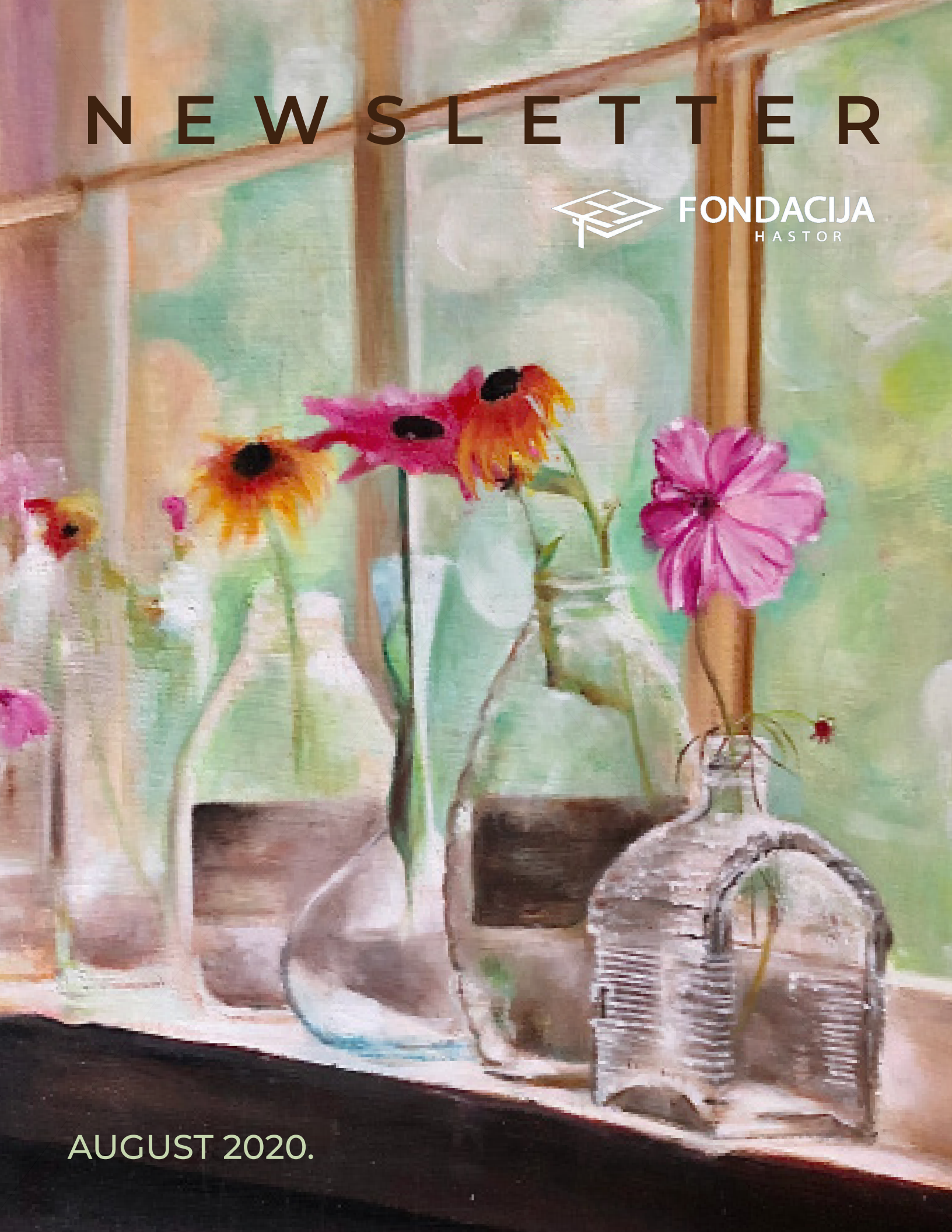


NEWSLETTER



FONDACIJA
HASTOR



AUGUST 2020.

*Irma
Lipovac*

Versatility is the factor that best describes the scholarship holders of the Hastor Foundation:



“

Theater is magic! It gave me the opportunity to present useful messages to people through my expression, and in that way change the world for the better.

Achievements of the multi-talented scholarship holder Irma Lipovac

The Hastor Foundation, as always, pays attention to its scholarship holders who, through hard work and perseverance, have achieved valuable results during their education and thus become the owners of various awards and diplomas. Our seventeen-year-old scholarship holder Irma Lipovac from Konjic is one of them.

She finished primary school with great success and continues her secondary education at the Second Gymnasium in Mostar, in the Mathematics and Informatics Department.

Through her education, she gained numerous diplomas and commendations at competitions of various levels, from various fields of mathematics, physics, chemistry, informatics, Bosnian language and literature and Turkish language. In addition to these competitions, she also participated in essay writing and digital photography competitions, where she also achieved notable results.

Irma, as she says, is an art lover. Writing essays, reading books and painting are the things that make her happy and fulfilled. Numerous school clubs that she was or is part of, helped her realize many wishes and hobbies that make her richer for new experiences and acquaintances. She states that even as a little girl she loved drama, stage and plays. She had her first theatrical performances in Konjic, and she decided to present her ideas, thoughts and messages to the Mostar audience, and a year ago she became a member of the Mostar Youth Theater.

Irma states:

"As a member of this organization, I had the opportunity to lead numerous workshops of a dramatic nature. All the roles I've played so far have made me very happy and today they also give me one very significant role, and that is a life role."

She says that she has not yet made the final decision about enrolling into college and about her future profession, but that she would like it to be based on natural sciences.

What she had to say about the Foundation is the following:

"The Hastor Foundation has a great merit for my achieved goals in my work so far. This family, I feel free to call it so, has greatly enhanced my knowledge. I am grateful to the Foundation for the support it provides me, but also to the responsibility and the way it teaches me to, as a member of the Foundation, spend my time."

The Hastor Foundation congratulates Irma on her achievements and is proud of the wide range of her interests, both in natural sciences, languages, and in the art of theater. We wish her good luck in college, as well as in all future projects, competitions and performances.

“

My wish is to make my dreams come true, to be a role model and example to many young generations, to show that every effort pays off, and dreams become reality.

Nejla Komar

Dženefa (Džana) Kauković published the book “Have I Survived?”

Dženefa Kauković, who just published her first book titled “Have I Survived?” under pen name Džana, successfully completed her first year of Preschool education at the Pedagogical Faculty of the University of Bihać. Džana writes when she can't explain herself, when she wants to share love, reanimate her heart, let go of sadness, or feel any feeling she wants to share.

In addition to writing, she spends her free time in nature, photographing her surroundings and attempting to fill the “drawers of happiness” inside of her.

She is an adventurer and loves to meet new people, see new places and cities. She also likes interior design. Freedom is a very important segment of her life, and she infuses this into her writing: freedom of speech, actions, love, and all other little things.

“
**Life consists
of little things
and moments
that we have to
notice, love and
capture.**

Džana says that her first book “Have I Survived” really describes her survival because, as she says, she does not look at life through age. Making sense of her emotions, she found the poetry that is in her book.

“Survival is really the only word I would use to describe what inspired me, and I say that honestly because all those emotions with which I wrote my poetry fulfilled me, and now that I open my book and read a certain part, I know exactly how I felt at that moment as I was writing. For a person to survive, to know what is wrong with them, they must first be aware of it and accept it all.”

Publishing the book was a difficult journey for Džana, who was a bit sceptical and aware of the difficulties of this endeavour. However, with the support and help of her relatives, she made her dream into a reality.

“As someone who has been writing since the age of 8, and at the age of 12 decided to follow the path of poetry, I give myself the right to have the courage to share my texts or, in my case, poems, with the public. Bringing to light all that is hidden inside us is courageous because emotions are the most fragile part of us.”

With her book, she wanted to help other young people find themselves by reading her survival story and the way she dealt with her emotions. One of the problems were the funds, because publishing a book is not cheap. As she did not have enough money to finance the book on her own, she started collecting money on social networks at the suggestion of a friend. Numerous acquaintances and friends responded to the action and jumped in to help, knowing that publishing the book is Džana's long-term dream, and she is very grateful for this. The publishing house “Planjax” printed and published the book.

“Publishing a book, in other words - realizing my dream, is not a small thing and through the whole process, I was not aware of what was really happening. I was in the midst of obligations and organization of promotion which was unfortunately postponed due to the worsening situation of the coronavirus



The book came exactly on my birthday and it was only then that I became aware of everything and emotions got the best of me. Unselfishly, I am really proud of myself because I know what I have invested, especially the most valuable thing I have, myself.”

Džana confirmed to our Editorial Board that the book “Have I Survived?” may be translated into English and printed outside the borders of Bosnia and Herzegovina. She is already working on writing another book that should soon be in the hands of the readers.

To all writers, regardless of their field of interest, Džana says the following:

“If this is what you want, if this is what will make you happy, never give up, always get up and repeat to yourself why you want it, because when you want something with every atom of your being, you should give it to yourself and the world. In the end, my message would be the same one I used to finish my book: I believed in my heart, it never betrayed me. You need to believe too...”

Una Karabeg

You should believe too...





Continuation of the story “Students’ exchange: what does it bring and what does it imply?”

Nejla Komar

Deciding to study abroad is a huge step and probably one of the most important decisions in life that you will make. When you go to study abroad through an exchange program like Erasmus, you will find that it is not just a study experience, but it will become your lifestyle. If you’ve been an exchange student, you already know that. For all of you who haven’t gone through a life experience that totally changes you, you should definitely give it a try at some point in your student life.

The first thing I learned on my own is that the comfort zone is overrated. Space will be the primary boundary you will break when you move out of your home, hometown or state and your comfort zone. The sooner you go out and get used to living alone, the sooner you will get a better insight into your own limitations and the tailoring of your own destiny.

Today’s undergraduate programs are designed to respond to the changing economy, public demand, and innovative ideas.

However, it is probable that you may not come across new, larger or other specific opportunities and knowledge close to home, at a local university or college, which you can later successfully implement precisely there.

I have asked myself many times whether it is the right moment to “risk” what is certain, or whether we should wait. However, I realized that I don’t even know what is it that I would wait for, when the right moment never comes. Therefore, decision-making generally involves a degree of flexibility.

Everyone says it’s important to find yourself in order to become “your” person, but how can you find yourself if you’re constantly looking in the same place?

“
*You can’t know
what you’re good
at or what you
should be good
in until you try,
explore, live,
make mistakes
and lose, and try
again.*”

The decision of where to study depends on how flexible you are when considering your options. Programs such as Erasmus, Erasmus +, CEPUS and several others, offer an excellent opportunity to study for one or two semesters per study cycle. Personally, I was attracted by the transparency of the Erasmus exchange program (whose office is located in Sarajevo and is available for contact and support) and everything it had to offer; and that is why I decided to spend my third year, that is, two semesters at the Conservatory of Music in Spain.

Studying abroad changes the way you make decisions, forcing you to reconsider other options when faced with choices. This is mainly because you see other, foreign people in foreign and new places thinking differently. You will see that listening, observing, empathy, and analyzing things differently will shape your mind in

a better way. It has certainly been proven that talking and understanding a foreign language literally reorganizes our brain. Being in a new place can sometimes be difficult, and it tests our ability to adapt to different situations. This means you will learn how to be independent and mature, and you will become more confident and grow as an individual.

I would advise all students, who complete their obligations to the faculty in a successful and timely manner, not to shut the door at the very beginning due to the fear of the new and unknown, the lack of self-confidence or any other reason, and to consider some of the student exchange programs you can learn more about at your home faculty with the Vice Dean for International Relations. You will return home incomparably richer for the experience, knowledge and acquaintances you bring with you. Believe in yourself, be bold and courageous, and you will see how it will all pay off and come back to you. If the world becomes a global village (a general phenomenon of the whole world that is becoming more interconnected as a result of the spread of media technologies), it means that it is becoming competitive, and if the world is becoming competitive, then you have to upgrade personal capacity to stand out, or sometimes even fit in.



Lejla Korman: Studying at Cambridge

Lejla Korman

*After 365 exciting
days of studying at
Cambridge, I can
confirm that studying
abroad can be a life-
changing experience.*

“

Such adaptation to different teaching styles can help you adapt to different management styles making you more versatile in the workplace after you complete formal education. The learning system focused entirely on critical thinking as represented at Cambridge was a novelty for me, and it somewhat scared me. However, now that I have left the classroom, I realize how much this skill helps me in my daily communication and consumption of the news. In addition, studying abroad can help you start a career and make you more competitive in the job market because it gives you the opportunity to show future and current employers that you have the open mind, resourcefulness and willpower needed to adapt to different environments.

From improving your global network to getting to know a new culture, such an experience is beneficial not only for your education, but also for personal development and career. Although the benefits of studying abroad are numerous and varied, in this issue of the newsletter I will try to single out a few of the most important and universal ones, which you would certainly get if you decide to go on an exchange or study outside Bosnia and Herzegovina.

By studying abroad, you will have the opportunity to improve your language skills. Although learning a language in class is useful, its application in the real world is a completely different experience. Therefore, you will surely learn the language faster because you practice it regularly.

In addition to linguistic progress, studying abroad can help you broaden your academic horizons and develop the ability to adapt to different educational environments, given that each country has a unique education system.

What I can confirm with certainty after a year at Cambridge is that the academic part, while crucial, is not the most important attribute of studying abroad, given that such experience helps you build invaluable relationships with inspiring people from around the world. In addition to the inevitable expansion of your international connections, at the same time you can meet people who could become lifelong friends. The social capital and connections you bring from this kind of experience can even be very useful in your future career and can lead to job offers or internships. The university or school you study at will often have a large community of students from local regions and abroad, giving you the opportunity to meet people of different backgrounds and cultures.

Your experience with a different culture allows you to broaden your view of the world, and it opens new perspectives and develops intercultural awareness, which is extremely important because our cultural background often has a huge impact on how we react to different life situations. The opportunity to work in a multicultural environment is something that will enrich your CV and allow you to easily function in teams of people from different backgrounds in the future.

Studying abroad also allows you to explore the world and travel to new places you would otherwise not visit. During your studies, in addition to the city where you study, you will often visit and see new cities. Thanks to studying in Cambridge, I had the opportunity to get to know the neighboring small towns, such as Newmarket, Ely, and even larger ones such as Oxford and London. Your new friendships and connections can also help you a lot while travelling because you will have travel guides in your friends that you would otherwise not have.

While these benefits are undeniable, studying abroad is also a major challenge, especially for young people, as it requires a high level of independence.

However, it is this personal growth and independence that can increase self-confidence and help you become a more mature person.

You will discover how often you can thrive in new, unexpected circumstances and improve your communication skills by speaking a new language in new environments - which ultimately leads to a wonderful sense of pride. It is this feeling of satisfaction and happiness when you finally get a degree, as a confirmation that you have succeeded in your intention and fulfilled the purpose of your studies, that makes all challenges and problems less important.





The pages of our newsletter have so far shown you more about Kenan's successes and, among others, we single out winning a scholarship of one of the world's most prestigious universities, Harvard University, for the course Fundamentals of Neuroscience: Electrical Properties of the Neuron. At his home faculty, Kenan also founded the Club for Biomedical Research, the elementary purpose of which is research, development of scientific knowledge, and the production of scientific papers that explore the field of neuroscience.

The project that Kenan decided to launch a few months ago is Fly Lab - a laboratory for researching the fruit fly, which is the first of its kind in our country. How many of us know about the important role of such a small organism as the fruit fly? As Kenan says, it is an organism that shares a large number of genes with human genes, and this makes it an ideal model-organism for study in genetics and related sciences. He explains that we have learned a lot about acquired immunity, embryogenesis, and chromosomes, about how we recognize and remember smells by researching the fruit fly.

During the period when he enrolled in the first year of his studies, he played the guitar on the streets of Sarajevo almost every day, in order to be able to earn additional income. Also, being a karateist, Kenan held weekly trainings for small karateists. At the end of the same year, he achieved an average grade of 10.00 in his studies and received a full scholarship at the faculty. It was during this period that he became a scholarship holder of the Hastor Foundation in the Call for Scholarship Application announced at the end of 2018.

Proud of the results achieved so far, we are looking forward to new challenges and we sincerely wish Kenan, as well as all our scholarship holders, a lot of success in overcoming them.

Over the years, the Hastor Foundation could boast about great results in many spheres, thanks to truly hard-working and talented scholarship holders who are always ready to work in order to improve and become scientists, professors, doctors, engineers and leaders in local communities and beyond. In the staff of our foundation, scholarship holders regularly stand out for their diligence in the field of education, and for their volunteer activities. One such scholarship holders is Kenan Kraković, who has been part of our family for a short period of time but regularly stands out with the results he achieves.

Kenan is a graduate student of the Department of Genetics and Bioengineering, Faculty of Engineering and Natural Sciences, at the International Burch University in Sarajevo. His dedication, perseverance and progress in the domains that are the subject of his interest, but also formal education, are reflected in numerous achievements in national and regional competitions and participation in many projects.

It was precisely then, in 2018, that I became a scholarship holder of the Foundation, with whose financial and team support I managed to focus on learning and achieved everything I set out prior to completing my studies. I was chosen for one of the largest research programs in the world in my field of research, I started a brand new lab at my faculty, won all the master's scholarships I applied for, and now I am selected as a student of the generation at my university level. None of this would have been possible if I had to work every day during my studies, so, thanks to the Foundation, I was able to focus on my academic goals. That is why I will always be grateful and feel obliged and try to transform everything invested in me into acts that the Foundation will be able to be proud of.



Reading...

*we enrich our
vocabulary*

*we expand
our horizons*

*we build
selfconfidence*

The importance of literature in human lives

*reading
strengthens
concentration
and memory*

*we discover
new places
and cultures*

The importance of reading stems from the fact that it combines cognitive, social and emotional skills. Reading is an activity in which a person chooses and creates a text together with the author, by shaping their own interpretation of the text itself. A person, listening and reading, adopts a literary work and this separates them from their immediate environment in which they live, their concrete reality. Those organs through which reality enters us become numb, as if the stimuli that influence our senses do not provoke the usual reactions of pleasure and discomfort, which lead to a positive or negative evaluation in the mind. Our attention is focused on something completely different. Below we bring you some of the most significant benefits of reading!

First of all, literature opens our eyes and makes us see more than what the front door shows. It helps us understand the wide world which surrounds us. With this, we begin to learn, ask questions, and build our intuition and instinct. We expand our mind.

As we read, we always learn some new words. The more we read, the more words we will add to our vocabulary. Having a rich vocabulary is extremely important for our education, business ventures, and especially in those moments when we want to leave a good impression. The ability to express our own opinions in the right way can also be important for the connections we make in life. Using the right words, too, can prevent conflicts and misunderstandings. In addition, books or newspaper articles can be very useful when learning foreign languages.

Reading about history, anthropology, or religious studies provides a method of learning about cultures and beliefs that are not ours. It allows us to understand and experience these other systems of the living and other worlds. We get an inside look that looks outside, a personal look and insight into someone else's mind and reasoning. We can learn, understand and appreciate other cultures.

Reading is an active mental process that requires long-term concentration. Unlike magazines and online sources that provide information in small chunks, books bring us entire stories. Therefore, we need to focus in order to read, and with time we strengthen our concentration. On the other hand, many studies show that our memory becomes weaker if we do not use it. Crossword puzzles are one example of word games that delay Alzheimer's disease. Reading is not a game, but it exercises memory in a similar way. Reading makes you remember details, facts, figures, and when it comes to literature - plots, characters and themes.

If we read a lot of books, we become more informed about the topics we read about. Such expertise contributes to self-confidence. If we are read and people ask us about certain things - we can offer them answers. It can greatly change the way we look at ourselves.

**“Literature is one of the most
interesting
and significant expressions of
humanity.”**

P. T. Barnum

By reading books, we are exposed to larger amounts of information, and we become more creative. If we read a lot of books about our field of work, we will start to combine gathered knowledge and design solutions that have not yet been written down.

At one point or another, we all found ourselves in a situation where we can't think of a topic to talk about. This can be embarrassing. If we read a lot of books, we will always have things to talk about. We can talk about the themes or plots of the novel we are reading or about something we have learned from other sources. The possibilities are endless.

By reading books we often disconnect from the stressful outside world and events that burden us. This does not mean that we separate ourselves completely, but if we enjoy a book that interests us, we can relax and let our imagination run wild. This way, we feel relieved, but we also exercise our brain so that we can absorb new knowledge.

Once we open a book and our eyes read the words and take in the meanings, we ask ourselves: How did a person imagine this and put it into words? Many authors, poets, and playwrights used literature to expand their writing.

After watching the film adaptation of our favorite book, we sometimes feel disappointed. There are several reasons for that. Sometimes film directors fail to focus on what is important. Also, all of us interpret a book in different ways. We imagine the characters, the environment, objects, etc., and once this is offered to us when we see the film, we feel disappointed in an actor or a scene that we had imagined differently. In addition, most films last up to 3 hours, and novels usually cover long periods of action, which requires omitting or shortening scenes which we might find important.

*reading
strengthens
our creativity*

*we will have
more things to
talk about*



*reading
reduces
stress*

*better
writing
skills*

*a book is always
better than
the film*

LEARNING TIPS

Implementing
advanced
memorization
methods in the
learning process

*Repetitio est
mater studiorum*

+ Applying the “rote memoriza- tion” technique to memorize partial data

Given that contextualization of data and information, perceived as one of the most significant factors in the process of acquiring new knowledge, is impossible with partial data that need to be remembered or learnt by heart, it is necessary to apply other specific techniques with the aim of a long-term and efficient memorization of this type of information. In this regard, the “rote memorization” technique stands out as one of the most efficient ones, and it implies the repetition of data during a longer period of time, which needs to be the most intensive precisely in the phase in which the cognitive process of forgetting partial data actually begins. Namely, this technique is based on the principle of recollection, during which our cognitive system works more on processing data, and with every new instance of repetition, the information becomes closer to being transferred to the long-term memory, and in that manner to permanent memorization.

The AnkiSRS.net web page provides free download of a software that enables a simple and fun implementation of the aforementioned technique by creating personal flash cards for recollection,

and therefore for repetition. The program supports different formats, from photos, audio and video data, to scientific terms, and it is thus compatible for learning foreign languages, as well as memorizing specific terms and their definitions from different fields of study and interest.

Applying the method of loci

The method of loci represents a strategy of learning which involves enhancing memory through visualization and connection between the newly-acquired information and familiar spatial environments in order to enhance the recollection of information. It is based on the assumption that people remember the most the locations that are in some ways close to them, so if certain data needs to be memorized, the most efficient thing to do seems to be to link it to a place they know very well. In this manner, that location functions as a clue that will help with both the memorization and recollection. According to Cicero, the method of loci was developed by poet Simonides of Ceos, who was the only one to survive the fall of the building during a dinner he attended there. Namely, Simonides managed to identify the dead, who could not be recognized physically, by remembering the place where each guest was sitting. This experience made him realize that anything could be memorized by linking it to the mental image of a certain location. Afterwards, Greek and Roman orators used the method of loci as a memorization technique, particularly with the aim of speaking fluently without having to recollect certain parts of their texts by using notes.

Transforming the usual manner of memorizing things, this method represents a productive way of recollecting lists of items, significant points in a speech, names of people in an event or a meeting, as well as your tasks. Given that locations are organized in an order you know, one memorized piece of information significantly contributes to the recollection of the following one.

This is definitely one of the most advanced methods of memorization and it is, therefore, marked by the complexity of its very application. This complexity is reflected in the necessity of personalizing its implementation, and in the individual ability of visualization.

Integrating the focused and dif- fused forms of thinking

During the process of acquiring new concepts, it is recommended to apply the specific synthesis of the focused and diffused forms of thinking about problems and ideas. On the one hand, the focused thinking provides us with a better insight in and a total focus on a particular problem; on the other, the diffused thinking enables creating implicit connections and relations between a concrete problem and the previously-acquired knowledge and experience, and consequently it contributes to finding potential solutions faster.

Amina Vatreš



International Week of the Deaf

The World Federation of the Deaf marked the World Deaf Day for the first time in 1958, and the “day” was later extended to the “week”. The last week of September is proclaimed International Week of the Deaf. The aim of marking the Week of the Deaf is to raise public awareness of the specific problems and needs of deaf people, which is one of the main factors for the improvement of their position in the society and their quality of life.

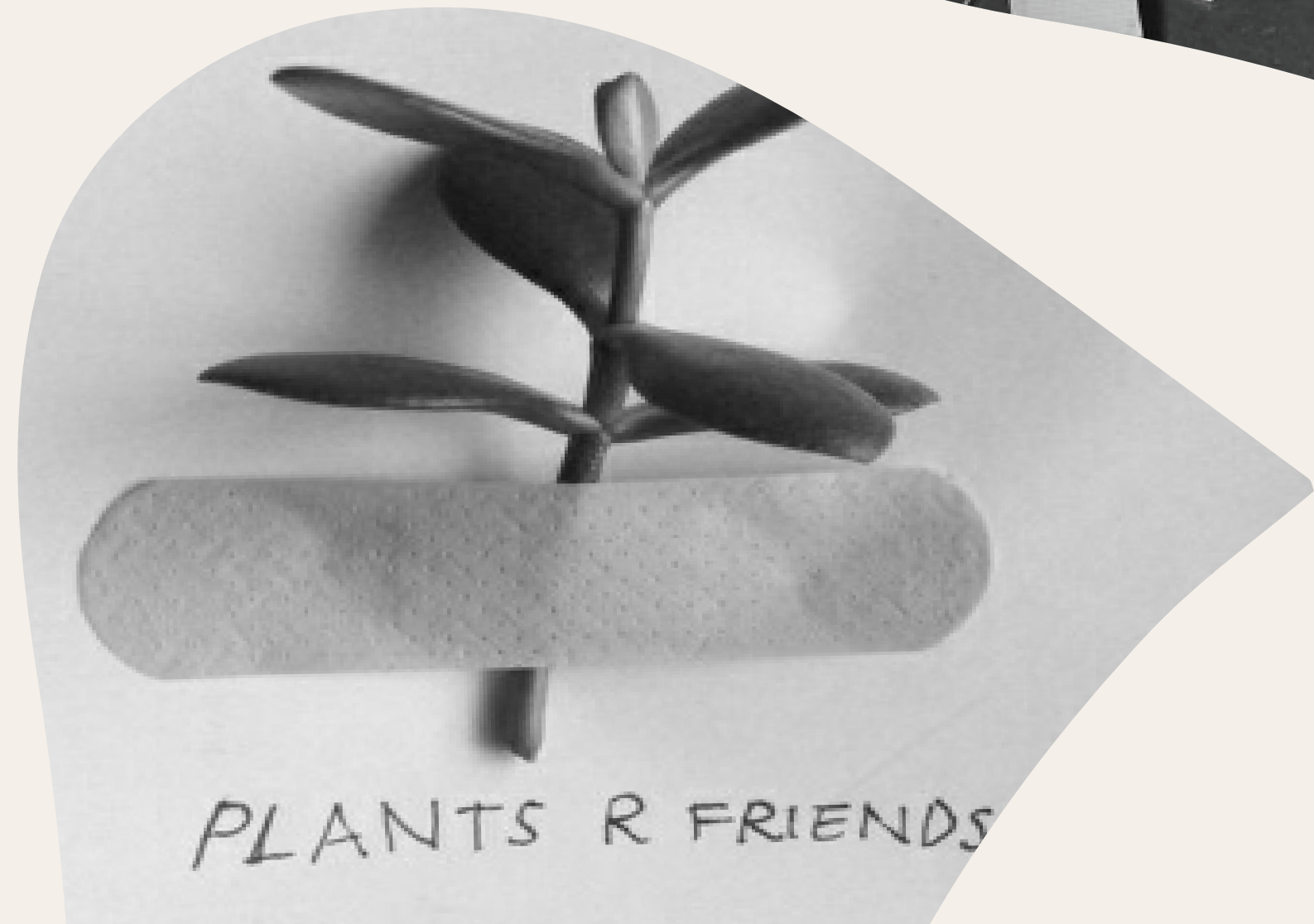
September 15th World Cleanup Day

Let's Do It World Cleanup Day is marked on September 15. Although the significance of nature, biodiversity, recycling and consumption of natural resources should not be remembered only on this single day in a year, it is still a good thing that this day is marked in some manner. Think about how you and your friends could make this planet a better place for living and show your responsibility towards your environment.

September 8th International Literacy Day

On November 17, 1965, UNESCO proclaimed September 8 as the International Literacy Day. This date was first marked in 1967. Its aim is to stress the significance of literacy for individuals, communities and societies.

Did you know that about 775 million adults have the problem with the lack of minimum literacy; 1 of 5 adults are still illiterate, and two thirds of this number are women; 60.7 million children do not go to school, and many more do not attend schools regularly or they end their formal education.





September 25th
World Pharmacist Day

In 2009, the International Pharmaceutical Federation established September 25 as World Pharmacist Day. On this day in 1912, the global International Pharmaceutical Federation was established in Haag.

Through the 122 members of the Organization and 4.000 individual members, the FIP represents almost two million pharmacists and pharmaceutical scientists across the world.



September 21st
***International Day of
Peace***

International Day of Peace is marked annually on September 21. It was established by the General Assembly of the United Nations in 1981, and with the aim of promoting and strengthening the ideals of peace among all people and countries, and the UN Resolution of 2001 defined it as the day without violence.

Did you know that the tradition is that on Peace Day in the headquarters of the United Nations in New York rings the Japanese Peace Bell, a gift from the citizens of Hiroshima and the Japanese people to commemorate the devastating consequences and human victims killed under the excuse of world peace?

September 22nd
World Car Free Day

European Mobility Week is the greatest initiative devoted to sustainable mobility, and World Car Free Day is the closure of this initiative devoted to promoting sustainable mobility and improving the quality of life in urban areas, when the central areas of numerous cities in Europe and the world are transformed into pedestrian zones. European Mobility Week is marked annually in European cities from September 16 to September 22, and the week is closed on September 22 with the World Car Free Day event.





European Day of

Languages

The European Year of Languages of 2001, organized together by the Council of Europe and the European Union, managed to include millions of people from 45 participant countries.

The activities organized on this occasion celebrated the language diversity in Europe and promoted language learning. After this year's success, the Council of Europe proclaimed the European Day of Languages, celebrated annually on September 26.

The general objectives of the European Day of Languages are:

Alert the public to the importance of language learning and diversify the range of languages learned in order to increase plurilingualism and intercultural understanding;

Promote the rich linguistic and cultural diversity of Europe, which needs to be nurtured and protected;

Encourage lifelong language learning in and out of school, be it for studying purposes, professional needs, the needs for mobility or for pleasure and exchanges.

And what will you bring to the land?

And the day that darkened at this hour
Was just a road to the new constellations of the mind
Just like the night that descends over the town
Is just a return to the earth

And life is just waiting for the moment when the sun disappears
And only that same earth remains for you
To embrace her
And she embraces you
To some eternity unknown to the eye.

When you're already waiting
Don't just be waiting
That bag you carry on the roads
Fill it with as many smiles
Kind words
And embraces.

Check each pocket twice
Maybe next to the coin lies anger, quarrel, or sin
Take out everything that you would hide in front of your father.
Only in this way will you know that you did the right thing
And that evil does not walk with you on the path
Only good
And it leads you to your purpose.

Out of every day make an opportunity for a good deed
The heavier your bag, the happier you are
And so are the people around you.

And nothing is more important
Than the happiness that comes from your heart
And goes into others
And replaces the light
When darkness captures the world.

Nedžma Latić



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!

Hana Kolasević, a nineteen-year-old scholarship holder from Travnik, graduated from the School of Economics in Travnik and is waiting for the beginning of her first student year at the Faculty of Economics in Tuzla. Hana's activism, as is the case with many other young people, began in secondary school.

Hana's activist story begins in the third grade, when she and her colleagues were invited to be part of the "Be Inspired" project, organized by USAID and other partner organizations: the National Democratic Institute (NDI), the Youth Initiative for Human Rights in BiH (YIHR)) and Infohouse.

The "Be Inspiration" project enabled Hana to participate in numerous seminars. In Doboj, she attended numerous lectures on history, justice in transition, trial simulation, and numerous other activities. After Doboj, she attended the debate academy and the basics of debate in Zenica. One of the activities is also a paint back action aimed at painting over offensive graffiti with an art mural.

"In Zenica, we repainted graffiti with offensive content, sent a message that young people can change everything when united and that we want change, that we do not want separation on national or any other basis."



Hana Kolasević

After Zenica, there was a training in project writing on Jahorina, a bicycle visit to historical sites in Sarajevo, Srebrenica and Tuzla, and an evaluation in Sarajevo.

Through all these activities, Hana managed to make many acquaintances, and one of them just resulted in participation in another project - paint back action, where the wall of the National and University Library of Republika Srpska was decorated.

"At that seminar, we had lectures on resolution (as a form of dialogue), what a resolution is, what it is for, and we wrote a resolution on various topics."

In Sarajevo, she also participated in the activity "Public Speech and Dialogue in the Community (Stand up)", where she had the opportunity to collaborate with Zana Marjanović and Emir Kapetanović and our, recently deceased, sit-down comedian Jasmina Džemidić.

"The Final Conference of the 'Be Inspiration' project was held in February, where I had the opportunity to publicly express my opinion about the project, how it affected me, what I learned and what is the most important to me during the activities."

Hana points out that she is proud of every activity in which she participated, mostly because of new acquaintances and the fact that such seminars are an opportunity to learn something new, travel and exchange opinions without prejudice about the age difference. However, she singles out paint back activities in Zenica and Banja Luka.



"The seminar in Banja Luka has a special place in my memories because we were not accompanied by a professor, that was the concept of the seminar. It was interesting to lead a group of younger colleagues from the first grade who have not had the opportunity to participate in the activities so far. Also, it was their first visit to the second largest city in Bosnia and Herzegovina, which remained in their extremely fond memories."

Hana believes that it is very important for young people to be active participants in all events in the area:

"The world rests on the youth, only we can initiate change for a better future, while we can ask adults for support."

She has been a scholarship holder for a year and says that at the meetings she met new young and ambitious people with whom she discusses different topics at each meeting, where they exchange opinions and experiences and thus learn tolerance.

"My message for the Foundation's scholarship holders is to always be persistent, active, to use every opportunity that is given to them. You never know what those opportunities will bring you and how much it will mean to you later. Also, if you like to participate in similar activities, follow the previously mentioned organizations on social networks."

Almedina Fadžan

...make them happy at least for a moment and put a smile back on their face. Sometimes it is not necessary to do something financially but a warm word and just a little attention is more important. We don't have to go far and wander looking for someone to do this. The easiest way is to look around and do this with our loved ones, those who raised us.

One of the most important persons to me in this world, besides my parents, is my grandmother. She will soon be celebrating her 93rd birthday. We celebrate it every year with our family, so we have planned it this year as well. Before the birthday, we make special preparations with a new wardrobe, my mom giving her a bath, cutting her nails and making her look nice for this festive occasion. The preparation is the same this year as well.

What particularly caught my attention was how she has been doing it without a word for more than a decade. I slept together with my grandmother until I was 15, until my obligations brought us apart. Going to college, it seemed to me that we were drifting apart from each other and then suddenly the well-known COVID-19 pandemic occurred, so I was at home for 4 months and because of that I started to notice everything I had overlooked.

***My love for that
innocent creature
grew stronger.***

I wondered what I needed to do to bring a smile back to her face because I missed her hug and wrinkled hands to hug me like I used to.

I took her to the shower and prepared everything the way she would do it for me when I was little.

***I still remember her
sweet voice that only
she had while I was
crying, being afraid
of water.***

I did the same, cleaned her, cut her nails, dried her hair and dressed her, and then sat on her lap just like I did a long time ago after taking a bath, and then kissed her and talked to her like to a small child. I missed those hugs and kisses that took me back to my childhood. I looked at her and saw a tear in her eye that slid to her chin. To do a good deed we don't have to go beyond our very doorstep. We need to turn around and realize that we carry everything good or bad from our home and what we have learned in our home will accompany us throughout our lives. I finally realized I was happy. Not because I did it, but because I am happy for my grandmother to whom I have restored faith in me, hope in life, the feeling that she is not alone, that she has not been left behind and that I am grateful to her for taking care of me. We were ready for the birthday with an even bigger smile, and that smile is my greatest treasure.

“
***One of the most beautiful
feelings in this world is to do
something good for someone...***

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