

NEWSLETTER

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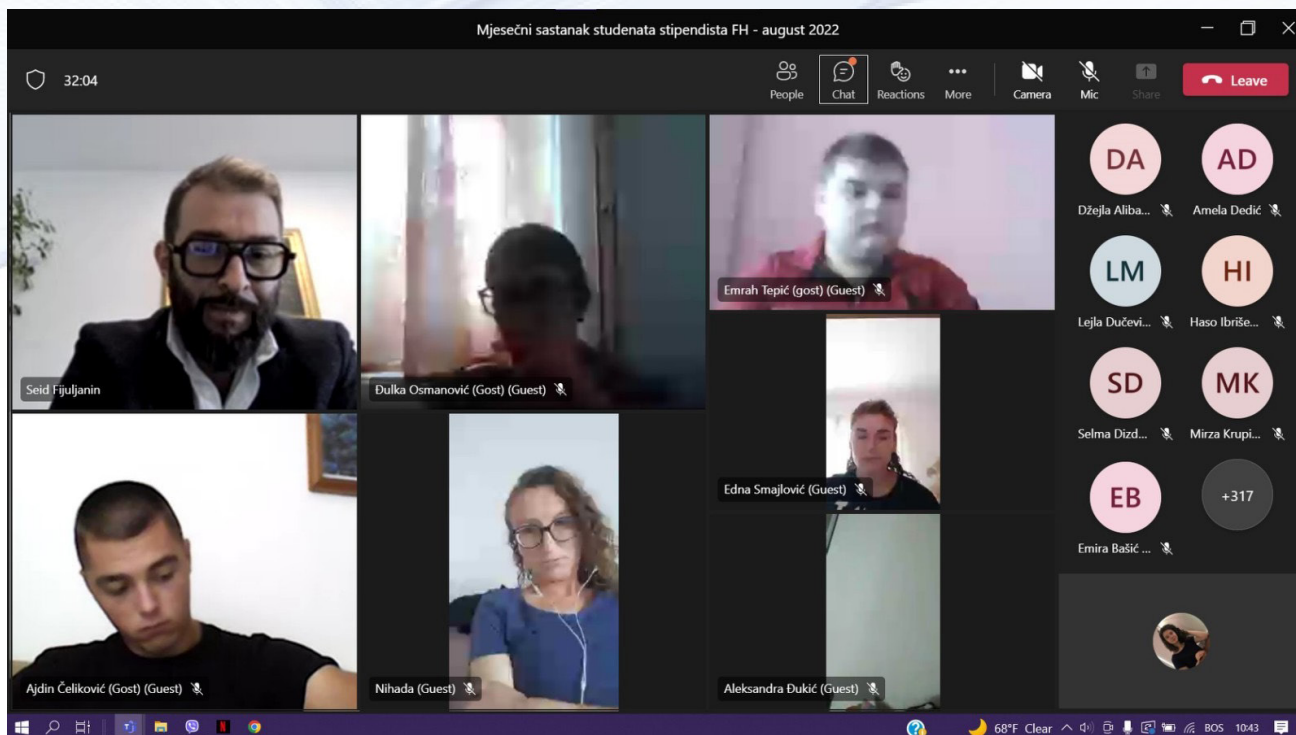
FONDACIJA
HASTOR



MONTHLY MEETING OF SCHOLARSHIP STUDENTS OF THE HASTOR FOUNDATION

Volunteering as a Central Idea of the Hastor Foundation

On Friday, August 12, 2022, the monthly meeting of student scholarship holders of the Hastor Foundation was held online. As in previous months, the meeting was attended by many scholarship holders from all over Bosnia and Herzegovina. This month's meeting was dedicated to the central idea and backbone of the Hastor Foundation's activities - volunteering and emphasizing the importance of volunteering in everyday life. The meeting was realized as a conversation between Seid Fijuljanin, director of the Hastor Foundation, and the students, which was conducted on the topic of the principles and methods of volunteering and its benefits for society and each individual. In this regard, the director of the Hastor Foundation emphasized how important it is to strive for success in all fields of our activity, both in education and various other socially useful activities. Director Seid Fijuljanin, both in words and deeds, confirmed on several occasions that the Hastor Foundation is always there for its scholarship holders and expects scholarship students to be more proactive in their activities through education and volunteer work.



After this inspiring address, the floor was given to students who had the opportunity to share their experiences and suggestions regarding volunteering. Elvira Softić, a long-time scholarship holder of the Hastor Foundation, stated an important point - that every success of scholarship holders is significant, but that scholarship holders often feel that they are not big enough to be talked about. Through her example, Elvira drew attention to how important it is for scholarship holders to value and appreciate their successes, even the smallest ones, and to be proud of them. She added how important it is to share these successes with others so that they can be an inspiration and something to look up to. In addition, Elvira emphasized how much it meant to her when, after sharing her achievements with the Hastor Foundation, she felt a lot of support and realized how enormous her contribution to the idea of volunteering actually is.

Anela Mušanović, a student at the Veterinary Faculty of the University of Sarajevo, also emphasized the importance of volunteering, saying that volunteering is much more than unpaid work because it gives people an irreplaceable feeling of satisfaction and fulfillment. She then shared her experience with the student scholarship holders, highlighting the benefits of volunteerism that she experienced while working in a veterinary clinic. She emphasized that through volunteering she got the opportunity to learn something new every day and to gain new insights that helped her complete the picture of her formal university education.

Regarding suggestions and ideas, scholarship holder Ajla Prnjavorac gave her example of fulfilling volunteer hours through work in the Association "Oaza" and invited other students to fulfill volunteer hours, but also their souls, through sports games with people with intellectual disabilities.

At the very end, the director reminded us of the mission to instill the desire to help others in every scholarship holder, which they should strive for even when their status as a Hastor Foundation scholarship holder ends. Volunteering should be the guiding idea in our lives since nothing can inspire a sense of satisfaction like helping others because volunteering is priceless.

The meeting with student scholarship holders of the Hastor Foundation awakens the need for action and empowerment through volunteering more and more every time, and this time was no different. Students had the opportunity to present ideas and ways of volunteering that they learned through membership in the Hastor Foundation, realizing that our quality of life is determined by the quality of our contribution to others. The efforts of student scholarship holders showed once again that the Hastor Foundation, in its mission that began in 2006, intensively pursues philanthropy and volunteerism as a basis for accelerating social progress.

FROM THE BOOK OF MEMORIES



Scholarship holders of the Hastor Foundation were the first to greet the guests present in 7 world languages in 2014 at the official opening of the Town Hall

For the past 16 years, the Hastor Foundation has been actively, diligently, and devotedly building memories that we remember very fondly and that make us proud again and again because they testify to the continuity of a noble mission fully dedicated to the young people of this country. Throughout the years, a book was written with pages filled with inspiring, often emotional stories, and with this text, we open its pages and revive the adventure from 2014. The mentioned year is significant not only for the Hastor Foundation but also for Sarajevo, the city in the heart of which the City Hall was ceremonially opened and revived again - 22 years after its burning. Our scholarship holders, the adventurers of this book, proudly greeted the guests at the opening ceremony in 7 world languages and contributed to this significant event.

Today, 8 years later, when we recall this story, we read that our scholars were the first to stand in front of the guests and convey their greetings at that event. It is not entirely by chance that they were the first: the City Hall then continued its interrupted journey, beautiful and stout as it always was, and our scholarship holders were the young people who symbolically showed the new birth, joy, and brighter days: characteristic of youth. We return to that time with special emotions. We look at the faces of young people who, in a way, grew up under the au-

spices of the Hastor Foundation, brave, ambitious, and hardworking, and that's how they were that day. Looking at the photos from the mentioned event, we can see pride and happiness on their faces, and these are our most important drivers in achieving the mission that started back in 2006.

For our members who have ended their scholarship status, we usually say they are like birds leaving their nests, ready for their distant flights. Although most of those who had the honor of attending this event flew out of the nest of the Hastor Foundation, our memory book remembers their first flights, and this speech was one of them. They said that, at that time, their emotions were a mix of joy, honor, and great pride that they had this opportunity and that it was the Hastor Foundation that gave it to them. This story is just one in a series of those in which the Hastor Foundation was the main driver behind some of its scholarship holders' most significant and successful adventures. It taught them how to fly their flights, cheering them on and being ready to support them when they needed it most.

Our book of memories continues to string together its pages with new and more beautiful and different stories time and time again, and its main adventurers remain the same - the Hastor Foundation and its young and hardworking scholarship holders united with the goal of becoming the best versions of themselves and improving their environment.

SCHOLARSHIP HOLDER OF THE MONTH

Hanna Helać



The elevator to success is out of order. You'll have to use the stairs, one step at a time. – Joe Girard.

Just as this quote by Joe Girard explains how much effort and time it takes to succeed, our scholarship holder Hanna Helać can serve as an example of a hard-working pharmacy student who is just one step away from getting a master's degree in her profession and whose academic path is paved with numerous successes and recognitions.

Hanna Helać was born in Sarajevo. After graduating from the Second Gymnasium, she enrolled in the Faculty of Pharmacy at the University of Sarajevo, where she is currently in her final year. Throughout her schooling, she was always an excellent student, which is why she was chosen as a scholarship holder of the Rotary Club in Sarajevo as a representative of the Second Gymnasium. As a scholarship holder of the Rotary program for excellence, in 2017 she became a member of the Interact club Sarajevo, and the following year its

vice president, and as part of it she gained some volunteering experience and developed a desire to help the community, which she would later continue through her volunteer engagement at the Hastor Foundation.

The Hastor Foundation is a very important part of my life. Thanks to the Foundation, I have met wonderful people, but also learned a lot. During the previous year that I spent as a mentor to a group of elementary and high school students, I really enjoyed every moment. I hope that I motivated them to always be on the path of education and success and that they've learned a lot of useful information through our work. On the other hand, I also learned a lot from my students, and I am really grateful to the Foundation for the experience of mentoring with scholarship students. A mentor's work with students is a special kind of relationship, and I am extremely proud to be part of the Hastor Foundation, which fosters true values and builds bridges between people, says Hanna.

SCHOLARSHIP HOLDER OF THE MONTH



As part of the celebration of the Day of the Faculty of Pharmacy of the University of Sarajevo during the current academic year, Hanna was awarded a certificate of appreciation and commendation as one of the best students of the above-mentioned faculty at the Council's ceremonial session. Acknowledgments were awarded to students for their exceptional results, as well as for their contribution to the development of the Faculty of Pharmacy. Hanna was also a student representative of her year and is a member of the Committee for International Relations and the Committee for Scientific Research of the Student Association of the Faculty of Pharmacy.

Last year in November, she was part of the organizing team at the "Food, Nutrition, Health" congress, where she demonstrated many skills that adorn her, and this year she climbed a step higher when, together with her colleagues, she represented the Faculty of Pharmacy at the CEEPUS summer school.

The CEEPUS summer school was held in July in the Slovenian city of Portorož, and the topic was "Liquid biopsy". As part of the summer school, 8 international teams were formed with mentors who had specific tasks. Our scholarship holder and her

team successfully completed the task of systemic review and meta-analysis – "Urine based liquid biopsies" and beat the not at all harmless competition.

Hanna completes her free time by playing sports and practices kickboxing recreationally. She also likes to travel, read, and learn new languages online. The Hastor Foundation is with her every step of the way, following her on the stairs to success.

The very idea of the Foundation is to encourage ambitious young people to progress, and that was exactly one of the main reasons why I wanted to become a part of it. I am extremely happy that the Foundation gives us the opportunity to mature through volunteering and socializing and to gain valuable experiences by helping the community. I am happy and grateful that the Hastor Foundation is with me through every new step.

We wish Hanna to continue walking confidently towards her goal, as she has done so far. The Hastor Foundation will undoubtedly be there to support her every step and contribute to the development of her ideas.

RAM – RUBRIC OF THE ACTIVE YOUTH

The rubric of active youth is the space through which we present the most diligent scholarship holders of our Foundation every month. They are those who, day after day, strive to invest their time and energy in higher goals and thus improve themselves and their society. Just as RAM (working memory) is a part of a computer without which its work cannot even be imagined, so are our scholarship holders, who, in addition to volunteer activism within the Foundation, also work extremely diligently in their local communities and thus represent the Hastor Foundation and its mission, a part without which our work would certainly not be the same. RAM is a column dedicated to those who actively work every day to improve their society and improve themselves, therefore it is our pleasure to talk about one of them every month, and this time that honour went to Amina Madžak.

Amina Madžak

Amina has been a scholarship holder of the Hastor Foundation for 10 years, which she proudly points out whenever she has the opportunity. She is from Konjic, has a degree in economics, and currently lives in Sarajevo. She studies at the International Burch University, where she graduated from the Department of Banking and Finance, and then enrolled in a master's degree at the Department of Management. She is active in both the governmental and non-governmental sectors, and she also says that she enjoys art a lot. In the last few years, she has also been interested in graphic design, which she started researching on her own as a hobby, and later continued to master new programs and skills on a daily basis. She is considered a very sociable and open person, likes to spread positive energy, and tries to find a hint of good in everything.

RAM – RUBRIC OF THE ACTIVE YOUTH

She has been engaged in activism, volunteering, and other forms of socially useful work for many years.

My first contact with activism in a more serious sense was at the "Let's Beautify Peace" peace camp, whose program was supported by the PRONI organization. At that peace camp, I met over 60 young people from all parts of Bosnia and Herzegovina. We touched on the topics of violence, stereotypes, prejudice, first aid, youth opportunities, travel opportunities, etc. Returning to Konjic, I decided to join already existing associations and organizations and thus continue my activist/volunteer story. In Konjic, this engagement of mine happened through the Konjic Red Cross, the Konjic Municipality Youth Council, the Konjic Youth Bank, the Hastor Foundation, amateur theater, etc. When it comes to how much it affected me, my personality, and everything I am today, I can say that at the moment when I was doing it, I did not notice any differences except for some inner satisfaction and the feeling that I am doing something good that contributes to other individuals, but also to my community. When after high school I entered a different environment and went to a different city, I realized how much such an environment actually had a positive effect on me.

She believes that activist engagement contributed to the development of her communication skills and taught her to understand and accept things that are not similar to her, how to present her team, some of her work, but also herself in the best light.

I also realized that I am much more open, that I am conquering myself, breaking down the barriers that I had previously set for myself due to the environment or the stories that I, directly and indirectly, listened to and remembered, and the most important thing, I made acquaintances and friendships throughout Bosnia and Herzegovina, but also outside of it.

She emphasizes the importance and benefits of activism, which are not necessarily social. She believes that all people should be socially active, even to a minimal extent. This does not ne-



cessarily mean membership in an association, but things that are expected of citizens who love their homeland - going to elections, taking care of the cleanliness of the streets, buildings, houses, parks, and the like. She considers the engagement of young people to be positive in every sense, at least to the extent that someone as an individual needs it, such as a certain hobby, playing sports, playing an instrument, etc. She sees all these activities as ways for young people to build themselves up, to gain new experiences and friendships, and to choose a life path and commitment correctly.

Amina says that she is most proud of her volunteering activities. She claims that she is sure that no gesture or paid job can honestly fill the heart like the moments when you give part of your time to other people and bring a smile to someone's face with your actions.

RAM – RUBRIC OF THE ACTIVE YOUTH

What I can point out as the biggest achievement that I have obtained using knowledge, acquaintances, and involvement in the field of social activism and in the field of action through projects for the improvement of the community is an application called "D-App", the purpose of which is to treat depression. The application is designed to connect a person who is suffering or a person who is potentially suffering from depression with an expert in the field of mental health who will provide the necessary help with their advice, which they give through the application. The app is anonymous to the public, completely secure, and the conversation is solely between you and the doctor. I am especially proud because it is also an idea that arose from the desire to help someone, to reduce the number of people suffering from depression or other mental illnesses, to reduce the number of suicides, and, of course, to remove this topic from the taboo area where it has been for years. As in other activities, behind this story is a team of young people whom I met at activist camps, seminars, or conferences and who gave their maximum to their local communities through their activities.

She credits the Hastor Foundation for her first acquaintances outside of school and for dealing with topics that are not in the curriculum of primary and secondary schools, which, as she says, provided her with her first "volunteering in theory". With the Foundation, she always felt that she had support because of the acquaintances and friendships she made with her mentors and colleagues from volunteer meetings.

We never could not be able to do something or not know something, we always helped each other and found ways to solve problems, whether they were related to schoolwork or something else. It has remained so until today, after 10 years nothing has changed. Now I try to be an equally good or better mentor for the group of students assigned to me, I try to open up topics that are taboo, but are important to them, that are current, and that are not talked about much, or about which it is very difficult to make the right decision.

She concludes that what everyone needs most is an interlocutor and a sense of belonging and trust that an individual or an entire group of people in a certain society acquire.



When we achieve this, then we are free to show our weaknesses and find the strength to work on building the best versions of ourselves. That's what the Foundation taught me the most, and I'm very grateful for that!

She tells current and future scholarship holders to be as active as possible, to participate in volunteering projects, and use every hour of volunteer work wisely because it will pay off in the end. She says that volunteering should be seen as a resource and a greater good, not just a few hours of work that must be completed for the sake of the norm.

Volunteering makes us more responsible, it teaches us that adequate requires to listen, just as much as to speak, and that we should accept suggestions as the best intentions for our progress as people. I really wish happiness to all the young people who are part of the Foundation and I hope they realize how privileged they really are in society!

Prepared by: Alek Isaković
Translated by: Nejra Galijašević

ALUMNI OF THE MONTH

Each period of our lives is marked by various challenges which we successfully overcome and through which we become more mature. The period in which we develop our personalities is particularly challenging, but if we have decent support and something to lean on, then every obstacle becomes a thing of the past that taught us a lesson. The Hastor Foundation tries to provide support to its scholarship holders in the process of their character development, encouraging and focusing on what is the best in them. Looking back at the past years, we have been witnessing continuous support that the Hastor Foundation has gladly and selflessly provided to its scholarship holders. It is a great pleasure to hear stories about scholarship holders who became part of the Foundation in 2006, and who speak about it today with a lot of love and gratitude because of all the things that they acquired at the Foundation. The following text is a story about one of the first scholarship holders who, in his own way, found a home at the Foundation.

Semir Mujkanović

Semir Mujkanović comes from Brčko. He finished his studies in 2012 at the Department of Politology at the Faculty of Political Sciences in Sarajevo. At the moment, he is an employee at the company "Eurosaj" LTD as a manager of the human resources sector.

He gladly recalls his days as a student and the period when he was a Hastor Foundation scholarship holder by frequently mentioning his volunteering activities. Semir had the honor of being among the first thirty scholarship holders whom the Foundation gathered, and he says the following this:

At the time when I was living in the dormitory "Nedžarići", a friend of mine gave me a piece of information about a call for applications to become a Hastor Foundation scholarship holder, and I didn't hear about it previously. I applied at the last moment. After some time, I received a call for an interview as a candidate for the scholarship of the Hastor Foundation.

Semir gladly remembers the interview and the questions that he was asked by teacher Ramo and Nermina Smajić. He also adds that that was his first interview, which, in turn, served him as guidance for all the following interviews of that sort. This interview is reserved for the students who apply for the Hastor Foundation's scholarship and who become further qualified in the competition for receiving the scholarship. Everyone surely remembers the uncertainty, as well as the happiness once they found out that they had become part of the team.



Being a student is a great challenge for many, especially if their desired faculty is located in a different city. In that case, financial support is necessary; and, as Semir points out, in 2007, when he and other applicants signed a contract with the Foundation, "a student renaissance" began.

Besides financial support, the Hastor Foundation even then had an organized plan of volunteering activities with younger scholarship holders – children who mostly lived in the same place as us, their mentors. Most of those children were elementary school students who became scholarship holders in 2006.

It was nice to watch how the Foundation, over several years, became richer in every sense. Supervising a team of young people and seeing them grow into mature persons and useful community members is a pleasure.

ALUMNI OF THE MONTH

We can say that that is an eternal success witnessed by all team members. We get to know ourselves as we spend hours doing volunteering activities and develop our true human values which we implement by helping others. As Semir points out, he felt the magic of helping others through volunteering, as well as the beauty of self-recognition and personal values which are recognized and built by working with other scholarship holders.

In the beginning, one needed to spend 16 hours a month doing volunteering activities. In my case, I went home once a month to do my volunteering activities. In the beginning, it was quite difficult to organize because not all schools gave access to their classrooms that easily for such activities. Setting up the time and place of volunteering meetings, as well as asking school principals for permission required thorough preparations.

As a tree is growing, no one notices its growth, but when it grows into a large tree, everyone admires how beautiful its branches have come to be. In the same way, working with young scholarship holders is demanding, but it bears fruit. Semir confirms to us that we have been witnessing a continuous development of the right values.

I still remember the names of all students with whom I volunteered at that time. Time spent with them was inspiring and I am happy that I was there while they were growing up. I tried to make every volunteering meeting with the students of "The Fifth Elementary School" in Brčko interesting to make it more than just a meeting. The basis of my working with pupils at that time was to teach them that they could see each other as people to rely on.

Volunteering was essential to him, so Semir gladly recalls the names of the first group of pupils whose mentor he was, even though it has been almost a decade since they last saw each other. These were the members of his group: Arman Sulejmanović, Enisa Sečić, Alma Fazlović, Amra Husić, Edin Osmanović, Ismar Mustafić, Eldin Rizvanović, and Amira Djedović. Semir emphasizes that he learned a lot from other young scholarship holders from "The Eighth Elementary School" and "The Ninth

Elementary School", with whom he later had volunteering activities, gained a lot of experience, and made plenty of beautiful memories. He hopes that the same feeling was on both sides.

Besides having fieldwork volunteering with pupils, students from the University of Sarajevo also volunteered at the Foundation's office as members of the administrative team.

While volunteering as a member of the administrative team with my fellow scholarship holders, I made plenty of friends with whom I exchanged experiences and opinions, which was one of the numerous positive sides of this type of volunteering. The first administrative team that I remember was composed of my friends: Enver Fejzović, Elma Mujagić, Amela Velić, Adnan Kadrić, Azra Maljić, Irma Pašić, Leana Omerović, Nihad Kavazbašić, etc. That was a team of people who had entered the office of the administrative team and literally started preparing it for future use. For a long time, our picture could have been seen on the web page of the Hastor Foundation, where we were making our first steps as the administrative team.

As time progressed, the administrative team received its separate sectors with special tasks, first reports were created, as well as their form. Then, annual work plans of scholarship holders were also created – that was the time when the Hastor Foundation started functioning in the way in which it functions even today. The administrative team was, in a way and among other things, in charge of organizing scholarship holders' meetings and collective field trips. Semir says that what he misses the most is socializing with other scholarship holders after meetings.

When we remember these moments while talking with alumni of the Hastor Foundation, we become aware of how big and successful the Foundation is. For many people, the Foundation was a light at the end of the tunnel in their life challenges, but what is common in all these stories of both current and former scholarship holders is that education is the choice of winners and only by working together, as well as through philanthropy, we can get through challenges and win. This is something that future scholarship holders and alumni of the Hastor Foundation can talk about.

INTERESTING FACTS

Quokka

A smiling animal

When we mention Australia, we all immediately think of kangaroos. These interesting animals attract everyone's attention, especially children and the younger population because of their pouch. However, the kangaroo is not the only marsupial. The Australian endemic, the quokka, also belongs to this family and is a living proof that happy and cheerful animals can often attract attention and intrigue the imagination. Because of its nature and spirit, the quokka is often called the happiest animal, but in the rest of this article we will find out if it is really laughing or if this phenomenon is something else. Considered a very sociable species, it likes to take pictures with tourists, and in the pictures, it looks as if it is smiling. In the following lines, we bring you all the interesting characteristics of these in many ways unusual animals, with a note that, although they look cheerful, they really know how to take care of themselves, so it is reported that the clinic on Rottnest Island, where they live, receives dozens of patients every year due to quokka bites.

They are herbivores and nocturnal animals by nature. Although they belong to the same family, they differ from kangaroos because they like to spend time in trees, so their appearance is even more specific. The quokka was first found by the Dutch navigator Samuel Volckertsoon in 1658, who described it as a wild cat. He found it on the island of Rottnest, and many after him described it differently, some even as a rat. The female gives birth to one cub twice a year, and the gestation period lasts one month. For the first 6 months, the baby quokka spends its time in the mother's pouch, and for another two months after that it is dependent on its mother's milk. The length of the quokka's body is from 40 to 55 cm, and it weighs from 2 to 5 kg. The average lifespan of these animals is 10 years, and they use that period in the best way, fighting for themselves and their cubs. The most interesting feature of the quokka is their smile, but scientists say that their smile is actually the evolution's 'fault', and that they do not actually smile.

Despite being very social, the quokka is a protected species because they are almost extinct due to the abandonment of their natural habitat. Currently, they mostly inhabit the island of Rottnest, which is named after the quokkas (Rottnest – wild rat). Unlike the kangaroo, the quokka has a smaller tail in which it stores food. If you want to visit these cute animals, do not feed or touch them because it is prohibited by law and the fines are high. This is exactly how the Australian government is trying to protect this species.



LENS



Saleha Redžepi - donated blood



Azar Alija Mulahasanović – helped elderly neighbors in agricultural activities



Ajla Arnaut – gave instructions on the basics of informatics



Hamza Turulja – held karate training for the youngest beginners



Amila Tursunović – arranged children's playgrounds in Šerići

POETRY CORNER

The Woman Who Doesn't Know Trains

I,
A child from the heart of Bosnia,
Didn't see trains, nor tracks,
Didn't see passengers
Didn't turn to anyone following me
While I carry a heavy bag
In the paleness of my right hand.

Never knew how loud they talk
The people in coupes
And what they carry in their hearts
When they ride trains.

Unknown realities to this eye
I found only in verses of books
Said goodbye in my imagination
To trains in many colors
Built from poetic descriptions.

Today, for the first time
I sense the stale scent of train stations
And the taste of waiting for a dear face.
I hear the old uncle announcing a fast train
And I quiver from anticipation to hear
How fast it moves
And to see
How much my fortune it carries to me.

The wind carries the scent of the unknown
There you are,
You rough unknown of my reality,
There you are,
You old, rugged load of these fragile tracks.
Will you stand next to me
Or will you run away
Because you don't remember my face from the
center of Bosnia?

Po naredbi staješ
Jedan peron niže,
Šeptljivo trčim da te stignem
Jer znam
Danas mi ostavljaš nekog
Zbog koga dugo, dugo
Sjećat ću se tebe.

Thanks to all trains
Which I didn't meet
By what would I remember them for
When within them
There are people whose eyes I do not recognize
Nor love.

Today, because of you
For the first time
I share this station
With a man
Who always walks
With his head held high
To whom, if I was in a different body
In another time,
Would fly towards
And lower my head on his shoulder
Breathing only as much as I need to

With a man
Who carries the scent of my best memories
And who remembers me by flowers and my
patient waiting

When he lowers his foot
On the pavement of his heart's dearest city,
The trains stop
And the weird scent of the June grass disappears
All other passengers leave somewhere
Only the cobble of Sarajevo heals wounds
Of those who have no one to wait for.

Time will flow again
And life will go on
When I return to you, my dear station
And when we are alone again
Watching how trains leave
Carrying our light
To distant darknesses.

Nedžma Latić



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