

# NEWSLETTER

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HASTOR



## BOSNIAN ARCHITECTURAL IDENTITY; UNIQUE IN ITS DIVERSITY

The monthly meeting of college student scholarship holders of the Hastor Foundation was held on Saturday, September 14, in the premises of the ASA Group. It was thematically oriented towards Bosnian architecture, and therefore related to the overall Bosnian cultural heritage.

Different cultures have over time shaped and co-shaped both architectural and cultural contexts of Bosnia in general. But it is also worth mentioning that, although that identity was under different, most often external influences, it remains a Bosnian identity, unique in its inspiring diversity. This diversity is the result of synthesis of all the previous influences and cultural patterns and values that have intertwined in this area over the centuries. This topic, as the basic determinant of Bosnian cultural identity, which also reflects the authenticity of the architectural heritage itself, was exactly the topic of the young, promising architect Delila Veispahić. In 2015, Delila began her studies at the International University of Sarajevo, Faculty of Technical and Natural Sciences, Department of Architecture, which she also finalized in the current year. She has been a part of the Hastor Foundation for three years, and as a scholarship-holder and a volunteer she had the opportunity to be a mentor for a group of students in Kakanj, and then a part of the administration team of the Hastor Foundation. This year, she was engaged in monitoring activity, a new segment of

the Foundation's work, and diligence and dedication have been recognized as her core qualities since the very beginning of her time in the Foundation.

Outlining the significance of this topic, which is often only superficially discussed in public discourse, Delila tried to bring scholarship - holders of the Hastor Foundation closer to the value and significance of the polyphony of BiH architecture. This month's student meeting was designed in the form of an interactive lecture, in which students, divided into groups, had the opportunity to present their own perceptions and reflections on what BiH architecture actually represents. In this way, students were given an opportunity to exchange views. The dominant impression of the entire architectural segment of BiH identity was precisely diversity, a product of the interweaving of different cultural influences which were brought by the great empires to Bosnia and Herzegovina. However, BiH architecture and culture in general managed to survive all the changes by taking something authentic from each previous period, adapting it to its own area, and thus building a distinctive Bosnian identity. In addition, Delila decided to share with other scholarship - holders ideas that they can implement at volunteer workshops with children. This will make monthly meetings more interesting, but also encourage creativity among students. Delila describes the purpose of her presentation with the following words: „I wanted to take this opportunity to give

all of us a chance to become better acquainted with our identity through architecture, and vice versa, to understand the complexity of Bosnian architecture from different periods and the earliest times. I am pleased that through two interactive workshops, which have been purposefully prepared, we have exchanged our thoughts, discussed them, reached a conclusion, but also left a possibility for everyone to think further for themselves.”

The second part of the September meeting was reserved for mutual socializing of the scholarship - holders, and a general knowledge quiz was organized for this purpose. The attendees participated by using an application. Divided into teams, the scholarship-holders had the opportunity to synthesize individual

knowledge from different domains and thus become a winning team. The quiz was held in a competitive spirit and uncertainty, and students were able to monitor the results through the projector throughout its duration.

For the past thirteen years, the Hastor Foundation has been recognized for its consistency and commitment to socially responsible work, and regular monthly meetings, often involving the scholarship - holders as speakers and presenters, are a direct reflection of the Foundation's long - term mission toward building a more prosperous and higher quality community, whose crucial carriers are young and successful individuals.

Amina Vatreš

## CONSISTENT EFFORT AS A PRECONDITION OF SELF-ACCOMPLISHMENT

On Saturday, October 19, another monthly meeting of college student scholarship holders of the Hastor Foundation was held at the Main Hall of ASA Prevent Group. Once again, the students had the opportunity to attend a highly interesting and inspiring lecture which will, undoubtedly, prove to be useful for them in their future.

The Hastor Foundation invests great effort into preparing its scholarship holders, who are about to complete their formal education, for the challenges of the business environment and the labor market. The experience that scholarship holders gain during the volunteer activities is of great significance for their future business success. Furthermore, the Hastor Foundation tries to encourage and motivate its scholarship holders, who are about to make important decisions and choices.

The focus of this month's meeting of Hastor Foundation's scholarship holders, therefore, was on the discussion about the efforts needed to be invested in order to achieve certain goals. Our guest at the meeting held last weekend in the premises of ASA Prevent Group was Zlatan Faik Uzunović,

Managing Director of Prevent Interior, one of the companies within Prevent Group. Mr. Uzunović has also participated in numerous projects of the Hastor Foundation, particularly those related to the organization of the TAKT Academy, which provides its participants with the knowledge and skills needed to work in fashion, textile, furniture and automotive industries.

Zlatan talked to the students about a topic which is currently the most relevant to them and is related to their future. The search for employment is not simple, and the labor market is ruthless. It is very important for students to be ready for challenges in the new stage of their lives. Throughout the lecture, a particular emphasis was placed on motivation, of which our scholarship holders are not lacking. Mr. Uzunović talked about the motivation of the young population and whether the youth today even needs motivation, considering that everyone is the maker of their own faith and that what we will do at the end of the day depends solely on us. Furthermore, he said that motivation can, to some extent, be related to ambition. Therefore, if a person has ambitions, they will result in motivation to achieve any goal, desire or idea.

In order to achieve our goals, make our dreams come true and join the business world, it is quite important to stick to certain things. First and foremost, our guest lecturer emphasized that what matters in any situation is the desire for progress in every sphere of our lives, the devotion to what we do, effort, persistence, and our faith in ourselves. As a rather significant motivating factor of our progress, Mr. Uzunović mentioned self-confidence.

It is also quite important to observe objectively any situation we find ourselves in before making the appropriate move. Before doing something, it is necessary to analyze the aspect of values and the absence of value. When a person has these qualities and characteristics, it is necessary for some time to pass in order for the desired results to be achieved and so the success is inevitable and certain.

After Mr. Uzunović's lecture and discussion, scholarship holders had the opportunity to talk to each other. Considering that the new academic year had started and that many of our scholarship holders completed their formal education, and so stopped being the Hastor Foundation's scholarship holders, some of them decided to share the experiences they gained in the Foundation and to use this opportunity to express their gratitude. Several scholarship holders bid an emotional farewell to the Hastor Foundation and emphasized the fact that the end of their formal education does not necessarily mean the end of their relationship with the Foundation. These diligent and devoted scholarship holders said that they will always be a friend and support to the Hastor Foundation, as it was to them for many years. The meeting was brought to a close with these emotional words, hugs and a few tears.

Maida Husnić



The Hastor Foundation decided to continue with its long-standing mission during this school and academic year as well, which is reflected in the pursuit to build a more prosperous and a better society in BiH, with the main focus on young and promising individuals. Namely, the previous two months in the Foundation were marked by the signing of scholarship contracts with old and new scholarship holders. As is already well-known, the number of the Hastor Foundation's scholarship holders is continuously growing, which is confirmed by the fact that 1.600 scholarships were provided this year for primary and secondary school pupils across Bosnia and Herzegovina. The Managing Director of the Foundation, Seid Fijuljanin, said that once contracts are signed with more than 400 students with best results in the sphere of higher education, the number of scholarship contracts will grow to 2.057. Young people, the initiators of positive changes in all spheres of social life, are recognized as the most relevant potential and the Hastor Foundation has been selflessly investing all its available capacities in them for fourteen years already. The financial help itself, being the short-term aim on the path of accomplishing its core mission, is only one of the means the Foundation uses to encourage young, ambitious individuals, in hope of directing their knowledge towards the right path - that of success - and of inspiring them to become future leaders and socially-responsible citizens of BiH. Accordingly, the Foundation places particular emphasis on the significance of volunteerism of all its scholarship holders, aiming to reflect in its scholarship holders all the values which are at the core of its long-standing work and progress.

In accordance with the fact that the number of Hastor Foundation's scholarship holders is consistently growing and with the aforementioned short-term mission of the Foundation in terms of providing the financial help to the children marginalized due to their poor socio-economic status, the Foundation's plans for the future involve increasing the amount of activities and the means of providing help to the young people coming from the economically least developed areas in BiH.

Education, being the best investment in trying to achieve the overall progress, is at the core of the Hastor Foundation's actions and is thus rightfully presented in its slogan: **"Education – the choice of winners!"**.



## SCHOLARSHIP CONTRACTS SIGNED WITH PRIMARY AND SECONDARY SCHOOL PUPIL ACROSS BIH



## THE HASTOR FOUNDATION TOGETHER WITH ITS PARTNERS ORGANIZED A ROUNDTABLE ON "IMPROVING EDUCATION THROUGH COOPERATION BETWEEN ECONOMY AND EDUCATIONAL INSTITUTIONS WITH EXAMPLES OF GOOD PRACTICE"

Through the development partnership of Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH, "PREVENT COMPONENTS" d.o.o. Goražde and the Hastor Foundation are implementing the project "IDEAL - Improvement and Development of the Education and Learning System for Plasticians in Bosnia and Herzegovina". The development partnership is being implemented under the program develoPPP.de on behalf of the German Federal Ministry for Economic Cooperation and Development (BMZ). The project is funded by the BMZ and a project partner from a private sector – "PREVENT COMPONENTS" d.o.o. Goražde. All project activities contribute to the establishment of a more vocational education system. This system is oriented towards the labor market and improving the image of secondary vocational education, as well as increasing the size of skilled labor force as a major contributor to the country's economic development.

Roundtable "Improving education through cooperation between economy and educational

institutions with examples of good practice", organized by the Agency for Pre-Primary, Primary and Secondary Education (APOS0) and the Foreign Trade Chamber of Bosnia and Herzegovina (VTK BiH) in cooperation with the project "IDEAL - Improvement and development of education system for plasticists in Bosnia and Herzegovina", was held on October 30, 2019 in Sarajevo.

Representatives of the Agency for Pre-Primary, Primary and Secondary Education and the Foreign Trade Chambers of Bosnia and Herzegovina signed a Memorandum of Cooperation as a way of expressing a common commitment to the goal of promoting cooperation between businesses, business associations and educational institutions in order to improve education in accordance to the labor markets.

Participants of the roundtable discussed the possibilities of participation of the economic sector in the construction of the educational process, ways of overcoming the problem of lack of qualified

workforce, initiatives and activities implemented in order to harmonize the educational sector with the needs of the labor market, and the occupational standards and their importance for the economic sector.

"The occupational standards are the first step towards enhancing cooperation between the school and the industry, as they aim to define all the necessary knowledge, skills, and the associated independence and responsibility that a person must have in order to be able to work in a particular field. Occupational standards create standards of qualifications that bring success to young people in the market. The qualification standard serves to clearly define the learning outcomes a person should have. Clearly defined occupational and qualification standards are a prerequisite for obtaining quality curricula", said Admiral Kurtović, the principal of the Džemal Bijedić Secondary Vocational School in Goražde.

As a positive example, the director of the Hastor Foundation, Seid Fijuljanin, cited the Džemal Bijedić Secondary Vocational School in Goražde. In this school, an entire class from the first to the third grade attends practical classes at companies which deal with processing and production of plastic components.

„The activity itself is significant because children are working with modern technologies, but teachers

are also informed about modern technologies and are therefore more equipped with the knowledge they can impart to children during their theoretical instruction, as part of the curricula. The Hastor Foundation, with its partners, primarily GIZ and other companies in the same or similar industries, will try to replicate this practice in other local communities, and hopefully in the next 2 to 5 years this will become a common practice. We have already announced the support of other international organizations that will support this initiative with GIZ", said Fijuljanin. .

"The funds that the company devotes to dual education should not be seen as an expense, but as an investment that produces long-term results and creates a better future for both the company and high school students," said Anes Bunjo, head of Prevent Components.

All participants were presented with examples of successful cooperation between the economy and educational sector in Bosnia and Herzegovina, created with the support of the IDEAL project, primarily with the example of Prevent Components. The intention is to bring together representatives of government, industry and educational institutions to conduct a constructive dialogue on the issues of improving education through the cooperation of economy and educational institutions.



# NARCISA HADŽAJLIĆ: MY ERASMUS EXPERIENCE

Our scholarship holder Narcisa is currently experiencing the best moments of her student life since she is partaking in the Erasmus+ program for the exchange of students. Within this program, Narcisa will spend one semester at the University of Jaen in Spain.

Wanting to share different experiences, we contacted Narcisa who described her impressions and experience from this project for our newsletter. She applied to this project together with her friend, after being convinced to do so by her professor, and she travelled to Jaen at the beginning of September.

Erasmus+ is an international program of the European Union designed to support education, qualification, the youth and sport in Europe. Erasmus+ does not provide programs only for students, but also for other individuals and organizations. People of different age can join Erasmus and improve themselves and their community by sharing their knowledge and experience with institutions and organizations in various countries. Erasmus also has programs and opportunities for different organizations such as universities, centers for sports and education, research organizations and private businesses. Detailed information can be found at the web page of the European Union, but specific opportunities for student exchanges depend on

contracts between universities, which can be found at the web page of the universities in question.

“On the one hand, this is an opportunity for me to meet people and various cultures of the world and to present our Bosnian culture to other people, whereas on the other hand it is an opportunity to improve my English and communication skills”, said Narcisa. She admitted that prior to going to Jaen she did not even know that this city existed!

“Ever since the day of my interview, I started to discover more about this city, and mostly about the University of Jaen. Jaen is a city situated at the south of Spain, more precisely in the province of Andalusia. It is a student city in which the university is attended by six to ten thousand students a year, including foreign students. The city itself is not huge and has about one hundred thousand people. The University of Jaen was founded in 1993 and has three campuses. The main campus Las Lagunillas is in the city of Jaen, whereas the other two campuses are in other cities in the same province. This university was pronounced one of the best in Spain in the last three years, and it is also high on the list in terms of different segments of education in the world, such as software engineering.”

Narcisa didn't even attempt to hide her first impressions and observations and enchantment by Spain and its culture:

“Since the day we arrived to Jaen, though we were evidently quite tired, we used every spare moment to go out and take a walk in the city in order to get to know our new surroundings. The system of life is completely different from the one in Bosnia, and especially from those in the countries of Northern Europe, probably due to the climate being much warmer than in Bosnia and more significantly due to the North-African and even oriental culture that left its trace there ever since the age when Muslims lived in Spain, i.e. in Andalusia. The days are a bit longer. The time zone is the same and there is no difference in terms of hours on the clock, but in



September the sun comes out at 8am and goes down around 8:40pm. During the day and in the afternoon, more precisely from 2pm to 6pm, the city is calm – there is complete silence, unless a large truck or city bus is going through the city, because there is no one to be found in the streets at that time and most shops, even bakeries, are closed. The afternoon sun is too hot to stay outside for too long.

During this period, the average temperature is between 22 and 32 degrees, which makes the daily activities much more difficult. There are no rivers in Jaen and only three or four parks in the city, everything else are fields of olives around the city. Wherever you look, you will see endless fields of olives that are exported across the world. It is, therefore, not difficult to understand why olive oil is quite cheap and why every meal is made with olive oil. I admit, their olive oil is quite delicious and gives the food a juicy, sometimes even sweet, taste.

The city awakes at night. From 10pm to 1am the cafes and bars are open and full, particularly during the weekends. You can see both the youngest ones

who have only started to walk and the seniors who are always in the same company and probably in the same corner. What is interesting, particularly to the foreigners coming to Spain, is that average Spaniards don't speak English that well. It is quite rare to find someone in shops or cafes with whom you could talk in English about your order and bill. The professors at the faculty are in fact the only ones who know English. This was our greatest problem at the beginning because we did not know Spanish and we had to use hand gestures and mimic to communicate.

Jaen is a safe city, probably one of the safest in Spain. A calm, student-senior city. It is impossible to go out and not see an older person taking their dog, or other pet, for a walk. I think that we, the foreign students, are the only ones who don't have dogs here. All things considered, I am glad that we were accepted for this program. There are no prejudices (so far!). Everyone in Jaen is used to seeing students from different countries in the streets or at cafes and tries to help them as much as they need. One thing that could be better is if every citizen of Jaen who works in public facilities could learn English a bit better!”



## NIKOLINA GAGIĆ IN THE PRODUCTION OF THE PLAY „IN THE NAME OF THE FATHER“ ON THE SARTR STAGE

Each month, the talent and dedication of the Hastor Foundation scholarship-holders is constantly reaffirmed. In this issue of the newsletter, we bring to you the story of a talented actress, the Hastor Foundation scholarship-holder Nikolina Gagić.

Nikolina is a fourth-year student of the Academy of Dramatic Arts in Tuzla, at the Department of acting. After completing her studies in Tuzla, she would like to go to master's studies, and would be happiest if she could enroll in a master's degree program in England. She points out that she wants to stay in the theater, create and enjoy it with her colleagues and the audience. For her, this presents an exceptional honor. She has played in numerous plays so far, and in this issue of the newsletter we highlight Nikolina's acting engagement in the play "In the Name of the Father", which was performed in October 2019 on the stage of the Sarajevo War Theater SARTR. In 2019, the play "In the Name of the Father" was made in Bosnia as a part of a larger project by the director Darrel Toulon, in which he works with children born as a result of war rape, and unfortunately there were many such examples in Bosnia. However, no one thought about the children themselves, children who do not know their biological father, or those who do know him, and the consequences this has left on their lives.

"I myself never thought about this issue before the production of the play, and it is shameful to admit it, but it is the truth. Now I already know a few of them and I'm glad to have them in my life. Every time we perform is a new experience because we never know who is watching us from the audience. There is a discussion after the play, so there were situations where women who were raped or children who grew up without a father approached us, and it was always emotional and difficult. It is an honor to be a part of something like this – to share the scene with colleagues and friends, and to share love and support with viewers in the audience. For me, a play is one of the perfect ways to present and talk about this issue, and I hope that many more people will have the opportunity to watch it and experience everything we have experienced", emphasizes Nikolina.

She had the opportunity to play exam plays at the academy, and one of them ("Odyssey") participated in the Festival of Ancient Drama in Zaječar. All the performances at the Academy were determined by the topic of research of that semester/academic year, so in the second year of study she and her colleagues worked on the play "Commonplace People" by Maxim Gorky, on the third year they worked on Homer's "Odyssey" and Shakespeare's "All's Well That Ends Well". Prior to enrolling to the Academy, she worked as an amateur actress in her native Srebrenica, as a part of the drama club.

Nikolina points out that every experience on stage is special and has its charms, and that from the very beginning of her

studies at the Academy of Dramatic Arts she has shared the stage with people who have a similar mindset. They love and support her and all of them grow together into better people and better actors.

"I feel that acting has shaped me and helped me grow up and solve some of the problems that have hindered me, although I think there is always room for progress, so I cannot say that I am always satisfied with myself and my performance. But often we are not in a position to judge ourselves", says Nikolina.

She became a scholarship-holder of the Hastor Foundation in December of last year. She says she has been volunteering from a young age and considers this her only hobby, aside from acting. She is currently volunteering in Srebrenica as a part of the Youth United in Peace network, where she works with young people from Bosnia and Herzegovina, Croatia and Serbia.

"I've been a part of this for several years and here I have close friends and family, and this gives me an even greater desire to volunteer and create something together with them. In high school, I played drums and loved it, and now I love metal music. For me, it is a way to relax and prepare for difficult tasks ahead."

Maida Husnić



## ADELISA BEGIĆ AS THE WRITER AND THE DIRECTOR OF THE PLAY „ESMA SULTANIJA“

At the initiative of the Association of Women of MIZ Jajce and with the support of MIZ Jajce, the play "Esmā Sultanija" was performed. The play was prepared by a group of young amateurs and enthusiastic actors, and was written and directed by our young scholarship-holder Adelisa Begić, a student of Nikola Šop high school.

In our interview, Adelisa revealed how her elementary school teacher came up with the idea for this kind of project. Our scholarship-holder viewed the project as a challenge and something new that would test her abilities and capabilities.

"A year ago it was just an ordinary idea, and today it is

one big show and a serious project. To me, this project is a step towards something new. I do the things I love and the things I find fulfilling, so writing is not a problem or an obligation. I just relax and put the pieces of my soul on paper."

The play "Esmā Sultanija" is based on a true event. It is about Esmā Sultanija, the wife of the great vizier Mehmed Pasha Muhsinović, who suddenly becomes ill, and in exchange for his health provides funds for construction of a mosque and two bridges in a place where two rivers merge into one. Jajce was chosen as that place. It should be noted that so far no work has been written on Esmā Sultanija in this way, and that everyone who is able to

should come and get familiar with things they pass by every day.

Let us remind you that even as a young girl, Adelisa showed a talent for reading and writing, and she is the author of the romance novel "Your Beauty Changes the World".

"My hobby is writing. I would like to monetize that one day if possible. I write novels, various texts, and now I've written a drama too", says Adelisa.

In addition to her writing activities, this scholarship-holder has recently started volunteering for Jajce Press, as she wants to try writing as a journalist. She emphasizes that she loves meeting new people, making friends, starting new projects and jobs, trying to find her perspective in various fields and educating herself as much as possible:



"I'm imaginative, curious, emotional, responsible and organized. I love going out and hanging out with friends, helping my mom with cooking and housework. Sometimes the 24-hour day is too short for me to do whatever I imagine and want, but I still manage to get there."

Maida Husnić

# HOW SIX NOBEL PRIZES WERE AWARDED DUE TO THE FRUIT FLY

*Drosophila melanogaster*, i.e. the fruit fly, is a real rock star in the world of biology research. *Drosophila* is a great model organism for research due to multiple reasons: its reproduction period is quite short so we can easily track hereditary changes and patterns of their genetics, and a great number of conclusions drawn from the research on the fruit fly can, more or less directly, be applied to humans. The research on *Drosophila* were so influential that 6 discoveries, which used the fruit fly as the basis, earned the famous Nobel Prize. Let's take a look at what the fruit fly had taught us through science.



## 1 THE ROLE PLAYED BY CHROMOSOMES IN HEREDITY

The first fruitfly-related Nobel Prize was given to Thomas H. Morgan who confirmed, in his famous laboratory called the Fly Room, that cell formations named chromosomes are the physical factor of heredity.



## 2 THE PRODUCTION OF MUTATIONS BY MEANS OF X-RAY IRRADIATION

Herman Josef Muller earned the Nobel Prize for his work on *Drosophila* which showed that high-energy radiation can lead to mutations of the genome, particularly of the sex cells, which are thus transferred directly onto the new generation. Muller was one of the associates of Thomas H. Morgan and one of the pioneers of this research approach.



## 3 THE GENETIC CONTROL OF EARLY EMBRYONIC DEVELOPMENT

Edward B. Lewis, Christiane Nüsslein-Volhard, and Eric F. Wieschaus shared the Nobel Prize for their accomplishments in embryology. They used *Drosophila* as the model organism to identify and classify the key genes responsible for the early embryonic development of organs.



## 4 HOW DO WE RECOGNISE AND MEMORISE ODOURS

Richard Axel and Linda B. Buck solved the long-existing mystery of the mechanism used to memorize odors. Using *Drosophila*, they identified a group of about 1.000 genes responsible for the formation of odor receptors in the nasal cavity.

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## 5 THE ACTIVATION OF INNATE IMMUNITY



Bruce A. Beutler, Jules A. Hoffman, and Ralph M. Steinman earned their prize for a revolution in immunology. They used *Drosophila* to discover protein receptors which serve as the first line of defense from microorganisms in the human body. Their work also clarified the stages of adaptive immunity and was the basis for modeling numerous treatments of infectious and other diseases.

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## 6 HOW DO WE SLEEP



Jeffrey C. Hall, Michael Rosbash, and Michael W. Young are the winners of the 2017 Nobel Prize. It has long been known that living organisms have the internal "clock" used to determine the time and phases of sleeping. These scientists isolated the gene responsible for our need for sleep during the night period and for activities during the day.

## LEJLA KORMAN EXPERIENCE FROM CAMBRIDGE

Formal dinners in togas, in centuries-old lounges, candlelight and the presence of the members of the British House of Lords - sounds like a scene from Harry Potter movies? This is exactly what my first few days in Cambridge looked like. The University is known for its highly respected tradition, so the week before the official start of the lectures was packed with events aimed at helping the students, introducing us to the tradition, the faculty and the curriculum. Additionally, events like these were a great opportunity to get to know my now colleagues and friends, all of whom, like me, had confused and somewhat frightened faces. However, friendly staff members, as well as older colleagues, made sure we became comfortable very quickly.

Therefore, I can say that my past experience of studying at Cambridge University is excellent - accessible

academic staff, tremendous academic resources and my fellow students coming from all over the world, from Alaska to South Africa. As I had expected, postgraduate studies had a particular emphasis on individual learning, with the actual teaching for each module taking about two hours per week. However, this does not in any way limit our access to professors, who are very eager to help at any time. Listening to the lectures of world leaders in the field of developmental and political economics, such as Peter Nolan and Ha-Joon Chang, whose work I read during my undergraduate studies and at the same time envied those students who had the opportunity to learn from them, is so inspiring that it sometimes seems unrealistic.

KAs perhaps the most significant aspect of my experience as a student at the Center for Development Studies so

far, I would like to draw the attention that the center staff (professors and supervisors) put to building our critical and analytical reasoning. Unlike many other educational institutions, both in the UK and beyond, Cambridge insists on logic, arguments, and self-understanding of the topics being addressed. In short, what the professors are guided by is "Forget the definition, give me your critical opinion!"

While my focus is certainly on learning and preparing essays and exams, Cambridge is a city that offers many interesting things, such as museums, parks, botanical gardens, pubs, and magnificent colleges, so I take every spare moment to enjoy this unforgettable experience.

## THE PSYCHOLOGY OF SUCCESS: HOW TO HAVE A SUCCESSFUL ACADEMIC YEAR?

Implementing the evidence of psychological concepts which largely determine the manner and degree of our processing and contextualisation of new information, along with moving them to the long-term memory, can significantly facilitate the process of learning, gaining new knowledge and eventually achieving success.

### THE WAY OF THINKING HAS SIGNIFICANT INITIAL ROLE!

Psychological studies have shown that there are two dominant ways of thinking among students. The first is labeled as “fixed mindset”, which implies that young people think that their capabilities, intelligence and talents are fixed, i.e. invariable features they cannot have a relevant impact on, whereas the other, labeled as “growth mindset” suggests that students understand that their abilities and talents certainly can be developed through devotion, effort and persistence. This certainly does not imply that everyone’s capabilities and affinities are perceived the same and that everyone can become the new Einstein, but that they believe that intelligence and talents can be improved if one invests in them continuously. This increases their chance for progress and success. Therefore, this presents the basic distinction between the two ways of thinking, and in that sense an individual should be oriented towards developing and improving the “growth mindset”, not only when it comes to a successful academic year but also in terms of career and life in general.

### SCATTERED ENERGY IS LOST ENERGY: Focusing on the goal

If you don’t know where you are going, how will you arrive there? Analyses have determined numerous key aspects of the theory of setting goals, and the implications are that setting short-term and long-term goals and achieving success are in a causative relationship. Setting goals is in a direct correlation with the level of motivation, self-confidence and self-independence. Psychologists also think that writing your goals down is another effective technique which will bring you closer to success.

### GREAT GOAL – SMALL STEPS

Self-efficiency is linked to the level of one’s belief in their own capabilities, and is related to the ability of facing challenges and successfully completing the tasks that are presented to a person. A person with high efficiency is someone who is capable to set a challenging goal for themselves and to devote themselves entirely to reaching that goal. This is an individual who manages to maintain the faith in their own abilities even under pressure and tends therefore, and in accordance with the aforementioned, to reach, or even to improve, their next goal. On the other hand, a person with low efficiency is someone who, due to the lack of self-confidence, aims to decrease their initial goal in order for it, from their own point of view, to become potentially more achievable. The best way to develop and improve self-efficiency is to set a great personal goal and then to divide it into smaller steps and phases which appear more acceptable and more easily achievable to us. In this way, our self-confidence and faith in ourselves will grow bigger after completing every smaller step, and we will consequently be able to accomplish our goal and observe constantly how we prosper through smaller and simpler tasks.

### INTERNAL CONTROL LOCUS: Taking responsibilities and acting

Internal locus of control involves the belief that the power of change, and of controlling our life events, lies in ourselves, whereas external locus is the opinion that our life situations and circumstances are controlled solely by our environment, and not ourselves. If you tend to blame someone else (e.g. a professor who “does not like” you) for your failures (failing an exam), it is quite probable that you have the external control locus. This also means that you don’t have enough faith in your own abilities. The most efficient way to practice the transformation of external control locus into the internal one is to frequently ask yourself questions about what you can do in order to improve a given situation. Research speak to the fact that persons with a pronounced internal control locus achieve better results in terms of education, tend to get rid of stress more easily, are more efficient in finding solutions for problems, are more content with their work, are much less prone to depression, and are ultimately more oriented towards achieving their long-term goals and desires.



The best indicators of success in the Hastor Foundation's work so far are the successes of its scholarship holders. Enterprise, involvement, readiness to work and devotion to volunteer activities are some of the virtues our scholarship holders have, in addition to all abilities and skills they have gained or improved during their formal education. The abovementioned can easily be proved true if we look at two of our scholarship holders, Ajla Aganhodžić and Armel Petak, who were chosen as scholarship holders of the month due to their numerous activities in the month of September and October, respectively.



Ajla  
Aganhodžić

## SEPTEMBER

Ajla Aganhodžić is a scholarship holder from Zenica. She is currently in her fourth year of studies at the Faculty of Economics in Zenica and she plans to enroll into the second cycle of studies at the same faculty. This diligent and enthusiastic scholarship holder can be praised for her great success during her education, the proof of which is shown by the fact that she completed her third year with the GPA of 9.70.

She became a scholarship holder of the Hastor Foundation last December. Though she has been part of the great team of the Foundation for only a year, she said that during this relatively short time period she had the opportunity to meet many new people and even make many friends. That the Hastor Foundation indeed believes in the qualities Ajla has is seen in the fact that she often works with the Administration team of the Foundation, while she also regularly volunteers in the field, as a mentor to younger scholarship holders.

She is particularly glad that she could find motivation, honest friends and valuable experience at the same spot – in the Foundation, and emphasizes this as a great success for her at the moment.

## OCTOBER

Armel Petak, the Hastor Foundation's scholarship holder from Novi Travnik, was chosen as the scholarship holder of the month of October. He went to the Primary School "Edhem Mulabdić" in Opara and later successfully completed his secondary education at the Vocational School for Traffic in Novi Travnik, thereby earning the title technician of road traffic. He graduated from his secondary school with excellent success and decided to continue his formal education at the Faculty of Mechanical Engineering in Sarajevo. He told us that he couldn't have even dreamt of enrolling into the mentioned faculty. He is currently in his second year of studies. When it comes to plans for the future, he says that his primary goal is to graduate with as good success as possible and then enroll into the master studies at one of the prestigious faculties in Europe.

His desire to learn, great motivation and the support of the Foundation have brought him to where he is now. He became a scholarship holder of the Hastor Foundation in his sixth grade of primary school. "I often say that I wouldn't have achieved many of my goals in life if it hadn't been for the Hastor Foundation and our dear teacher Ramo. When it comes to the organization and work within the Foundation, I feel



Armel  
Petak

the need to thank Amila, Marizela and Rabija, who were always there for me. My great desire is to become successful so that one day I could become the benefactor of the Hastor Foundation and so give something back for all the support it gave me, and also in order to be able to provide support to all young people, just like the one I found at the Hastor Foundation", says Armel.

Maida Husnić

: Amina Vatreš

## 02.11. INTERNATIONAL DAY TO END IMPUNITY FOR CRIMES AGAINST JOURNALISTS

It seems that the global situation in the field of journalism in terms of inadequate punishment of attacks on journalists is perhaps best described by the fact that only one journalist receives a Pulitzer Prize each year, and as many as one hundred are killed. Specifically, in the last twelve years, more than 1,000 journalists have been killed solely for reporting and disseminating certain information to the public. Statistics say that in nine out of ten

cases killers go unpunished, and in that sense impunity often leads to more killings and is often a symptom of worsening conflicts and violations of laws and justice systems. Another concerning fact is that impunity for attacks on journalists is further reflected on entire societies, since it has as its product a concealment of serious crime, corruption and the most serious cases of violations of human rights and freedoms.

## 14.11. WORLD DIABETES DAY

In addition to the above, diabetes is the root cause of blindness, kidney failure, heart attack, stroke, and lower limb amputation. Healthy eating, physical activity and avoiding consumption of tobacco products can significantly prevent or control type 2 diabetes. In addition, diabetes can be treated and its consequences avoided or delayed by medication, regular check-up and treatment for possible complications. That is what makes this date extremely significant.

Globally, there was an estimated 422 million adults with diabetes in 2014 compared to 108 million in 1980. This is implied by the fact that the global prevalence of diabetes has nearly doubled since 1980, increasing from 4.7% to 8.5% in the adult population. This reflects an increase in associated risk factors such as being overweight or obese. Also, over the past decade, the prevalence of diabetes has increased more rapidly in low- and middle- income countries than in high-income countries.

## 16.11. INTERNATIONAL DAY OF TOLERANCE

The United Nations is committed to strengthening tolerance by fostering a mutual understanding of cultures and peoples. This imperative lies at the heart of the United Nations Charter, as well as the Universal Declaration of Human Rights, and is more important than ever in an era of

rising violent extremism and widespread conflict, characterized by a fundamental disrespect for human life. In 1996, the UN General Assembly (resolution 51/95) invited the UN member states to mark November 16 as International Day for Tolerance.

## 17.11. WORLD DAY OF REMEMBRANCE FOR ROAD TRAFFIC VICTIMS

Road traffic accidents are the leading cause of death for all age groups and the leading cause of death for children and young people aged 5-29. Also, the risk of death in a car accident is three times higher in low-income countries than in high-income countries. More than half of all road traffic fatalities refer to the most vulnerable road users, more specifically pedestrians, cyclists and motorcyclists.

Pedestrians, cyclists and motorcyclists are recognized as "vulnerable road users" and represent half of all road traffic deaths worldwide. Marking this day has become a significant instrument in a global effort to reduce road casualties. In addition, it opens up the opportunity to focus attention on the emotional and economic consequences caused by road accidents.

## 21.11. WORLD PHILOSOPHY DAY

Philosophy is a science oriented primarily to the study of the nature of reality and existence, of what is possible to know, of right and wrong model of behavior. It is derived from the Greek word *philosophía* meaning "love of wisdom". It is one of the basic fields of human thought, since it precisely aims to understand the very meaning of human life. Today, the primary concern is to emphasize the very importance of philosophy

in different regional contexts. The goal is to provide regional input to global debates on contemporary challenges that support social transformation. The purpose of this approach is to foster regional dynamics, to promote global cooperation in tackling the great challenges of today, such as migration, radicalization, environmental change or artificial intelligence.

## 25.11. STATEHOOD DAY

On that historically very significant date, on November 25, 1943, the first session of ZAVNOBIH (State Anti-fascist Council for the National Liberation of Bosnia and Herzegovina) was held in Mrkonjić Grad.

At the aforementioned session, a decision was made to restore BiH's statehood, confirm its historical boundaries dating back to medieval Bosnia, and define Bosnia and Herzegovina as one of the six equal republics in the former Yugoslavia.

## 25.11. INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

Violence against women and girls is one of the most widespread, most consistent, and in this sense, the most devastating human rights violations in the world today. An additional problem is the fact that it often remains largely unreported due to the fear, silence, stigma and shame felt by its victims. Generally speaking, it manifests itself in physical, sexual, and psychological forms that include the following: intimate violence committed by

the partner, sexual violence and harassment, trafficking of human beings (slavery, sexual exploitation), and child marriage. Despite the fact that it is not a phenomenon that characterizes exclusively the 21st century, violence against women continues to be an obstacle to achieving equality, development, peace and the realization of human rights of women and girls.

: SIGNING A CONTRACT 2019.

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Tuzla



Zenica



Kladanj



Konjic



**Tarik Tokanović**

Faculty of Mechanical Engineering, Tuzla

*What I will remember for the rest of my life is one Saturday this year, precisely the 19th of May. Several days before that Saturday we agreed to surprise one of the scholarship holders from our group. We came to this idea since this scholarship holder would often, during our meetings, mention his grandfather who was at the Retirement home in Tuzla. He was really close to him and would visit him every Saturday. Together with our mentors, we decided to spend some time that morning with his grandfather so we all visited him together. We prepared several surprises, both for the grandfather and our colleague, but also for those who were present there that day. We will never forget the indescribable joy and love that we found the moment we came there, along with hugs and even tears of joy.*

## LETTER OF THE MONTH

**Senada Podžić**

*Thirteen years ago, more specifically in 2006, my family and I saw a light at the end of the tunnel, and that light was teacher Ramo. The teacher found us in Žepa, since Višegrad and Žepa were the first places to receive scholarships that year. It was an honor to be among the first 300 families to receive a scholarship for their children that year from the Hastor Foundation, which was founded the same year and has been a joy to many families ever since. Having received a scholarship from the Hastor Foundation, my life has been greatly improved and my paths to the future have opened. The Hastor Foundation has been my support and in some ways a guide to life, and not only that. It has given me much more, and that is the moral support I have had, from both teacher Ramo and many members of the administration. Apart from providing material support during my education and studies, I can freely say that the Hastor Foundation has prepared me for life and made me an independent person. I gained memorable experiences and practices through volunteering, especially through volunteering with students, which allowed me to learn how to approach students adequately. The volunteering that this foundation has made possible for me is a very strong foundation for my future professional calling, which is that of a teacher. Thank you to the Hastor Foundation for all that it has done for me over the years.*

**Hatab Vlahovljak****FONDACIJA HASTOR**

Bulevar Meše Selimovića 16, Sarajevo  
033 774 789  
033 774 823  
fondacija@hastor.ba

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