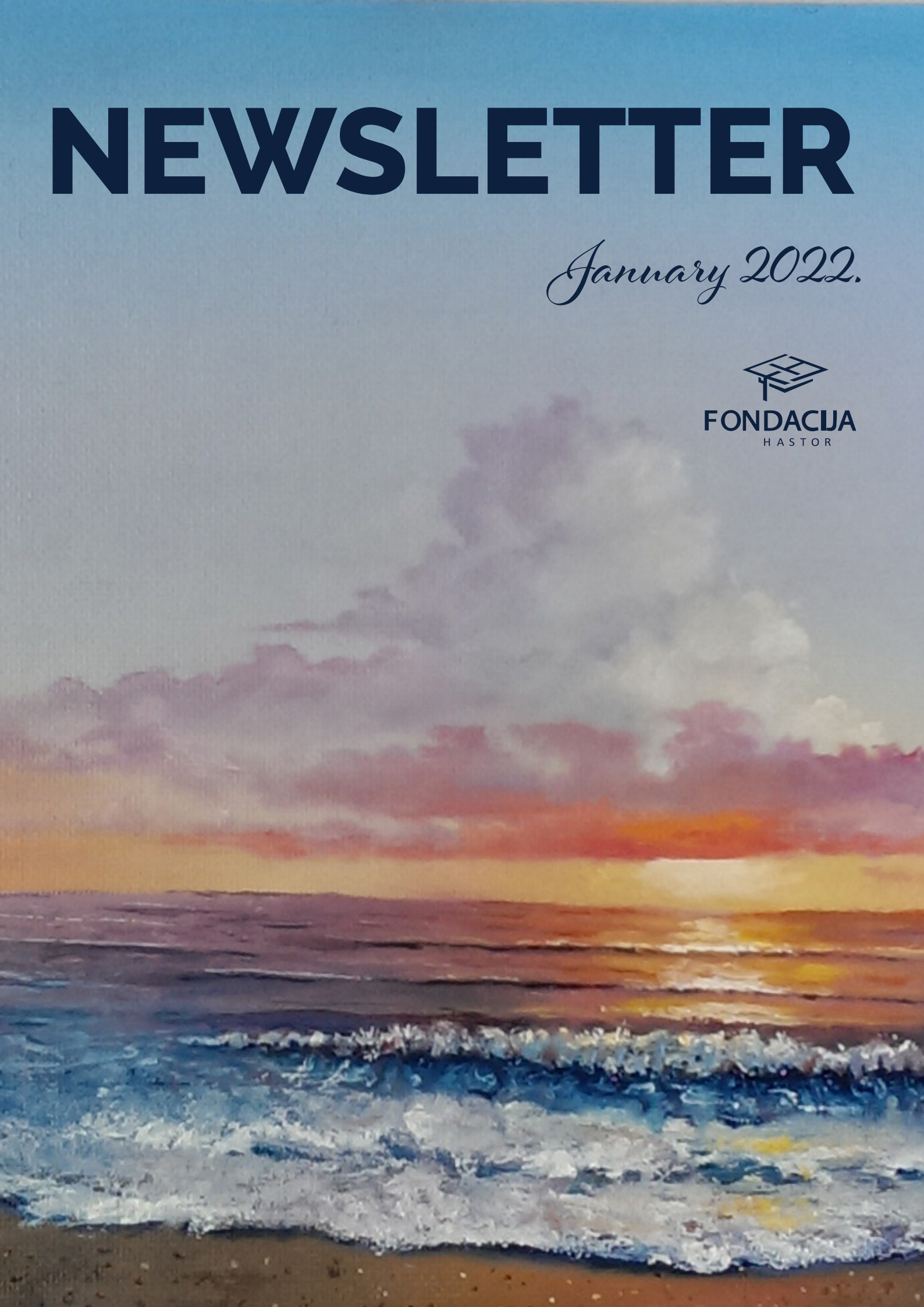


NEWSLETTER

January 2022.



SCHOLARSHIP HOLDER OF THE MONTH

The Hastor Foundation can boast of diligent, ambitious, and successful scholarship holders who achieve notable results in the field of education and science. The Foundation's team consists of young people who contribute to its work, improving it with their knowledge and skills. It is precisely these values and commitment to volunteer engagement within the Hastor Foundation that give scholarship holders the title of Scholarship Holder of the Month. Read below about the scholarship holder who won the title this month!

Abela Rastoder



Abela Rastoder from Sarajevo is a third-year student at the Faculty of Law, University of Sarajevo, and within her field she is a demonstrator of three subjects in the field of Intellectual Property Law. She has been a scholarship holder of the Hastor Foundation for a year but claims that her sense of belonging to the Foundation is far above this figure. For her, this is just the beginning of her beautiful and inspiring story in the role of a Hastor Foundation scholarship holder. Given that she has different interests by nature and likes to acquire knowledge in different fields, law school came as a kind of compromise.

This compromise grew into great love and commitment by reviving the Latin saying about law as "the art of the goodness and fairness."

She has achieved numerous successes during her high school years and previous college education. As a student of the Third Gymnasium in Sarajevo, she won awards at foreign language competitions, music, and sports competitions, as well as creative writing, and is pleased to point out Matica hrvatska's recognition in Sarajevo for her literary work. On this occasion, she published her work in the "Collection of Prose and Poetry of Sarajevo High School Students". She also prides herself on winning first place in the Cantonal competition in French. Her greatest success so far, however, is winning first place in the competition in media law for southern and eastern Europe, where she and three other colleagues represented the Faculty of Law of the University of Sarajevo in December 2021.

By winning the regional competition, we qualified for the world competition at Oxford, which will be held in April and will include the world's best universities in this field. As part of that, we started drafting written submissions to the Court, after which a three-day competition in oral rounds was held. We played in five matches and won in all five, and the working language of the competition was English. In order to participate, we had to step out of our comfort zone and had to have months of preparation, discipline and interaction with the team and mentors. We are proud of this historic success, as no law school in Bosnia and Herzegovina has achieved such result. We have left behind prestigious universities, and some of them are: University of Vienna, Lomonosov University of Moscow, ELTE University of Budapest, University of Bucharest, University of Ljubljana ... In addition to team success, I won third place in the category of best speakers.

SCHOLARSHIP HOLDER OF THE MONTH



Her inspiring story with the Foundation begins with the day of writing the motivation letter as part of the application for the scholarship competition in January last year. Then, encouraged by winning the second competition in the trial simulation for students from Bosnia and Herzegovina, she indicated her desire to participate in a higher-level competition – the regional competition.

Today, having been chosen as the Scholarship Holder of the Month, I proudly point out that my plan was successful, and the Foundation followed my path to that achievement.

In addition to her studies and volunteer work at the Foundation, Abela is also active in the non-governmental sector. She is the Vice President of the Trial Simulation Sector on the Board of Directors of the European Law Students Association (ELSA Sarajevo), and recently the Association realized its most important project - the Human Rights Clinic.

Abela started her volunteer work within the Sports Association of the Deaf "Mladost", where she worked on the socialization of people with hearing impairments for a period of three years through the celebration of Children's Week. She also volunteers in the Association "KULT" – Educational and Leisure Centre for Youth "Papercilp", operating in her local community. In addition to the above, she is a member of the Youth Club "Tignum", a two-year program for young activists within the NGO CEI Nahla. She points out that this gives her the opportunity to participate in the design and implementation of numerous workshops and projects, and through the recent initiative FIRST – against racial and religious discrimination, she contributed to the preparation of a report on hate crimes published by the OSCE.

Through volunteerism, I try to be an active member of the community and spend my free time helping others. For me, volunteering is not just a synonym for focusing on a specific task or goal, but a continuous process of maturation, personal and professional development. This field of activity has so far helped me immensely in acquiring achieving further cooperation, which resulted from informal organized gatherings.

She uses her free time to study literature and foreign languages, and actively speaks four foreign languages - English, French, German and Spanish.

I am happy that the Foundation recognized my interest in this field and chose me to be a member of the German language translation team, where I work on translating various texts every month.

Although she's been contributing to the Foundation by working in this sector for a while now, she says she is still in contact with students she has mentored before.

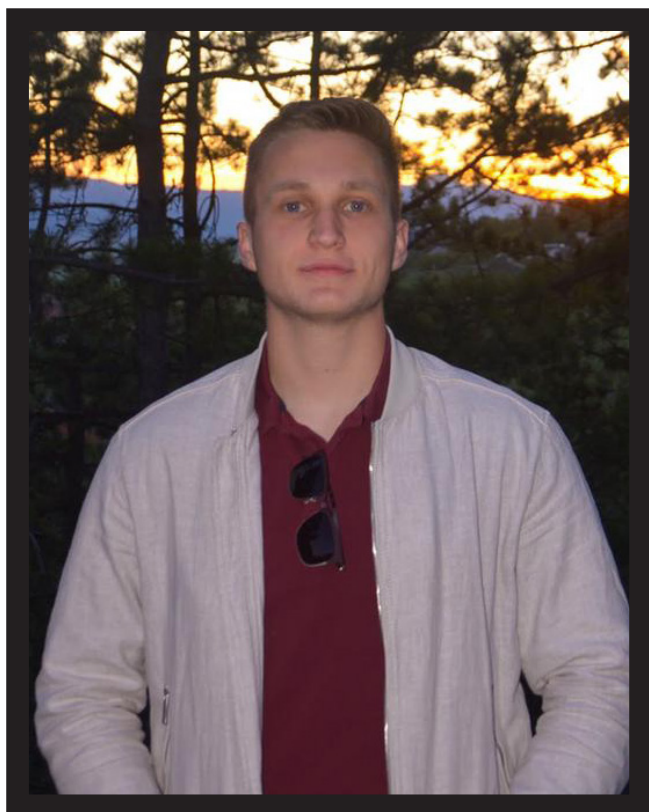
The greatest success is to be part of their maturation and to support them in the realization of ideas and goals.

She says it is a great privilege to be part of a family made up of young and hardworking people with whom she shares experiences in monthly meetings. She enjoys participating in volunteer activities at a very advanced and organized level, as well as expanding the circle of acquaintances and friends and reading about the extraordinary achievements of her fellow scholarship holders.

The role of the Foundation in my life goes far beyond financial aid. Beyond the shadow of a doubt, the cyclical relations of support in the Foundation is immensely important, and scholarships provided for young people are an opportunity for continuous improvement and development based on the Foundation's principles. We respond to the incentive by helping others through volunteer engagement. In the mission and work of the Foundation, I found everything I have been searching for for years. I urge the Foundation's scholarship holders not to set demotivating restrictions on the way to achieving their goals and to be guided by the Foundation's mission – education is the choice of winners!

RAM - CATEGORY OF ACTIVE YOUTH

RAM is, by definition, the working memory of a computer. In Bosnia and Herzegovina, "the working memory" are the proactive and diligent young people whose actions make them an example of society that our country needs. Through this section of the newsletter, we will introduce our young activists, scholarship holders of the Hastor Foundation, who, in addition to volunteering, also do phenomenal things and in that way represent the Foundation in the best light!



Volunteering through peer mentoring has always been my first and favourite option, precisely because I love to pass on knowledge. I realized that, in addition to helping others, it helps me develop into a more experienced and mature person.

Our scholarship holder says his pride and joy is the STEM (Science, Technology, Engineering, Math) conference he co-organized with his colleagues. Realizing the importance of science in their lives, they organized a scientific event named "Ilidža STEM Day" in the student dormitory "Prof. dr. Fikret Hadžić". The event featured small conferences and lecture series from various fields ranging from genetics to data science. Throughout the whole thing, Ajdin was in charge of organizing the space, resources and people involved in the project. He noted that he was delighted to see how many new skills and experience he gained from this experience. He was also proud of the turnout, since the conference was attended by nearly 80 people, so the applications unfortunately had to be closed due to COVID-19 measures.

Ajdin Bajrić is a second-year student at the Department of Information Technology at Burch International University. He comes from Kalesija and has been a Hastor Foundation scholarship holder since 2016. Ajdin says he is a passionate and ambitious person who is constantly looking for new opportunities. For the past 5 years, he has volunteered with various organizations ranging from Hastor Foundation and BH Futures Foundation to the foundation "Source of Hope". Each of them uniquely influenced Ajdin's character. He mainly works with younger children, imparting the knowledge and experience he has, but he is also an organizer and leader of many projects.

I think it is very important for young people to be involved in government and non-government sectors from an early age, mainly to build their personal image, but also to contribute to the local community. To put it simply, although we are in Europe, most European countries still have better living conditions compared to Bosnia and Herzegovina, but I believe that only by being united and adopting a charitable and altruistic attitude can we make our homeland change for the better.

The Hastor Foundation played a pivotal role during his high school education, when Ajdin was in the process of developing himself as a person. He believes that his volunteer meetings and interactive workshops with volunteers have greatly improved his communication skills and critical thinking, while also freeing him from his fear of public speaking.

Our scholarship holder is registered in Sweden's Erasmus + student exchange program, and we are convinced that he will obtain valuable information and skills that will assist him in potential projects. He wants to motivate other students to always believe in themselves and learn to take a break when they are tired, not just give up: "Life is not a sprint, it's a marathon!"

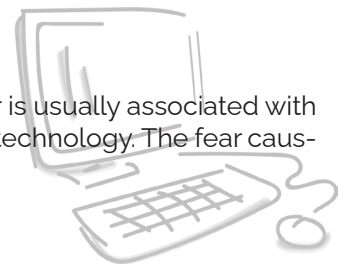
INTERESTING FACTS

Rare and lesser known phobias

All of us occasionally feel afraid. Fear has existed since the dawn of humanity, and has developed along with it. Sometimes, we are not aware that fear interrupts our work and activities; we might even be unaware that we have certain fears. A different term for "fear" is "phobia"; actually, a phobia is an irrational fear that we are unable to control. Fear is a sensation which emerges while observing (expecting) a rational or irrational danger, or a serious threat. Some of the greatest fears are those of losing freedom, the fear of rejection, being laughed at, and the fear of the unknown. However, there are also fears that we haven't heard of much, such as:

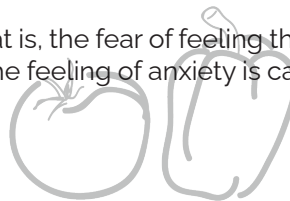
📌 Cyberphobia

As you may assume, cyberphobia is the fear of new technologies. This type of fear is usually associated with older people who are not capable of following all the challenges brought to us by technology. The fear causes shame, anxiety, and the feeling of being judged.



📌 Lachanophobia

Lachanophobia is the fear of vegetables; that is, the fear of feeling the scent and taste of vegetables. You can already guess how this fear is manifested; the feeling of anxiety is caused by mere thinking about vegetable.



📌 Trypophobia

Trypophobia is the fear of bumps and holes.



📌 Globophobia

Globophobia is the fear of balloons. For some, just a thought of a balloon is scary enough; and some are afraid of popping a balloon.



📌 Hippopotomonstrosesquippedaliophobia

The fear of long words.

📌 Nomophobia

One of the particularly interesting fears which follows today's society is nomophobia. That is a fear associated with mobile phones, and is manifested in the feeling of constant anxiety if we do not check our phones. The fear can also emerge if our phone is not fully charged.



📌 Decidophobia

A fear which can be worrying is decidophobia – the fear of making decisions. The persons who suffer from this fear don't trust themselves while making decisions, so they become dependent on other people's opinions or on something from the outside.

A phobia can be any type of fear. Some of those fears can even be subconscious. If they interfere with our everyday lives, we should visit a psychologist.

LET'S BE (MORE) COMPETATIVE!

In the 21st century, it's not enough to achieve great success during one's education to make the person attractive at an international level, level of studies, or level of employment. It can often be observed that recent bachelor's or master's degree graduates are unemployed, yet they applied and sent their biographies (Curriculum Vitae) to many job advertisements. Fewer and fewer young people know how to properly use the online resources they have at their disposal (e.g., proper email etiquette). This section's goal is to promote educations, seminars, and exchange programs, but also to show how international-level students work on their improvement.

How to hone your presentation skills to perfection?

Presentation skills are one of the most important skills required in various business areas, but also in everyday life. The fact that a lot of people decide to attend various courses that improve their presentation capabilities prove the importance of this type of skill. Rarely can we see a profession where interpersonal and presentation skills are not important. Next to business competence, it is also important to have interpersonal communication competence which can make our everyday communication easier.



What are presentation skills?

Presentation skills represent an array of abilities and techniques used by individuals to present their topic to an audience. The presentation can be any sort of public exposition such as speeches, toasts, conferences, job interviews, debates, defenses of seminary and master works and even oral exams. Every oral exam we had was a type of speech and public appearance in which we present to the examiners, assistants and colleagues who are, in fact, our audience. Even if you don't like public appearances and get stage fright, they are mandatory in some cases, and we encounter them daily. Throughout our lives and work careers, we will encounter various situations in which good presentation and public speech skills will allow us to improve our careers and open new business opportunities.

LET'S BE (MORE) COMPETATIVE!

Adequate preparation before creating a presentation

The duration and structure of a presentation, or speech, are different and unpredictable. It can be a toast lasting around twenty seconds as well as a day-long official presentation. Everything depends on the gathering place, audience group and the desired goals of the presentation. Before the preparation, it is exceptionally important to know who organized the assembly and what is expected from the speakers. It is a bad habit to start a serious preparation without knowing the amount of time available during the presentation. Furthermore, it is also important to know what level of preparation is required by a certain speech type, as well as the type of speech being prepared. Many people see preparation as the most important segment of a successful presentation.

The start of the preparation begins with a question given to one's own self: *Do I have to say anything and what do I speak about?* Unclear and insincere answers warn us that we must postpone our speech or give up altogether. The situation is like job interviews as well. They represent our personal presentation to our potential employers. Before we go to the interview, we can make a preparation and ask ourselves the same questions at the very beginning. Some of the other questions which we can ask ourselves are: *What can I say that has not been said before? Is my view really the correct one?* When we answer these questions, we can continue further with getting to know our audience.

Get to know your listeners – you must respect your listeners because they are an important partner in the scene you create!

As hard as it is to believe, the presentation or speech you are preparing does not primarily concern you – it concerns your listeners. The more you try to sound smart and leave a great impression, the lower are chances that your words will sound wise or that you'll delight your superiors. Therein lies the paradox of public speaking skills. If you strive for good performance, you must not concentrate on the quality of performance as such, but you need to change the perspective in observation where you will, of course, focus on your listeners. Listeners do not need to be impressed with your speaking or presentation skills, they should learn new information, test your knowledge, or find out if you are the right person for their company. If the underlying message and the main goal you have has not reached the listener, you have missed the task, no matter how charismatic you were during your presentation. The focus of your efforts must be the effect that the content of the speech leaves on the listeners and the search for appropriate ways to help you with that. You will achieve this goal only if you put the emphasis on the audience, i.e. the listeners, and not on yourself.

Think about the wishes and needs of your listeners, about the attitude towards the topic of your presentation!

Depending on the audience you're presenting to, the conclusions may differ, but all potential listeners have something in common: they all want you to talk about them and not yourself. Everyone wants to feel like you care about their needs. Your performance will surely be more convincing if you really have their needs at heart. This rule applies even if your point of view is completely different from the listener's point of view. A successful speaker must convince others that his point of view can bring certain benefits.

LET'S BE (MORE) COMPETATIVE!

The success of your speech depends on your ability to recognize the needs of the listener!

Your audience - listeners, superiors or professors are sitting in front of you, wondering how they will benefit from all this. Will it bring them a profit in some way? Will your exam answers give a new approach in analysing a problem? Will you attract potential business partners, customers, or other important people to their company? Will you show them how to make more money? How to increase reputation? Live a happy life? Maybe you understand some things better than them. Remember the last time you heard a presentation or speech that touched you and you will understand that it concerned you, not the speaker.

Your listeners can be complete strangers, people you see every day or something in between!

No matter how well you know your audience, before you start any elaboration of your speech, consider these questions:

- What is their level of expertise and experience related to the topic?
- Do you expect them to be interested in the topic?
- What parts of your presentation can be new to the audience?
- Do you think your message will provoke benevolent or hostile reactions or indifference?
- What do they think about the reason for your arrival? What do they expect?
- Are they mostly men or women? How important is that fact?
- Do they belong to an older or younger age group? How important is that fact?
- What problems do they face?
- What objections might they have to what you say?
- The worst thing that could happen to them if they do not listen to your speech?
- The most significant benefit they could have from your presentation?
- What would you most like to hear and why?
- What would be the most desirable reaction to your words?
- What should be done immediately after the presentation (next day, week, month)?



Depending on the type of presentation, oral exam, speech or other public appearance, you need to answer some of these questions that will help you better understand your audience and know who you are presenting a topic to.

In the following newsletter you can read how to structure your public appearance and useful exercises that will help you win over your target audience.

THROUGH THE LENS



Merima Osmanović



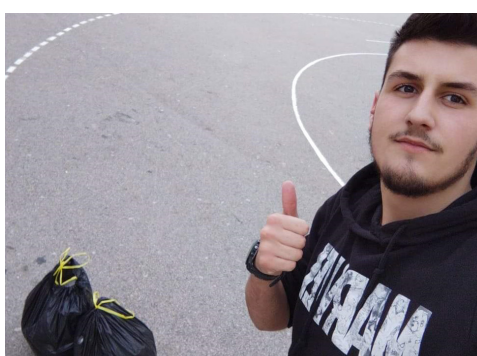
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Birds

Is that bird crazy
Eager to rest its wings
For one day in its cage?
Or it's a crazy prisoner
That calls iron bars its home,
Because she was never free?
Those who languish in the dark
And did not see the sky,
They fear flying like it's evil,
Taught that wings are an ornament.

Jasmina Ejubović

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