

# Bedër

# YOUTH



# Magazine

# PURELY

# Issue 1

**"A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong."**

**(Unknown)**

# 8 March

# Women's Day

**"A lot of people are afraid to say what they want. That's why they don't get what they want."**

International Women's Day continues mark a moment to celebrate women's achievements and a reinforcement of their struggle for gender equality. Despite the advancement made towards gender equality, the "fragile" gender still faces forms of discrimination and inequality in many fields of life. This is why International Women's Day remains as important as ever. The theme of International Women's Day 2023 is "Choose to Challenge," which is all about challenging gender bias and inequality. One strand of this challenge is to hearten women to speak up and demand what they deserve.

Many women do not get what they need and want because they are afraid of asking for it. This is not something new, of course. Many people – both women and men - are afraid to speak up and stand to injustice. However, this fear is more common in women, whose nature is characterized by their accommodating ability and tendency to avoid unnecessary confrontation. In addition, women tend to experience negative consequences for being assertive, the most common being the consideration as aggressive or disagreeable.

The fear of standing up for themselves can have significant consequences for women's everyday lives. Women may settle for less in their careers, relationships, and other areas of their lives, because they feel reluctant to openly provide their opinion on what they want, feel or think. This can lead to missed chances and opportunities, unfulfilled life prospects, and a sense of discontent and dissatisfaction with their lives.

To overcome this fear, women need to understand that their words matter; they should express what they feel and think, because their desires and necessities are just as valid as those of men. Women should also be positive that they have the right to speak up and request what they want in a demanding way, and that there is nothing wrong or "antagonistic" in doing so. This can be exciting, especially for women who have been convinced to triage others' needs and feelings over their own.

One way to raise confidence in speaking up is to practice assertiveness skills. This means learning how to communicate productively and respectfully, conveying one's needs and wants openly and bluntly, and negotiating for what is sought. It also means learning how to deal with rejection and criticism, without taking it personally.

Another way to overcome this fear is by receiving support and encouragement from others. This could mean seeking out mentors, gurus, or other women who have successfully gone through similar situations. It could also include surrounding oneself with a supportive companionship who will enforce ladies to speak up and pursue their aims and goals.

Ultimately, the key to getting what is desired is "seeking for it". This means being clear about what one wants, conveying it effectively, and being consistent in pursuing it. It also means being open to feedback and willing to adjust one's approach as needed.

In conclusion, International Women's Day is an important reminder of the continuous struggle for gender equality. One feature of this struggle is encouraging women to stand up for themselves and demand what they want. Most of them do not get what they want because they are too scared to ask for it. To overcome this fear, women need to raise the confidence scale in their voice and practice assertiveness skills. They also need to find support and encouragement from their loved ones. With these ornaments, women can speak up and chase their goals with confidence and determination, and help to create a more equal world for all.

# Translated poem

## TËRMET

E VENDOSA DËSHIRËN TIME MBI SHKËMBIN MË TË  
QËNDRUESHËM,  
E ZGJODHA GURIN E NDËRTIMIT ME KUJDES,  
JO ME MORAL TË PËRLYER E TRARË TË PAQENË,  
POR ME FAKTE GRANITI, DHE LOGJIKË TË FTOHTË  
NË ÇDO SHTRESË.

NDËRTOVA KULLA TË LARTA, JO TË FILDISHTA,  
POR GURI;  
DHOMA TË BOLLSHME PËR LIBRA DHE GJITH' IA  
VLEN.  
KISHTE VEND VEÇSE PËR PUNË TË PAQME,  
E MBI TË GJITHA TË MIAT ËNDRRA QENË.

E PËRFUNDOVA PLOT KRENARI ARKITEKTURORE;  
ASNJË MENDJE E NDRITUR NUK KISHTE TË TILLË  
SHTËPI.  
E TEKSA PËRGATITESHA TË HYJA BRENDA,  
NJË LËKUNDJE E FUQISHME E ZHURMË E  
FRIKSHME U NDI.

PËRTEJ PRITSHMËRIVE, GURËT U SHPËRNDANË  
GJITHANDEJ;  
MË KOT SHKËMBI QËNDRONTE I PALËVIZUR, I  
FORTË.  
KULLAT M'U SHEMBËN BASHKË ME MURATURËN,  
E GJITHA ËNDRRAT E BUKURA M'U RRËZUAN  
PËRTOKË.

PAÇKA SE JO E PARIPARUESHME, SHTËPIA E  
MREKULLUESHME M'U SHKATËRRUA.  
MALLKOVA DHE E LASHË ASHTU, TË  
PARREGULLUAR.  
I TKURRUR, SE GABIMIN S'E KUPTOJA  
ME GJITHË PASIGURITË E MIA, PARA ZOTIT DOLA.

AI I BUZËQESHUR MË THA: "MURËNDREQËS,  
DUKET SE S'JE."  
KTHEHU DHE FILLO NGA E PARA!  
PËRDOR LIDHËS MË TË MIRË DHE FRIKËN HIDH  
PRAPA!  
TË FORTË QENË SHKËMBI DHE GURI; GJITHË  
FAJIN NDËRTUESI E KA".

- ANONYM

## EARTHQUAKE

I set my aspiration on the soundest rock,  
And chose my building-stone with care:  
No moral clay, no pious wooden block,  
But granite fact, and rigid logic layer on layer

I built high towers, not of ivory, but stone;  
Wide rooms for books and serious things.  
There was house-room for solid work alone,  
But on the top arose my best imaginings.

Finished at last, I felt an architectural pride;  
No mind had such a house before.  
Then, as I was about to march inside,  
There came a violent shaking and a stunning roar

In spite of argument the clashing stones broke free;  
In vain the rock stood firm and sound.  
My towers collapsed in streams of masonry,  
And all my lofty dreams fell crashing to the ground.  
Though not beyond repair, the splendid house was  
wrecked.

I cursed, and left it unrestored.  
Puzzled, not comprehending my defect,  
I came with my perplexities before the Lord,  
Who, smiling, said, "You are no mason, it appears.  
Return, and make a new assault.  
Use better mortar, and dismiss your fears  
The rock and stone were good; the builder was at  
fault."

-Charles Frances Richter, July 2, 1933

# Pursuing passion in teaching and learning with Professor Tidita

*Your self-concept defines your limit, rediscover yourself after every challenge and do not stop chasing your dreams.*

*Dear Professor, we have seen your enthusiasm towards teaching and learning both in the same time. Can you describe, what is the element that we need to sustain this energy towards developments?*

Thank you for addressing me and thank you for being the committed students which make teaching at Beder a memorable experience. Loving your work, loving what you do and seeing yourself reflected in your students faces is of utmost importance in maintaining one's attitude in the classroom as a constructive teacher and an avid learner at the same time

Enthusiasm in classes helps to engage learners, stimulate discussion and also goes a long way to help maintain discipline. Passion for the subject matter you are teaching, demonstrating you really care about your students while actively engaging them in the teaching and learning process, and inviting them to explore constructively and proactively together with you the infinite depths of the course you are lecturing, on the other hand pays off and lays the path to success. Enthusiasm seems to be a teaching strategy on its own, it creates student ownership of classroom results.



Associate professor Tidita Abdurrahmani  
Captured at: Council of Europe Strasbourg

Enthusiastic learners have high growth needs, they show great interest in theories and abstract concepts, they are keen to seek new knowledge and take initiative to learn from the resources and grow their potentials. Besides being a lecturer, also take up the role of an active and avid learner during the teaching process, that is the key to success. ***Some people said that illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn. Do you agree with that statement?***

Thank you for bringing along this futurist statement articulated almost 50 years ago by the American businessman and futurist



Alvin Toffler, but still quite actual and real nowadays. 21st century illiteracy is a functional one, and it mostly originates from our fear of the new and of the unknown. The learn, unlearn, relearn cycle captivates more critical thinking skills, inspiring you to analyze continually, evaluate, and challenge knowledge to ensure it is relevant and up-to-date. As I addressed even in the previous question, the key is acknowledging yourself to be a lifelong learner.

As a lecturer of postmodernism, I would say that in a fast, dynamic world, change remains the only constant thing, so we have to get accustomed to that, rejoice at that and make the outmost of this fluidity of reality. Unlearning many times requires you to get out of your comfort zone, be open to change, chase the unfamiliar, flow triggers and foster curiosity.

That is sure hard but rewarding in long term, as it intrigues you to discover unfathomable depths of yourself. As you learn, unlearn and relearn, you discover the limits of yourself, and please do it and be confident you will be amazed by how far you can go.

***How would you describe being passionate about something, is it important? or it is more important to make an ends meet first?***

Being passionate and being determinate is the key to success in life. Passionate people are always focused on what can be rather than what is, they're always chasing their next goal with the unwavering belief that they'll achieve it. Making ends meet is much needed but just instrumental. It provides with a temporary guise of sense of relief but it lacks of the magic of investing passion into doing things.

In both my academic and personal life, I go for passion. It is exhausting and not rewarding at times but it is self-actualizing in the long term and we are not automated creatures but earthly human creatures and feel complete when we have gone above and beyond to achieve great results and have succeeded in reaching outstanding results.



***Is literature your passion? how would you describe it to your life?***

Reading great literature exercises the imagination, helps us perceive truth, make value judgments, and deal with the complexities of life in creative ways. American literature, especially modern and postmodern American literature is inviting and challenging as my life itself.

Literature gives us insight and understanding into human nature and the human condition, helping us understand ourselves while at the same time it transports us to different worlds by stimulating our imagination and creativity. As most postmodern literature rejects the idea of a single theme or meaning, choosing instead to have many meanings or forgo theme entirely, enjoying lecturing it and transferring new knowledge and skills to your students, makes you surpass societal, and literary boundaries and makes you enjoy every new quest of the ultimate truths of life and literature at the same time. Postmodern literature is complex, daring and enchanting in its own complexity, such is my life and I love life-literature parallel worlds. Unlearning and relearning is rediscovering yourself, and learning to love the most of every new trait of character and potential you unearth.

If you consider all the above mentioned articulated from of mother of three, two of which twins, striving to strike a balance in between 20 years of academic lecturing and leadership and a busy and engaging family life, trust me there is much you can do in life by unlearning and relearning.

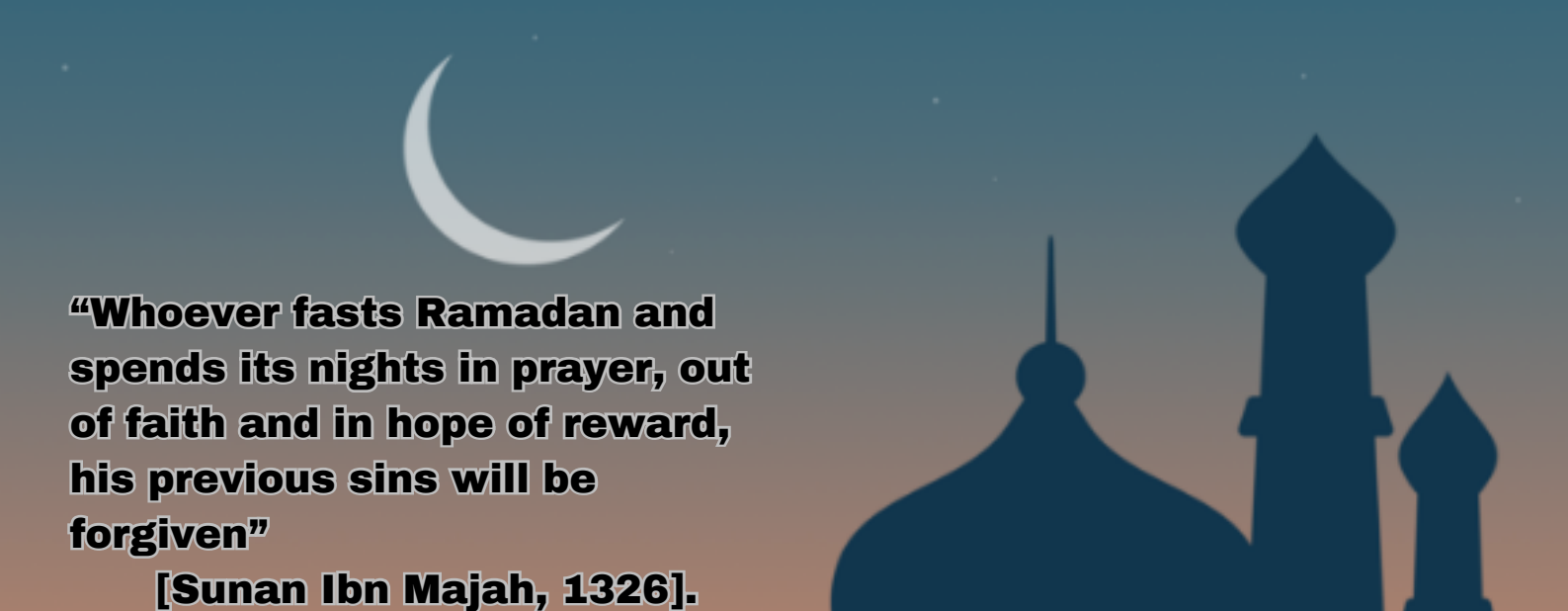
***We have seen your contribution towards academic world from your publication and experiences gained, do you have another dream to achieve in this field?***

I am already 20 years into the academia, 15 of which cumulatively involved in administrative and academic leadership by the Ministry of Education and Science and Higher Education Institutions both public and private. I am happy and proud that Beder university has permanently been part of me for 11 years already. Educational leadership on high ranks at the Ministry of Education has really been a real-life school for me, leadership in the academic on the other hand has rekindled and brought together my passion for lecturing intertwined with the administrative leadership competences.

The University of Graz, where I pursued seven years of my doctorate studies remains for me my life investment and the life changing impress on me. There are plenty of dreams to achieve, I am passionate and forever on the search for new academic targets. Receiving the Prof.Dr. title in the near future is a reachable target I think. Furthering my lecturing exchanges into the European arena of higher education is also one, while receiving full professorship by one of the renowned universities of Europe is a dream. And I love chasing dreams.

***Thank you Professor.***

Thank you too.



**“Whoever fasts Ramadan and spends its nights in prayer, out of faith and in hope of reward, his previous sins will be forgiven”**

**[Sunan Ibn Majah, 1326].**

# The Holy Month of Ramadan

## A time for a spiritual and Physical Renewal

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Ramadan is the ninth month in the Islamic lunar calendar, followed by over a billion Muslims around the world. Ramadan is a time of spiritual reflection, prayer, and self-discipline, as Muslims fast from dawn until sunset, and attempt to engage more intensively in acts of charity and good deeds.

The annual observance of Ramadan is regarded as one of the Five Pillars of Islam. Ramadan lasts for 29 or 30 days, from the moment the crescent moon is seen to the moment the next one appears. Fasting from dawn to sunset is obligatory for all adult Muslims, who are not acutely or chronically ill, traveling, elderly, breastfeeding, diabetic, or menstruating. The predawn meal is referred to as suhur, and the nightly feast that breaks the fast is called iftar.

During the fasting period, Muslims refrain not only from food and drink, but also from tobacco products, sexual relations, and sinful behavior, instead, devoting themselves to praying and the study of the Quran. The spiritual rewards of fasting are believed to be multiplied during Ramadan. According to Islamic tradition, God multiplies the reward of all good deeds by 70 during this holy month.

There is one special night in Ramadan, known as Laylat al-Qadr, which is considered to be the holiest night of the year. In this night, the first 5 verses of the Holy Quran of Surah Al-'Alaq (The Clot) were revealed to Prophet Muhammad (peace be upon him). It is said that during this specific night, the whole parts of the earth will be surrounded by angels and peace. While the exact date of Laylat al-Qadr is unknown, it is believed to be one of the odd-numbered nights of the last ten nights of Ramadan. Muslims spend much of their time in Ramadan reading and studying the Quran, and Laylat al-Qadr is a particularly special night for prayer and devotion.



In addition to the five daily prayers, during Ramadan, Muslims also engage in Tarawih prayers. These are optional prayers offered after the fifth prayer of the day, Isha, and, usually, involve the completion of an entire chapter of the Quran each night. Tarawih prayers are prayed in pairs of two rakat, which are prayer cycles, and can go up to 20 rakat. Muslims believe that in Ramadan, the gates of Hell are locked, and the gates of Heaven are wide open. This signifies God's mercy being at an all-time high, and the month of Ramadan is seen as a turning point for many people to improve themselves and become closer to God.

While the spiritual dimension of Ramadan is well-known, scientific studies have also indicated a range of health benefits associated with the practice of intermittent fasting during this month. Intermittent fasting, similar to the kind practiced during Ramadan, can lead to improvements in obesity, diabetes, cardiovascular disease, cancers, and neurological disorders. Abstaining from food for long periods of time can cause the body to use energy from different sources, leading to a process known as ketogenesis, which has wide-ranging benefits for the body.

A 2021 study published in the Journal of the American Heart Association found that fasting had positive effects on blood pressure, weight, and body fat levels. However, a 2003 study published in the European Journal of Clinical Nutrition noted that fasting could also have few negative effects such as irritability, headaches, sleep deprivation, and lack of energy. Despite the challenges of fasting, Ramadan remains a time of great spiritual and physical renewal for Muslims around the world. It is a time for Muslims to reflect on their lives and improve themselves through prayer, charity, and good deeds. The month of Ramadan not only emphasizes God's mercy to humans but is also a reminder of devotion to the good for all people

# MARCH

## HIGHLIGHTS



Photo by: Alda Bara



On frame: Abeba and Prof. Albana Cekrezi

# What they say?

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**Q; Do you wish to have the similar event again happen in the future? please describe why ?**

**Answer;** I wish there would be more events like these where students from different parts of the world teach us something about their culture. Everyone was curious as to what they had to offer and to learn something new about where they come from.

**Q; From this event, do you enjoy the experience? what do you get as participants? except free food 😄**

**Answer;** The event was amazing, i learned a bit of the indonesian language and how they structure sentences, which was way easier than albanian. We also got more in depth of their culture seeing how they were wearing their traditional costumes and us trying their traditional food. The food was delicious and it was the first time i got a taste of different cultures in one day. It was really lovely to see how this event brought all of us together to learn more about each other's traditions. Im hoping there would be more events like these in the future!!



Gledis Muhja  
2nd year of Multimedia and Graphic Design



# ***Women's lense***

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## ***An interview with Elisa Cerka***

Professional Photographer

### ***What do you think about following your passion and dream as a woman?***

In fact, following your dreams as a girl is still very difficult, at least here in Albania because of the mentality that has been created.

Achieving your goals as a child is one of the most difficult things as you will not only have to deal with the problems that every job can have, but you will also have to deal with negative comments, prejudices, etc.

But again, we women have shown that we can succeed and realize our dreams without anyone's help.

### ***How did you first get into photography?***

My profession as a photographer first started as a great passion, a long time ago when I was very small, if my friends played with dolls, I always played with cameras and cameras, since my father also worked as a cameraman and photographer. Then I started to grow up and gradually I got to know the profession that started at the age of 10, normally it was a very young age, and let's say that even the confidence I had in myself was not what I have now. After a lot of effort, I began to learn and gain confidence in myself and also people in me. Then I attended photography and design courses and at the same time I had church and school, work has always attracted me and never made me feel tired but completely on the contrary, it made me feel very happy.

### ***If you had only one chance to give one message to all the women in the world, what would it be?***

I would say that, be the pilot of your life, live life the way you want, the way you feel happy, at the end of the day the smile will last you a lifetime.

Realize your dreams, follow your passions and most importantly listen to the strength within you, it will make you move forward.

We are the most wonderful creatures on the planet and I believe that each of us can succeed in all aspects that she wants, it is enough to have the desire and self-confidence.

Fight for what you want because if you love it with your soul you will always succeed no matter how many sacrifices you have to make.



# Poem & quote corner

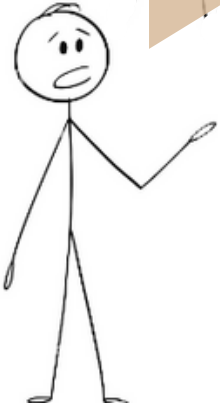
What we've lost is bound  
to be found again,  
Though in an unexpected  
way,  
Feasibly in the perfect day.

Let sun after rain  
say hello to everyone in  
pain,  
say that will always be  
sunshine  
after setbacks and what  
went blind.???

## When You Sell Yourself

When you sell yourself,  
You sink upside down.  
Alone in the crowd  
Caged – in, not shut.  
When you sell yourself,  
Feels like no stairs to step.  
Deprives of the realm rapture  
Regarded like an obsolete.  
Yet, when you sell yourself,  
Just if - truly you do;  
Though you lose the sphere,  
You stay out of fear –  
Of losing - left behind,  
Weakened, by mankind.  
When you sell yourself –  
To the 'Veiled' Landlord,  
No book on the shelf –  
Neither on the board  
All are certain  
Nothing is shaken.  
When you sell yourself  
Only, to the 'One' who does not sleep  
You'll be tempted hard to breathe,  
As a merit Laurel Wreath.

Standing alone does not bring  
loneliness  
The lonely stands for itself  
Alone is just a way to live for  
some time  
Not a word with no friend in  
prime.



Comparison in feeling is not supposed  
to be  
Since I am not able to, neither can you  
"I know what you feel" and "I feel your  
pain"  
Sometimes we just need to listen  
providing a shoulder without  
comments



Do not get stressed over things you can't  
control  
especially what is gone by  
Life goes on and the present is just once  
Do not let it be your next worse yore  
Or you will wail the times ahead  
just like you're doing this time.



### My uncle's last call

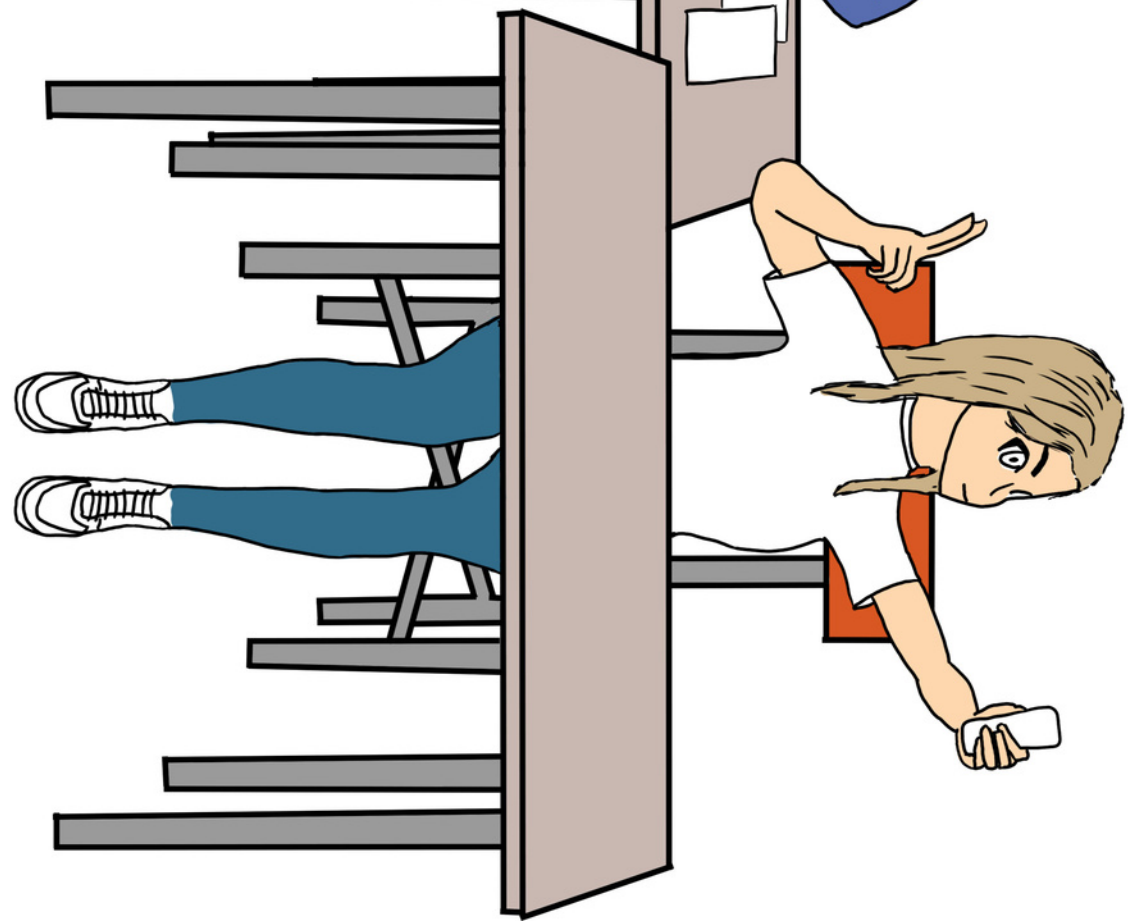
I recalled my last call to him  
the twentieth day of February  
A face to face call  
I couldn't remember what he told me  
but his words were familiar.  
The news he died, a shock  
I neither wept nor shouted  
I neither spoke nor shrieked  
But my heart's not at ease  
The grief and sorrow of this loss,  
tears didn't roll down my cheeks  
But my eyes were filled.  
I don't know when my heart  
will recover from this pain  
Every second, he is in my mind  
Deep down, in my heart, a shattered cry  
I hope he is in the heaven  
I pray God will forgive his sins  
I pray my family will recover from the trauma,  
as each of us is waiting for his time.  
Yet, it was a great loss

# A typical Bedër class

The guy that's been up all night playing videogames and even missed the first part of the class.



The guy that's actually here to study.

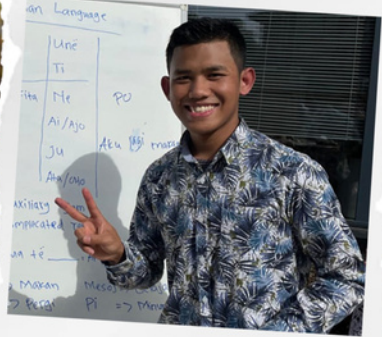


Miss popular who can't get off her phone. Chances are that this breed doesn't even put their phone on silent and annoy everyone with their cringy notification sound.



If you have any ideas like poems, short stories, art, anything that you'd like to showcase in the upcoming issues of the Youth Magazine, email us at: [ymbeder2023@gmail.com](mailto:ymbeder2023@gmail.com)

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