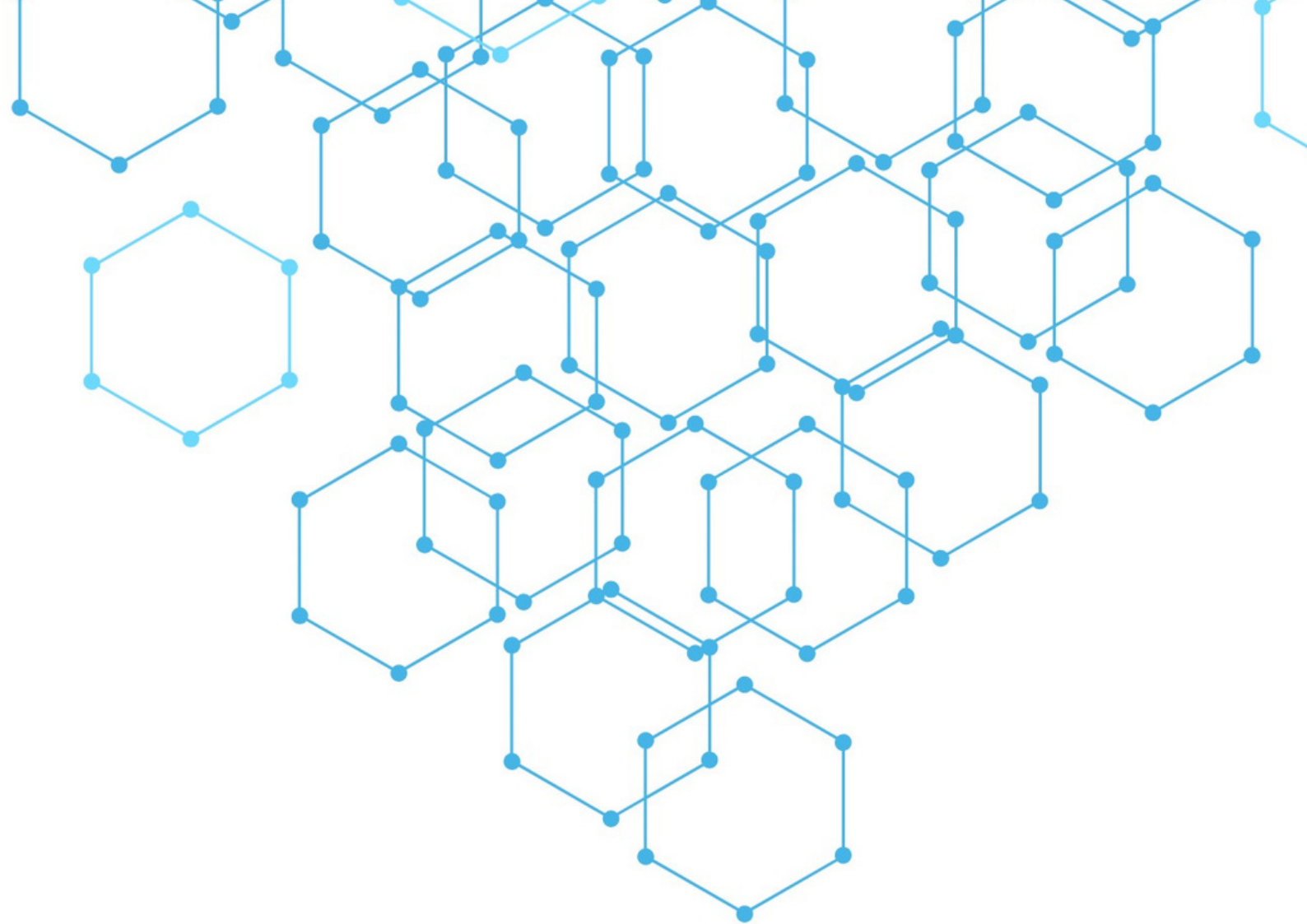




Newsletter

July, 2026



FONDACIJA
HASTOR

In Anticipation of the New School Year: About 2,000 Scholarship Agreements Are Being Prepared

The month of July at the Hastor Foundation has been marked by intensive administrative activities that represent an important step in preparing for the new school/academic year. In order for the scholarship process to be carried out in an organized and efficient manner, the administrative team works daily on preparing scholarship agreements for primary and high-school students from all over Bosnia and Herzegovina.

During this period, around 2,000 scholarship agreements are being prepared. The process includes printing, verifying data, certifying, sorting by cities and municipalities, and preparing the agreements for distribution. The signing of the agreements is planned for August, when Foundation representatives will visit numerous cities across Bosnia and Herzegovina, officially welcome the new scholarship recipients, and wish all scholarship students a happy and successful new school year.

In addition to preparing the agreements, the administrative team maintains daily communication with parents and students, receives certificates of scholarship recipients' academic achievement, and enters students' grades into the Foundation's database. Although these tasks often take place behind the scenes, they are precisely what enables the entire scholarship process to be carried out accurately, on time, and without difficulties.

The dedication, responsibility, and strong organisation of the administrative team are key to the successful implementation of the Foundation's mission. Thanks to their work, the Hastor Foundation is once again ready to welcome a new generation of scholarship recipients, continuing to invest in the education and development of young people throughout Bosnia and Herzegovina.

Prepared by: Lamija Karaduz



Workshops of Hastor Foundation Clubs

For the Hastor Foundation's instructional support clubs, the summer break is not only an opportunity for rest but also a period dedicated to developing students' knowledge, skills, and personal competencies through carefully designed thematic workshops. During the past period, topics were covered that encouraged students to reflect on the importance of empathy and overcoming prejudice, preserving physical and mental health, and understanding the emotions and psychological processes that shape our behaviour.

Particular attention was drawn to the workshop **"Why Do We Judge a Book by Its Cover?"**, led by student Ena Razić. Through the analysis of real-life situations, discussion, and interactive activities, students became aware of how misleading first impressions can be. By discussing stereotypes and prejudices, they developed empathy and concluded that every person deserves the opportunity to be known before we form an opinion about them.

At the workshop **"Fatigue Among Young People - Why Are We Constantly Exhausted?"**, led by student Ajla Hasić, students explored the causes of physical, mental, and emotional fatigue and discussed the importance of quality sleep, effective time management, a healthy diet, physical activity, and the responsible use of digital devices. Through sharing their own experiences, they identified habits that can improve their health and everyday functioning.

The workshop **"Why Do We Pay to Be Scared?"**, led by student Mia Markelić, also attracted great interest. It introduced students to the way the feeling of fear develops and how the brain and body react in stressful situations. Through engaging examples from horror films, psychology, and science, students expanded their knowledge of emotions and concluded that understanding their own fears is the first step towards overcoming them.

Through interactive work, open dialogue, and the exchange of experiences, students developed critical thinking, responsibility for their own health, respect for diversity, and the ability to view life situations from different perspectives. Activities such as these confirm that education goes beyond the acquisition of school knowledge and represents an important foundation for the development of mature, responsible, and socially aware young people.

We believe that content like this is the best reminder that learning lasts throughout life, and that every opportunity to gain new knowledge and experiences contributes to building more confident, compassionate, and successful individuals. Therefore, even the summer break can be a time of growth, inspiration, and discovering new interests.

Prepared by: Lamija Sejdić



Summer Holiday in the Netherlands

The Hastor Foundation takes pride in successful implementation of numerous projects and one with the longest tradition is Summer Holiday in the Netherlands, which the Foundation has been organizing with great pleasure every year with the cooperation with the Dutch organization Stichting Kinderhulp Bosnië. The aim of the project is to provide children from the rural areas and disadvantaged socio-economic backgrounds with the opportunity to visit the Netherlands, build lifelong friendships, and gain unforgettable experiences. This year, the project was carried in June, and 19 children from Živinice and Tuzla had the opportunity to visit the beautiful land of tulips. They were accompanied by students **Aida Buza** and **Tea Gluvačević**, whose reflections we are pleased to share below:

There are moments in life when you do not really know what you are getting yourself into. Sometimes, all it takes is to say "Yes", pack your suitcase, and step across the threshold into something that, until yesterday, was completely unknown to you. That is exactly how our story began. Without too much planning, but with great deal of curiosity, we accepted an invitation that took us to the Netherlands. At the time, we had no idea that we would return with suitcases full of memories, hearts full of gratitude, and stories that, we are certain, we will be telling for a long time to come. They say that bird of a feather flock together, and we experienced this in the most beautiful way possible. This journey did not only bring us new places and breathtaking sights, but also people who, although complete strangers at first, quickly became close to us. Sometimes, all it takes is a sincere smile, and a handful of crazy situations to realise that some friendships are not measured by years, but by the feeling that you have known someone far longer than you have.





Of course, not everything was always easy. There were moments of figuring things out, improvising, laughing at times when we had no idea what we were doing, and situations that seems a little chaotic then, but have now become some of our favourite memories. It was precisely those moments that reminded us that stepping outside our comfort zone often means stepping into the zone where the most beautiful experiences await. The children hold a very special place in our hearts. It is incredible how such genuine connection can be built in such short time. Their energy, hugs, questions, laughter, and the way they welcomed us made every single day special. Perhaps even more telling is the fact that we spoke about them even when they were not with us – while travelling, during excursions, over coffee, or at dinner. They so naturally became part of our days that it felt completely normal to say, “They would really enjoy this.” That is probably the greatest proof of just how close they became to our hearts. Through all of this, we also got to know the Netherlands – not only its cities, canals, bicycles, and endless plains, but also its way of life, culture, daily habits, and that unique sense of ease that can be felt at every turn.

Every excursion was a new story, every walk a new opportunity to lose our way and then find it again, to discover something unexpected, or simply laugh at our own clumsiness. In the end, you realise that travelling is not a collection of photographs that remain somewhere, saved and shared. It is the people you meet, the hugs you carry home with you, the conversations you never forget, and the feeling of returning home at least slightly different than when you left. The Netherlands was more than just a destination for us; it was a reminder that the most beautiful things often begin with a single, spontaneous “Yes”. It brought us friendships, experiences, plenty of laughter, the occasional unexpected adventure, and countless small moments that will forever remain among our fondest memories. If we had to describe this journey in a single sentence, it would be this: “Sometimes. All it takes is a little courage to step into the unknown, because that is often where you discover a part of yourself you didn’t even realise was missing.”

Aida i Tea

Interview of the Month

Summer months bring high temperatures that can pose a serious health risk, especially for children, older adults, and people with chronic illnesses. To learn how to recognize the first signs of heat exhaustion, avoid the most common mistakes during extreme heat, and respond appropriately in emergency situations, we spoke with **Dr. Vedad Huseinbašić**, a medical doctor employed at the Institute for Emergency Medical Care of Sarajevo Canton and an alumni of the Hastor Foundation. In our conversation, he shared expert advice on protecting your health during the summer, insights from his daily work in emergency medicine, and a message about the importance of prevention, solidarity, and sharing knowledge.



1. For beginning, could you briefly introduce yourself to our readers and tell us something about your professional journey?

My name is Vedad Huseinbašić. I am born in Fojnica, where I finished elementary school. I continued my High-school education at Turkish-Bosnian Unsko-Sanski College in Bihać. I graduated from the Faculty of Medicine at the University of Sarajevo in 2023. I was part of several student exchange programs: Erasmus +, IFMSA in Istanbul, as well as CEEPUS exchange in Graz. Since February 2024, I've been working as a medical doctor at the Sarajevo Canton Institute for Emergency Medical Services. In terms of volunteer experience, in addition to my engagement with the Hastor Foundation, I would highlight the education programmes and activities within the BIMA Medical Association – we organise free specialist medical examinations and services several times a year in returnee communities across Bosnia and Herzegovina.

2. As a medical doctor and employee of Sarajevo Canton Institute for Emergency Medical Services, often do you encounter with health problems caused by the high temperatures during the summer months?

During the summer months, we encounter such health problems very frequently, especially during heat waves when temperatures remain high for several consecutive days. High temperatures cause blood vessels to dilate in order to cool the body, but if too much fluid is lost, blood volume decreases, the brain receives less oxygen and nutrients, which can lead to dizziness, syncope and even heat stroke. In practice, we most commonly encounter dehydration, heat exhaustion, electrolyte imbalances, worsening of chronic illnesses, and, in the most severe cases, heat stroke. Patients with pronounced symptoms should immediately seek medical attention at the nearest healthcare facility so that appropriate treatment can begin as soon as possible. What many people do not know is that a body temperature above 40°C can lead to cell damage, impaired brain function and damage other vital organs. That is why heat stroke is a medical emergency and a life-threatening condition that requires rapid cooling and immediate medical intervention.

3. Which are the most frequent mistakes that people make during periods of extreme heat, which can seriously endanger their health?

The most common mistake is that people underestimate the effects of high temperatures and attribute the first symptoms to fatigue. In practice, we often see that they do not drink enough fluids, skip breakfast, spend time in direct sunlight between 10 a.m. and 5 p.m., engage in intense physical activity during the hottest part of the day, or leave children and older adults in parked vehicles. A particular problem is that thirst is not always a reliable factor of dehydration – by the time we feel thirsty, the body has already begun to lose a significant amount of fluid. From medical perspective, it is important to distinguish between heat exhaustion and heat stroke. Heat exhaustion is characterized by excessive sweating, dizziness and nausea, whereas heat stroke is a life-threatening condition in which body temperature often exceeds 40°C, accompanied by altered consciousness and the failure of effective thermoregulation. At that point, every minute matters because prologued hyperthermia can lead to damaged brain, heart, kidneys and other organs.

4. What are the first signs of heat exhaustion or sunstroke, and how should people respond if these occur?

The first sign that the body is no longer able to maintain a normal body temperature include severe fatigue, headache, dizziness, nausea, muscle cramps, excessive sweating and feelings of weakness. If no action is taken at that point, the condition can progress to heat stroke, which is recognized by altered consciousness, disorientation, confusion, loss of consciousness or convulsion. This is a medical emergency that requires immediate medical assistance. The correct response is to move the person immediately into the shade or an air-conditioned space, stop any physical activity, remove excess clothing and begin active cooling using cold compresses or by pouring cool to cold water over the body, while directing a fan towards the person if one is available. If the person is conscious, they should be given small amounts of water or electrolyte drinks. However, if consciousness is impaired nothing should be administered orally due to the risk of aspiration; instead, emergency medical services must be called immediately.

Interestingly, the rate at which body temperature is lowered directly affects the treatment outcome. In emergency medicine, there is a “cool first, transport second” rule – when heat stroke is suspected, the priority is to begin cooling immediately, as any delay increases risk of permanent organ damage and death. That is precisely why early recognition of symptoms can be crucial for saving a person’s life.

5. What advice would you give to citizens to help them protect themselves from high temperatures and protect their health during summer?

The most important recommendation is that citizens shouldn’t wait for their bodies to show serious signs of exhaustion. It is essential to drink fluids regularly and avoid direct exposure to sun between 10 a.m. and 5 p.m., wearing lightweight and light-colored clothes and, whenever possible, stay in cool indoor spaces. Special attention should be paid to older adults, children and people with chronic illnesses, as the consequences of high temperatures can develop much quicker in these groups.

When sweating heavily, especially after prolonged exposure to heat or physical activity, replacing water alone is not enough. Electrolytes, primarily sodium and potassium, are also lost, so oral rehydration solutions or electrolyte drinks may be beneficial in these situations. I also recommend daily use of sunscreen with sun protection factor (SPF 30 or SPF 50), as it significantly reduces the risk of sunburn, photoaging of the skin, and, in long term, the development of skin cancer.



For people who regularly take medication such as diuretics or have chronic illnesses, it is important to consult their doctor during heat waves, as certain therapies may increase the risk of dehydration.

A simple but useful indicator is the colour of urine – light yellow generally indicates good hydration, while darker urine often means that the body is lacking fluids. Finally, I always emphasise that prevention is the best medicine. A few simple habits can significantly reduce the risk of serious complications and help spend the summer safely and in good health.

6. Finally, do you have a message or piece of advice you would like to share with the scholarship recipients, alumni, and all readers of the Hastor Foundation Newsletter?

Knowledge has the greatest value when we share it with others. Let this summer remind us that taking care of our health is both personal responsibility and an act of solidarity towards the people around us. I am proud to be part of the Hastor Foundation community, which has taught us that success is not only what we achieve for ourselves, but also what we do for others.

Prepared by: Adina Jusufspahić

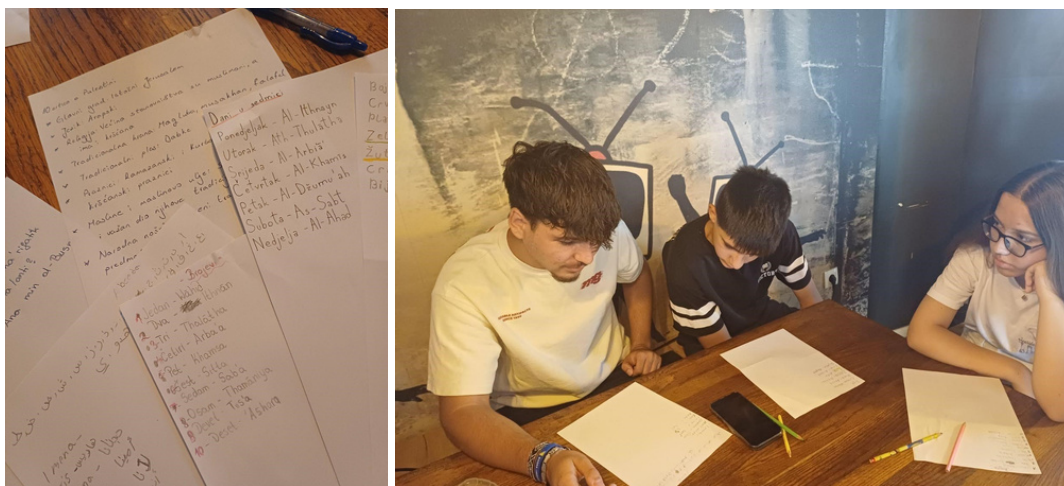
Fragments of Volunteer Stories

During July 2026, Hastor Foundation scholarship recipients once again demonstrated how volunteering can have a positive impact on the development of local communities. Through a variety of activities carried out in cities across Bosnia and Herzegovina, they took part in educational, humanitarian, environmental, and community-benefit projects, leaving a valuable contribution to the communities in which they operate. Each of these activities provided an opportunity for learning, developing new skills, and strengthening a sense of responsibility, solidarity, and togetherness—values that the Hastor Foundation continuously fosters through its mentoring and scholarship programmes.

In **Jajce**, mentors **Adis Poturović** and **Zinedin Šahman** carried out an educational activity dedicated to protecting health during the summer months. Through workshops, creative work, and direct communication with citizens, scholarship recipients spoke about the importance of proper hydration, protection from sun exposure, and recognizing the symptoms of dehydration and heatstroke. Participants created an educational display board, paper fans, and origami figures featuring messages promoting healthy lifestyle habits, which they later distributed to citizens and tourists at busy locations throughout the city. In this way, young people combined creativity, education, and volunteering, demonstrating how small initiatives can have a significant impact on raising awareness within the community.

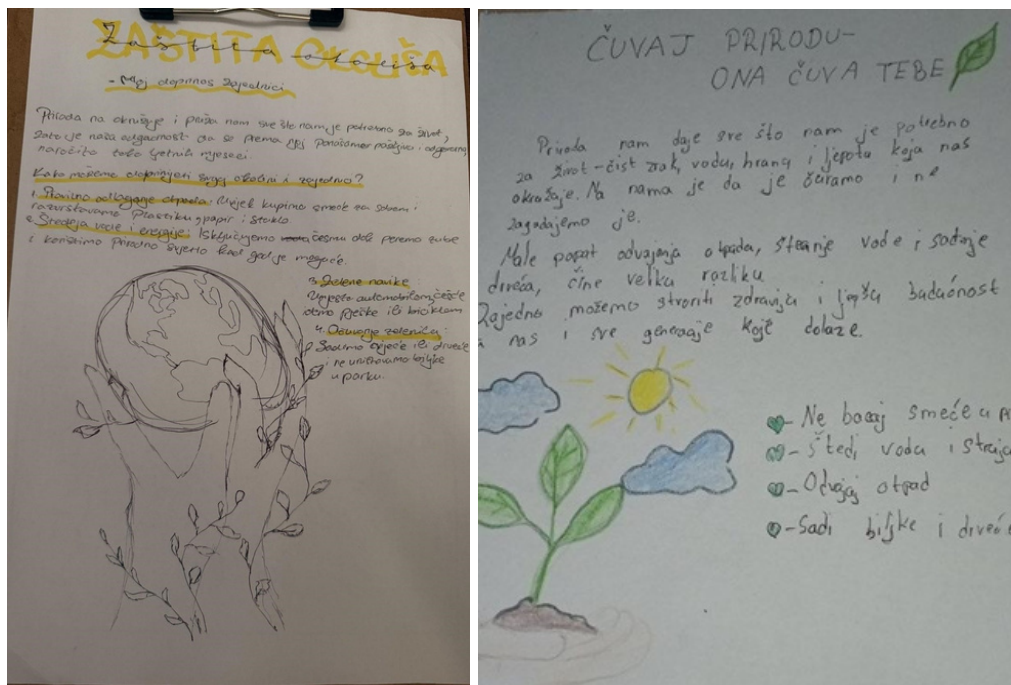


In **Mostar**, under the mentorship of **Anida Maksumić** and **Jovana Krčo**, a workshop dedicated to learning the Arabic language and exploring Palestinian culture was organized. Through interactive games, discussions, and practical exercises, scholarship recipients expanded their knowledge by learning new vocabulary, numbers, colors, and everyday expressions, which they practiced in simple conversations. A particularly valuable aspect of the workshop was the opportunity to learn about Palestinian traditions, customs, daily life, and cultural heritage through interactions with students from Palestine. This cultural exchange fostered intercultural understanding, tolerance, and mutual respect while also creating new friendships among the participants.



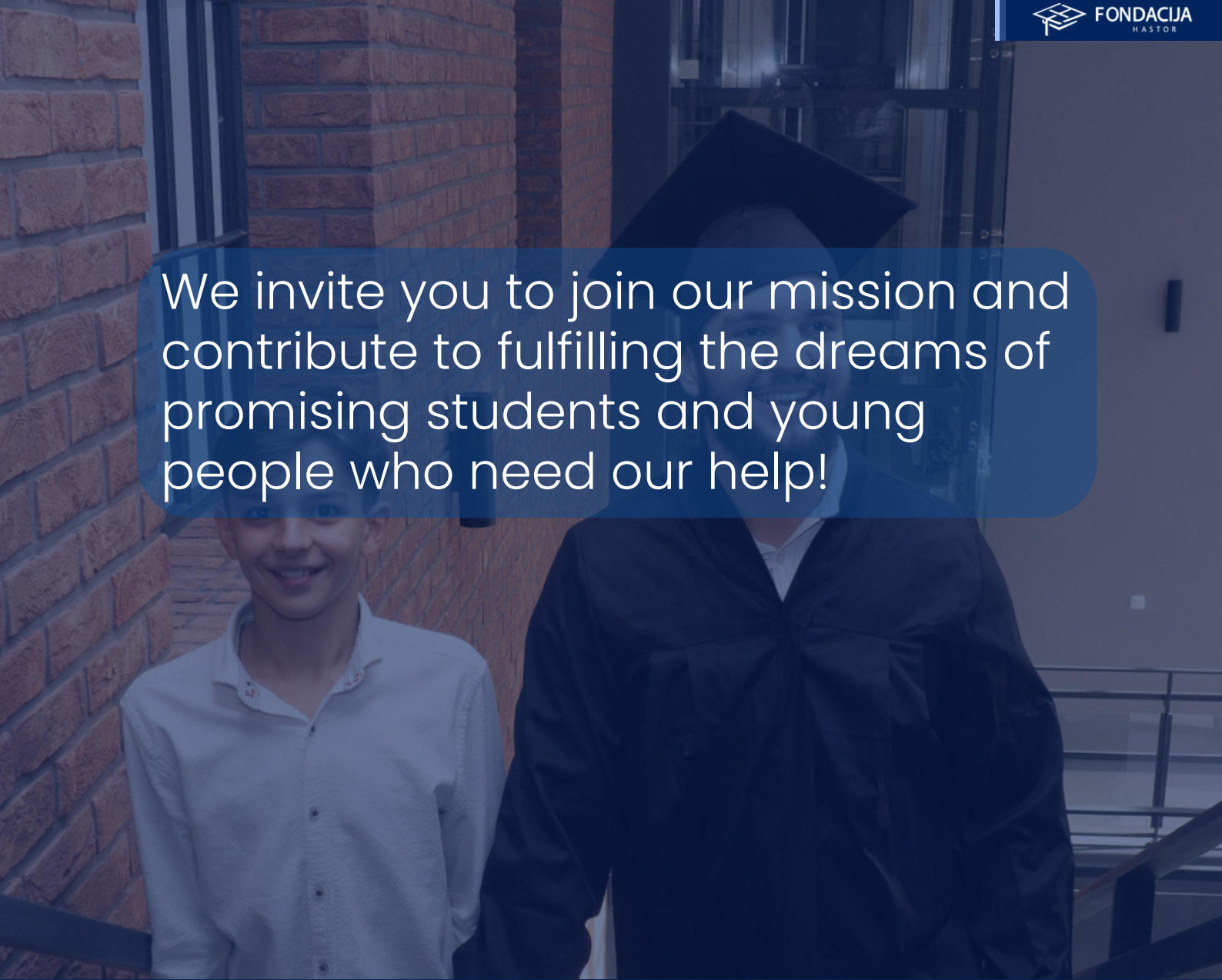
At the University Clinical Centre **Tuzla**, **Harun Zulčić** carried out an independent humanitarian activity focused on providing support to healthcare staff and patients. By assisting with daily tasks, accompanying patients, helping organize the work of hospital departments, and offering words of encouragement to those who needed them, our Harun demonstrated a high level of empathy and social responsibility, contributing to the creation of a more compassionate environment for patients while fostering solidarity and compassion, thereby reaffirming the importance of volunteering in healthcare institutions.

In **Srebrenik**, mentors **Samra Udovčić**, **Mirnesa Tursunović**, and **Samra Selimović** organized a workshop dedicated to healthy summer habits, environmental protection, and responsible behaviour within the community. Through discussions, group work, and practical activities, scholarship recipients created posters, leaflets, and cards featuring messages about nature conservation and healthy living, after which they organized an environmental clean-up campaign and spoke with citizens about the importance of protecting the environment. A particularly interesting part of the activity was the joint creation of what they called the "Tree of Good Deeds," where citizens left messages and promises about their own contributions to preserving nature. This activity contributed to the development of environmental awareness, responsibility, and active citizenship among young people.



The scholarship recipients once again demonstrated how collective effort, empathy, and a willingness to take action can contribute to creating positive change in society. Through various volunteer activities, they provided support to those in need while simultaneously developing their own skills, broadening their perspectives, and strengthening their sense of responsibility toward the communities in which they live. Each completed activity serves as an example of young people who do not wait for change but instead become the driving force behind it through their own commitment. Through its programs, the Hastor Foundation will continue to empower scholarship recipients to recognize opportunities to contribute and leave a positive impact through their actions. Investing in young people means investing in the future of Bosnia and Herzegovina, and their engagement confirms that even small initiatives, when driven by a sincere desire to help, can make a significant difference for society as a whole.

Prepared by: Aida Suljić



We invite you to join our mission and contribute to fulfilling the dreams of promising students and young people who need our help!

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