

NEWSLETTER

july
2019.



FONDACIJA
HASTOR



The monthly meeting of college student scholarship holders of the Hastor Foundation was held on Saturday, July 13. Students had the opportunity to attend a rather interesting lecture which will, undoubtedly, prove to be useful in the future.

We have all surely thought about the paths to be taken once we complete our formal education. Where to next and how? How to find employment? What is certain is that no job will wait for us. On the contrary, we are the ones who need to work hard to get the job we want.

This weekend, our guest at the premises of ASA Prevent Group was Zlatan Deljkić, HR Manager of ASA Insurance, the most fiercely growing domestic insurance company in BiH. Zlatan talked to students about the topic they are most interested in during this period: finding employment after completing formal education.

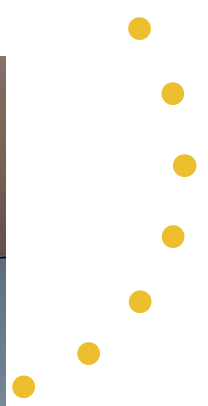
Being an experienced HR Manager, Zlatan revealed to the students the secrets to a well-written CV and motivational letter, and ways to prepare for writing them. He also discussed with the students the details important to an employer while choosing the perfect candidate for a position, including the CV, motivational letter, interview, dress code, handshake, and all other small details which certainly make an impression on the employer.

Considering that his audience comprised students, mostly with no work experience, our lecturer also provided advice on how to compensate for the lack of experience. He stressed that it is quite important for students who will soon enter the labor market to engage in various informal activities besides their formal education, including volunteerism, student practices, start ups, various projects, conferences, seminars, etc.

Preparing for an interview and the potential questions and responses were included as an important part of the presentation, but also of the employer's selection process. Being invited for an interview with the employer generally means that we are one step closer to achieving our goal, but it certainly does not mean that we got the job we want. The interview is an opportunity for the employer to check the accuracy of our CV and to see if we are the right person for a given position by asking us various questions. Zlatan used this opportunity to share with the students the questions that are most often used during a job interview, as well as the questions that candidates can ask the employer.

The quest for employment is not a simple one, and the labor market is more ruthless than ever before. Joining such an environment is completely different from what students usually imagine, which is why a lecture such as this one is necessary for young people who will find themselves on this path sooner or later. What is quite important is that we are well prepared for this phase of our lives, and with Zlatan's priceless tips there is no doubt that we will be!

Džulisa Otuzbir



ARIS KARAMUSTAFIĆ AND HIS TEAM ARE THE WINNERS OF THE PRESTIGIOUS COMPETITION “STEM YOUTH INNOVATION” HELD IN LONDON



During the several previous months, Aris Karamustafić, a seventeen-year-old scholarship holder of the Hastor Foundation, together with a team of students of the United World College in Mostar, partook in the prestigious innovation competition, organized by BIEA (British International Education Association). The primary purpose of this competition is designing a drone which would help and enable the protection and preservation of endangered animal species. Inspired by the negative status of vultures in Bosnia and Herzegovina and the recent phenomenon of the extinction of the griffin vulture, as well as the inaccessibility of mined terrains in BiH, Aris's team decided to design an unmanned aerial vehicle whose crucial function would be recording the mined areas and delivering the data collected to scientists. The data would later be used for the investigation and observation of endangered animals. The primary reason to use such drones in mined areas is to eliminate the life

risk, given that human intervention and the dominant role of the human factor so far would become entirely redundant, since the data would be collected via these drones. This drone is also equipped with a wireless charging set, and its base with solar panels, and as such it would be completely independent.

Aris's team passed all stages of qualifications and entered the finale of this competition, as one of the 40 best teams from the initial 1.300 which applied to this competition. The finale was held in London at the Royal Air Force Museum, consisting of three segments: the drone flight, the presentation of the idea and work, and the team evaluation; Aris's team excelled in all three. At the very beginning of the competition, his team won the Best Display Award and Best Effort Award, despite an exceptionally tough competition comprising teams from 18 countries. They were also named the best team in

the age 15-17 category. Having won these awards, at the end of this prestigious competition they were chosen as winners and given the overall grand prize of £5,000 that was donated to the school.

Besides this enormous success at the aforementioned competition held in London, Aris is a quite active young individual when it comes to extra-curricular activities as well, particularly sports. Namely, Aris has been doing karate since he was six years old, and during the first years of his sports career he already showed great progress and stood out in comparison to his peers, thus being chosen as the best candidate in every karate belt testing. At the beginning he won awards at children's competition and once he reached the appropriate age, he became a member of the national karate team of Bosnia and Herzegovina.

Besides having primarily won gold medals and achieved great success at numerous competitions, being invited to join the national team is primarily the result of winning the gold medal at the National championship of Bosnia and Herzegovina and thus becoming the national champion. In the years that followed he became the double champion of BiH, and once a runner-up. Having joined the national karate team, Aris was given the opportunity to participate in Balkan championships in Turkey and Serbia, where he won two bronze medals, and in one of the championships he won the 5th place. He also achieved victories in numerous international competitions in Hungary, Croatia, Serbia, Turkey, Austria, etc. He got his black belt in Bihać, thus earning the title of a Karate Master, Black belt, First dan. Earning this title meant the end of an era which, as he himself points out, taught him about sports, discipline, responsibility, culture, competitive spirit and, consequently, consistent strive and determination for victory.

Besides sports, Aris is also engaged in other activities, with particular emphasis on the non-governmental sector. He is a great activist and tries to provide his own contribution and help to the local community, and consequently to the country, which is why he was part of many projects, organizations, exchanges and similar activities. Some of those organizations include the Youth centre, SHL, Youth United in Peace, and Perpetum Mobile. After several years of experience in such activities, projects and similar events, he was provided with the opportunity to become the coordinator of the local team of the Association of Secondary School Students in Bosnia and Herzegovina. He also took part in many peace camps and exchanges across BiH, Croatia, Serbia, Kosovo and other countries, with the aim of being involved in the promotion of peace and a better and brighter future for our society.

In terms of his own achievements, and as a young and quite promising and ambitious person, Aris places great significance to the fact that he has been part of the Hastor

Foundation for two years: "I would like to thank the Hastor Foundation for its selfless and generous help through my education process. You have helped me achieve these results and receive opportunities such as this one. I hope that this victory justifies at least a small part of your help and that in the future, with your support, I will continue to achieve great things."

Amina Vatreš





SUMMER HOLIDAY 2019

Don Quixote in the Land of Windmills

“Summer Holidays in the Netherlands” is one of the most prominent projects of the Hastor Foundation. It has been successfully implemented in cooperation with the Dutch partner organization Stichting Kinderhulp Bosnie for the 13th year in a row. As a part of this project, every year a group of children from underprivileged rural areas in Bosnia and Herzegovina travel to the Netherlands, where they spend twenty-one days learning about the culture and customs of this lowland country. The selection of the children is personally taken care of by teacher Ramo Hastor, together with representatives of the Dutch organization.

This year, this opportunity was given to a group of twenty-six children from Živinice, Kladanj, Sapna, Teočak, Višće and Memić. Two scholarship holders of our Foundation, Džulisa Otuzbir and Ajla Drakovac, also travelled with them as guides. Our scholarship holder Džulisa writes to us about the impressions of the children, their families, but also about her own experience.

I have been hearing about the project "Summer Holidays in the Netherlands" for many years. Understanding the value of such project, I gladly wrote about it and listened to the experiences of children and students who had the opportunity to experience the magic of this journey. Finally, this year, together with my colleague Ajla, I was given the unique opportunity to experience all the wonderful stories I have heard and admired for years. Ajla does not hide her enthusiasm either.

The moment I received a call from the Foundation, inviting me to travel to the Netherlands, I was overjoyed to have the opportunity to get to know that country. However, at that moment, I remembered some of my obligations at college and was less enthusiastic about the trip. When I got to know a little bit more about it by talking with the girls who travelled last year, I decided to go anyway, and I don't regret it at all. Meeting Džulisa, the team from the Netherlands, and getting to know teacher Ramo was a very good beginning of the journey. However, the most wonderful moments were getting to know the children, experiencing their joy, curiosity and hearing the question "Are we there yet, teacher?" every 15 minutes. It's a wonderful feeling when someone calls you that way and relies on you completely.

Upon arrival to the Netherlands, it was already clear how everything will turn out, families and children were overjoyed, and they really hit it off. Every activity we did, every playroom we visited and the people who

were there will remember those wonderful children, as well as Džulisa and I. According to the children, they liked Efteling the most. We, the teachers, were not as enthusiastic as they were because we had to be alert all the time. Living in these wonderful people's homes for three weeks, getting to know their culture and food is something that happens to a person once in a lifetime. So much hospitality, kindness, love... all this has led to a strong bond between us and I will remember this journey forever.

"Summer Holidays in the Netherlands" is a unique project since it gives the children who do not have the opportunity to travel outside their homeland a chance to travel and learn about completely different culture, language, customs and generally a different way of life. Designed carefully so that the children have the opportunity to experience the Dutch way of life firsthand, the project made it possible for the children to spend this three-week period in Dutch families, and as such they were accepted as regular members of the families in their households. Given that this was a group of children between the age of 8 and 12 who had not traveled before, arriving in the Netherlands and getting to know the Dutch lifestyle was a bit of a culture shock. Of course, this reaction was natural and expected, so Ajla and I tried our best to make it easier for them to adapt to the new environment.

To our great surprise, our little buddies quickly got the hold of everything and did not even need any help after a



few days. Before the trip started we were very concerned about the direction in which the project was going. We were afraid of how the students would react, whether they would adapt, whether everything would work out, since the responsibility we carried on our shoulders was huge. But, as they say, nothing is easier than worrying! Our small army proved to be extremely brave and, as we promised each other, they did their best to present their families and homeland in the best possible way. And indeed, they turned out to be really good ambassadors!

Surprisingly, there were no tears during the departure. Only a few hidden tears appeared in their parents' eyes, as they watched their children depart on the long trip, hiding their worry skillfully behind their smiles. The children, on the other hand, were very excited and could hardly wait to step on the grounds of the new land and meet all the wonderful families who were eagerly waiting for them. Armed with excitement and courage, we set off on a journey to the land of the great windmills! Wonderful friendships were born on the bus as soon as we took off. Both of us, teachers (as the children called us), made significant connections with each child so that the next three weeks passed without any problems in terms of communication and trust.

Special recognition should be given to wonderful Dutch families, members of the Kinderhulp Bosnie Foundation, without whom this project would not have been successfully implemented. Embracing children from another country, away from their families, and providing them with a home, love and all the care they need, presented a great responsibility. These families not only opened the doors of their homes to Bosnian children; moreover, they selflessly opened their hearts and brought an incredible amount of love and energy into this project. Despite cultural and language barriers, what prevailed was love and a strong desire to provide the children with an unforgettable stay in their country. The skillfully designed three-week program provided children with an equal amount of fun, learning and rest. Most of all, they enjoyed the activities that included everyone. At those times, full of new experiences, they would usually tell each other stories about their new families and the activities they did in the previous days. Ajla and I were showered with hugs, kisses, letters and gifts that they made themselves, with lots of love. Pretty soon, we got used to the amount of love we showed each other and eagerly waited for the next meeting. All our thoughts and actions were directed towards children.

There were times when we both felt fear and vulnerability, but we skillfully hid it so our little friends wouldn't feel it. When visiting Efteling, a large amusement park with an incredible amount of entertainment for children and adults, we felt a great deal of responsibility and a sense of dread as unforeseen situations were hiding around

every corner. Efteling, among other things, is known for a large number of different roller coasters that present a great challenge for the much older generations as well. But as we decided to try all the rides that day, there was no room for fear. We bravely tried every roller coaster, holding hands firmly and screaming on the top of our lungs. I admit that the fear overwhelmed us several times, while we were grasping our seat belts on these marvelous devices and getting ready for another ride. At the end of the day, no one remembered the fear. What stays in our memories are great moments spent together, laughter and our vocal chords, slightly worn out from all the screaming. Efteling was certainly the crown of the project, but a series of other activities marked our three-week stay in the Netherlands. We had the opportunity to try out some great playrooms, slides, zoos, swimming pools, and even showed some muscle in the city's fitness room. We also tried lottery, which especially impressed the children. In the popular bingo game, each child received a gift, which gave them special joy.

Individual activities, that is, activities with families where the children resided, were mostly about learning the Dutch language and culture. Dutch parents and their children had the freedom to devise their own plan of activities for Bosnian children, apart from the joint activities in which we all participated. In addition to childcare, our duties included facilitating communication between Dutch families and Bosnian children. Given that very few children knew English and little or no Dutch people knew Bosnian, communication seemed to be the biggest problem. But in the twenty-first century, where technology has a large role, barriers to communication have become history. We were overjoyed because there was no need for many interventions, so we could relax and indulge in the Dutch way of life.

The last evening we spent there evoked many emotions. Happiness and sadness equally pervaded the atmosphere, and little Don Quixotes struggled to shake off emotions and not show weakness. However, there came a moment when they couldn't hold back tears. It was very emotional to watch the children say goodbye to the families that gave them so many wonderful moments and memories in such a short period of time. Strong hugs and heartfelt tears of children and parents reflected the true value of this project and once again reminded us why this wonderful collaboration still exists and why it has been successfully implemented for thirteen years in a row. Every goodbye is sad. At the same time, you feel tremendous pain because the unforgettable period of your life has passed so quickly, and parting with people with a big heart is even harder. They are sad because they have tasted the life that they would also live, if there was more justice in this world. They are sad because, for the first time in their young lives, they have witnessed the gap and inequality of the times we live in. They are

sad because they have come to realize that there are people who live much better than they do, and it is not clear to them why they cannot live the same way. These are questions that, if asked, cannot be answered. On the other hand, although they are leaving the seemingly idyllic Dutch everyday life, happiness still prevailed. The happiness of returning to their own homes, whatever they may be. The happiness of being back in the warm embrace of their parents, as something that no luxury in the world can replace. Happiness, because they are returning to their own homeland, which, despite its own disadvantages, cannot ever be replaced.

Džulisa Otuzbir





SCHOLARSHIP HOLDERS OF THE HASTOR FOUNDATION ORGANIZE A CLEANING EVENT

Amra Pobrklić, Dejana Savić and Ivana Lazić are scholarship holders of the Hastor Foundation who hold their volunteer meetings in Janja. In their community, but also in Bijeljina, the municipality they live in, they encounter problems on a daily basis. The theme of the volunteer meeting was The problems of our town. Taking this into account, the scholarship holders were given freedom and there were no constraints as to what they would do. Once the activities regarding the abovementioned theme were completed, the mentors talked to the students about decorating the garden of the Culture Center, and in that way they initiated a wonderful action.

As one of the major drawbacks in Janja, Ivana mentions the problem of the citizens' lack of care about how Janja looks. However, she also says that there are some people who try to make every part of Janja prettier: "One of the reasons that we decorated the garden of the Culture Center and painted the benches that were there is the negligence of those who placed the benches and playsets for children."

The students, with the help of their mentors, gathered all the materials and tools needed and initiated their action quite soon. Some of them would stand by and provide moral support while others painted the benches and decorated the playground, and then they would switch places, and so on until they finished. The mentors who organized this action say that they had the chance to see happy children playing on the playground that was made and decorated for them. This made them more enthusiastic and they want to make Janja look better step by step so that they could all enjoy its beauties together. They said that, besides this action, they also cleaned and decorated the playground of the primary school.

When it comes to plans for the future, they want to paint the goals at the football field of the primary school, as well as the markings on both the football and basketball field; they also want to fix the fence at the playground and plant some flowers to make this area more beautiful.

They were particularly delighted by the sense of togetherness that was present during this action and by the fact that it was once again confirmed that they volunteer with quite hardworking and diligent children, who have many ideas and don't lack creativity in turning those ideas into reality.

For the very end of the story, the diligent scholarship holders from Janja send greetings to all scholarship holders of the Hastor Foundation, with a great message: **WE ARE STRONGER TOGETHER!**

Maida Husnić



12 INTERESTING BRAIN TEASERS AND TRICKY QUESTIONS



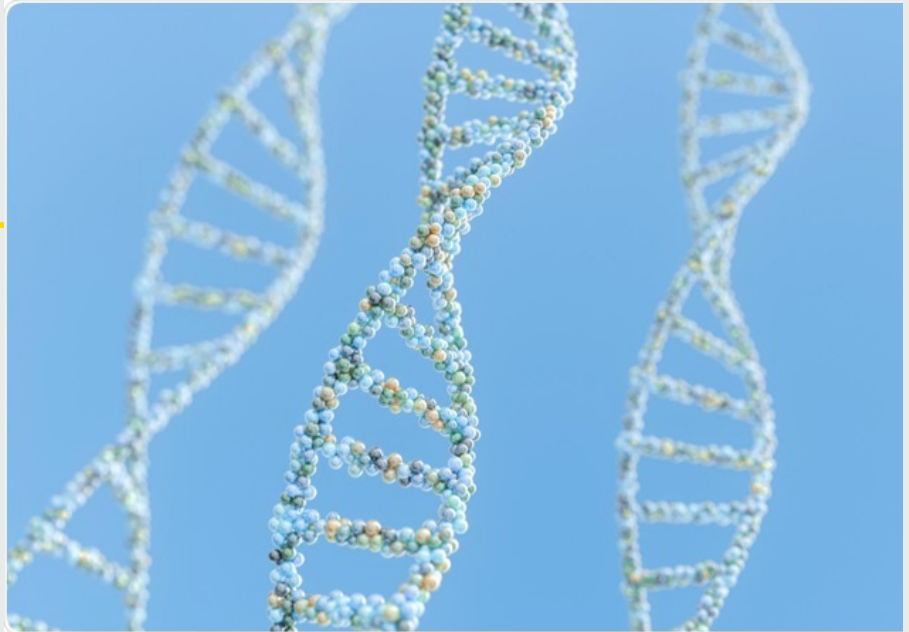
Here is a way to spice things up at a boring party or a gathering. Perhaps you have already heard some of these and perhaps you can still recall the answers. Nevertheless, these 12 brain teasers are a good way of passing time, especially if you are in need of fun activity with friends.

QUESTIONS:

1. Can a person living east of Tuzla be buried south of Sarajevo?
2. If you were to enter a room with an oil lamp, gas stove and wood burning stove inside, and you are carrying a match in your hand, what would you light first, with safety reasons in mind?
3. Some months have 31 days, others have 30 days, how many have 28?
4. If a doctor were to give you three pills and instructed you to drink one every half an hour, how much time would it take to drink all three?
5. How deeply can a dog enter a forest?
6. Two men were playing chess. They played five times and each of them one won the same number of games. There were no draws and the game was not invalidate at any point. How is this possible?
7. How many different animal species did Moses bring to the Arc?
8. If you take two out of three apples, how many do you have left?
9. How much soil can you take out from a hole that is 5 meters deep, 5 meters wide, 3 meters high?
10. The lady gave the beggar 2 marks. She said that the beggar is her sister and not her brother. How is this possible?
11. If ten men require ten days to dig a hole, how much time is required for five men to dig half a hole?
12. If three cats can kill three rats in three minutes, how much time would take for a hundred cats to kill a hundred rats?

ANSWERS:
 1.The living are not buried.2.The match.3.All of them.4.1 hour.5.Only half way, because afterwards he is exiting the forest.6.They did not play against each other.7.Moses was never bringing animals to the Arc.8.Two.9.If there is a hole in the ground, there is no soil left to take out.10.The beggar was a woman.11.You can't dig half a hole.12.Three minutes.

A BRIEF HISTORY OF THE FAMOUS DNA



Prepared by: Kenan Kraković, a student of the Department of Genetics and Bio-engineering at the Burch University

In the mid-19th century, a priest brought his obsession with science to an end. He has spent the previous eight years in a monastery in Poland, devoted to prayer and science. What he did would not be understood or accepted by his contemporaries long after his death. It was fundamental genetics, which is still used today in modern medicine and science. He spent eight years crossing different pea specimens and counting the ratios of newly formed individuals. It seems that only a man of inexhaustible patience could have pursued this search, so it partially makes sense that he was the one priest who trained patience from an early age. We very often say that he, Gregor Mendel, is the father of genetics. Whether “father” is a humorous reference to his work, I’m not sure. Either way, Mendel discovered the basic laws governing the inheritance of traits, but did not know what governed these laws. Why is it that some traits are inherited in one way and others in another way? I will present to you three experiments that would cause Mendel to fall to his knees with delight and joy, had he lived for another century. These are three works by brilliant scientists, who have shown that DNA is a key player in our cells when it comes to inheriting traits from generation to generation.

The story starts like this:

In the 1860s, Swiss medical student Friedrich Miescher contracted typhus and remained partially deaf. Later,

when he became a physician, he felt that his lack of hearing would interfere with the quality of the physician’s work, and therefore turned to research work in the field of physiological chemistry. He studied the cells of the immune system, leukocytes. In the following years, he discovered that a weak acid was present in the nucleus of the leukocyte, which he called “nuclein” (another name for the nucleus was a nucleus, hence the name nuclein). He was also able to learn that this acid is rich in phosphorus and does not contain sulfur, which will later prove to be a very useful piece of information for nucleic researchers. Science went through a series of experiments and evidence research until the significance of Miescher’s “nucleus” was understood. About a decade later, it was revealed that the nucleus, that large ball present in almost every cell, plays some kind of role in inheritance: the observation was that the nuclei of the male and female germ cells literally merge into one when fertilized. A little later it was learned that the nucleus contains ringed formations, called chromosomes, which can be viewed under a microscope when both are colored with certain colors (chroma - color). The observation was that the chromosomes play a distinct, uniformed “dance” in the cell when the cell splits.

A little while later, it was finally discovered that the nuclein was located just in the chromosomes. So, if the nuclein is in the chromosomes, and the chromosomes in the nu-

cleus, and the nucleus and chromosomes play a certain role in inheritance, then it is worth investigating what is the role of that nucleus, already known by the name of DNA.

However, the scientific community believed that the DNA cannot be an inheritance factor. It was thought that if something was going to carry such an amount of information, how tall and what color your eyes and hair would be, it would have to be something very diverse. For example, proteins. There are many of them. Different proteins probably carry different information. DNA is just one acid that plays a minor role - or so they thought. At this point in time, we come to three major experiments that have shown who is a major player in genetic laws. Someone had to, once and for all, answer the question: is this protein or DNA?

The first experiment was conducted by Frederick Griffith, a British scientist. He used a bacterium that causes pneumonia, *Streptococcus Pneumoniae*. This bacterium was known to be able to possess a capsule that protects it against the immune system and therefore it could cause disease. If there is no capsule, the bacterium is unprotected, so the immune system manages to eliminate it. What did Griffith do? He observed what was happening to mice infected with this bacterium. For them, pneumonia is usually fatal. Griffith observed: if he infects a mouse with an encapsulated bacterium, the mouse, as expected, dies. If infected with a bacterium that is not encapsulated, the mouse remains alive. If the encapsulated bacteria is killed through high temperature and then the mouse is infected, the mouse, as expected, remains alive and well. The following combination was crucial: if the encapsulated bacteria is killed by high temperature, but live non-encapsulated bacteria are also added, the mouse dies. The question was why? The bacteria with the capsule are dead, how did they kill the mouse?

Moreover, if you take a sample from a dead mouse, the deadly encapsulated bacteria are again present, as if revived. Griffith interpreted this invention as follows: something, some factor, survived in dead bacteria. Something that harmless bacteria could "pick up" in their body and use to produce a capsule and become deadly. He called this process of retrieving inherited material from dead bacteria a bacterial transformation. The discovery reverberated like an atomic bomb among immunologists, and Griffith soon became ill, unable to continue at work to find out what it was that living bacteria "picked up".

The next two experiments have proven at all times what it is that carries hereditary information. In the first, three scientists, Avery, MacLeod, and McCarty, performed a seemingly simple experiment. They worked with the same bacterium that causes pneumonia. Wanting to see if the inherited information was carried by proteins, DNA, or a third molecule called RNA (fairly similar to DNA, but much

simpler), they simply tried the same things as Griffith, only without killing the mice. They mixed dead encapsulated and live non-encapsulated bacteria and observed if the transformation will occur. In short: it was happening! Now the trick was to find out what was causing it. The idea was: it could be proteins, DNA or RNA, so we are going to mix the bacteria into three different containers. In one, we will chemically destroy proteins, in another RNA and in the third - DNA. In the container where there is no transformation, we have destroyed what is crucial to the transformation. And what happened? In the container where they destroyed proteins, nothing changed. Thus, proteins are not responsible for transformation. In the container where they destroyed the RNA, nothing changed, so the RNA was not responsible.

And guess what happened where they degraded the DNA! There was no transformation, the encapsulated bacteria did not multiply. Thus, DNA is required for bacterial transformation. A discovery worth the Nobel Prize, even though these three scientists never received it. For many, it is the biggest experiment that has never won a Nobel Prize.

I'm sure this is already too much biological information, so I don't want to bother you, but stay tuned for the rest of the text. The next experiment was the icing on cake that finally gave the complete answer to this question. Hershey and Chase set up the experiment with the following information. They used bacteriophages. Bacteriophages are actually viruses that attack bacteria. They look like robotic spooks and contain guess what: proteins and DNA. Bacteriophages attack bacteria by attaching themselves to a bacterium, and spitting their genetic material into it, so that the material is incorporated into the material of the bacterium.

Many tiny bacteriophages are formed inside the bacterium, and they fill the bacterium to such an extent that the bacterial cell explodes. Cool, right? If you remember, we said at the beginning that Miescher had discovered that DNA contained phosphorus, but not sulfur. Proteins are opposite - they contain sulfur, and very rarely phosphorus. This is what Hershey and Chase used. On one hand, they used bacteriophages injected with radioactive sulfur (which attached itself to proteins) and on the other hand they used bacteriophages injected with radioactive sulfur (which attached itself to DNA). The whole task was to look: when bacteriophages multiply in a bacterium, will they find radioactive phosphorus or sulfur inside of them. Why? Because the element responsible for inheritance will be passed on to the next generations of bacteriophages. If radioactive sulfur is found in the new phages, it means that the proteins have passed information from generation to generation. If they find phosphorus that binds to DNA, it means that the DNA information has been passed from generation to generation.

Indeed, radioactive phosphorus was found in the phages. Hershey and Chase were awarded the Nobel Prize for their findings.

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Today, in 2019, we know the overall structure of DNA, we know every single letter that is contained inside of it. More specifically, the 3 billion letters we share in almost identical order with all Homo sapiens individuals. We know quite a lot about what letter in DNA causes which disease, we are slowly learning how to repair certain letters and thus treat many diseases. And these are all the merits of scientists – boulders, like Griffith and others, whose scientific heritage is a starting point for new generations, with fresh ideas and solutions. They brought us to today's modern approach to research. The merits of scientific heritage leaves the obligation to future generations of biologists to dwell on it, benefit from it and lead the human species towards new windows of the future.

Emina Žilić



Emina Žilić was born in 1996 in Zenica. She finished her primary and secondary school education in Jajce and then began studying Laboratory Technologies at the Faculty of Health Studies, University of Sarajevo. She graduated on the 5th of July, 2019, earning her bachelor's degree. Emina continued her studies at the Faculty of Mathematics and Natural Sciences, Department of Biology, and is specializing in Microbiology.

"I have been the Hastor Foundation's scholarship holder for twelve years already and as the Foundation's volunteer had the opportunity to take part in different activities. My first two years of studies I was a mentor, working in the field, then while I was in my third year I became a part of the Administrative team – now I'm working on all things concerning protocol. I would also point out that I was one of the volunteers for the TAKT Academy training program that was started by the Hastor Foundation with the help of the Swiss Embassy. In addition, I was a part of the project called Business Incubator SASE whose aim was to collect data on companies in Sarajevo Canton," says Emina.

She describes herself as a communicative and social person and so spends most of her free time with her friends and family. Emina is also a member of Culture and Arts Association "Stari grad" in Jajce.

"Today, the Foundation is a part of me. I see it as a way of life and a mindset for situations in everyday life. It gives me drive and motivation, but also unconditional support, for my studies and for every other aspect of life that benefits from such support. The things I learned by being one of its members will surely stay with me and be put to good use," says Emina.

Finally, Emina aims for success in all spheres of life or, in other words, seeks success and continued advancement in both professional and personal life. She would like to stay and work in her home country.

Razim Medinić

august

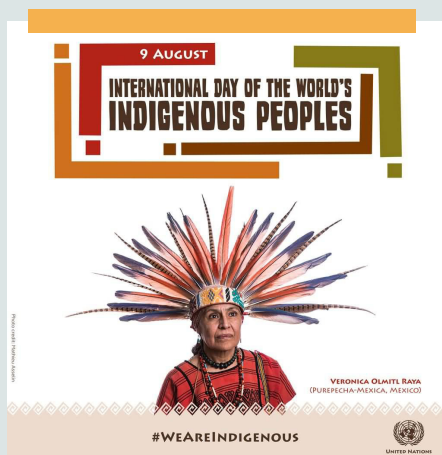
Here are some important dates in the month of August that are marked internationally:

09.
08.

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

UN estimates show that the indigenous population around the globe amounts to 370 million people living in 90 countries. This implies that the indigenous population makes up only 5% of the total population. Moreover, 15% of the poorest peoples in the world are indigenous peoples. These people speak close to 7000 distinctive languages of the world and represent 5000 distinctive cultures.

Indigenous peoples are the inheritors and practitioners of unique cultures and ways of connecting with people and environment. They kept specific social and cultural patterns and economic and political systems that greatly differ from those upheld by the society around them. Despite these cultural distinctions, indigenous peoples face the same problems, namely the ones related to protection of their rights as distinctive and „different“ peoples. For years these people fought to have their identities and way of life recognized, and even more so to protect their lands and resources that have been encroached on throughout history. This group is among most vulnerable and endangered social groups in the world. Nowadays, the international community recognizes the need for special measures that would ensure their rights are protected and the way of life preserved.

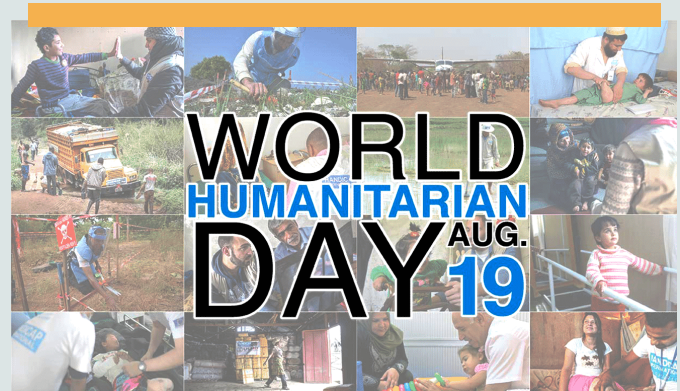


19.
08.

WORLD HUMANITARIAN DAY

The World Humanitarian Day is marked every 19th of August with the aim of honoring the humanitarian workers who risk their lives in the course of their duties and supporting people around the world who are affected by crises.

The general theme of the 2019 World Humanitarian Day revolves around respecting women who are affected by crises and focuses on unsung heroines who have been at the dangerous frontlines for a long time, working to help their communities. These efforts include caring for the wounded in Afghanistan, ensuring food safety in Sahel, as well as taking care of those who lost their homes in places such as Central African Republic, South Sudan, Syria and Yemen.



Pripremila: Amina Vatreš

**21.
08.**

INTERNATIONAL DAY OF REMEMBRANCE AND TRIBUTE TO THE VICTIMS OF TERRORISM

Despite the fact the many countries in the world are affected by terrorism, the statistics concerning the number of victims show that almost 75% of deaths occurred in just five countries: Afghanistan, Iraq, Nigeria, Somalia, and Syria.

The victims of terrorism are still fighting to have their voices heard, their needs recognized, and their rights supported. These people often feel neglected and forgotten, soon after the news of the attack fade from people's memories, which can certainly have dire consequences on their mental health. There are few countries that have the capacity for mid-term and long-term aid which is necessary for the victims in order to make a full recovery and begin reintegration in the society. The victims' ability to recover and cope with their trauma depends solely on long-term psychological, social, and financial support – only then can they continue to live their lives with dignity.



**23.
08.**

INTERNATIONAL DAY FOR THE REMEMBRANCE OF THE SLAVE TRADE AND ITS ABOLITION

The aim of this international day lies in ensuring collective remembrance of the tragedy of the slaves. In line with the intercultural project called "The Slave Route", the marking of this day provides an opportunity for collective examination of the causes and consequences of slave trade, the means through which it was perpetuated, and the relationship between Africa, Europe, Americas, and the Caribbean that was forged as a result of it.

**22.
08.**

INTERNATIONAL DAY FOR VICTIMS OF VIOLENCE BASED ON RELIGION, OTHER BELIEFS

Freedom of belief or conviction, freedom of speech and thinking, as well as the freedom of peaceful protest and grouping, are all intertwined, complementary, and mutually dependent. Supporting these rights plays a crucial role in fighting all forms of intolerance and discrimination based on religion or conviction. Open and purposeful debate about different ideas and interreligious and intercultural dialogue on local, national, regional, and global level, can play a positive role in fighting hatred and violence motivated by religion. These acts aimed at individuals, both within or outside religious communities, and religious minorities are occurring throughout the world, and the number, seriousness and frequency of these incidents have been growing exponentially.



The International Day for the Remembrance of the Slave Trade and its Abolition was initially marked in several countries, including Haiti (1998) and Senegal (1999). Different events and debates were organized and in 2001, Museum of Printed Textiles in France hosted the "Indiennes de Traite" workshop. The workshop's name was derived from the type of textile used as a currency for slave trade in 17th and 18th century.



• Summer Holiday in the Netherlands



Harun Pajić, Busovača

Faculty of Metallurgy and Materials Science, Zenica

My dear Foundation,

My name is Harun Pajić and today I will tell you a story about my volunteering in my hometown of Busovača. Though this task seems simple, it is actually far from that. Namely, it is quite difficult to pick only one good story from our meetings because there are so many.

My story begins approximately seven years ago when I became part of the family called the Hastor Foundation. I went to my first volunteer meeting as an eight-grader. At the time, I was a rather shy boy. Many people remember me as the guy who spoke very rarely, only when I had to. The main reason for the change in my thinking and my behavior is precisely the Foundation and the lovely people I met there whom I consider my friends. One person had a particular impact on me, and that was my mentor Lejla Biogradlija. The way she held the meetings fascinated me; her determination, work, effort and persistence to make every individual a better person was unbelievable. Most of us saw in her a leader and a motivator, but first and foremost a great friend. There were countless occasions when she sacrificed her own time choosing to help us.

During every single meeting for 4 whole years she gave 150% of herself to the Foundation, and to all of us. Whenever we came to the meeting, she would always be the first one to arrive, always on time, and she would greet us with a smile on her face. Once we would enter the room where the meeting was to be held, the first thing that we would do was talk about our problems and try to solve them together. She showed us that what matters in life is that we work together and that we are always prepared to help those who need it because that makes it easier to face any problems that we encounter. There wasn't a single moment when she would be rude, angry, or without understanding for any one of us. She is the reason I loved volunteering and every meeting I came to, and why I tried every day to be a better student, a better friend, and a better person.

It was near the end of the school year, I was in my fourth year of secondary school. As is the case with many people, this is the time when grades are to be improved, and everyone could use an extra point for a better GPA. Considering that I did not really understand math that well, and that I was supposed to be examined soon, I decided to talk to Lejla and ask for help. Without even thinking about it, she told me to bring everything I need to the next meeting. And so it was, I brought everything and spent that entire meeting doing math together with her. While the others did other tasks, she used her time to help me with my problem. Once the meeting was completed, she told me to contact her again if I encounter any difficulties. I got an A that time and thanked my mentor immediately. Modest as always, she said that she was glad she could help and that it was no problem whatsoever.

That is one of many occasions when she helped me. She was like that to everyone else as well, no exceptions. Lejla was a true example for all of us, she always completed all her tasks on time and flawlessly, she was responsible and organized like no one I know and every meeting was an opportunity for us to learn something from her. This is my good story, because without Foundation it is rather unlikely that I would meet such a wonderful person as is Lejla, and I think that the best thing that can happen in a person's life is meeting new friends. Life wouldn't be fulfilled without those great people we are surrounded with and who make our lives better. I am forever grateful to my mentor and the best foundation in the world for who I am today and who I will be tomorrow.

The database showed that the scholarship holders and volunteers of the Hastor Foundation reached the number of 20.105 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 272 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 "Skills we can acquire on our own with the purpose of improving our professional life".

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.



Some of the most interesting themes

- Peer Violence
- Health system in Bosnia and Herzegovina
- **Odgovornost prema sebi i drugima**
- Family Violence
- International Day of Music
- **Natural beauties of Bosnia and Herzegovina**
- Love for Animals
- Significance of sports for physical health
- **Motivation is the key to success**
- The danger of leaving too many personal data on social networks
- Active participation in various seminars
- **How well do we know each other?**
- Laughter is cure
- Significance of extra-curricular activities
- **Significance of confidence**
- Safety in traffic
- Reading a book and writing a review
- **How to improve knowledge and skills with the aim of personal growth**

The municipalities in which volunteer workshops were held:



Dear Foundation,

I finished primary school, and I want to share my impressions with someone. Up until now, I would send you my grades on the same day we got our final report cards at school – this time I didn't. The first workday after we received our final reports was the day of enrollment at college, the 17th of June. I made a mistake and submitted all my grades and additional achievements without sending you their copies. I was so eager to enroll and thought that they would return the documentation after I write a request for it. Some time would pass, but we managed to make copies of everything.

Then again, I wasn't so happy on the 17th. It was the first day of enrollment in the whole Canton and my best friend wasn't among those who started their college education. We all know how hard it is to have a falling out or simply lose a friend – it is especially difficult if that friend knew all our secrets, understood us always, no matter what we talked about, and was always there. The thing is, I didn't lose my friend in such a way, it was much more painful. The funeral was on the 3rd of May. Only two days after our end-of-the-year school trip. You find it difficult to believe that she is gone. I have other friends, but I feel completely alone. In some situations, belief in God gives you strength and is like the wind gently pushing you forward.

I didn't know this friend of mine my whole life. We knew each other for four years, but I swear to you it felt like I knew her since forever. On the day she died, she seemed perfectly fine, she was calm and with a smile on her face. She complained of an allergy of sort, but all of us were used to it because she was allergic to pretty much anything. That whole day in the bus the word 'death' was thrown around so casually, all of us joked about it – later, we would remember every word that was said. The 3rd of May would stay with my friends and I, pressing on our chests and making every word of remembrance painful. Primary school both gave and took the best I have from me. After those last few days in school nothing was ever the same again. The classrooms, the hallways, everything else – all of it just a plain building. And us? Well, we were all so empty. Each one of us coped in his or her own way, understood it as a trial we are faced with, a reminder to love all those who stand by us and tell them how much they mean to us every day, because we can never know when we will lose the chance to do so.

Do not leave for tomorrow what you can do today. Do something good each day, God will make it easier if we try hard. That is what the problems we encounter teach us. It is wonderful to have support in everything we do. That support can be a simple applause after a well-sung song. Finding motivation to study is sometimes difficult, and that is even truer in situations such as this one, but then I remember you always thinking of and being there for you scholarship holders. Your support is my motivation to study and to be successful. I would like to use this opportunity to thank you for all the support you give to me and my fellow scholarship holders. I promise I will continue trying to be successful academically and I look forward to the following years of secondary school.

Dženana Duvnjak,
OŠ „Pajić Polje“, Gornji Vakuf



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