

NEWSLETTER



FONDACIJA
HASTOR



MAY 2020.

STORIES AND POEMS FROM THE LITERARY COMPETITION ON THE OCCASION OF THE FOURTEENTH ANNIVERSARY OF THE HASTOR FOUNDATION



In April, the Hastor Foundation marked the fourteenth anniversary of a dedicated and progressive action that encourages positive changes in the society of BiH, with a particular focus on one of its most important segments that is the education of young people. Due to the new circumstances, we could not celebrate the Foundation's birthday in the usual way with the meetings with scholarship holders from all parts of BiH, and that is,

why we have decided to unite our scholarship holders by organizing literary and art competitions. The idea of the aforementioned competition was that all scholarship holders (elementary, high school and university students), while using their own creative artistic and literary expression, recognize and in their own way illustrate their own impression of the long-term mission and fundamental values which Hastor Foundation has consistently nurtured, promoted, but also lived in accordance with them.

Selected Works...

“
Never
doubt that
a small
group of
people can
change
the world,
indeed, it
is the only
thing that
has ever
changed it.”

Fondation Happy Birthday

Flashlight is she, for in the darkness she illuminates the mysterious path,

Outstanding with knowledge, sincere kindness, and inspired by family love

Unwavering and persistent steps of hers say:

Never fear, take responsible steps and

Daunt the enemy within you.

An actor on the life stage, it's hard to be alone,

The kingdom of true friends she will give you.

Ideology of equality guided her; she was born to awaken altruism in everyone

Nurturing the future hopes of girls and boys.

Humane qualities characterize brave people

Acta, non verba - there is no place for laziness

Sunny is this April day
To you we send our warm hugs

Open all windows so everyone can hear

Ready? The birthday of the Foundation is today, let it echo through the streets.

Almina Kutlovac

Kindness always returns.


We might think that sometimes we do good in vain and that we have no use of it. In some cases, we may even think that we look like fools if we do the right thing. However, the good will always find its way back to us. In that wave that brings us back our pearl shell, the sea of life will bring mud, rock, stones... That is why the holy book says: "Good and evil are not the same. Reward evil with good, and your enemy will become a close friend." This is just another testament to the importance of goodness. We can often hear the words: "I can't change the world by myself." This is quite debatable, but what each of us can do is do good and thus encourage others to do the same. And that is one of the ways to change the world.

The Hastor Foundation is one example of how a group of people can change the world for the better. With their work, they have changed the world of thousands of young people in our homeland. This foundation, in addition to financial assistance, provided much more to young people. It showed us that the world is not so cruel and that we can find good people. These people are ready to make us young people successful by teaching us responsibility, developing our creativity, proving that we are capable without limitations... So, these people have changed my world and I am sure the world of many others.

Because of all these things, I am proud to be part of the Hastor Foundation. I talked about how goodness is a virtue that adorns a person for life and that changes the world. I would also like to mention another feature that the world lacks, and I hope that, given the current situation in the world, it will return to people's hearts as much as possible. That trait is gratitude. Truly we have and should be grateful for many things. Every morning that we wake up is a gift, every breath, every ray of sunshine, every sound of nature, every prayer we say, every drop of rain that falls, every smile we give and catch from someone else, the chirping of birds, the smell of flowers ... I can't even write all of it. What I meant by this is that it takes little to be happy and we need to learn to love and be happy with small things. Another important thing to be thankful for are good people. Those like the people who changed my world, those from the Hastor Foundation. The world is now in a great crisis, but even that will pass by God's will. Until then, let's stay home and be thankful for what we have now.

Lamija Karadžuz

How did the Hastor Foundation start changing our world 14 years ago?



The realization of goals and ideas in Bosnia and Herzegovina, a country with a number of burning issues, requires the existence of a large number of key factors. Numerous difficulties, unresolved issues, and dysfunction of the ruling system force young people in our country to make many sacrifices and adjustments. Building the future and striving to develop existing potentials are imbued with a number of aggravating circumstances. The lack of financial support from state institutions has been a long-standing problem of Bosnian society. The product of not finding an adequate solution to a problem of this kind is the lack of courage, enthusiasm, and even motivation among the youth of Bosnia and Herzegovina. Unfortunately, the real facts subdue the ambitions of young people. According to the latest census, 470,798 young people aged 15-24 live in BiH. That is four hundred and seventy thousand seven hundred and ninety-eight young human lives in the face of key life decisions and changes. Are we indifferent when it comes to their lives? Life paths? The future? Successes? The results?

Fourteen years ago, someone was not indifferent. In the mass of passive but capable, a group of people stood out and decided to make changes and provide help to those who really needed it. April 2006: a great desire, altruistic idea, immense strength, indescribable effort, a small group of people. April 2020: fulfilled wishes together with potentials for the realization of new, creative ideas, power increased by several times, efforts at the peak, with 2059 new initiators of change. By recognizing and understanding the importance of education and progress of the youth, a group of people decided to make numerous efforts to create conditions for education, personal development of young people who became successful scientists, researchers, doctors, engineers and community leaders. Thanks to continuous investment in education, in order to build a more prosperous society in Bosnia and Herzegovina, the Hastor Foundation has prospered since its founding into the largest foundation of its kind in the whole of Bosnia and Herzegovina. How did a few people manage to grow to over 2,000 people and what is that which actually contributes to the consistent progress of our organization?

The Hastor Foundation decided to invest in education, the development of the potential of the youth of BiH, which in the future will prove to be the only right step that was supposed to be taken at the time. For the past fourteen years, our organization has provided an opportunity for many generations to make their dreams come true - from the youngest ones, to those that are at a turning point in their lives. The lack of courage, enthusiasm, motivation and financial aspect for Hastor Foundation scholarship holders is long gone. Feeding the ambitions of its scholarship holders, the Foundation helps them to get an education, progress by acquiring new knowledge and skills. It helps them build a path towards their personal success, which will grow into a collective success in a family such as the Hastor Foundation. Once a hopeless society has become richer for a large number of engineers, innovators, athletes, philanthropists, musicians, and above all, it has become richer for a large number of initiators of change, following the example set by their family – i.e. the Hastor Foundation. By instilling great ethical values in its scholarship holders, and providing them with selfless love and support, the Foundation has them to become volunteers, altruists and, above all, people of empathy. What impact can a group of educated, capable, united people have on Bosnia and Herzegovina, or any other society? Togetherness is the basis of the Hastor Foundation's, and certainly a group of people is ready and able to face potential obstacles, because they have been taught to do so by their family for years. Such a group has been operating positively for years. For fourteen years, the Hastor Foundation has instilled confidence and a sense of security in a large number of young people – they have a feeling that someone thinks of them, that someone cares for them and that they are supported in each of their endeavors. Motivation, courage and determination to take new steps, important for the individual and, ultimately, for the community, come from a sense of security.

Today, thanks to the existence and activities of the Hastor Foundation, young people have the opportunity to go a step further, stand out from the crowd and, following the example of the founders of the Foundation, create great things for our team and society as a whole.

The aforementioned arguments indicate that there are many people who value true values, whether moral or educational. Let's surround ourselves with such people! Let us be an example for younger generations, and let us show that it is possible to achieve success if we possess true values. Let us be the initiators of change. Let us act through the belief that education really represents the choice of winners, as we at the Foundation like to emphasize and have been emphasizing for many years.

For all these reasons, we cannot be indifferent when it comes to the destinies of young people, whether there are four hundred and seventy thousand seven hundred and ninety-eight or four of them. We must not be indifferent!

Maida Husnić,
Fakultet humanističkih
nauka Univerziteta „Džemal
Bijedić“ u Mostaru

Ena Bešo,
Fakultet strojarstva,
računarstva i elektrotehnike
Sveučilišta u Mostaru

14 years, thousands of positive stories, one common link The Hastor Foundation

The Hastor Foundation currently has 2.059 scholarship holders. It may sound like an ordinary number, but it represents so much more. Anyone who is part of the Foundation is aware of what 2.059 actually represents.

When I became a scholarship holder, I expected to get a lot from the Foundation, but I actually got so much more than I expected. In addition to providing financial assistance, they have provided scholarship holders with a significant number of new experiences. Every volunteer meeting, regardless of whether we are college students or elementary school students, is a positive story that we will surely remember. One can't even imagine what is hiding in the 300.000 volunteer hours in the years behind us. Each topic covered results in a lesson that most of us will carry through life.

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Maida Hadžić

A Breath of Art in the Age of Pandemic: Online Exhibition “Grafički listovi slikara”

The online exhibition “Grafički listovi slikara” (Graphic Sheets of Painters) presents the May Day gift of students of second, third and fourth years, to all those who, in these unusual times that befell us, needed art to help them overcome everyday life and a moment to bring back the memory of the days when being overwhelmed with the aura of artworks was possible, which is something that today seems like an unattainable luxury. With this in mind, students of the Department of Painting, including scholarship holders of the Hastor Foundation Ana Milijević and Kemil Bekteši, decided to create for the world, that has changed overnight, the illusion of the normal, former life, at least for a short time.

Our scholarship holder Ana Milijević described the online exhibition “Grafički listovi slikara” as follows:

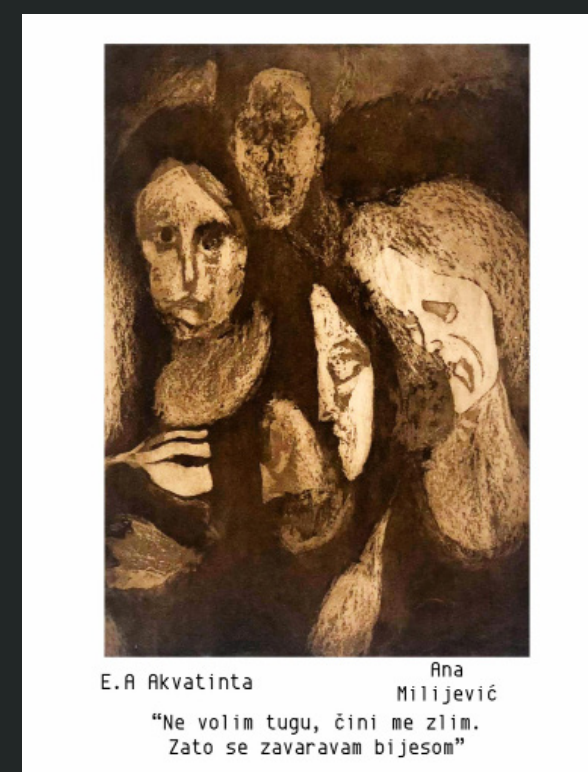
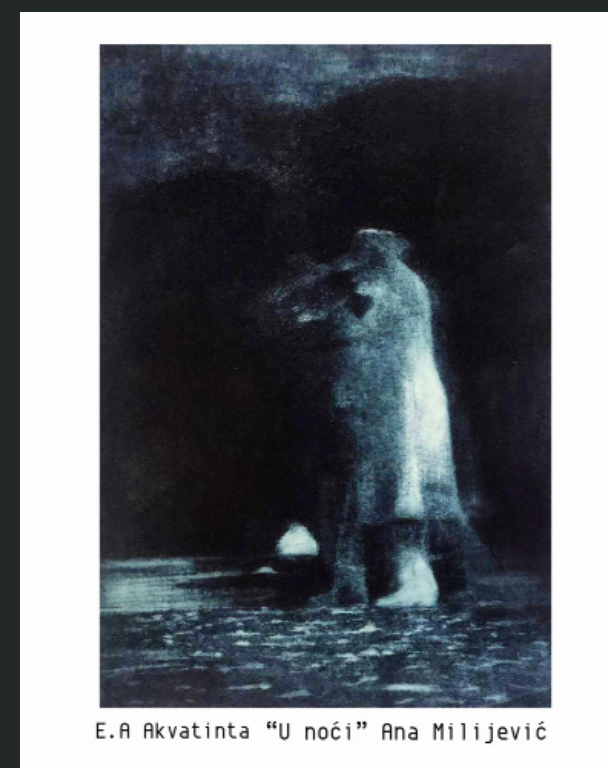
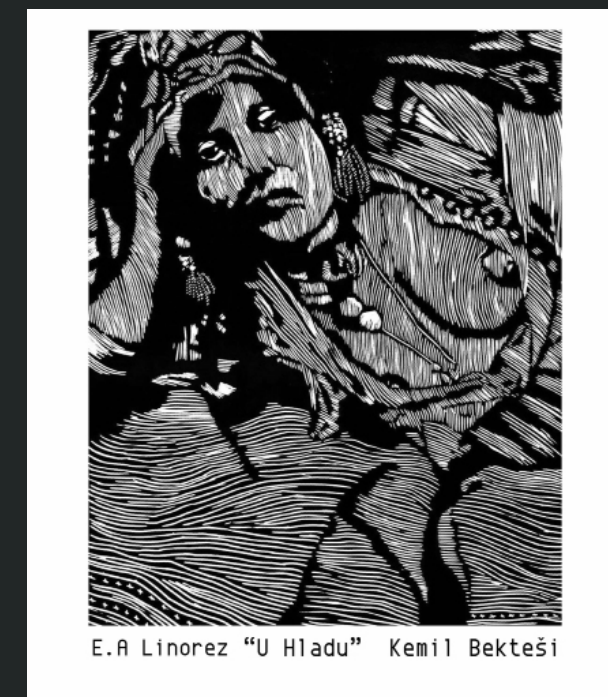
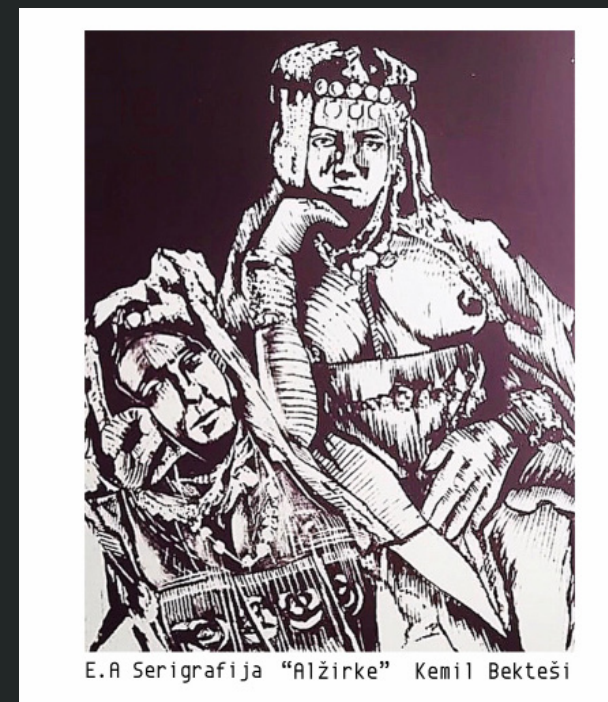
„The exhibition will feature works created using various graphic techniques, letterpress and intaglio printing. The main difference between them is in the process of printing and preparation of graphic matrices. For us as future painters, adapting to this way of working was a challenge that we gladly accepted.



Instead of applying paint as we were used to, on canvas, wood or other carriers that allowed us to intervene directly, this time we applied it to matrices, which need to be prepared in advance using various graphic techniques, creating a deep or convex surface. We were getting increasingly connected to a new world of graphics, which at first seemed foreign to us. Exploring and pushing its boundaries, we created works, within which we tried to think like a graphic artist, while incorporating our previous painting experience.

If we were to describe painting in one word, probably the first association would probably be color. For graphics, that would be a line. I think we need to leave behind this strict division, which distracts us from creation, and enslaves us in the shackles it creates, leaving us trapped within one way of creating art. Considering that the concept of art is too broad, never sufficiently researched, we did not allow ourselves to observe it by opening only one door, the door of painting. Our view is now refreshed, and art is open to endless possibilities”.

Ana Milijević



Prints from exhibition “Grafički otisci slikara”

Nejla's ERASMUS experience: San Sebastian

This time I will write about my experience from a few months ago, as a continuation of my last month's article on the topic of music in Spain. An experience in a small town in the very north of the country: San Sebastian.

San Sebastian, a city in the autonomous province of Pais Vasque (Basque Country), although small in size, is known for events such as the San Sebastian International Film Festival, as well as for the fact that big names in classical music perform in the beautiful concert hall and congress hall Kursaal.

The idea to visit San Sebastian came abruptly; I happened to see an advertisement that one of the greatest pianists who has ever played and still plays, Martha Argerich, will perform in that city. It was one of her probably last concerts in her career, right there in Spain. The opportunity to see her was unique. The four of us friends bought tickets and set out to plan a two-day trip north! Since one of the friends from France came to study by car, we had the opportunity to set off like that. It took us almost 11 hours one way, and along the way we stopped at a small place that caught my attention because



of the architecture that reminded me of Arabic style (which, in contrast to the south, is completely unusual for the north of the state) called Sahagun. We barely got in, and even harder got out, through the narrow alleys of that place, but we managed to find a traditional coffee shop and drink perhaps the most beautiful coffee I have ever tasted in Spain. We also went through a part of the Pyrenees mountain range, the natural "border" between Spain and France, which is simply breathtaking. It is interesting that we went through as many as seven different provinces from Vigo to San Sebastian, and in each the weather forecast was so different from the previous one, that it all looked almost cinematic! At one point you open all the windows in the car, regret that you started in pants, and not something shorter, and in a few minutes, you slowly get dressed, no less and no more than in the winter jacket in which you started from Galicia.

When we entered the province where San Sebastian was, what I remember as extremely interesting was the story a friend told me while driving, about the Basque language spoken in that province, the region that stretches to the westernmost Pyrenees

**ERASMUS
EXPERIENCES
OF OUR
SCHOLARSHIPS
HOLDERS**



We arrived in town just 15 minutes before the concert, tired and hungry, but when the evening started, we forgot about it all. Experiences like this are important to us, because hearing such colors of sound live is not the same as through technology. It opens new experiences for us, new ideas, which we carry with us later and build in our expression. In Marta's playing one hears what I have never heard before to that extent: years and years

of experience and maturity. Marta started performing at the age of 6 and is now 78 years old. Although we did not manage to visit the city where the concert took place, this experience remained as one of the most beautiful on my Erasmus trip, and I know that I will always cherish it. We learned a lot and so, "along the way", in the car, we all became even closer. Anecdotes that have followed us all along put a smile on my face even nowadays.



Nejla Komar

Amin's ERASMUS experience:

In the previous issue of the newsletter, I wrote about my re-arrival in the UK after just over two years and getting used to everything new and already familiar around me. All students who have already passed through the Erasmus program know how much this experience means in developing their own personality, broadening their horizons and leaving their comfort zone. Now, five months after my arrival, when this exchange is also coming to an end, I can say that this time I learned a lot more about myself than about the place, the city or the people where I lived. Given that due to the current situation in which the world suddenly found itself, many things did not happen, I

I decided to write about the previous experience and in some way draw parallels with the current period, and get lessons that were very useful to me, so I sincerely hope that someone else will also benefit.

In September 2017, I was the only student from Bosnia and Herzegovina to come to the University of Glasgow for the first time since signing the cooperation agreement. I found some special motive in this fact and the desire to accept that challenge was very great. For many, it may be too adventurous, but I decided to pack my bags and go to this distant, unknown city with only one night booked in a hostel, and later, as we like to say, we will see what will happen. A gloomy Sunday with typical British weather has, I must admit, shaken me up a bit, but a new day always means a new challenge. That Monday I woke up and said to myself, "Now you're going to the University and you're going to find great place for yourself, okay?"

Same place, different me - two years later





And indeed, I found much more than that. Coincidentally (although I don't know how possible that can be said for this occasion), at one of several student accommodation services, after many negative answers, I meet Dani, a Brazilian who I didn't expect to know where our small country is; with a big smile, he says that he is very sorry that, when he was in Bosnia and Herzegovina a couple of years ago, he did not jump from the Old Bridge in Mostar. Excuse me?! In my Mostar? I can hardly believe what is happening to me, we go to lunch, talk about everything and along the way we agree to look for accommodation together, which we find very quickly thanks to his colleague from the program, Agatha from Italy, who also "coincidentally" meets an Italian who, naturally, when it comes to another Italian, can take care of everything.

It takes me a few hours to process everything, it's hard for me to understand that somewhere this far away, where I've never set foot before, everything can be arranged so quickly and "easily", so my decision from this morning when I left the hostel was not too ambitious after all. After I went back to the hostel to pick up my luggage, I took a cup of coffee and sat down to think. And here comes the first lesson.

There it comes the first lesson.

Determination.

Many times after this event in my life I realized that if I want something strongly enough and if I am clean and determined in my head to achieve it, almost nothing is impossible. If you have a real goal that you believe in and for which you are willing to invest whatever it takes, persevere on that path because only then will those dices that you yourself may not be able to move, be arranged in such a way that you reach your goal.

These people and a couple of other fantastic people marked my first Erasmus trip and left an indelible mark in my life. I was with them in Berlin, Barcelona, Vienna, and they celebrated Eid with me at my family home in Herzegovina and brought an unforgettable experience from there, so I am very proud to say that they are still one of my closest friends.

Thanks to them, when I again adventurously decided to come without booked accommodation, the first night in Glasgow I got an apartment where I stay today and which I will soon, justifiably sad, leave and return to my home. And that is another lesson.

In the end

In the end, the universal message that is nothing new to anyone, but that is worth thinking about and having in mind, is that kindness always returns. Helping, sharing, giving advice or "pushing" someone when we see it's necessary, can mean the whole world to that person, and to you a good deed that will surely and definitely return when you least expect it, and when it is perhaps most needed.

People.

People are the most important resource that a person can have in life, and with the right people around them, every idea and every decision can become achievable. Keep close the real and honest people around you, take care of them and keep in touch because that can mean amazing things. It is absolutely irrelevant how much money I owned at some point in my life, because I always felt like a rich man thanks to these friendships and connections around the world.



PART OF LEJLA' CAMBRIDGE EXPERIENCE:

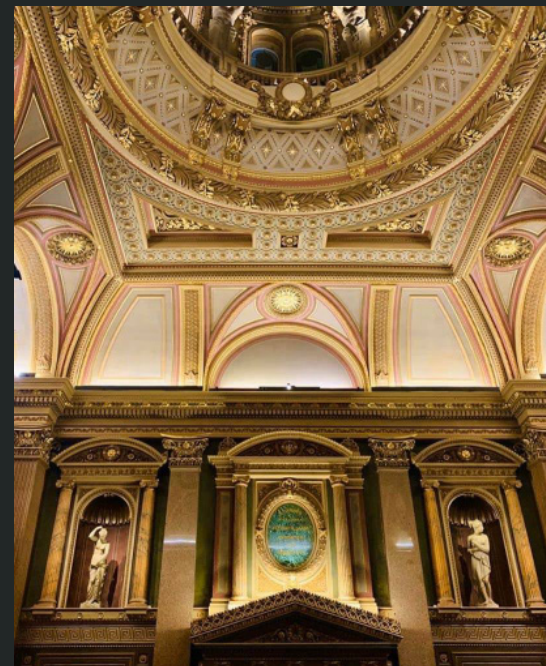
Historic monuments of Cambridge



The Fitzwilliam Museum is the museum of art and antiquities of Cambridge University. It was founded in 1816 with the great donation by Viscount Fitzwilliam from Merrion, the former president of Trinity Hall College, who felt that the University was missing a museum of its own, not only to show works of art, but also for a library and. Today, this museum represents one of the most beautiful buildings and one of the richest galleries in the whole of Britain, with one of the best and most diverse collection of antiquities and modern art in Western Europe. It is located on Trumpington Street, opposite Fitzwilliam Street in the central part of Cambridge. From antiquity to the present day, the Fitzwilliam houses a world-renowned collection of over half a million beautiful works of art, masterpiece paintings and historical artifacts. The museum treasure includes artworks of Monet, Picasso, Rubens, Vincent van Gogh, Rembrandt, Cézanne, Van Dyck and Canaletto. In addition, the Fitzwilliam contains some of

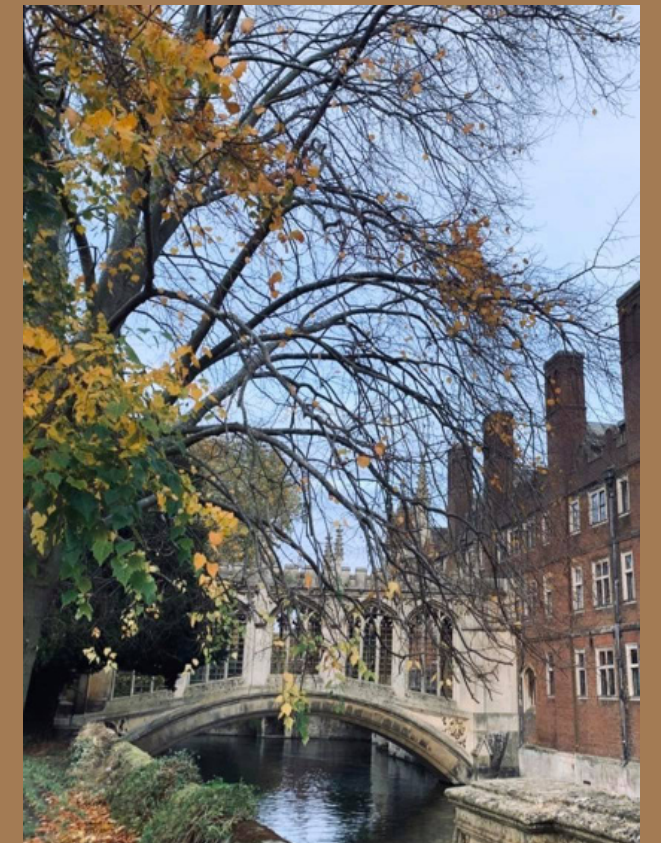
the best collection of paintings, drawings and prints in Britain, and significant collections of Asian art, medieval manuscripts and extraordinary collections of applied art, ceramics, porcelain, and medieval coins.

The Bridge of Sighs in Cambridge is a covered bridge at the famous St John's College. It was built in 1831 and crosses the River Cam. The architect was Henry Hutchinson. It is named after the Bridge of Sighs in Venice, although they have little in common architecturally, beyond the fact that they are both covered.



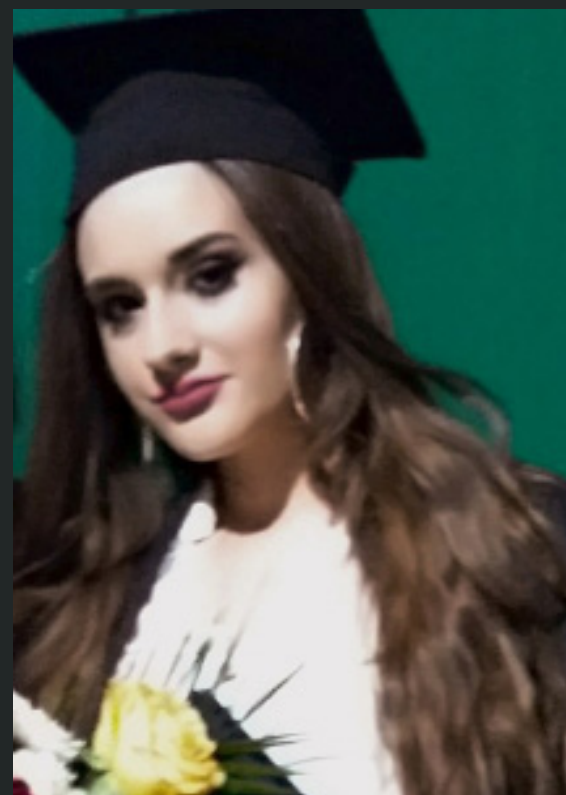
The Mathematical Bridge is the popular name of a wooden footbridge in the southwest of central Cambridge, which connects two parts of my Queens' College. Its official name is simply the Wooden Bridge. The bridge was designed by William Etheridge, and built by James Essex in 1749. It has been rebuilt on two occasions, in 1866 and in 1905, but has kept the same overall design. Although it appears to be an arch, it is composed entirely of straight timbers built to an unusually sophisticated engineering design, hence the name. A popular fable is that the bridge was designed and built by Sir Isaac Newton without the use of nuts or bolts. Various stories relate how at some point in the past students attempted to take the bridge apart and put it back together, but were unable to work out how to hold the structure together, and were obliged to resort to adding nuts and bolts. However, this story has never been confirmed and remains one of the most famous myths of Cambridge.

This bridge is one of Cambridge's main tourist attractions and Queen Victoria is said to have loved it more than any other spot in the city. An interesting fact is that near this bridge is where the famous ball scene from The Theory of Everything was shot, which is a movie about the life of the theoretical physicist Stephen Hawking, one of the most famous students of Cambridge.



The Hastor Foundation has nurtured many values within its community for many years. Our scholarship holders are ambitious, enterprising and above all successful people. Our family can truly boast with a large number of scholarship holders who achieve notable results in the field of education and science. However, in addition, the Foundation's team consists of young people who contribute to the work of the Foundation, improving it with their knowledge and skills, but also with their commitment to volunteer work within the Foundation. Below is the story of the scholarship holder of the month Amina Vatreš, who can boast with all the previously mentioned values.

Amina was born in Sarajevo, where she finished primary and secondary school, with the best grades and numerous titles. Considering that she developed a great love for reading and a connection with books already in primary school, she distinguished herself at numerous competitions within primary school education. After primary school, she enrolled in the Second Gymnasium, where she graduated from the language department in 2015. It is important to emphasize that languages are one of her greatest loves, along with her professional orientation and reading books. In 2015, she continued her formal education by enrolling into the Faculty of Political Sciences in Sarajevo, Department of Communicology. At the end of the first cycle of studies, in 2018, in accordance with the achieved grade point average and being the best student in the department, she was awarded with the Silver Badge of the University of Sarajevo. She also decided to enroll into the second cycle of studies at the Department of Communicology at the Faculty of Political Sciences, where she is currently in her final year of studies and working on her master's thesis. In the second cycle of studies, she achieved a grade point average of 9.8, according to which she should be awarded the Golden Badge of the University of Sarajevo at the end of the current academic year.



Amina's ambitions and enterprising spirit are confirmed by the numerous activities she performed during her studies, which include internships at RTV BiH, and three-month internships at the Center for Investigative Reporting. She is also part of the Institute for Social Research of the Faculty of Political Sciences, where she works on the implementation of scientific research projects and the organization of professional conferences. As part of her studies, she participated in numerous competitions, of which, as our favorite, we single out the first place for the best text within the workshop "Media and Information Literacy in Bosnia and Herzegovina in the Function of Critical Thinking and Youth Advocacy", and the award for one of the best three text in the competition "Our voices through the written word", which is thematically oriented towards advocating for the rights of persons with disabilities.

Namely, speaking about the first prize for the best text within the previously mentioned competition, Amina was inspired by the scholarship holder of the Hastor Foundation Alma Mujanović.

Amina shows a special interest when it comes to studying the influence of the media on social reality, which is explored by the integrative socio-communicative discipline - sociology of the media, and the topic of her master's thesis belongs to this scientific field. Speaking about plans for the future, her long-term ambitions are directed towards writing professional

By placing a young, ambitious individual in the focus of its socially responsible activities and giving it the opportunity to express its affinities within various social domains, the Hastor Foundation affirms its long-term mission oriented towards universal social progress based on quality education.

My opinion is that the primary task of us, its scholarship holders, is to consistently confirm, with our achievements and philanthropic work, the essence of the Hastor Foundation's slogan that education, as the most important and longest process in every person's life, is really the choice of winners.

scientific papers, as well as towards enrolling in a doctoral study in the field of communication sciences.

Activism, willingness to work, diligence, enthusiasm and a positive spirit, these has Amina also showed through volunteer activities within the Hastor Foundation, which she has been a member of for thirteen years. In addition to volunteer meetings with the Foundation's younger scholarship holders, Amina has been a member of the editorial team for many years,

I would point out that membership within the Hastor Foundation has had a positive effect on my personality. Selfless and stable support, which I received as a scholarship holder 13 years ago, have oriented my thinking, behavior, but also ambitions towards striving to always be the best version of myself in everything, without setting limits on what I do or what I strive for.

I would say that the Foundation and I, over the past thirteen years that I've been part of it, have grown together. By following and supporting my formal education, my successes, and my progress in general, from the school days all the way to college, the Foundation left a strong imprint on all that I am today.

where her current position is that of an editor of the website and regular monthly newsletters. The fact that she was one of the lecturers of teacher Ramo Hastor's book, together with her colleagues, speaks of her abilities and entrepreneurship.

Having in mind all the aforementioned and knowing Amina for years, we have nothing left but to thank her sincerely and from the bottom of our hearts for her dedication and commitment within the Foundation, and to wish her much success when it comes to her ambitious and bold plans for the future, which will, undoubtedly, one day be realized.

Maida Husnić

CREATE THE APPROPRIATE ENVIRONMENT THAT YOUR BRAIN WILL PERCEIVE AS A WORKING ATMOSPHERE FOR LEARNING.

Considering the functioning of the brain from a psychological aspect, it seems extremely important to point out the fact that our brain essentially bases its elementary function on the creation of associative-cognitive relations on the basis of which it operates. Therefore, the principles of learning psychology unambiguously suggest the need to prepare the atmosphere, just before the final approach to the learning phase, in a way to enable complex brain mechanisms to process new information and data, contextualize them, but also make a kind of cognitive connections between newly and previously acquired knowledge. Our brain subconsciously makes associative connections that determine the way it acts in different situations and contexts. Namely, by applying an explicit pattern of brain preparation to an online way of learning, it seems necessary to create an environment for learning that our brain perceives as an ideal place for its functioning. Considering the above, we should never study on the bed (since our brain associates it with previous experience and perceives it as a place to rest/sleep), but at a desk or some other place we have previously designated as our own learning corner. In the conditions of preparation for the online exam, it is necessary to have a kind of "trigger" that will prepare our brain for the working atmosphere. This can even be a common alarm setting since the alarm sound itself has proven to be an effective factor in creating a working, productive atmosphere. Associations that will influence you to prepare your brain for the work atmosphere can be personalized and adapted to your own habits and previously adopted preparations and learning methods.

GET OUT OF ~~"EVERY DAY IS THE SAME"~~ PARADIGM / SET A SPECIFIC TASK FOR EVERY NEW DAY

In the current conditions, it is very important to get out of the "every day is the same" paradigm of functioning. You can do this very effectively by differentiating work on different tasks and even subjects, in other words — selecting and scheduling them for different days. This process will eventually result in an increase in your motivation, and even your responsibility, in conditions where it is more difficult to be a controller of your own progress in studying and preparing for exams.

START STUDYING EARLIER!

Numerous studies in the domain of psychology and studying effectiveness imply that the peak of our productivity is manifested in the period from 10 a.m. to 11 a.m. Therefore, it is definitely recommended that we get up in the morning as early as possible, not only to take advantage of the previously mentioned period of peak productivity but, perhaps more importantly, because the way we wake up actually determines our mood and productivity later in the day. If we get up at noon or even later, sleepy and irritable, it will certainly have a deadly effect on our work and cognitive ability throughout the day.

CONSISTENTLY FOLLOW YOUR OWN STUDYING PROGRESS

BE THE CONTROLLER OF YOUR SUCCESS!

In the conditions of preparing for an online exam and due to the impossibility of attending "in class" lectures, it is much harder to feel the progress in the process of acquiring new knowledge. Therefore, it seems effective to make a personalized daily plan of learning and preparing various exams with which you would be able to monitor your success in acquiring the intended material on a daily basis. Gradual planning that is oriented towards reaching the final goal is positively reflected in two dimensions:

1. Your progress will become measurable.
2. Monitoring studying success on a daily basis will contribute to your own sense of achievement, raising your self-confidence, and consequently increasing your motivation to study. This certainly reflects on your mental health as a whole, since, according to the above mentioned process, you get a sense of achievement, but also a sense of control over the fulfillment of obligations.

COMMUNICATE WITH COLLEAGUES AND PROFESSORS WHENEVER POSSIBLE!

Interaction with professors, but also with colleagues, is one of the crucial aspects of good preparation for taking the upcoming exams. Students often feel demotivated and even lonely, and therefore the feeling of "belonging" to a group of people with whom they share similar obligations and tasks is important. Communicating with colleagues can help you fill in any gaps in your studying, that is, in making up for missed material that you may not have known to be important to prepare for a particular exam. It is also important that you do not hesitate to ask any questions. Take advantage of all the opportunities and benefits of interaction within the online learning platform.

PERFORM TASKS IMMEDIATELY AFTER THE ONLINE LECTURE

It is extremely important that you try to work on the assignments that you receive as part of certain lectures on online platforms immediately after the lesson. It is in these moments that your brain is best prepared to perform that task, since according to the time that passes after working and adopting certain material, both your motivation and the level of ability to effectively approach tasks that are part of a specific area fall. When our brain shifts the focus of its work, as a consequence its ability to work on specific tasks changes.

COMMUNICATE

Rules of Ijekavian Dialect

The sound yat (ě) has the reflexes ije/je/e/i (svijet/svjetov7/mreža/vidio) in ijekavian dialects, which are the basis of Standard Bosnian. The reflex depends on syllable length: long syllables contain ije by default, whereas short syllables contain je (e and i). There are clearly defined rules on the choice of yat reflexes. Considering that we regularly encounter numerous examples of incorrect ije/je/e/i alternations and the spelling of yat reflexes, we bring you some of the rules that are linked to the most common mistakes.

I and E

- 1 In short syllables, alternant e is used instead of alternant je after a consonant cluster ending in r: bregovi (not brjegovi), crepovi (not crjepovi), crepić (not crjepić), napredan (not naprjedan), ždrebeta (not ždrjebeta) etc.
- 2 Alternants je and e are both possible in the following words: mrjestilište/mrestilište, pomodrjeti/pomodreti, pomodrjela/pomodrela.
- 3 If the consonant preceding the letter r is part of the prefix, the alternant je is used instead of e: odrješit, odrješenje, protivrječnost, protivrječiti, razrjeđivati, razrjeđivanje, razrješavati, razrješenje, etc.

JE or E instead of ije

Long syllable shortening, i.e. je (or e) instead of ije, is found in alternations of nouns with unequal number of syllables: bijeg – bjegovi, bijes – bjesovi, cvijet – cvjetovi, korijen – korjenovi, svijet – svjetovi, vijek – vjekovi.

Sounds n and l combined with j (from je) give nj and lj: snijeg – snjegovi, lijevak – ljekovi, žlijeb – žljebovi.

In addition, the correct forms are: dijete – djeteta, tijelo – tjelesa.

- 1 In addition, the correct forms are: dijete – djeteta, tijelo – tjelesa.
 1. Syllable shortening occurs when the accent is moved to the derivational affix of a derivative:
 - a. imperfective verbs ending in -ava(ti) derived from perfective verbs: obavijestiti – obavještavati, spriječiti – sprječavati, dodijeliti – dodjeljivati, istrijebiti – istrebljivati, ocijeniti – ocjenjivati, pobijediti – pobjeđivati, rascijepiti – rascjepljivati, primijeniti – primjenjivati, etc.
 - b. derivatives where the suffix carries the accent: bijel – bjelance, gnijezdo – gnjezdašće, slijep – sljepoća, miješati, mješovit, stijena – stjenovit, blijed – bljedunav, etc.

- 2 Syllable shortening also occurs in nouns and adjectives derived from verbs: lijepiti – ljepljivost, obavijestiti – obavještenje, ocijeniti – ocjena, odlijevati – odljev, pobijediti – pobjeda, primijeniti – primjena (primjenljiv/primjenjiv), povrijediti – povreda (povrediv/povredljiv), riješiti – rješenje (rješiv).

- 3 Syllable shortening is present in comparatives and superlatives: bijel – bjelji – najbjelji, lijn – ljeniji – najljeniji, rijesan – tješnji – najtješnji/najtjesniji, vrijedan – vredniji – najvredniji.

Shortening of ije to je (or e) does not occur:

- a. in the long plural of nouns such as lijek (lijekovi)
- b. in collective nouns derived from nouns with the suffix -je: briješće, svijeće, liješće, triješće
- c. in nouns derived from nouns with suffixes -ak, -ce, -ka: cvijetak, dijelak, griješak, smiješak, odijelce

Short syllable lengthening to ije:

- 1 Ije occurs instead of je (e) in imperfective verbs and verbal nouns derived from perfective verbs with the suffix -va(ti): dogorjeti – dogorijevati, dospjeti – dospijevati, pregorjeti – pregorijevati, razumjeti – razumijevati, uspjeti – uspijevati
- 2 The verb sjeći (and its compound words) contain je in some forms and ije in others. The je alternant is found in the infinitive (sjeći, presjeći), in some forms of aorist (sjekoh, sjekosmo, sjekoste, sjekoše, presjekoh...), in participles (sjekao, presjekao, sječen, presječen) and past transgressive (sjekavši, presjekavši).

Alternant ije is found in the present tense (siječem), other forms of aorist (siječe), imperfect (sijecijah), imperative (sijeci, presijeci) and present transgressive (sijekući).

- 3 Both forms are present in: prijelaz/prelaz, prijevod/prevod, prijenos/prenos, prijevoj/prevoj, prijestup/prestup, prijevoz/prevoz

Short syllable lengthening to long je

This is characteristic for the following situations:

- a) plural genitive: djêlā (djelo), koljēnā (koljeno), medvjēdā (medvjed), sjēnā (sjena), uvjētā (uvjet), vjērā (vjera);
- b) imperfective verbs and verbal nouns derived from the nouns mjera and mjesto and from the verb sjesti: zamjerati, zamjeram, zamjeranje, premjerati, premjeram, premjeranje, namještati, namještanje, namjestiti, zasjedati, zasjedam, zasjedanje;
- c) individual words: bdjenje (bdjeti), izvješće (uz izviješće), pjev (pjevati), pokoljenje (koljeno).

Other rules of the Ijekavian dialect

- 1 Derivatives from the verb teći end in -tjecati/ticati, and those from the verbs taći, taknuti end in -ticati: doteći – dotjecati/doticati, dotaći – doticati; isteći – istjecati/sticati, istaći – isticati; poteći – potjecati/poticati, potaći – poticati, steći – stjecati/sticati, zateći – zatjecati/zaticati, zataći – zaticati. Therefore, the difference exists:
 - 1) Bolesne noge natječu/natiču. ; Papuče se na noge natiču.
 - 2) Rama utječe/utiče u Neretvu. ; Konac se u iglu utiče.

- 2 The standard forms in Bosnian are: redosljed, poslijepodne, poslijeratni, plijesan, etc.

- 3 Both forms are used for: blijesak/bljesak, naslijeđe/nasljeđe, uslijed/usljed.

June 4th International Day of Innocent Children Victims of Aggression

In 1983, the United Nations decided that the 4th of June will henceforth be marked as the International Day of Innocent Children Victims of Aggression.

Ever since then, the day has been marked in order to raise awareness of the many children who currently face various forms of violence, but also to emphasize the importance of protecting children's rights and the need for the international community to fight together in order to end violence against children.



June 5th World Environment Day

In 1972, the United Nations Conference on the Human Environment was held in Stockholm, and as the conference began on the 5th of June, the aforementioned date was chosen to be the World Environment Day. Nowadays it is marked all around the globe, with the aim of raising awareness of the numerous ecological problems and reminding the humanity of the need to be more engaged in protecting the environment.



June 21th World Music Day

World Music Day is celebrated annually on June 21, and it is marked by musical gatherings and free gigs featuring both amateur musicians and professionals on open stages and city streets and squares all around the world. These musical shows also mark the calendar beginning of summer.

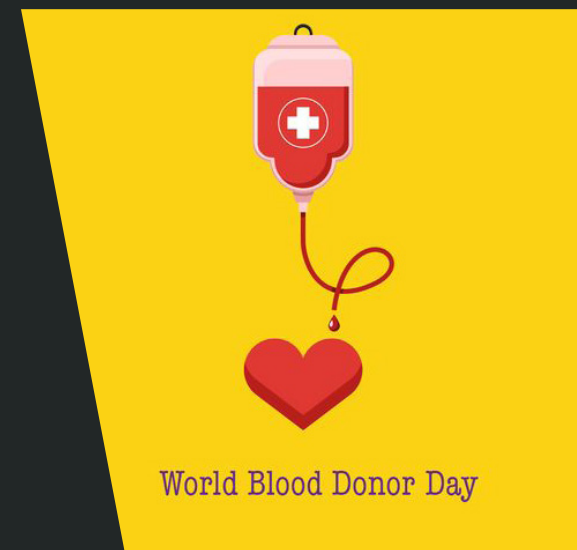


June 8th World Oceans Day

Though the suggestion to mark World Oceans Day was made back in 1992 at the UN Summit on environment protection held in Rio de Janeiro, it was the official decision from 2008 by the General Assembly of UN on marking the World Oceans Day that spurred numerous actions of protecting the seas and oceans across the world.



June 14th World Blood Donor Day



**one dose of blood can
save three ives**

Transfusion of blood and blood products helps and save millions of lives every year. It can help patients suffering from life-threatening conditions live longer and with higher quality of life, and supports complex medical and surgical procedures.

92 million doses of blood are collected worldwide each year. Approximety half of this number is collected in gihly developed countries, where transfusions are needed, especially in developing countries, they do not have timely access to dafe blood. Blood collection from voluntary donors is the basis for ensuring a sufficient supply od safe blood for all those whom it is of vital impoortance.

Did you know?

One in seven people in the world goes to bed hungry.

More than 20.000 children younger than five die of hunger every day.

The production of only one liter of milk requires 1.000 liters of water.

To make one hamburger, it is necessary to use 16.000 liters of water to feed the animals of whose meat the hamburger is made.

25% of world production of food happens on the inhabited part of our planet, and this process uses 70% of sources of drinking water.

Food production destroys 80% of forest areas in the world and causes the production and emission of 30% of greenhouse gases, which are the main reason for the loss of biodiversity and change in the quality of the soil used for food cultivation.

One third of produced food ends up as waste. This means that we have wasted all the resources needed for its production: human work, water, soil, fertilizers, but also the transport fuel, used to bring food to our markets and stores.

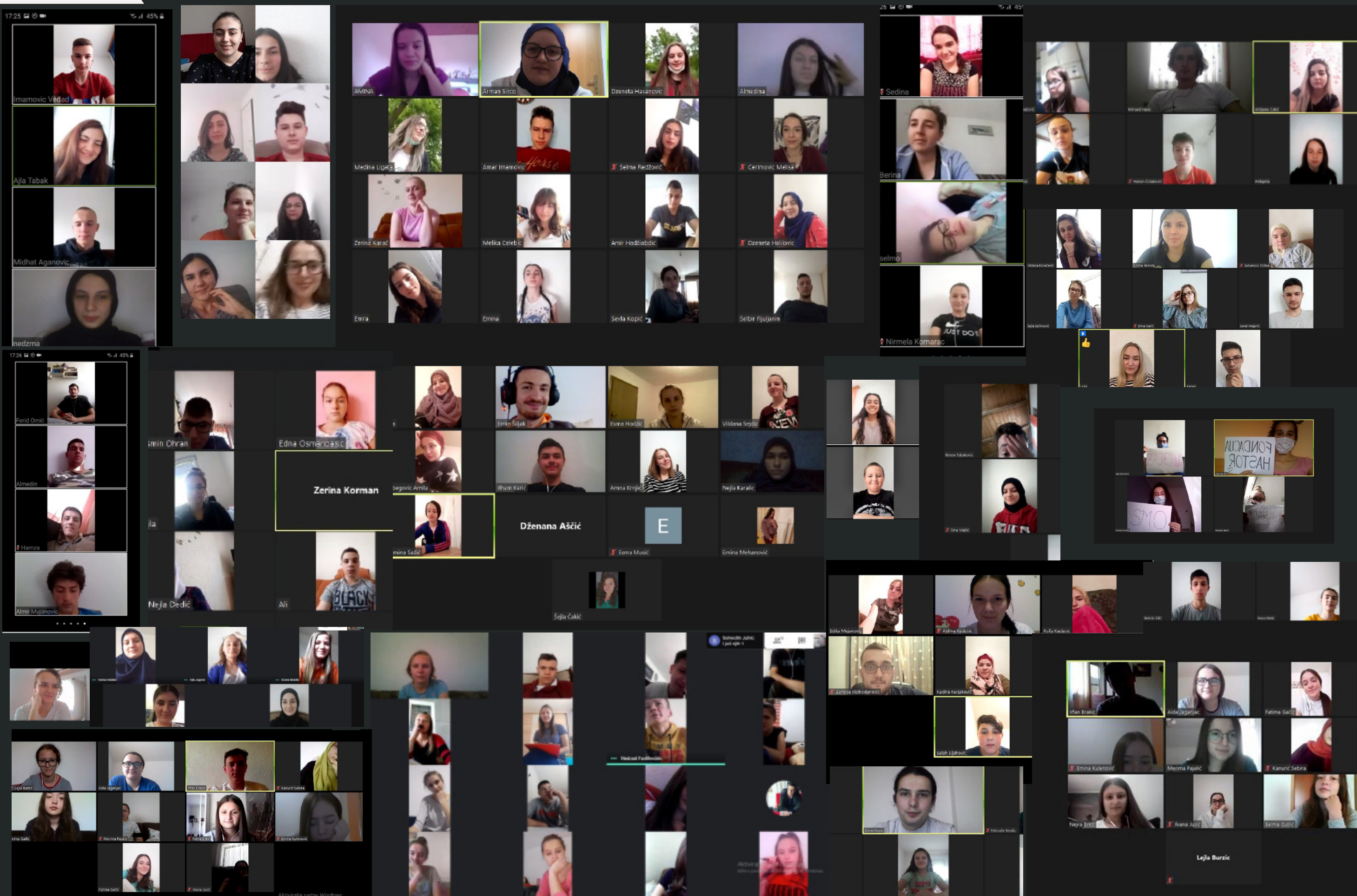
Everyone can help! Making good decisions while choosing food is one of the ways in which we can make our own contribution. Choosing organic food, the production of which does not involve chemicals, and choosing locally cultivated food, that did not travel half the world on its way to the market, thereby contributing to the increase in the emission of greenhouse gases, contribute to resolving this complex issue.

Planning groceries purchase and meals, and using the fridge and freezer to store the surplus of food can bring us one step closer to reducing food waste.

Think when planning meals and purchasing groceries. Prepare and eat daily amounts of food which are sufficient for you and those you live with. In this way you save, not only time, but also the money you use to buy groceries. You do all this for your own health, the health of your loved ones, and for our planet.

You do all of this for your own health, the health of your loved ones and our planet.

ONLINE VOLUNTEERING



Zerina Korman

Dženana Aščić

Lejla Burzić

Through this section, we will present the active young scholarship holders of the Hastor Foundation, who, in addition to volunteering, do phenomenal things and thus represent the Foundation in the best light!



The activity he is most proud of is Challenge History, a seminar held in Kosovo on the history of conflict in the Balkans. The seminar sparked a debate between people from Serbia, BiH, Kosovo and Northern Macedonia. Although he was not credited with organizing the seminar itself, he had a large share in inviting participants who were active in these debates and had constructive conversations on such sensitive topics.

“I think it is important that young people get involved in such activities because this is the engine that can help us develop this country and bring society to a higher level of sophistication. In the developed countries of the world, people have learned to live with differences and respect them instead of making conflict because of them. Bosnia and

Of course, Aris advises that it is necessary to become active in other fields as well. He is also active in the field of STEM subjects, so he went to the competition with his team in London. He underwent training with Medica from Zenica, after which he became a certified peer educator for violence prevention.

“Through activism, you can brighten your days by traveling, meeting people and simply trying out the beautiful things that life has to offer.”

Volunteering for the Hastor Foundation was a beautiful experience for Aris because, as he says, he met people with similar views and an open mind, which brought new friends into his life that he knows he can count on in the future.

“The Foundation’s scholarship has been a great help in carrying out many of my activities and has helped me in my attempt to change the society in which we live for the better.”

His message to fellow scholarship holders is to never stop fantasizing and dreaming.

“If you don’t have dreams, you have nothing. Don’t give up, but push towards your dreams, because, indeed, anything is possible if you try hard enough!”

Aris Karamustafić

Aris is Karamustafić comes from Gornji Vakuf - Uskoplje and is a graduate of the United World College in Mostar, and he intends to start his studies this fall in the USA at the University of Richmond, where he was admitted a few months ago. He has been a scholarship holder of the Hastor Foundation for the third year.

He started with his activism in secondary school, initially volunteering at the Youth Center, and soon revived the local ASuBiH team in his hometown, where Aris became the coordinator.

“Through these organizations and volunteering in them, I met many active people who later connected me with other organizations such as SHL, Medica Zenica, etc.”

To start his activist story, Aris was motivated by sports. He has been involved in karate since he was a child and is very successful. He is a black belt, two-time champion of Bosnia and Herzegovina, winner of numerous Balkan medals, and participant in international tournaments in Turkey, Serbia, Austria, Croatia, etc.

“Through my travels to these tournaments, I met people of all nationalities, races, religions and I enjoyed conversations and friendships with them. Every time I returned home I was disappointed with the division of my city into Croat and Bosniak parts, I was disappointed with the fact that I had a normal relationship with people from other countries, but the same was not among the people in my city. For that reason, I began to engage in activism that dealt with the division of people in our country and the creation of peace between them. “



To you who were born in a strange time

I'm not there, not even in a single yesterday
 Not in one tomorrow.
 I'm not there even now
 And how I wish I was.

Where the sun rises only when you want it
 And darkness almost never comes
 Except when your dreamy eyes
 Wish for a little sleep.

It's far away, out of your every sight
 And even in your early childhood dreams, you couldn't reach him.
 That is where people love incomparably
 Every morning, children laughing and birds chirping
 Innocent animals run through the forest, no one kills them
 Wherever your eyes reach you see green scenery
 And the human hand has not touched a leaf.
 Each river speaks for itself
 So when it comes to the sea, they write a novel.
 Everything there is as it should be
 But you don't know this, since you were born in troubling times.

The place I am talking about has every attribute that the world should
 have
 But it does not.
 Because of the evil of the human heart
 A smile subsided
 And tears fell
 And clouded the ocean of hope.

Nedžma Latić

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