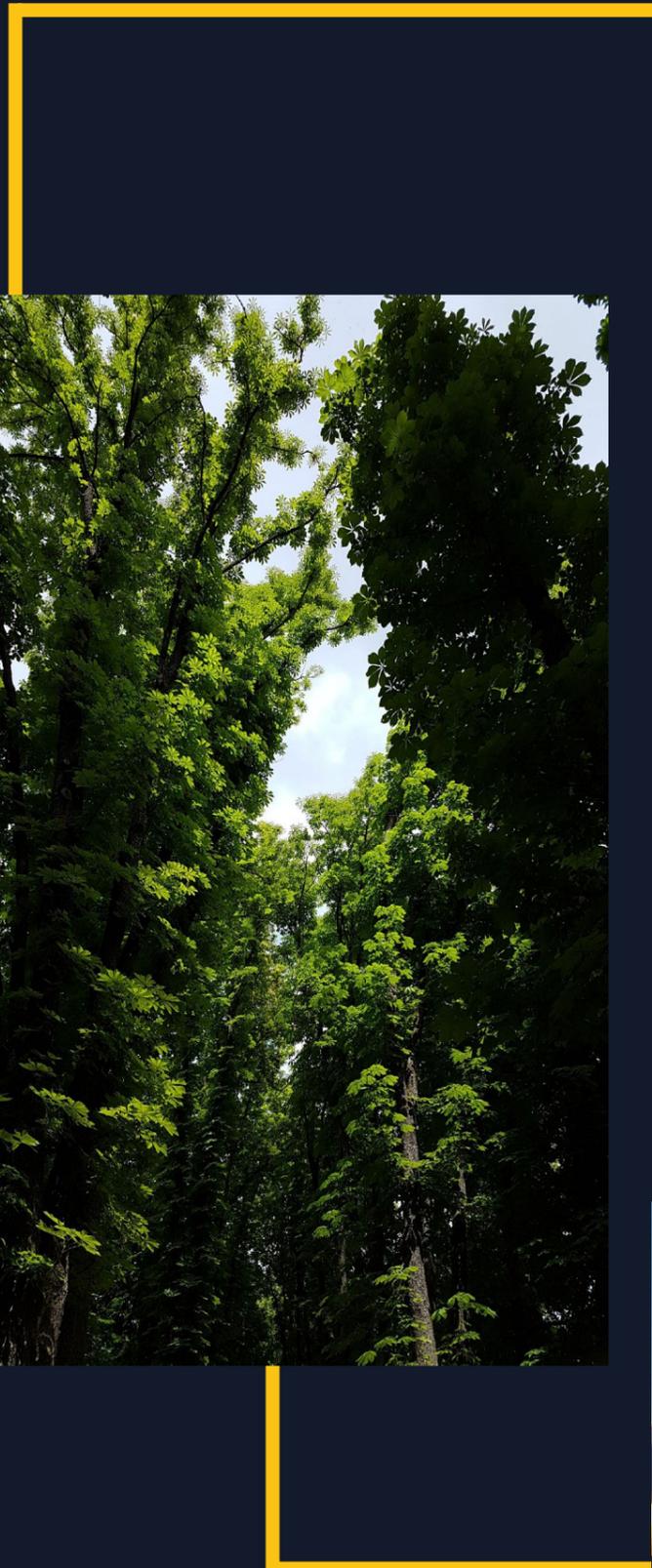
The World Hepatitis Day is a chance to do more to strengthen both national and international efforts to combat hepatitis, to encourage and support the involvement of individuals, organizations and the public, and emphasize the need for a greater global response to this problem, as stated in the World Health Organization's Global hepatitis report for 2017. This date was chosen to mark the World Hepatitis Day since it is a birth date of a Nobel Laureate, Dr. Baruh Blumberg, who discovered hepatitis B virus and developed a diagnostic test and vaccine for it. Low coverage of testing and treatment is the most important void that needs to be effectively filled in order to achieve the goal of global elimination of this virus by 2030.



30.07. WORLD DAY AGAINST TRAFFICKING IN PERSONS

Trafficking in human beings is a crime involving the exploitation of women, children and men for many unethical purposes, including forced labour and forced prostitution. The International Labour Organization estimates that 21 million people around the world are victims of forced labour. This assessment also includes victims of trafficking for labour and sexual exploitation. Although there is no precise data, estimates imply that there are currently millions of trafficking victims in the world. Every country in the world is affected by trafficking in human beings, either as a country of origin, transit or destination for victims. Children make up nearly a third of the total number of victims of trafficking worldwide and July 30 was set as a day of recalling the necessity of fighting this terrible global phenomenon.




 • Vedad Huseinbašić

Jasmina Aletić, Fojnica

CEPS College – Center for Business Studies, Kiseljak

I actively volunteer with the Red Cross, and so one month we organized ourselves to collect humanitarian aid for migrants in BiH. We left one package in “Muhsin Rizvić” Primary School, the place where my colleague Hasija Huseinbašić and I frequently schedule and hold volunteer meetings with our group of scholarship holders. It all started when we were returning from a break – we noticed a couple of kids buying two pieces of candy, taking one for themselves and leaving the other for the migrants. I asked the scholarship holders whether they wanted to participate in this action too and they answered yes. We collected some money and bought some basic, but much needed items. I was overjoyed to see that the scholarship holders did not stop there but also collected old clothes and delivered everything to the Red Cross the following day. I should also note that some of them gladly stay behind to help separate the clothing and food packages. Afterwards, all of them thanked me for reminding them that they can participate too. Some of the conversations were very emotional and tears of joy were shed too. As a volunteer of the Red Cross, I was extremely glad and honored to present our Foundation and scholarship holders. I also used the opportunity to mention that it was the Hastor Foundation that taught me to help others, as that is the only way to be truly happy.

The database showed that the scholarship holders and volunteers of the Hastor Foundation reached the number of 20.220 volunteer hours during the previous month. As usual, most of these hours were spent in our scholarship holders' volunteering meetings – students, primary and secondary school pupils in 273 volunteer meetings in 60 municipalities across Bosnia and Herzegovina. Our students who volunteer with the Administration team and Editorial Board of the Hastor Foundation contributed greatly to this number, as well as students who work on developing the Hastor Foundation app and are in charge of web page maintenance. The compulsory theme that our scholarship holders discussed in volunteering meetings during the previous month was *First Aid Basics*. Besides the compulsory theme, the scholarship holders discussed other interesting topics as well, and our students also spent some volunteering hours helping our younger scholarship holders in understanding the school material better.

20 220

volunteer
hoursvolunteer
meetings

273

60

municipalities

Some of the most interesting themes:

- My future profession
- Let's recycle! – making waste useful
- Responsibility to oneself and others
- Laughter is the best medicine
- Cultural heritage of Bosnia and Herzegovina
- Spending time in nature and away from the Internet, mobile phones, TV; relaxing and being grateful to nature for its gift – the peace
- Alternative medicine
- How to make PowerPoint presentations?
- The problems in my town
- Must see in Bosnia and Herzegovina
- Relationship between parents and children – then and now
- Walk in my shoes

The municipalities where the
workshops were held:

A drawing by our scholarship holder **Saira Kujraković**
(8th grade, Primary School "Hasan Kikić", Gradačac)

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