

# NEWSLETTER

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FONDACIJA  
HASTOR



## SCHOLARSHIP HOLDERS' SUCCESS STORIES: DIFFERENT LIFE PATHS, ONE CONNECTION- THE HASTOR FOUNDATION'S SUPPORT

For the end of 2019, the December monthly meeting of college student scholarship holders of the Hastor Foundation brought the students the opportunity to hear more about some of the experiences of our current and former scholarship holders, their successes and achievements, as well as opportunities for which, as they themselves emphasized, the support of the Foundation played the key role.

Muamer Duratbegović, our scholarship holder and a student at the Faculty of Economy at the University of Zenica, member of the winning team at the Hifa Oil Student Competition 2019, broke the ice and spoke about his experience with the Foundation. Once he finished, three other scholarship holders shared their experiences as well: Lejla Ramić, former scholarship holder of the Foundation and currently a teaching assistant at the Faculty of Law, University of Sarajevo, former scholarship holder Semira Špago, who earned her MA degree at the Faculty of Electrical Engineering at the University of Sarajevo and is currently employed at BH Telecom, and Delila Veispahić, former scholarship holder who completed her formal education in Architecture at the International University of Sarajevo.

The life stories and fields of interest of each of these young people are different in many respects, but they are all connected by one thing – all four are part of the Hastor Foundation family. Their talks were based on personal experiences and education, the experience they gained while volunteering, and at the end of every speech the students present had the chance to ask them some questions.

The Foundation's students have a quite significant role to play, which is their mentorship to primary and secondary school pupils, and the tips and tricks they were told about during the meeting, and with regard

to group and meeting organization, will certainly prove to be very useful. Which workshops to organize, how to spend quality time together, where to organize trips together – these are only some of the questions that the more experienced speakers answered during the meeting. What was particularly focused on was how to help every mentor become someone who the Foundation's scholarship holders, as well as other young people, can look up to.

Volunteering is the most important experience that distinguishes the scholarship holders of the Hastor Foundation from the passive members of the society. The will to work, improve and be actively involved in the Foundation brought the speakers numerous advantages for their employment, but the story does not end there. Volunteering also contributes to developing personal and social skills, so it is therefore absolutely worth it to devote at least ten hours a month to doing good.

It is important to instill the sense of social responsibility in young people and to use the examples of successful former and current scholarship holders to show them that their obligations to the faculty, themselves and the community can be easily coordinated if they really want to. Few years ago, volunteering was not easily accessible, and the Foundation family was significantly smaller, so one of the scholarship holders talked about the importance of opportunities that are available to the newer generations. All the scholarship holders present had the opportunity to learn something during the meeting, so it can rightfully be said that the great number of these stories encouraged the younger scholarship holders to improve themselves to the fullest in the best manner possible!

Una Karabeg

## NINE REASONS TO BE PROUD!

### Rijad Muminović

Our Rijad graduated from the second cycle of studies at the Faculty of Electrical Engineering in Sarajevo, Department of Automation and Electronics. He earned the title of a Master of Engineering (Automation and Electronics). His GPA for his studies (both cycles) was 9.92 and he is therefore a proud owner of the Golden Badge of the University of Sarajevo.

"Being a member of the Hastor Foundation meant a lot to me in many respects. I spent most of the time with the IT team and contributed to creating the Foundation's platform, as well as to improving and maintaining the official web site of the Hastor Foundation. This provided me with a better perspective in terms of modern technologies, and a rare opportunity to work on a platform/product which has a direct impact on such a large group of people. In addition to learning about technologies, the aforementioned projects improved my professional skills. The monthly meetings always broadened my perspective of the world and brought new friendships, so I left every one of them quite content. There is no doubt that all these experiences helped shape my personality in a positive manner."

At the end of the old and the beginning of the new year, we want to devote our attention to our students who achieved admirable results during their formal education due to their effort, persistence and work, and therefore received various accolades and titles. Some of them were awarded the Golden or Silver Badge, others the Dean's or some other award. We are proud to present them.







### Amela Vatreš

Our Amela completed her undergraduate studies at the International Burch University, more precisely at the Faculty of Engineering and Natural Sciences, Department of Information Technologies, thereby earning the title of a Bachelor of Information Technologies. Her GPA was 9.65, for which she received the Academic Excellence Award.

“The Hastor Foundation made my educational process easier, but also provided me with a chance to improve my knowledge and skills, and to meet wonderful people. I built my own mission through the Foundation’s mission, and my desire is to bring joy and hope into the lives of other people, as is done by our family. The Hastor Foundation is an inexhaustible source of good and I am thankful for everything it does for our better tomorrow.”



### Mia Babić

Mia completed her master studies at the Department of English Language and Literature at the Faculty of Philosophy, University of Sarajevo, thereby earning the title of a Master of English Language and Literature – Literature Studies. Achieving the GPA of 9.64 (both cycles of studies), she received the Golden Badge of the University of Sarajevo.

Mia said that ever since she became part of the Foundation, she improved her GPA annually and gained knowledge and skills which were not available to her through her formal education.

“The support of the Hastor Foundation was of great significance for my development. I think that it is precisely here, surrounded by the talented scholarship holders of the Foundation, where I gained self-confidence and the ability to move beyond my field of studies and get to know myself and others through volunteering, and later also first work experience. These three years were quite special for me, and I am extremely happy to see that an ever greater number of young people has the opportunity to walk along their life paths with such a support and family.”



### Azra Zahirović

Azra graduated from the Faculty of Political Sciences, Department of Politology – International Relations and Diplomacy, achieving the GPA of 9.5 and was thereby awarded the Golden Badge of the University of Sarajevo.

“The fact that I am a scholarship holder of the Hastor Foundation was something I was proud of and something that encouraged me to keep working on myself. The values and positive stories of the Foundation motivated me and helped me not to give up on my path. Throughout the three years of my studies and along with all my faculty-related obligations, I was also involved in volunteer activities of the Association “Narko Ne” and OSCE Youth Advisory Group BiH. I continue my formal education at the Department of Management at the Sarajevo School of Economics and Business.”



### Larisa Horić

Larisa was awarded the Silver Badge of the University of Sarajevo for the first cycle of studies due to achieving the GPA of 9.3. She graduated from the Sarajevo Music Academy, Department of Stringed Instruments and Guitar – Violin, and earned the title of a Bachelor of Musical Arts.

“I am so grateful to the Hastor Foundation for the financial support and for every new friend I made, and there are many. I am particularly grateful for the advice and support in the moments when I couldn’t make a decision on my own. I came to Sarajevo alone, only with my violin by my side, my family and parents were not with me, but thanks to the Hastor Foundation I never felt alone and for that I can only say: Thank you!”



### Dina Osmanović

Our Dina graduated from the International Burch University, Department of Genetics and Engineering, and earned the title of an Engineer in Genetics and Bioengineering. She graduated with a GPA of 9.8 and for this she earned the Academic Excellence Award.

“The Hastor Foundation was very important for me during that period, they provided me with unconditional support in every respect. In my opinion, the greatest significance of the Foundation is the fact that I’ve met many new friends there. I will forever remember this part of my life that I spent as a scholarship holder of the Hastor Foundation.”



### Marija Pišković

Upon completing her master studies at the Sarajevo Music Academy, our Marija earned the title of a Master of Musical Arts – Flute. Her GPA at the end of her studies was 9.3 and she was therefore awarded the Silver Badge of the University of Sarajevo.

“The Hastor Foundation was of great significance for me during my formal education. Now I am very proud to have been part of this family and I feel as if I still am. I am very grateful for the financial and moral support that I was always given to. Through volunteering, I gained new skills and also new acquaintances that will remain with me throughout my life. This is another one of my successes that I owe to the Foundation.”



### Narcisa Hadžajlić

Narcisa completed her second year of studies at the Faculty of Philosophy in Zenica, with the average grade of 10 at the Department of Mathematics and Computer Science and therefore earned the Dean’s Diploma as the best student of the year.

“Whatever I say about the Foundation, no matter how long and extensive it be, it won’t capture entirely my gratitude and the great significance the Foundation has in my life. It is enough to say that in my prayers I always think of the Foundation and all members of this great family which accepted me and which I accepted as my own. Indeed, this current physical remoteness did not distance me from it. On the contrary, I miss the monthly and volunteer meetings. The most beautiful thing I found in the Foundation is its “support to give support” in terms of joint actions which will bring good to our youth that is the source of hope for future successes.”



### Ena Bešo

Our scholarship holder Ena Bešo is a third-year student of electrical engineering at the Faculty of Mechanical Engineering, Computing and Electrical Engineering at the University of Mostar. Her current GPA is 5.0, which is why this year she received the Dean’s Award.

Ena tells us: “The significance of the Hastor Foundation’s support for me is multifold, but what I would like to emphasize is that it motivates me to try even harder. I realize that, besides my family and those closest to me, I also have the Foundation which appreciates my results and rejoices in my successes.”

The Hastor Foundation is proud of these nine young people who show us that great effort really does pay off. Let us all find inspiration in them. We congratulate our diligent students for their achievements and wish them best of luck in their future endeavors.



## FROM SCHOLARSHIP HOLDERS' PERSPECTIVE: ERASMUS EXPERIENCES (PORTUGAL AND SPAIN)

### ► **Narcisa Hadžajlić:** PORTUGAL

The range of destinations offered by the agency we travelled with included Lisbon (Portugal), and that was our next stop. At the very arrival in Portugal, I noticed that the Portuguese climate is more humid, probably due to the closeness of the Atlantic Ocean, but also that the green color was much more present in the environment.



After a long drive, we arrived to Evora, a Portuguese municipality which is on the UNESCO World Heritage List, considering that it is even nowadays surrounded by medieval walls and there are ruins of a Roman temple in the town centre. We visited the Chapel of Bones, the most famous spot in Evora, a little chapel built by a Frankish friar during the Counter-Reformation in the 16th century with the aim of encouraging his pupils to think about death and the transience of life. How this was presented is a bit gruesome, given that a room was built inside the chapel in which there were bones and skulls aligned on the walls, which were previously dug in the tombs of churches. There are also quotes about death at the very entrance in this room and at the ceiling. The chapel was turned into a museum, where you can see various artworks and sculptures, charters and historical letters in relation to Europe.

After some time spent in Evora, we continued towards Lisbon, happy for two reasons: the weather improved significantly – we were honored by bright

rays of sunshine; and yes, we were no longer in that chapel! At the very entrance into the city, we were amazed by the breathtaking 25 de Abril Bridge, which lies on longest river in the Iberian peninsula, the Tagus River, which empties into the Atlantic Ocean. This suspension bridge was inaugurated in 1996 and is commonly compared to the Golden Gate Bridge in San Francisco, since both are of the same color and quite similar. The bridge connects Lisbon to the Almada municipality on the south bank of the Tagus River. The catholic Sanctuary of Christ the King in Almada can be seen from the bridge, which overlooks the city of Lisbon and was inspired by the Christ the Redeemer statue of Rio de Janeiro in Brazil. It was nice to feel as if you've visited several different countries at once – the USA, Brazil and Portugal!



We soon left for the very centre of the city. Walking through Lisbon, we were told more about the interesting facts of different parts of the city, about statues, famous streets, and modern street artworks we came across. We walked along the main part of the Liberty Avenue in Lisbon, one of the most expensive shopping streets in Europe. It was enough for students to walk down that luxurious street and look at the citizens passing by, dressed up as if they were on a fashion show. The main city block with street shops where you can buy souvenirs is situated at the end of this street,

and from this point you can see the ruinous ceilings of the old cathedral in Lisbon. The pathways are a quite remarkable detail: old footpaths made from stones of unusual shapes, arranged into wonderful geometrical patterns. After the horrifying natural disaster – the strong earthquake that hit Lisbon on the All Saints' Day in 1755 – the then-ruler instilled hope in the survivors and encouraged them to turn the ruins into a city which will be even more beautiful and prosperous than the old one. Newer and more beautiful buildings were built on the remains and ruins, and the cathedral remained as the monument to difficult times and the wisdom of the ruler who was the "savior" and "rescuer" of Lisbon from this catastrophe.



We had the opportunity to enjoy the sunset at the beach, afterwards continuing with our walk. We spent the most wonderful moments encountering people with chestnut stands. On that cold, yet wonderful night, the warm and well roasted chestnut reminded us of our Bosnia and Herzegovina.



During this trip we also visited the Belem municipality, situated at the southwest coast of Lisbon, known as the "museum district". The 25 de Abril Bridge can

be seen from the coast of Belem, and in the 16th century the Belem Tower was built here, which served as a fortress but also as a ceremonial gate for trade ships arriving to Lisbon.



Tomorrow, we visited Sintra, the main tourist destination in Portugal, surrounded by lush gardens of numerous palaces and villas. Sintra is also one of the richest and most luxurious municipalities in Portugal, as well as the most romantic province. Once we completed our visit to the historical centre of the town, we moved on to the Cabo de Roca, so as to catch the last rays of sun for that day, and enjoyed the sunset at the westernmost point of Europe, i.e. EuroAsia.



I called my parents to share with them this beautiful moment. I also called my best friend from the USA, with whom I spent my childhood in Iran, telling her that only the ocean was between us at that moment.

Watching the sunset and enjoying the light breeze I felt on my face, I thought about many things. I realized how small the world was, though it seems big, and how people can (and should) be quite close though they are far away from each other physically. I thought about how a person's life is given purpose



by love and the desire to do good, and how without them, even at the best place of the world, nothing else has enough value.

### Nejla Komar: SPAIN

In December, I had the opportunity to visit one of the most beautiful cities of Andalusia, the sixth largest city in Spain and one of the oldest cities in Europe: Malaga. I spent two days in Malaga and visited many sights, but what I would like to describe in detail are the museum of Pablo Picasso and the Alcazaba fortress.

This fortress-palace, whose name means citadel in Arabic, is one of the historical monuments in the city and is visited for its long history and great beauty. It was built during the Muslim period in Spain and is located in the foothills of Gibralfaro, crowned by Arab defense walls to which Alcazaba is connected by the passage known as Coracha. According to Arab historians, it was built between 1057 and 1063 at the instructions of Badis, King of the Berber Taifa of Granada.



As I walked, I was enchanted by how this fortress combines its defensive purpose with the beauty characteristic of an Arab palace. It is organized

around rectangular patios and spaces around gardens and pools. According to the traditional architectural tenets of Granada which simply take your breath away, the rooms attempt to combine the play of light and shade that the Arab master builders achieved so well.



At the top of Gibralfaro hill I had the opportunity to eat traditional marinated Andalusian olives, enjoying the magnificent view of the sea.

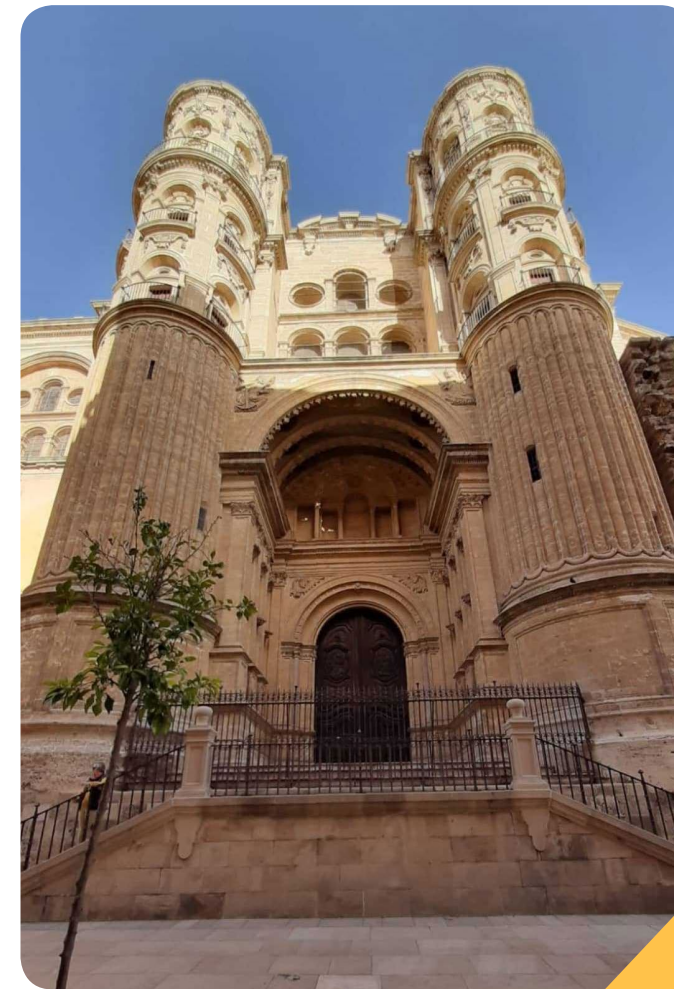
Visiting the Pablo Picasso museum was a special experience for me because this was the first time I came across the works of this great artist in person.

Pablo Picasso is the most important figure of the 20th century in terms of art and artistic movements which occurred in this period. Prior to turning 50, this Spanish artist became the most famous name in modern art, with the most distinguished style of artistic creation.

Pablo Picasso was born in Malaga in 1881 and grew up in Spain, prior to spending most of his life working as an artist in France. During his long career, he

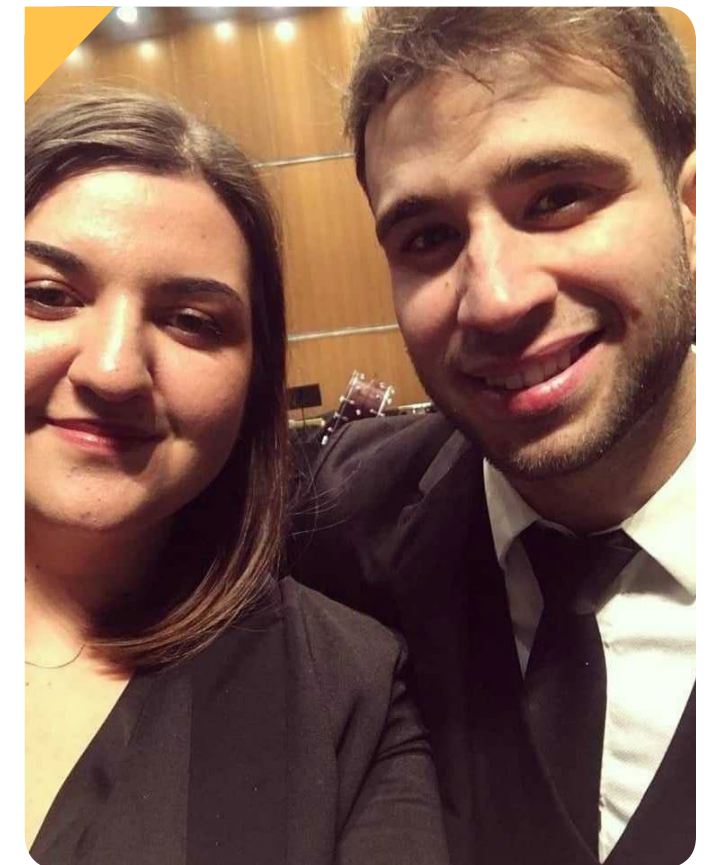
created over 20.000 paintings, drawings, sculptures, ceramics and other items such as costumes and stage sets. Visiting his hometown and museum gave me a better insight into the life and art of this artist. I had mixed feelings, considering that he will forever remain an explicit and temperament person on the one hand, and a mystery on the other.

Malaga left such a strong impression on me due to its long history and beautiful architecture, and the city's stories and atmosphere. Everything is livelier in Andalusia than in Galicia (where I am currently situated): you can find artists and musicians on every corner, who give the tourist the insight into their tradition, merchants with vivid and colorful stands, and many traditional cafes. Nine different kinds of "regular" coffee are served in Malaga, traditionally in long glasses.



As the highlights of this year, I will mention being greatly honored to be part of two great projects with Orquestra Vigo 430: a concert with one of the best trumpet players of today, Ruben Simeo, and with the undoubtedly best violist and conductor, Maxim Rysanov. It was quite challenging to prepare

for four concerts in total, in the same week when I had my colloquiums at the Conservatory. In the meantime, I passed my A2 exam for Spanish. We always had our rehearsals late, from 11 at night to 3 in the morning, and at 7 in the morning it was already time for lectures. These seven days were definitely the culmination of the year and a test of psychological and physical endurance, will and determination not to give up. In spite of all this, the energy present during these days encouraged and inspired us in the long term. When I once talked to maestro Maxim and told him where I come from, he was delighted considering that orchestras such as this one commonly comprises musicians from larger countries of the world.



The feeling you share at that moment, when you are performing on the stage, is priceless; you feel that you are part of such a wonderful story which connects many differences among all of us through the language of music, and I think that is beautiful. That is when you realize that in such a great project everything depends on an individual's relation to the group, with no exceptions. It was of great significance for me to share such experiences with two important figures in the world of classical music, and I will certainly remember these experiences for the rest of my life.



## LEJLA KORMAN — EXPERIENCE FROM CAMBRIDGE

Lejla Korman, our scholarship holder, completed her undergraduate studies at the SSST University (Sarajevo School of Science and Technology), earning her diploma in Economics (major) and International Business (minor), with the GPA of 10.0 for her four year of studies. For her master's program, she chose Development Studies at the University of Cambridge. She said that this program is interdisciplinary and that her focus is on the field of economic development, which is what she is most interested in.

"The courses I attend are: Economic Development, Institutions and Development, Human Development and Education, and Education and Justice."

### ● Why Cambridge?

Lejla said that from the beginning of her studies she wanted to continue her formal education in England because the educational institutions there are among the most advanced in Europe and the world. Here wishes included Cambridge and Oxford due to their approach to education and their reputation.

She chose Cambridge because its Development Studies program is significantly different from others - the biggest focus is placed on critical thinking and critical analysis, and not on simply providing facts as is the case at most other universities. Despite working on critical and analytical thinking, logic and arguments, she was particularly drawn to this university by the fact that the lecturers at this department are the prominent professors whose books she read during her undergraduate studies - all of this seemed surreal!

As the biggest difference between the systems in BiH and in the UK she mentioned precisely the focus on developing critical thinking, which is something many students in BiH, unfortunately, don't come across

The application process is quite straightforward, but also lengthy, arduous and painstaking with regard to the documentation. She got the positive response from Cambridge, her primary choice, relatively early on, so that fit in nicely.

In the first week, prior to the beginning of courses, they had various events with the aim of helping new, particularly international, students learn more about the tradition of the university, the program, but also future colleagues and friends, and she mentions that in such an environment it is not difficult to fit in.

She considers her experience so far in this semester to be excellent and it definitely exceeded all expectations; the academic staff is friendly and there are numerous different resources available.



The studying process is individual - there are modules and lectures for every course are held for 2 hours a week, but everyone makes their own weekly schedule and chooses which lectures and seminars to attend, etc.

### ● How important is it to go abroad?

It is quite useful to improve oneself at a university such as this one because you are able to get a broader picture about the events in your field of interest, particularly in terms of social sciences.

According to Lejla, it is important to apply the acquired knowledge in BiH, because this is precisely an excellent place to apply them!

“ Although it is important to go and improve oneself in a good program abroad, it is of even greater significance to apply that knowledge in BiH. Knowledge becomes relevant only when it is applied!

Volunteering within the Hastor Foundation contributed to her application and its successful outcome. In addition, her colleagues were delighted by the system of mutual help, in which Lejla is able to contribute to the development of younger scholarship holders through her own example and experience, which is not such a common practice.

“ Personal presence in someone's further education and development is something that distinguishes the Hastor Foundation from any other.

Lejla is also a member of Cambridge Union, which is one of the strongest debate platforms in Europe, and during her formal education she was an active part of civil society and member of numerous non-governmental organizations: European Youth Parliament, AIESEC, and numerous clubs at the SSST University.

In BiH, unfortunately, there is no alumni group of those people who studied at the University of Cambridge so any advice when applying is priceless. Lejla said that she would like it if the Hastor Foundation's members, if they aspire to study abroad, contacted her because she is willing and ready to provide some advice which might prove to be useful to them!

Una Karabeg



## HASTOR FOUNDATION HOSTS U.S. AMBASSADOR ERIC NELSON AND FILIPPO TATTONI-MARCOZZI

On December 11, 2019, the staff of the Hastor Foundation had the honor of hosting U.S. Ambassador Eric Nelson and Filippo Tattoni-Marcozzi. As the ambassador, Nelson leads the activities of the U.S. government aimed at enhancing partnerships with Bosnia and Herzegovina in the fields of security, economic growth, fight against corruption and strengthening the rule of law. By supporting the activities of citizens in the area of reform and progress in Bosnia and Herzegovina, Ambassador Nelson is committed to using domestic resources and forces.

The visit to the Hastor Foundation included conversations about the goals and the mission of the Hastor Foundation and many aspects of our work. In that sense, the focus of the discussion was on the projects implemented by the Foundation in order to reform the educational system and adapt it to the needs of the labor market. The leaders of the United States Embassy were impressed with the way the Hastor Foundation functions, supporting and empowering children and young people in their efforts to become self-aware leaders in their

communities. Our guests also expressed their admiration when it came to the contribution of the Hastor Foundation to the entire Bosnian society, which is realized by combining the available financial and human resources that are effectively channeled into the development of education.



At the very end of the visit, Ambassador Nelson had the opportunity to meet several of our scholarship holders and attend their volunteer workshop, where scholarship holders gain numerous experiences critical to their future business success.



## LITERARY WORK „MY LIFE IS NOT JUST A GAME OF CHINESE WHISPERS“, BY THE HASTOR FOUNDATION EDITORIAL BOARD MEMBER NAMED ONE OF THE THREE BEST TEXTS IN THE COMPETITION „OUR VOICES THROUGH THE WRITTEN WORD“

Amina Vatreš, a second year master's student at the Department of Communicology at the Faculty of Political Science, University of Sarajevo, a long-time scholarship holder and currently an Editorial Board member of the Hastor Foundation, is the author of one of the three best works in a literary competition held within the project “Our Voices through the Written Word”. The competition was conducted by the Czech non-governmental, humanitarian and development organization People in Need, in cooperation with the Faculty of Law of the University of Sarajevo, the Faculty of Philosophy of the University of Sarajevo, the Faculty of Political Science of the University of Sarajevo, and the Faculty of Political Science of the University of Banja Luka. The literary competition is part of the project “Our Voices – Advocacy for the Rights of Persons with Disabilities in BiH”, which aims to raise young people's awareness of the rights of persons with disabilities and motivate them to become more involved as future lawyers, social workers, journalists and psychologists, who will work and make decisions that are in line with the Convention on the Rights of Persons with Disabilities. The peculiarity of Amina's work “My Life Is Not Just a Game of Chinese Whispers” lies precisely in the fact that the main culprit and inspiration of her story is actually a long-time scholarship holder of the Hastor Foundation, Alma Mujanović. That is exactly why we decided to bring you the full text in the following paragraphs.

### “My Life Is Not Just a Game of Chinese Whispers”

As it is already well known, media reality and public discourse in Bosnia and Herzegovina are in many ways a reflection of a predominantly negative paradigm when it comes to social circumstances, life stories, ambitions, and even the successes of young people.

Alma Mujanović was born with a hearing defect, more precisely with a hearing impairment of over 94%, and thanks to her amazing willpower, she successfully mastered the long and complex process of reading lips, thus not allowing her differences to separate her from the social environment, and even the people themselves.

We are often direct witnesses of the satiation of negative and demotivating stories, while at the same time the positive ones remain permanently trapped in the background, not finding an adequate way to differentiate and, accordingly, to emerge from the shadow of negativity. This negative perception of the present time often results with young people tacitly distancing themselves from the creative impulse, self-expression, will and desire to progress, and eventually from self-fulfillment and continuous work to improve one's self. But there is always a certain life story, that “per aspera ad astra” life path that leaves no one indifferent and awakens a feeling in each of us, be it happiness, sadness, admiration, respect or even shame.

The life story of Alma Mujanović, an ambitious, and above all brave and consistent master's student of the Faculty of Natural Sciences and Mathematics of the University of Sarajevo, is the proof that miracles are possible in the real world as well, and that willpower is stronger than any obstacles and possible limiting factors that can stand in the way of the success of a young individual. Today, besides being a successful student, she is extremely active in the non-governmental sector, where she is primarily engaged in the field of actualization and protection of human rights. She is the president of the Initiative Group “Alpbach”, a member of the Youth Advisory Group at the OSCE Mission to BiH, and she also writes articles for several websites thematically oriented primarily



to the rights and status of persons with disabilities, with a particular focus on the hearing-impaired. She points out that through active involvement in the non-governmental sector, she has acquired additional significant knowledge regarding human rights in general, minority rights, democracy, and public health, and this experience has made her an even more energetic, persistent and ambitious person who perceives diversity as a phenomenon that should function as a way of connecting, and not, as it often happens, as a way of distancing of people. She is currently editing the “Znak za riječ” (Sign for Word) page, whose primary goal is to actualize the sign language and to introduce those who are hearing-impaired, but also society as a whole, to its meaning and purpose.

In addition, Alma also likes photography; she has played table tennis and volleyball and can play two musical instruments: piano and accordion. Alma can listen and experience music through specific type of vibrations she feels, and she has learned to play by following that feeling. Her teacher says Alma was both her student and her teacher at the same time. She claims that Alma actually taught her to listen, feel and live through music in a completely different, essential way. Entering the world of music through vibration has opened up completely new, hitherto unknown horizons to Alma, which will later play an elemental role and will significantly contribute to the development of her confidence and independence.

**“Blindness separates people from things, and deafness separates people from people.”**

“Many times in my childhood, I felt that my deafness separated me from other people, especially when we played Chinese whispers. The Chinese whisper would most often be detected in the first, fifth or seventh row, depending on where I was sitting.”

It was precisely the fear of possible isolation from the social environment, and this game, which many of us would see as a completely harmless children's game, that have become Alma's lasting motivation in the period of growing up, but also in her life in general. In something that was far more serious than a children's game. Therefore, Alma did not allow her life to become and remain a “game of Chinese whispers” Alma

learned her first letters with the help of her mother when she was six. The support of her mother, but also of her immediate surroundings, was a stepping stone to her great future accomplishments. She points out that she forced herself to speak, and thanks to her consistency and responsibility, she mastered that basic step for further progress - speech. The further process of learning how to read lips was really complex and challenging, and at the same time it varied significantly depending on different people and the clarity of their articulation. Her experience in the aforementioned learning process led her to learn that it is easy to read from the lips of people who are actors and singers, since they know that each voice has a unique position on the lips and that it is essential to pronounce every word correctly so that it is understandable to everyone. On the other hand, she points out that it is more difficult to read from the lips of people who have a moustache or a beard, who speak very quickly and interweave or “swallow” some letters. However, Alma believes that the key to her success was intense practice.

Prejudice in our country is certainly not a rare case. And Alma, like many of us, has repeatedly had the opportunity to face prejudice. She points out that the most painful thing for her is that others don't allow us to determine for ourselves what our limits are – what we can or cannot do and what we should and should not do. The course of our life is limited to abilities. The only thing that can change this paradigm is working on ourselves for the sake of achieving our own goals. Some people do not hear well. Others do not see well. Some cannot speak. However, some people throughout their lives fail to grasp the meaning of beauty found in the sources of our diversity. We need to be the ones who create our own world. Why can't we just see deafness as a difference, not a disability? Have we forgotten that a deaf person can do everything else, except hear? Do we sometimes wonder if it is actually more important to hear the inner voice, the voice of one's self, that voice that Alma has truly heard loud and clear? Are we constantly surrounded by unarticulated sounds, other people's voices, and ambient noise that stifle our unique inner voice, our personality? Maybe many of us, unlike deaf people, are the ones who don't hear their voice. Those who lose themselves in that specific, not at all comforting or harmless game of life. Are we the ones losing in the game of “Chinese whispers”?

## BAKIR PEPELAR LAUNCHES “MALAC GENIJALAC” PROJECT

Throughout the year, the Hastor Foundation receives many great news that includes the many successes of our scholarship holders and their involvement in various spheres of life. We always look forward to these and celebrate them as common successes. Our scholarship holders, whether they are currently scholarship holders or have once been scholarship holders of the Hastor Foundation, confirm with their successful projects the importance of what is cultivated at the Hastor Foundation – work and engagement, creativity and imagination, courage and resourcefulness. One such example is given below.



Bakir Pepelar is a former scholarship holder of the Hastor Foundation and a teacher who comes from Novi Šeher, a place located near Maglaj. Bakir is the creator and implementer of a project called “Malac Genijalac” (Little Genius). This is an educational centre which was opened in Maglaj. Namely, “Malac Genijalac” is a school of mental arithmetic, in which the ability to calculate without the use of a pen, paper, calculator or any other aid is measured and used to improve the concentration of children from ages 4 to 12. In addition to providing opportunities to improve the child's mathematical abilities, the mental arithmetic program positively influences development of thought and fosters a range of skills and abilities that the child needs.

Our interlocutor Bakir reveals for the Hastor Foundation newsletter that the beginning of the

project realization was incredible and that it was recognized in the shortest period of time as the best activity for children. After a successful start in Maglaj, Bakir points out that his next goal is to open an educational centre in Tešanj as well. His life goal is to stay in Bosnia and Herzegovina and start a business there. By winning the SBF Start-up Challenge, Bakir's dreams have come true, and now he has the opportunity to start his own school of mental arithmetic “Malac Genijalac” in Tešanj. He points out that Tešanj is a city with great economic potential: “Working with children fulfils me, and this is a unique opportunity to do something useful for my own society.”

He had been a scholarship holder of the Hastor Foundation for six years. He says that the Hastor Foundation was the most important link in his education, and that thanks to the very idea of the Foundation he became an academic citizen with broad horizons: “Volunteering, numerous meetings and socializing have left a huge impression on me and gave me great motivation to think about self-employment.”



Bakir has a unique message for our scholarship holders and all other young people: “I would like to show through my personal example that there are opportunities for success in our country as well. If I am the inspiration for just one person to start their own business and stay here, my mission will be fulfilled.”

To our friend and colleague we heartily wish many successes in the future, and we invite all scholarship holders and young people to visit the Facebook page <https://www.facebook.com/malacgenijalacmaglaj/> and the website <https://malacgenijalac.ba/> and thus support the idea and work of our former scholarship-holder.

Maida Husnić



## THE CALL FOR SCHOLARSHIP APPLICATIONS FOR UNIVERSITY STUDENTS FOR THE ACADEMIC 2019/2020. YEAR

Amina Vatreš



It is a well-known fact that the number of Hastor Foundation scholarship holders has been increasing exponentially year by year. The Foundation's aspiration to continually expand the network of young, highly educated people, and in this sense, the self-aware holders of BiH society and the future, is directly affirmed by the recently announced Call for Scholarship Applications for university students for the academic year 2019/2020.

Eligible applicants were students attending accredited higher education institutions in BiH with an average grade of 8.0 or higher. Interested candidates submitted their applications solely through the online application form available on the Hastor Foundation website ([www.fondacijahastor.ba](http://www.fondacijahastor.ba)) and the deadline for submitting applications was November 25, 2019. In addition to the aforementioned, students who were eligible to apply had to meet the following criteria: that they are citizens of Bosnia and Herzegovina, that they are full-time students of the second and third year of undergraduate/bachelor studies at accredited higher education institutions throughout Bosnia and Herzegovina (applicable to those students enrolled in a bachelor's program of 3 years), or that they are full-time students of the second, third and fourth year (applicable to those students enrolled in a bachelor's program of 4 years), or full-time students of the first year of graduate/master's study (enrolled in a master's program of 2 years or more). Other conditions included that the candidate is less than 25 years old, that he/she is not the recipient of a

scholarship or any other form of financial assistance from another organization or institution, or that he/she is ready to give up the same in case of a positive selection outcome, and that the candidate does not have a sibling who is already a scholarship holder of the Hastor Foundation. When selecting candidates, the Hastor Foundation reserves the right to take into account the socio-economic status of the applicant, the orientation of the faculty, as well as other relevant circumstances of the application.

In line with the aspiration of choosing only the highest quality students who will through their commitment and individual affinities function as a consistent support to the Foundation's long-term mission, the selection process is conceptualized through several stages. Before the final decision, an interview was conducted with the candidates who met the requirements of the competition and were shortlisted on the basis of the above criteria. Out of 328 students who applied for the Call for Scholarship Applications in the academic year 2019/2020, 66 were called back for an interview. The complex process of selecting the highest quality candidates will end after the final meeting of the Commission for awarding scholarships. In the next issues of our newsletter, you will have the opportunity to read more about our new student volunteers, whose individuality and specific abilities will certainly further strengthen the basis of the Foundation's entire principle of action.

## FOR THE FIRST TIME IN BIH: FLY LAB

Nejla Komar

The Hastor Foundation can always boast about a large number of scholarship holders who have achieved remarkable results in the fields of education and science. However, this month we would like to dedicate a special article to our student of the final year at the Department of Genetics and Bioengineering of the Faculty of Engineering and Natural Sciences at the International Burch University in Sarajevo, Kenan Kraković. Kenan's dedication and progress in the field of his interest are shown through numerous achievements at national and regional competitions, as well as participation in many projects. He was the top student of the generation at the Secondary Medical School in Bihać, and decided to continue his education at Burch University in Sarajevo, at the Department of Genetics and Bioengineering. In his second year of studies, in addition to his 10.00 GPA, he became an Amgen Scholar (Amgen Scholars is a program that selects the best students around the world and gives them the opportunity to do research at the world's largest institutes). He did his work concerning Alzheimer's disease at the Karolinska Institute in Stockholm, and then presented it at the Cambridge University Symposium.



The project Kenan recently decided to launch is the Fly Lab, the first fruit fly research lab in our country. How many of us know about the important role of such a small organism, a fruit fly? According to Kenan, it is an organism that shares a large number of genes with humans, making it an ideal model organism to study in genetics and related sciences. He explains that, through the fruit fly, we have learned a lot about acquired immunity, embryogenesis, chromosomes, and

how we recognize and remember smells. Kenan hopes that by establishing this laboratory, he will be able to connect more universities and cities in BiH and offer students the opportunity to practice on this model organism, thus contributing to the development of students' critical thinking.

In the following period, Kenan will do a fruit fly practice internship at the Institute of Molecular Biotechnology in Vienna, the same institute where his professor Amina Kurtović-Kozarić completed her doctoral thesis, specifically on the topic of the fruit fly. The hope exists that this will establish a long-term professional cooperation with the University of Vienna and the Institute of Molecular Biotechnology. Also, Kenan and his professor have already established a collaboration and connection with the only Fly Lab in Croatia, led by Professor Rozi Andrečić.

With the support of the Hastor Foundation, the BH Futures Foundation, the Association of Biology Students, Burch University staff and his professor, Kenan expects the lab to open in February 2020. Since some funding is needed, he also launched a crowdfunding campaign through which anyone can donate any amount of money.

Kenan is an example of how a student can launch a major project and bring something new and meaningful to BiH. Our entire Hastor Foundation family is extremely proud of him. We congratulate him on his successes so far and wish him all the luck in this and future projects.

We encourage other students not to be afraid of their dreams and ideas, and to strive to be even better in the year 2020.





Busovača



Gornji Vakuf-Uskoplje



Doboj



Gradačac



Janja



Kakanj



Kladanj



Ilijaš



Milići



Prijedor



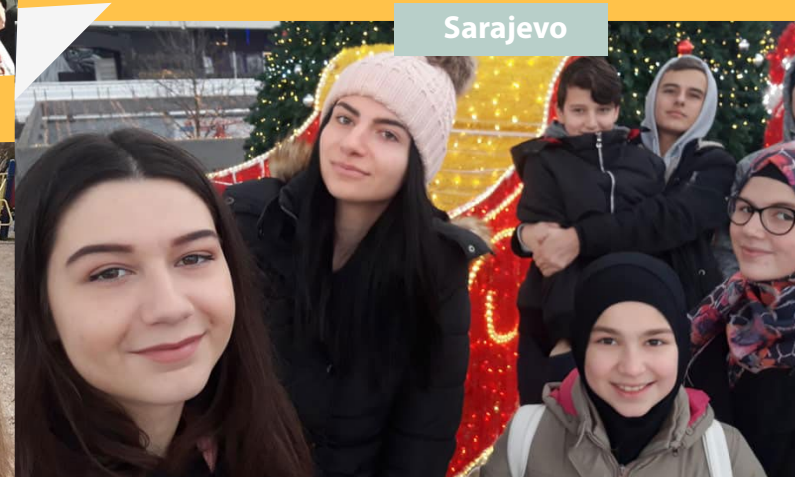
Sapna



Olovo



Sarajevo



Vareš



Sarajevo



Sarajevo





## HASTOR FOUNDATION SCHOLARSHIP HOLDER AS A SOURCE OF INSPIRATION TO YOUNG PEOPLE

Over the past thirteen years, the Hastor Foundation has supported over 3.000 young people in Bosnia and Herzegovina and helped them on their "per aspera ad astra" path of becoming successful and responsible people, who will be able to help and empower others around the world. How many doors can be opened and how many paths can be made safer by one beautiful word and good deed of ours is seen in the story of Mehmed Mehić, our young scholarship holder whose life path can be a source of inspiration to other young people.

Mehmed was born in Bihać in August 1995; as a primary school student in Konjodor, Bužim, he meets teacher Ramo, a passer-by, whom he gives a glass of water, and in return receives from him a scholarship contract of the Hastor Foundation. This is how Mehmed became our scholarship recipient at the very beginning of the Foundation and has been an active volunteer for over thirteen years.

He graduated from the Secondary Music School in Bihać, but refers to himself as a self-taught artist who, ever since he became aware of his own self, tried to play on his keyboard at home everything he would here at any given place. Four years later, our scholarship holder graduated from the Music Academy of the University of Sarajevo in the Department of Music Theory and Pedagogy, his GPA being above 9.0. While he was still a student, he worked part-time jobs in the form of audio/video recording and being in charge of the sound system for concerts for public institutions. He also worked as a sound engineer, distributed and recorded the 10th Sarajevo Business Forum 2019, and made audio and video recordings for his own studio in collaboration with numerous celebrities. He has managed to buy equipment for his studio, which, in the future, he plans to register under the name Studio M Production.



Mehmed confirms the motto of the Hastor Foundation - "Education is the choice of winners" by working as an associate professor of guitar at the "Vila Hadžihalilović" Culture and Education Center since 2018. He previously received a full-time job as a sound engineer at Nova BH.

A great source motivation to work and study, besides in the Foundation, Mehmed has found in his wife, Azra, with whom he has been married since he was 19, and throughout all this time, this wonderful young man manages to be a good husband, student, scholarship holder and colleague. In addition to his distinct intelligence and creativity, he is also modest. For him, happiness is what we create ourselves, and how much we manage to use our potentials for what really matters.

We wish Mehmed much happiness and success in the future, and that he remains as creative and ambitious as he has been so far.

It is a tremendous honor and pleasure for the staff of the Foundation to know such young people, and the very realization and obvious example that what we have been doing and developing during all these years is one extremely beautiful story that we are very proud of. Because borders, except in our minds, do not exist!

Selma Imamović

Amela Vatreš, who has worked remarkably with the Administration Team during the last months and whom we can always rely on in terms of additional activities, has been selected as the scholarship holder of this month.

Amela Vatreš



Amela was born in September 1997, in Sarajevo. After graduating from the Sarajevo College, she enrolled into the International Burch University, Department of Information Technologies. Having realized that solving various logical and mathematical problems was fulfilling, she decided to direct her life towards programming. She does it, both professionally and in her spare time. She thinks that she has good organization and presentation skills, so she often finds herself in the role of an event organizer or presenter. This relaxes and fulfills her, and in this way she expresses her desire for everything to be in order. She perceives her roles of a daughter and a friend as very important, so she tries to spend as much time as possible with those people close to her, trying to make them happy.

She became a scholarship holder of the Hastor Foundation through The Call for Scholarship Applications in January 2018. Since then, she says, her life has begun to be filled with wonderful events and people. She is currently part of the Administration Team, and her volunteer activities mostly include office tasks. More than once did it

happen that she answered her private calls with the words "Hastor Foundation, Amela speaking". She enjoys spending time in the office of the Hastor Foundation, completing her tasks, but also communicating with other scholarship holders – she particularly mentions how happy she is to have made wonderful new friendships. For her, the Hastor Foundation does not only provide financial help, but also support when the dark days come. She is extremely proud because she can consider herself part of the Hastor family and is grateful for every opportunity the Foundation has given her.

As she does not like to plan her life but tries to enjoy every moment, she does not set specific goals for herself. All she always strives to do is have her decisions directed towards the well-being of the society. She says she would like to one day become a beneficiary to the Hastor Foundation, but to also share in some other ways what the Foundation taught her - "Good things come to those who are good".

Selma Imamović



# STUDYING TIPS AND TRICKS: 5 MOST COMMON MISTAKES

Amina Vatreš

*"study smart, not hard!"*

## Using only one method when studying for exams

The results of many studies in the domain of efficiency and psychology of studying suggest that we rely to a great extent on our senses when processing new information and transferring it into the long-term memory. Accordingly, the optimal solution would be to include as many senses as possible into our studying routine. Namely, by engaging several different senses our brain makes more cognitive connections and associations in relation to the new concept we are supposed to adopt. This further implies that there is a greater possibility for us to remember something if there are multiple modes, in this case senses, which will prompt us to take these newly-adopted pieces of information from our cognitive centre for studying. As the research show, every one of us should include at least three different methods in our studying process.

## Studying without a strategy/plan

Whenever you start studying, does it feel like it is the first time you have read/studied something? Is it difficult for you to continue where you left off the last time? Is it difficult to remember things you were certain you previously understood and learned? Do you have the feeling that you are late with preparing for the exam? If your response to these questions is "yes", it is quite probable that you didn't make a specific plan before studying. Taking the time to come up with a studying plan, to organize your materials and find a way to track your studying progress is never a loss. It will contribute to your self-confidence and focus, reducing stress and tracking the efficiency of what you have learned thus far.

## Focusing on details, and not on the overall picture

We are often prone to focus on memorizing as many details as possible, while forgetting the necessity of looking at the big picture. However, that is not the right way. It is important to first acquire the fundamental ideas, concepts and theories, which will, with a dose of critical reasoning and perception of things, help us answer even those questions to which we did not learn the answer in advance. Partially acquired ideas and concepts will not help us create the big picture, and the details we learn are forgotten very quickly if they are not positioned in a wider context in our consciousness.

## Not compiling materials taken from different sources

It is not rare that we forget to compile all the relevant materials needed for an exam, which we have taken from different sources (lecture notes, presentation slides, notes from different books, etc). This often leads to a greater risk of missing very important details which could potentially come up in the exam, but also to the risk of the inability to make connections between different concepts. Consequently, this results in the inability to look at the bigger picture and to decide what is important and what is not, and the inability to stay focused. A good way to avoid such a situation is to create a document in which we will compile all the relevant information and which will therefore provide us with a better overview of the material and make it easier for us to focus when studying.

## Not adjusting the studying technique to individual exams

It is important to emphasize right away that it is most certainly not adequate to study in the same manner for a multiple choice exam and for an essay. It is of extreme significance to get as much information as possible about the concept and type of exam, the number of questions, time intended to do the exam, etc. That information contributes greatly to the smarter choice and adjustment of techniques and methods to base our studying on, and their use is reflected in the quality of the preparation for exams, and in the end in the final result of a particular exam.



Maida Husnić

## 04.01. WORLD BRAILLE DAY

World Braille Day is celebrated around the world to pay tribute to the merits of its founder, but also to raise public awareness of the importance of Braille, to translate the written word into a tactile form for the benefit of blind and partially sighted people worldwide.

Braille is celebrated on January 4, the day of the birth of its inventor Louis Braille. Louis Braille injured his eyes at his father's workshop when he was only three years old, and he became blind, but that did not stop him from living a normal life. At the age of ten, he was admitted to the Royal Institute for the Blind Youth in Paris. At the age of 15, he began working on a letter for the blind.

Braille consists of groups of six dots, three in two vertical lines, and each letter of the alphabet, number, or spelling has its own particular combination of these dots. Braille is "read" by

touch, i.e. by moving your finger from left to right on the paper. Interestingly, all blind people in the world use the same 63 Braille characters, but read them differently. Therefore, there is no difference in Braille, at least not in the form of the letter, between Latin, Cyrillic, Arabic, Chinese or any other script. In this way, Braille is the most universal script in the world.



## 10. 01. – WORLD LAUGHTER DAY

people to laugh as much as possible because they will feel better, relieve stress, reduce worries and depression and thus strengthen their immunity. Doctors and scientists say we should laugh daily. When we are stressed, cortisol and adrenaline levels increase, which can result in high blood pressure and clogged arteries. Research has shown that laughter causes special physiological changes that help the body.

Energy consumption in a few minutes of laughter equals the amount of energy consumed after 15 minutes of exercise on a stationary bike. When we laugh, fifteen muscles of our face are active. Research shows that in adulthood we laugh about 17 times a day, whereas the youngest do it about 300 times a day.



"Laughter is the best medicine" – is the saying with which Madan Kataria created the World Laughter Day in 1998, which is nowadays celebrated twice a year, on January 10 and May 2.

It is scientifically proven that laughter has been the best cure for many ailments, primarily when it comes to stress, which is on the rise in the modern day lifestyle. The primary goal of celebrating World Laughter Day is to encourage

## 15.01. SWORLD RELIGIOUS DAY

Religious Freedom Day is a day celebrated in many countries around the world on various dates. In the United States, it is celebrated on January 16 each year with a presidential statement. In India, this day is celebrated on October 14 in memory of the approaching Buddhists and Hindus. The International Religious Freedom Association, founded in 1893, marks this day on the last Saturday in January.

Among the world's major religions are: Islam, Christianity, Judaism, Buddhism and Hinduism.

In terms of reminding ourselves of the importance of this day, let us also recall Article 18 of the Universal Declaration of Human Rights, which reads as follows:

"Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance."



## 21-27.01. EUROPEAN CERVICAL CANCER PREVENTION WEEK

The World Health Organisation has published a document containing a set of specific recommendations for the implementation of the Cervical Cancer Prevention, Control and Therapy Program, according to which, among other things, all Member States are obliged to develop a Cervical Cancer Prevention Program and to raise the level of education and awareness of the importance of preventive measures among women.

Regular gynecological examinations can detect early premalignant changes in a timely manner and prevent their involvement into cancer. In developed countries, cervical cancer has been put under control; on the other hand, in developing countries the prevention programs are not as present and women's awareness of the importance of regular screening is low. The aforementioned proves that more needs to be done to raise awareness among the general public of the importance of detecting this disease.

Due to the initiative of the European Cervical Cancer Association (ECCA), the European Cervical Cancer Prevention Week is marked annually, in the last week of January. The purpose of celebrating this date is to remind the public of the possibilities and importance of the prevention of this disease, which remains at the very top of the list of causes of disease and death of women in our population.

Cervical cancer is, in terms of frequency, the fourth most common cancer in women, with over half a million new patients worldwide, with an infamous second place with regard to death rates. It is most commonly diagnosed in young women, aged 35 to 44.



## 27.01. INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

The International Holocaust Remembrance Day in the world is marked by a series of educational, peace, cultural and political activities that pay tribute to the victims of the Holocaust during World War II.

In addition to the commemorative dimension, a series of activities which mark the International Holocaust Remembrance Day contributes to accomplishing the aims of the UN Resolution on the Holocaust Remembrance Day of 2005: to "draw lessons from the history and prevent possible genocide" and "condemn without reserve all manifestations of religious intolerance, incitement, harassment or violence against persons or communities based on ethnic origin or religious belief, whenever they occur".

The Holocaust was carried out by the Nazi German regime over six million Jews between 1933 and the end of World War II. The highest intensity of destruction was carried out, according to Yad Vashem, in 1942, when two and a half million Jews were killed in concentration camps. Among

the victims of the Holocaust were one million and five hundred thousand children.

The central place to preserve the memory of the victims of the Holocaust is the Yad Vashem Center in Jerusalem today. Since 1953, Yad Vashem has also been a worldwide center for Holocaust documentation, research and education.

The day the Soviet Red Army liberated the largest Nazi concentration and extermination camp Auschwitz, namely January 27, 1945, was chosen by the United Nations as the day of commemorating all Holocaust victims.



## 28.01. DATA PROTECTION DAY / PRIVACY DAY

Convention is in force in 47 member states of the Council of Europe and some other countries who aren't members of the Council of Europe, such as Uruguay, Senegal, Morocco, Tunisia, etc., have signed it as well.

We are witnessing the great changes caused by globalization and technological advances, especially in the IT and digital world. Privacy issues are present in every aspect of individual lives, especially since modern living conditions make a great bulk of data available. In the process of globalization, information knows no boundaries, so it is difficult to ensure a balance between privacy and security by supporting free access to information and protection of personal data.

The purpose of celebrating Data Protection Day is to promote the protection of personal data and privacy through the implementation of various activities.



In 2006 and in order to raise public awareness of the right to the protection of personal data and privacy, the Council of Europe, with the support of the European Commission, declared January 28 the European Data Protection Day, also known worldwide as the Day of Privacy. This day is also marked as the anniversary of the Convention 108 for the Protection of Individuals with regard to Automatic Processing of Personal Data, which became available for signing by all countries on January 28, 1981. After more than 35 years, the Convention is the only legally binding international instrument for the protection of personal data and it is in the stage of modernization. The

## AMINA MADŽAK

In this section we will introduce the active young scholarship holders of the Hastor Foundation, who, in addition to volunteering, do phenomenal things and thus represent the Foundation at its best!

Amina Madžak from Konjic is a student at the Faculty of Economics and Social Sciences - Management Department at the International Burch University and our scholarship holder. She became an active member of the society while still in secondary school and received her first rewards for her acting achievements, which was later transformed into the activist spirit that would shape her into the person she is today.

As is the case with many other young people, Amina was motivated to become socially active in camps and education, where she met many other secondary school students from different parts of BiH. She was the first young Red Cross volunteer in Konjic and established the Red Cross Konjic Youth Assembly, which now has 60 volunteers. She is a member of the Youth Bank Board in her municipality and has been in the Konjic Youth Council Assembly for a year. During her secondary school education, she was part of the Association of High School Students in Bosnia and Herzegovina (Local Team Konjic) and a member of the Junior PR Team of the hoću.ba platform.

As she puts it, the "crown of her activism" is the DepressionApp (D-app), an application she launched with her colleagues and friends in the world of activism. Although they all come from different parts of BiH, they were brought together by a common idea that they applied with to the Burch Start me Up Competition; despite there being 40 competing teams, they were the ones who won! The idea won a lot of media attention by winning the competition, and only then did they actually realize how significant their idea was.



DepressionApp, or abbreviated D-app, is a connection created between users and medical professionals through a mobile app. Quite anonymous to the public, the only person who has access to the user is a doctor, psychologist, or psychiatrist on the other side of the line. Currently only a prototype of the app is available, downloaded by more than 500 users in the first month! The team has signed contracts with healthcare institutions in Bosnia and Herzegovina, it is part of the student incubator, and it is working with many other partners, and actively working on launching the final version of the application!

Amina's message for all young people and Hastor Foundation scholarship holders is to be aware of the fact that in the new, technological age, formal education is not enough; what is needed is also the informally acquired knowledge that is the way to acquire many competencies that set young people apart from others from the perspective of future employers.

"Inspiring a young person to be active is one of the most difficult moments, but we need to come out of the cocoon in which we think we are fine; a much nicer world lies outside it - why not take every opportunity that is given to you? "

Una Karabeg



Dear all,

After spending thirteen years at the Hastor Foundation, I feel the need to write the following words because to leave this wonderful environment without a single word would not be peculiar to me.

*It is very difficult to find the right words to express all the emotions I am feeling at the moment because over the years I have witnessed many wonderful things that have happened at the Foundation and rejoiced in its growth and progress, the same as in my own successes. I observed and witnessed how the Foundation matured and grew up, just as the Foundation, on the other hand, has supported me in my growing up and maturation.*

*After so many years spent with you, and countless lines written, I find myself in a situation where now, when I need to say something appropriate as a farewell, I do not find the right words.*

*Maybe it is because I still feel part of you, part of my Foundation and the end of my formal share in the Foundation does not really mean the end of this connection, because I will always be here to cheer all your steps and rejoice in every success, and I firmly believe that there are many more successful ventures and revolutions in the area in which you have established yourself so successfully.*

*I have had a difficult time knowing that we are parting ways this year. I never liked goodbyes and never knew how to deal with them, so I would found different ways and interests to stop myself from realizing that the most beautiful era of my life has come to its end. The year that is now behind us was especially difficult for me, and getting away became a favorite defense mechanism.*

*In only a couple of years, completely unprepared, I have faced the loss of my loved ones I have so badly needed throughout my life, so, hopefully, you will understand why I hate farewells so much. I had to go through this difficult period, and the consequences of it will be felt as long as I live. At that time, my family and friends were my escape, and I found a huge pillar of safety and support in my Foundation, whose light led me to much nicer paths. On this journey, I was faithfully cheered on and supported by two people I think of every time the Hastor Foundation is mentioned – teacher Ramo and the late auntie Fadila. The two of them have witnessed all my successes and life's tragedies, and with their light and kindness, illuminated every difficulty I had to go through.*

*It is a wonderful feeling to know that you belong somewhere and that someone has your back, and the loss of a solid support such as the Foundation was really noticeable. For this moment, the moment when we face the jaws of life, you have prepared us diligently, and I owe you immense gratitude for that. Life is very unpredictable and I do not know where it will take me, but I know that what you have taught me I will carry with me everywhere, just like that traveling backpack.*

*Sorry it took me so long to write, but saying goodbye to your family is always the hardest. I wish you all the best in your future endeavors, and if you need anything from me, I'll be happy to respond!*

Džulisa Otuzbir

## VOLUNTEER HOURS COUNTER

The database showed that the scholarship holders and volunteers of the Hastor Foundation reached the number of 20.680 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 294 volunteer meetings in 67 municipalities across Bosnia and Herzegovina. Our students who are part of the Administration Team, Editorial Board, Translating Team, Design Team, Social Networks Team and the Monitoring Team of the Hastor Foundation contributed greatly to this number, as well as students who work on developing maintaining the Hastor Foundation app and web page.

20 680

**volunteering  
hours**

**volunteering  
workshops**

294

67

**municipalities**

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