

NEWSLETTER

january 2018



FONDACIJA
HASTOR





The Importance of Technology and Innovativeness for the Economic Development of **BH**

The second scientific-technical conference “The Importance of Technology and Innovativeness for the Economic Development of Bosnia and Herzegovina” was held on 11th of January, 2018, in Sarajevo, so as to promote technical culture and innovativeness in Bosnia and Herzegovina.

The conference was organized by the Association of Technical Culture Novi Grad, sponsored by the Ministry of Civil Affairs of Bosnia and Herzegovina and the Ministry of Education, Science and Youth of Sarajevo Canton. One of the partners was the Hastor Foundation as well.

Biljana Camur-Veselinovic, Assistant Secretary in the Ministry of Civil Affairs of BH for science and culture, said that an event such as this one is an opportunity to speak more about this topic and to come up with certain conclusions and recommendations that will give specific results in the following period so that science and innovativeness could be linked with economy in order to create new workplaces and to develop the country.

The other lecturers and participants of the conference were eminent experts from various fields who, each from their point of view, discussed this topic suggesting specific steps which would help improve the technology and innovativeness in BH. What they all have in common is the attitude that without improving the cooperation, science and economy there will be no economic growth, and this is why investments in innovations and increase of competitiveness are necessary.

The focus was also on education, and the way to promote and present innovativeness in the current educational system. The professor emeritus of the University of Tuzla, Dzemo Tufekcic, said that innovators are not born but become so through education.

Seid Fijuljanin, the Hastor Foundation’s managing director, was one of the participants in the conference panel, and he said that favorable conditions should be created for the youth in BH, as well as a new system that will not make them feel compelled to permanently leave this country looking for more convenient work opportunities. At the same time involvement and a favorable ecosystem can be created for those who gained knowledge, experience and new skills outside BH so that they can apply those in the country and that way contribute to its further development.

Edhem (Eddie) Custovic, a professor at an university in Australia and the chairman of the IEEE Industry Advisory & Engagement Boards, said that it is high time Bosnia and Herzegovina begins using the resources it has, and that the youth should not be told that they cannot do something, but instead focus on the positive and finally start believing that they can do it! He added that creativity and resourcefulness should be rewarded and favored, and not obstructed, and that we should constantly encourage young people to develop their potential.

The final conclusions of the conference were that the innovative approach to education, as well as entrepreneurship, along with the support to companies when it comes to innovativeness, will lead to a higher growth and development of our country, as well as increased employment and better economic results. Current syllabi in schools should be adapted to the market and more effort should be put into motivating young people for technology and innovations.

At the very end of the conference the conclusion was reached: we can succeed only if we actively engage in bringing about such changes.

THE HASTOR FOUNDATION'S SCHOLARSHIP HOLDERS – CHANGE INITIATORS

The monthly meeting of the college student scholarship holders was held on Saturday, the 13th of January, in the Main Assembly Hall of the ASA Prevent Group. The meeting consisted of presentations by former and current scholarship holders which were an inspiration for all those who were present.

Nadira Berbic and Edina Hadzic, former scholarship holders of the Foundation, used this opportunity to present their dream, which is becoming true with their Zorya startup whose main goal is to connect small manufacturers of the autochthonous Bosnian-Herzegovinian products with buyers in the urban areas who have a hard time finding the noncommercial products – ones that are safe for them and their children. They decided to share their story with the scholarship holders and that way actively engage them in the project. They presented the vision and mission of their project, and the students could help by connecting them with the small manufacturers of herbal products from the rural areas that they are familiar with.

The project was supported by the Mozaik Foundation, and Nadira and Edina won the Social Impact Award given by the Dokukino Foundation. The purpose of this presentation was not only to showcase this social business, but also to highlight what can be achieved with joint ideas and while working together. Nadira and Edina were brought together by our Foundation, and their story

served as an inspiration for the students that were present, and is a wind in their sails which will encourage them to do something similar. The two of them did not hide their contentment at having attended another monthly meeting, although this time they took on different roles.

The second part of the meeting was devoted to the presentation of a project that was developed by Sanel Dedic, a former scholarship holder, and Rijad Muminovic, a current one. A lot of time and effort was put into it and the result will make the volunteering considerably easier, for the administration team and the students alike. Together with some other colleagues, Sanel and Rijad made an online app that will help with the obligations related to the volunteering hours. In future, the app will enable the students to schedule their volunteering meetings, to write their reports, and to keep records of volunteering hours. The app also has a database through which the basic information about the students and the pupils is easily accessible. The possibility for the administration team to observe the scheduled volunteering meetings by making a video call is also included in the app. It has many advantages and the administrative procedures will no longer be as time-consuming as before.

The students left the meeting enriched with numerous pieces of information, and surely with their own visions and ideas that they can use to make themselves, and the society they live in, better.

Belma Zukic



Merima Osmanovic's Successes



Listing all the successes achieved by Merima Osmanovic was a true challenge for the Hastor Foundation's editorial board. This young scholarship holder, almost 18 of age, has won many recognitions, awards and –medals that would not leave even her seniors indifferent. She achieved her greatest successes in sport, actively engaging in athletics and skiing, and what makes our scholarship holder particularly special is her active engagement in the development of her local community. Merima is a member of several organizations, and we will mention in particular the youth group of the Red Cross of Kalesija Municipality and the organization “Osmijeh nade”. The Hastor Foundation considers her to be a hard-working volunteer and scholarship holder. Merima Osmanovic is the pride of both Kalesija and the Hastor Foundation.

Merima was born on 17th of April, 2000, in Tuzla. She's in the third grade of Mixed secondary school in Kalesija, Mechanical CAD Technician department. She is an excellent pupil and has been the Hastor Foundation's scholarship holder since 2015. In her leisure time she writes stories and makes jewelry. She does several sport disciplines, such as athletics and skiing.

She has won various awards, acknowledgments and recognitions, one of them being the Female Athlete of the Year in Non-Olympic Sports Award. Merima has won two silver medals at the Winter Olympics in Austria. She told us that athletics is her great love, and during the last five years she has won many first and second prizes. She says that she is very happy to have the support of her family and friends, who are always there for her. In the Athletics cup that was held in Sarajevo she won the first prize. In August 2017 she won the gold medal in athletics and the silver medal in the long jump discipline. She also took part in various literary competitions, and won the third prize in the “Eko zeleni” competition. She says that she is extremely proud of this award, because it is awarded in the Kalesija Municipality, where she still lives. She also participated in a NATO drill, and for which she received a participation certificate.

Merima Osmanovic is an example which shows that dreams come true with a lot of will, work, and effort, and we believe that her successes and awards will motivate and inspire other scholarship holders of the Hastor Foundation.

Razim Medicin



EXAMS: HOW TO IMPROVE YOUR MEMORY, MOOD AND CONCENTRATION WHILE REVISING?

Exams can prove to be a great challenge for students, because that is when the pressure is felt most acutely. How does one revise more effectively? Which techniques work, and which don't? What can students do to improve their memory, mood and concentration?

BEFORE REVISION

1. Have breakfast

It is estimated that approximately 27% of boys and 39% of girls occasionally or constantly skip breakfast. It isn't considered to be the most important meal of the day for no reason: scientists have concluded that skipping breakfast significantly reduces the pupils' and students' attention span and their ability to remember scientific information. A simple bowl of cereals boosts students' concentration and memory.

2. Put your mobile phones away!

That should be obvious, but it isn't for many. Mobile phones can distract you because they are connected with the “fomo” feeling (the fear of missing out) and are the proof that students who spend more time on social networks also get lower grades. In another very interesting research, scientists have concluded that a person's ability to concentrate can be reduced by just looking at their mobile phone. The conclusion couldn't be clearer: out of sight really is out of mind.

DURING REVISION

1. Start early and plan your revision

Actors don't leave rehearsals until the last day before the premiere. Athletes don't train just one day before the match. It takes time to memorize information. Organizing the revising materials according to fields (e.g. an hour during 10 days) has a much greater impact than studying in one session (e.g. 10 hours a day). This effect, known as “spacing“, helps because it allows the cycle of forgetting things and relearning them to occur during those periods. This technique was referred to as “the best one in the entire history of experimental research about studying and memory“.

2. Test yourselves

The leading researchers in the field of memory maintain that testing your knowledge is one of the most efficient methods to improve the ability to remember information. Testing your knowledge also helps you determine what you should focus on more. Exercises are a good start, as well as quizzing yourself after you've finished revising.

3. Teach someone else

After you've checked your knowledge, teach someone else. It was proven that it helps your memory and remembrance and is known as „the Protégé Effect“. Teaching others requires that you have learned and organized your knowledge in a clear and structured way.

4. Think twice before you use highlighters

Despite being the students' favorite tool in the fight against revision, research has shown that highlighters are not that good. People learn better and remember information when they can connect it to other information. Highlighters don't do that, but they isolate certain pieces of information. Quite often, students highlight the entire passages in a text, which may seem as if they've done the tough part, but that is not actually the case.

5. Don't listen to music

Students who study in silence remember more than those who revise with music playing in the background. Music does not have such a negative effect on extroverts and those with the exceptional ability to control their attention, but it doesn't help either. The best case scenario is that such students are not distracted as much as all the others.

6. Get some fresh air and exercise

You can't work all day and every day. You shouldn't. When it comes to revising, the quality matters as much as quantity. Going outside and fresh air help people feel invigorated and more able to concentrate. Furthermore, some exercising helps people deal better with stressful situations: it eliminates nervousness and increases self-esteem.

7. Sleep

Students are motivated to work and revise a lot before the exam. However, the time comes when they have to stop and go to sleep, and realize when that can be problematic. There is a connection between our perfectionism and our fight against sleeping. If you fall asleep during the five minutes after you put your head on a pillow, you should probably go to bed more early. Other pieces of advice include regular sleep, not using your mobile phone in bed, and if you have to then turn off the backlight.

Since the research in psychology continues, we are discovering more and more about how to help ourselves while studying. Revising can be a real challenge because it requires the students to observe their behaviors during their individual studying at home. We hope that we can prepare better for the upcoming challenges by learning how to improve our memory, mood and concentration.



TWINS

The Hastor Foundation's newsletter editor Dzulisa Otuzbir asked me: "Teacher Ramo, I know that you are a volunteer of the Hastor Foundation and the Stichting Kinderhulp organization from the Netherlands, so could you share with us an interesting anecdote from your volunteering?"

As she asked me that, before my eyes appeared a picture of twins that I chose as ones who will travel to the Netherlands in 2013, on a holiday lasting for three weeks. The girls were in the fifth grade of primary school, and had long hair that hid their eyes and faces. That year the children were accompanied by college scholarship holders of the Foundation: Nadira Berbic and Edita Mujezin. The little girls stayed at Verhulsdonck family in the Netherlands, with Ron and Anja, who had a daughter Ellen of the same age. The girls very quickly became friends, and even family. Going to a hairdressing salon was a very special experience for the girls. It fascinated them in such a way that they immediately decided, while still being fifth-graders, that they would become hairdressers. The Verhulsdonck family came to Bosnia and Herzegovina that same summer to visit the twins. Since even an SUV couldn't come near the house because there was no road, we carried the presents for the entire family, including clothes, shoes and supplies, on our backs and in our hands for a kilometer or so. Their house

stood alone on a hill, where there was no road or water or electricity, so the Verhulsdonck family decided to help them. Since Elektrodistribucija, who are the public electric utility company, couldn't generate electricity because the legal documents concerning the house were missing, they invested thousands of marks to incorporate solar energy, and all of it was supervised by Zlatko Samardzic. When this was done, Zlatko, with the help of his friends and kind people, gave the family the electrical appliances as well: hairdryer, radio, TV, and a refrigerator filled with supplies. The Verhulsdonck family, besides coming every year and bringing shoes and clothes for the twins and their entire family, wanted to provide the money for monthly food supplies for this family. In June 2017, I asked the twins what secondary school will they enroll into, and one of them said to me: "We need help now, but we also want to be able to earn our own salaries and live off our own earnings!"

The other twin added: "When we were in the Netherlands we liked what the hairdressers were doing so we decided to study and become like them." From September 2017, the twins enrolled into a hairdressing school. Since the Hastor Foundation provides 150 convertible marks a month to their secondary school scholarship holders, I suggested the Verhulsdonck family to increase their monthly amount of money to the twins to 300 marks and they agreed to do so. This is one of several hundred of similar stories that I could tell.

Ramo Hastor



Marina Cvjetkovic Stojadinovic

in touch with them in early childhood, and because she has great memories connected to them.

She became part of the Hastor Foundation in 2008, when her mother applied for the scholarship by chance, in the period when she needed it the most. "The scholarship helped me at the time so I could ease my mother's worries, and nowadays it provides me with an opportunity to learn about self-reliance, friendship, and best possible ways in which I can use the resources I have so that I can achieve my goals and fulfill my ideas. During these 10 years I've met so many wonderful people and was given so many opportunities to learn something new or to apply the knowledge that I have, and that is why I will always appreciate the work of this Foundation and the effort of these people, who do their best to soothe some of the worries of others and to show them that they can also be initiators of changes in their communities and in the world," says Marina.

While volunteering, she had the opportunity to take part in various activities. First she worked on the field with children, then she became part of the administration team where she proved to be exceptionally responsible and efficient, and where, as she says, the essential guiding idea of the work of the Hastor Foundation truly began to resonate with her. She's currently part of the team of translators which gives her a strong foundation and a practice for her future career.

She says that she is not sure what kind of future awaits her, but that she will always remember and apply the things she had learned in the Foundation. We are very proud that Marina is on this road that the Hastor Foundation courageously walks on together with its scholarship holders.

Amina Vatres

Based on her continuing dedication and selfless contribution to the work of the Foundation, Marina Cvjetkovic-Stojadinovic has been chosen as the scholarship holder of the first month of 2018. When her name is mentioned in the Foundation, the first thing that comes to mind is definitely her talent for languages, more precisely her excellent knowledge of German thanks to which this young ambitious girl regularly translates texts for our web page and the newsletter. It is thanks to her, since she is the currently the only translator for German language, that the Foundation is able to present to the public its newsletter and many other texts in German. This really speaks volumes about her effort and selfless support when it comes to improving the work of the Hastor Foundation.

Marina was born in Sarajevo, where she finished primary and secondary school. She says that even as a child she showed great interest and talent for languages, and she learned German by watching various German channels and shows.

She enrolled into the Faculty of Philosophy in Sarajevo, German Language and Literature Department in 2015. German language and culture are two things that had always been very close to her, mostly because she got

Trip to Bjelasnica

MENTORS:

Semir Hajdar,
Tarik Muratspahic,
Amar Halilovic,
Emina Tahirovic,
Adisa Bolic



The data base showed that the scholarship holders and volunteers of the Hastor Foundation reached the number of 14.914 volunteering hours during the previous month. As usually, most of these hours were spent on our scholarship holders' volunteering meetings – students, primary and secondary school pupils in 283 volunteering workshops in 61 municipalities across Bosnia and Herzegovina. Our students who volunteer with the administration team and editorial board of the Foundation contributed greatly to this number, as well as students who work on developing the Hastor Foundation app and maintenance of our web page. The compulsory theme that our scholarship holders discussed during the previous month was **The Importance of Volunteering for the Individual and the Society**. Besides this compulsory theme, scholarship holders discussed other themes as well, and our students also spent some volunteering hours helping our younger scholarship holders in understanding the school materials better.



Some of the most interesting topics:



Science and art



How to do a certain project?



TED Talk: "Being young and making an impact"

Is global warming a problem?

How do social networks affect the society?

what makes you happy?



First aid



Impact of sport on health

What do we hold against the modern world?

WORLD'S BIGGEST METROPOLISES



Genetically modified food – do we know what we eat?

How to become a great leader? – "The Leader Who Had No Title" – Robin Sharma

Municipalities in which volunteering workshops were held during the previous month:



The artwork of the month for January is a poem by our scholarship holder Vedad Imamovic. We bring you the poem in its original form as well as the translation of the poem, done in a way that would enable you to better understand the meaning and the theme of this poem.

Fondacija Hastor

Hastor Fondacija
najbolja donacija,
pomaže nam mnogima
bilo ljetu, bila zima.

U nevolji najvećoj
porodici najprećoj,
poštar na vratima pokuca
i razgali naša srca.

Polu bratu, pola meni
pa svaki u svoju školu kreni,
dobro uči, nastavu prati
pa da se dobro dobrim vrati.

Pa kada završiš školu
i počneš raditi
nemoj se samo ti sladiti.

Nađi načina i malo se potruđi
dobar, human, i darežljiv budi
pa da i uz tvoju pomoć
tamo negdje,
poštar zakuca na vrata
pa razveseli nekog dječaka
i njegovog brata.

Fondacija Hastor, od sveg srca hvala
što je mnoga, al' baš mnoga
bića obradovala.

Želim Vam da postojite još dugo,
da mnoga djeca kažu zbogom tugo,
da mnogi primjer Vaš slijede,
da malo manje roditeljima kose sijede.

The Hastor Foundation

Hastor Foundation,
The best donation,
It helps many of us out there
Whether in summer, or in winter.

In times of bad luck,
For the family most in need,
The postman comes and on the door knocks,
Bringing us joy, indeed.

Half to my brother and half to me,
So each can to his school go,
Pay attention and study,
Good deeds multiply, it really is so.

So when you finish school,
And find a job,
For yourself don't keep it all.

Find a way and try hard
To be good, caring and kind
So that with your help
Out there somewhere,
The postman knocks on the door
Bringing happiness to a boy
And his brother, too.

I thank the Foundation with all my heart
For making so many
People exultant.

I wish that you last for a long time,
That many children say to sadness goodbye
That many follow this example of yours
So that to fewer parents grey hair grows.

Vedad Imamovic, Zenica

THE HASTOR FOUNDATION

Bulevar Mese Selimovica 16, Sarajevo
033 774 789
033 774 823
fondacija@hastor.ba

EDITORIAL BOARD

Dzulisa Otuzbir
Razim Međinic
Belma Zukic
Amina Vatres

Maida Husnic
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Nirvana Zisko

TRANSLATORS

Mia Babic
Almedina Smajlovic

