

FROM HERE TO THERE

BEDER YOUTH MAGAZINE

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“Life is like riding a bicycle.
To keep your balance, you
must keep moving.”

~Albert Einstein



On Kahlil Gibran

Digital Fasting

Exclusive Interview with
Matthew Miri Meçollari

Opening Eyes:
Widening perspectives
with Facts vs. Myths

Cigarette Remains
Recycling Campaign

**01**

WORLD DAY OF SOCIAL JUSTICE “HUMAN RIGHTS AND THE GOOD CITIZENS”

What are we? How have we been acting towards each other, to our neighbours, or in our social media?

02

KHALIL GIBRAN

and his poem “The Prophet”

03

WISDOM BEHIND SUNNAH

A Competition to the Life of Prophet Muhammad (PBUH)

BEDER YOUTH MAGAZINE

04

PASSION: LANGUAGES AND TRANSLATION

An Interview with Matthew Miri Meçollari

05

OPTIMIZING OUR TIME WITH DIGITAL MINIMALISM

Based on the “Digital Minimalism: Choosing a Focused Life in a Noisy World” the by Cal Newport

06

INTERNATIONAL BOOK GIVING DAY

Nurturing Kids’ Love for Books in the Age of Social Media: Celebrating International Book Giving Day

07

CIGARETTE REMAINS RECYCLING CAMPAIGN

From an Interview with Ermal Spahiu, a master Student of Beder University and the Media Collaborator of the Cigarette Remains Recycling Campaign Team

08

OPENING EYES: WIDENING PERSPECTIVES WITH FACTS VS. MYTHS

The Terracotta Army

The Lost City of Pompei

The legends of King Arthur

09

CANCER SURVIVOR

Musa Motha

10

POEM CORNER

Suffering BY Dauda Ibrahim Dachia

Bote e Nyjezuar Ndjenjash by

Besjana Celaj and Its Translation

Between Two Alley By Kim Anpas

Young Forever by Alda Bara

I am still your fellow by Aulia Al Adawiyah

Thanks, Mama whale by Aulia Al Adawiyah

11

CAPTURE MOMENTS

Women’s Day

Club Activities

ISSUE 4

BEDER YOUTH MAGAZINE

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FROM THE EDITOR



Beder Youth Magazine is a vibrant canvas for the artistic talents of Beder University's diverse student body. We are a kaleidoscope of voices, showcasing the best in writing, photography, and all things art, unleashing the creative spirit to train the boundless creativity that thrives within our community.

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ALDA BARA



Being part of Beder Youth Magazine brings me immense joy and fulfillment for multiple reasons. It serves as a dynamic platform where our voices are not only heard but valued, fostering a sense of empowerment and inclusivity. Through the magazine, I and other students have the opportunity to showcase our talents and innovative ideas, nurturing creativity and self-expression. Personally, it acts as a robust academic resource, enriching my university experience and deepening my engagement in scholarly pursuits. Furthermore, the magazine's academic interviews with university staff provide invaluable career advice, insightful perspectives on current events, and societal issues, broadening my understanding and enhancing my personal growth journey. Its presence within our university community cultivates a spirit of camaraderie and belonging, fostering meaningful connections and collaborative endeavors among students

AULIA AL ADAWIYAH



Beder Youth Magazine helps me to notice what happened in my university, in my surroundings, and in my close circle. Often enough, we dwelled too much with the outside world, too far away in distance or realm, while many inspiring students and professors are scattered around me that I could take notice of. Getting to know my environment helps me to be more present and mindful about my existence in Beder.

CUT ZANA YUKI MEROZA



For me Beder Youth Magazine is a place to share my ideas and creativity. I have been sharing my article and also I can read other students' articles. I think everyone should make a use of this magazine to share their ideas in piece of writing or to read all the interesting articles in it



World Day of Social Justice “Human Rights and the Good Citizens” What are we? How have we been acting towards each other, to our neighbor, or in our social media?

Every year, on February 20th, the World Day of Justice provides us with an opportunity to reflect on the significance of human rights and the essential qualities of good citizenship. “Human Rights and Good Citizens,” encourages us to delve deeper into our behaviour and interactions, both in our immediate communities and on digital platforms.

In today’s interconnected world, the concept of good citizenship holds more relevance than ever before. It encompasses not only our actions towards our neighbour’s and fellow community members but also our conduct in the digital sphere. Social media platforms, while facilitating communication and connection, also present challenges such as cyberbullying, hate speech, and the spread of misinformation. Therefore, being a responsible citizen means navigating these spaces with empathy, respect, and integrity, ensuring that human rights are upheld in all interactions.

Being a good citizen is not just about following rules and respecting authority; it is a way of life that positively impacts both individuals and society as a whole. When we respect laws and authority representing figures - like police officers and government officials - we are not just maintaining social order; we are also enhancing our own safety and security. By respecting laws, we protect our rights and freedoms, fostering an environment where everyone can thrive.

Participating in civic activities, such as voting in elections or volunteering in the community, is another crucial aspect of being a good citizen. These actions not only empower individuals by giving them a voice in decision-making processes but also strengthen the bonds within society. When we engage in our communities, we build a sense of responsibility, contributing to the overall well-being of everyone involved.

Respect for others, regardless of their backgrounds or beliefs, is fundamental to creating a harmonious and inclusive society. When we show empathy and tolerance towards others, we foster understanding and cooperation, laying the groundwork for stronger social connections and collective progress.

Taking care of the environment is equally important. By practicing sustainability, conserving resources, and reducing pollution, we not only protect the planet but also safeguard our own health and wellbeing. A clean and healthy environment is essential for physical and mental well-being, ensuring a better quality of life for current and future generations.

Education plays a vital role in shaping responsible citizens, staging information about current, social issues and political matters, empowering individuals to make informed decisions, and advocating for position change. Education equips us with the critical and analytic thinking skills needed to challenge misinformation and contribute meaningfully for the community.



BY ALDA BARA



Promoting peace and justice is essential for creating a safer and more equitable society. By standing up against discrimination, injustices and violence, we protect our own rights and freedoms while fostering a culture of fairness and compassion.

Lifelong learning and personal growth are key to becoming better citizens. Continuously acquiring new skills, pursuing education, and embracing diversity not only enrich our own lives but also contribute to the collective advancement of humanity.

In the end, the notion of citizenship extends beyond geographical boundaries to embrace global solidarity. When we advocate for the rights of marginalized communities, whether locally or internationally, we demonstrate our commitment to justice on a global scale. As we mark the World Day of Justice, let us reaffirm our dedication to promoting human rights and fostering inclusive societies. By embodying the principles of good citizenship, both online and offline, we can contribute to the creation of a more equitable and compassionate world for all!

Kahlil Gibran

THE FOLLOWING IS A SHORT PROFILE OF THE POET WHOSE REAL NAME IS GIBRAN KAHLIL GIBRAN.



Gibran was a Lebanese-American artist, poet and writer who was born on January 6, 1883 and died on April 10, 1931. He was born in Lebanon (then the Syrian province of the Ottoman Empire) and spent most of his life in the United States. One of his most famous works is *The Prophet*.

Gibran Khalil Gibran was born into a Maronite Catholic family in Bashari, Lebanon. Bashari itself is an area that is often hit by storms, earthquakes and lightning. It is not surprising that Gibran's eye has been used to capture this natural phenomenon since childhood. This later influenced his writing about nature.

At the age of 10, Gibran moved to Boston, Massachusetts, USA with his mother and two sisters. Not surprisingly, little Gibran experienced the same culture shock as many other immigrants who came to the United States in the late 19th century. The excitement of Gibran's Boston Public School is steeped in its era of acculturation, and its language and style are shaped by the American lifestyle.

However, Gibran's Americanization process lasted only three years before returning to Beirut, where he studied at the Sagasse University Maronite Catholic High School from 1899 to 1902. While he was still young, his vision for his hometown and its future began to take shape.

The weakening Ottoman Empire, the hypocritical nature of church organizations, and the role of West Asian women, who served only as servants, influenced his point of view and was later translated into his Arabic works. Gibran left home again at the age of 19, but his memory never left Lebanon.

Lebanon is his inspiration. In Boston he wrote about his country to express himself. This gave him the freedom to combine two different cultural experiences into one. Gibran wrote his first drama in Paris in 1901-1902. At that time he was 20 years old.

Written in Boston and published in New York City, *Spirits Rebellious* contains four contemporary stories of severe satire attacking the corrupt people he sees. As a result, Gibran was expelled from the Maronite Church. However, Gibran's satire was suddenly seen as a voice of hope and liberation for the oppressed people of West Asia.

The training period in Paris was interrupted when Gibran received news from the Turkish Consulate General that a tragedy had destroyed his family.

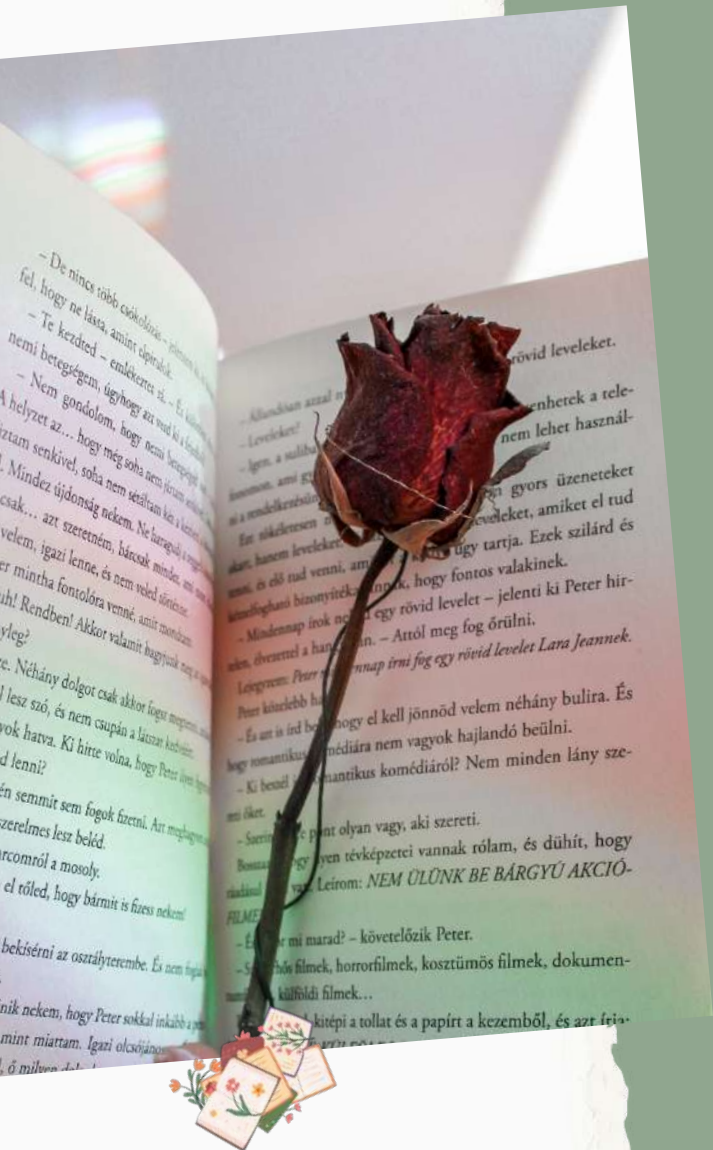
However, in 1908 Gibran moved back to Paris again, where he lived happily, thanks to the regular income he received from Maru Haskell. She was a school principal and 10 years older than him.

Then, from 1909 to 1910 Gibran studied at the School of Beaux Arts and the Julian Academy. After returning to Boston, Gibran set up a studio on West Cedar Street, precisely in the city of Beacon Hill. He moved back to New York City in 1911 and worked in his studio apartment at 51 West Tenth Street, which was a building he purposely built as a place for him to paint and write what are now known as his phenomenal works.

The prophet

-KAHLIL GIBRAN

Do not live half a life
 and do not die a half death
 If you choose silence, then be silent
 When you speak, do so until you are
 finished
 If you accept, then express it bluntly
 Do not mask it
 If you refuse then be clear about it
 for an ambiguous refusal is but a weak
 acceptance
 Do not accept half a solution
 Do not believe half truths
 Do not dream half a dream
 Do not fantasize about half hopes
 Half the way will get you no where
 You are a whole that exists to live a life
 not half a life.



WISDOM BEHIND SUNNAH

Embracing the Sunnah: A Tribute Competition to the Life of Prophet Muhammad (Peace Be Upon Him)

In a world that often rushes past the profound lessons of history, there emerges a profound opportunity to delve into the life and teachings of Prophet Muhammad (Peace Be Upon Him), a figure revered by millions worldwide. This opportunity comes in the form of a unique competition, a platform where participants are invited to explore and embody the timeless wisdom encapsulated in the Sunnah—the practices and teachings of the Prophet.

Scheduled to culminate on the 20th of April, this competition beckons participants to immerse themselves in the Sunnah, to select one of the myriad actions that the Prophet Muhammad (PBUH) implemented during his life, and to present their findings in a manner that not only educates but also inspires.

The choice of the Sunnah as the focal point of this competition is profound. It underscores the importance of understanding and implementing the teachings of Prophet Muhammad (PBUH) in our daily lives, recognizing that his actions serve as a timeless guide for humanity, offering solutions to contemporary challenges and fostering a deep sense of spiritual connection.

Participants are encouraged to embark on a journey of discovery, meticulously researching their chosen Sunnah, delving into its historical context, its significance within Islamic tradition, and its relevance to contemporary society. Whether it be an aspect of the Prophet's character, his interactions with others, his habits of worship, or his ethical principles, each Sunnah offers a treasure trove of wisdom waiting to be unearthed.

The competition not only celebrates the life of Prophet Muhammad (PBUH) but also serves as a catalyst for personal growth and introspection. Participants are challenged not merely to recite facts but to internalize the essence of the Sunnah, to reflect deeply on how these teachings can be integrated into their own lives, and to articulate their insights with clarity and conviction.

Moreover, the competition fosters a sense of community and camaraderie among participants, as they engage in dialogue, exchange ideas, and support one another in their quest for knowledge and understanding. It is a testament to the enduring legacy of Prophet Muhammad (PBUH) that his teachings continue to inspire and unite people from diverse backgrounds and cultures.



As the final date for presenting approaches, anticipation mounts among participants, each eager to share their research and insights with their peers. Yet, beyond the thrill of competition lies a deeper purpose—to honor the memory of Prophet Muhammad (PBUH) by embodying his teachings, by striving to emulate his example of compassion, integrity, and devotion.



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wisdombehindsunnah



wisdombehindsunnah



PASSION: LANGUAGES AND TRANSLATION

AN INTERVIEW WITH

MATTHEW MIRI MEÇOLLARI

INTERVIEWER: KIM ANPAS

Hello! Good morning. Thank you for your willingness to be part of Beder Youth Magazine 4th Edition. I am sure that you have heard about Beder Youth Magazine, or you even might have read any of our issues. However, I am informing you again now to confirm your concern that this interview will be published and shared publicly. Are you down with that?

-Thank you for inviting me for the interview.



Thank you. Let's start with getting to know your background. Would you like to tell us about yourself? We have heard that you are interested in translation and are having done some personal projects translating books from French, Spanish, and Turkish. It sounds amazing, but before talking about that, we would like to know how many languages you are fluent in and since when you have been interested in languages. Would you like to tell us more about that, about your journey in acquiring those languages?

Learning foreign languages has been my hobby since when I was a teenager. Being raised in a family and environment with many foreign connections, stacked me to start learning languages. My parents speak, each one, two languages, English and Italian. I started to learn when I was about 12 years old, other than French and English I started in the third grade in the school. I have learned also Spanish, Turkish and also some Portuguese and Italian.

While learning foreign languages it helps me to learn also about different civilizations, culture, customs, attitude, ethics, social relations etc. It helps you to distinguish the differences among civilizations, but also what is common among them. Learning a foreign language is a benefit also to learn or to improve your mother tongue. For example, while learning Spanish, French, Italian, Turkish as Mediterranean countries you easily can distinguish their social relations have common grounds. And all are very social and friendly among them and with foreigners.



“You must be the change you wish to see in the world.”



“WORDS TRAVEL WORLDS. TRANSLATOR DO THE DRIVING.”

~Ana Rusconi

What motivated you to learn more about languages? Is it a leisure time activity, or do you have a dream to reach with?

My passion for foreign languages motivated me to follow the high school for foreign languages “Asim Vokshi”, and Beder College for English Language and Civilization. The reason for learning Turkish was because of my favorite Turkish actor, Engin Öztürk, which inspired me with his roles in the Turkish tv series.

Learning foreign languages, initially was a hobby in the leisure time. Still it is a hobby, but I have realized that more foreign languages you know, more you know the world and slowly you become the man of the world. Actually by continuing learning foreign languages, I aim to follow up, after being graduated, studying possibly in the field studies which cover international relations.

Now about the passion of translating, when and how did it start and develop?

After I reached a certain level of understanding and speaking foreign language, I started to translate books in few languages. I did that because I believe it is a way to learn a language beyond the everyday spoken language and you learn more about the civilization of those countries.



You are in the department of English Language and Literature which has two courses in translation. Does it help you in sharpening your translation skills and knowledge?

It has helped me a lot. Those courses has taught me on the methods and techniques of translation. I am very grateful for what I have learned in those two courses with professor Edona.

“Believe you can and you're halfway there.” – Theodore Roosevelt.




EXCLUSIVE
INTERVIEW



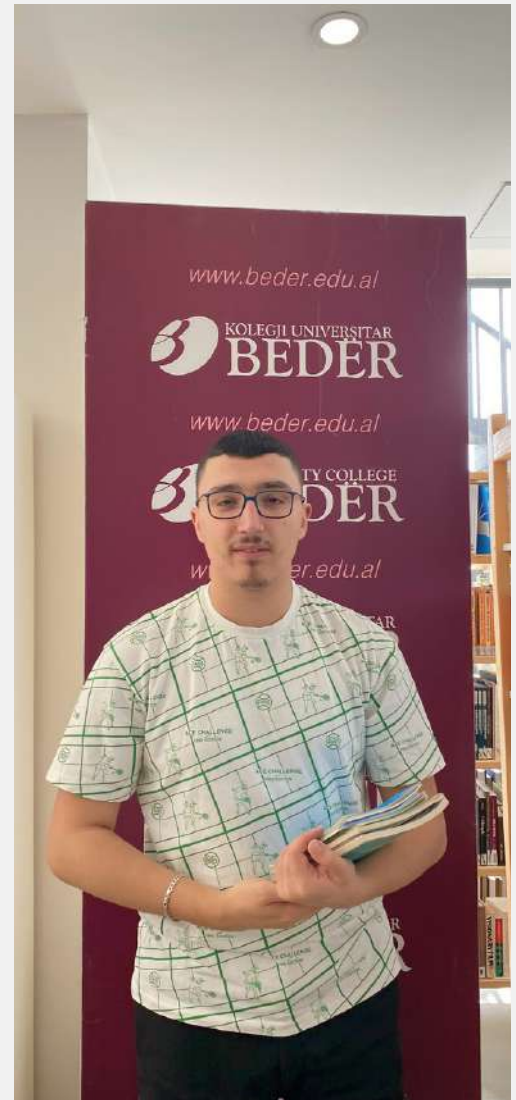
These are your translations, right? How many books have you translated?

In last four years, I have translated from Turkish the book “Learning Turkish” (“Türkçe Öğreniyoruz”), from French the book “French Language & Civilization” (“Langue & Civilisation Françaises”) which I have not finished yet and in Spanish texts in high school and I am translating texts from “Mochila Ele 3”. In Italian I have translated “Il Dolce Si” but it is still unfinished.

With this translation you have done, it seems to show courage and passion. Do you see yourself as a translator in the future, or is it just a hobby of yours?

Despite for the moment this is my hobby, I am exercising my ability in translation. I see a possibility in the future to be a translator in different languages. Sure, I am not perfect. I am a beginner in this hobby but I will explore and exercise it in the future. My studies in Bedër College are helping me in achieving this objective.

Amazing.



What kind of translator do you dream of being? Is it a field specific translation or maybe a general one?

Maybe a general translator working in foreign relations environment.

Do you want to say something to the youth out there, any message that you want to tell people that they need to be aware of?

Follow your dream and don't be scared of nothing! Keep going!

Thank you very much for having devoted your time to do this interview. This is such an inspiring one. We hope you will reach your dream very soon and successfully become the best version of yourself that you have been dreaming of. Have a good day!

“In the middle of difficulty lies opportunity.” – Albert Einstein

Optimizing Our Time with Digital Minimalism

Based on the “Digital Minimalism: Choosing a Focused Life in a Noisy World” the by Cal Newport

BY KIM ANPAS

With the fast-developing technology, especially in communication and entertainment, social media appears to be occupying most people’s daily hours. It seems to successfully disguise unintended and unset behaviors regarding social media use, wasting time for uncontrolled pleasure, with an excuse “for the sake of networking and information.” Even though our primary intention is to stay informed, in reality, we tend to be distracted in many ways. We are ‘victims’ of our attachment to digital platforms such as social media, which leads us to be consumed and lose hours each day without realizing it. There are times when we question and wonder why we are not productive and blame the platforms, while in fact, we are the ones in control. Indeed, the solution might be Digital Minimalism.



What is Digital Minimalism?

Digital Minimalism is simply defined as a strategy used to help us optimize our use of technology, to avoid being deluged by it.

Digital platforms are not limited to social media; they can encompass other things such as gaming websites and applications. However, social media has shown itself to be the one taking over our control of time. According to research from GWI, the average amount of time used for social media is about 2 hours and 24 minutes every day, which means 35.8 percent of our daily activities.

In some cases, people spend even more time. Some of us even go beyond normal. We are no longer exploiting the benefits of social media but are consumed by it. TikTok, YouTube, Instagram, Facebook, Snapchat, even dating apps such as Tinder, and gaming apps and websites, are just some of the digital tools that seem to have sent us far from the real world and into an illusive one, making us unaware of how valuable time is and ending up not being productive and impactful as individuals. If we use them to produce real things that can elevate our life quality, there is little to say.

However, the fact is that we barely generate anything of value, enhancing our isolation and laziness. Among all the digital media previously mentioned, YouTube, Instagram, and TikTok seem to be are the most used and also the most distractive ones. They seem to have the same significant place in people’s daily lives. Even though the features are not necessarily the same, there is one in common that makes them distractive: they make people keep scrolling and forget their initial intention of opening them, which are reels and shorts, and for TikTok, literally all the content in it.

Do we really need all these digital applications? Surely not. Then, how about social media? Do we always need them? Well, yes we do, but not always.

How to Be a Successful Digital Minimalist?

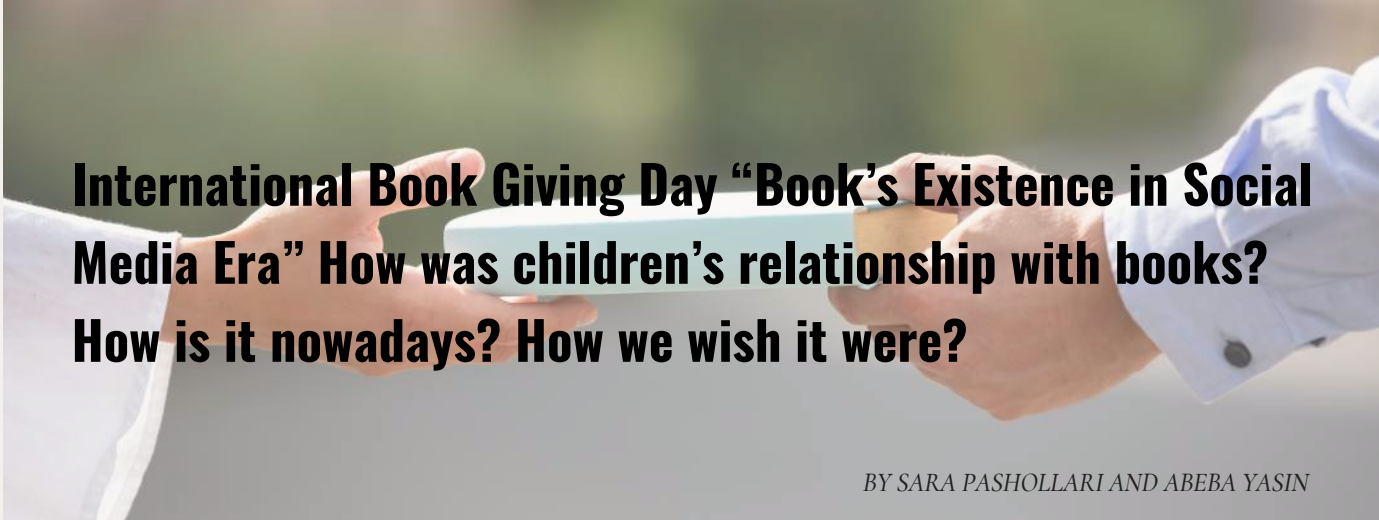
First, we have to define technology rules and values. An individual should state what s/he wants to obtain from technology based on the values they believe in. For example, some people use technology for the sake of convenience, accountability, community, security, and power. Let's say that we value power. We will be more likely to use digital platforms, such as YouTube, Instagram, TikTok, and WhatsApp in a way that we gain power out of it. It may be by creating videos to become influencers and content creators, instead of aimlessly scrolling. On the other hand, without deciding what values we adhere to in using digital platforms, technology will lead us nowhere but to waste every hour of our lives. In other words, the values we follow will help us create the rules of using the technology to make it always to our benefit as much as we can.

The next step is to take the so-called digital decluttering period. In this step, we are required to remove all the digital platforms or applications that we have on our device, and later on, we should do self-reflection on how we have been using the platforms. While taking this break, ask ourselves "What technology do I really need to bring back?" This process of self-reflection is also called digital detox. It helps us rest from the distractive media to later be able to maximize the time by using only the necessary ones. I have done my own experiment of this digital detox several times. The most recent one was between January and February. In the beginning, I deleted all social media platforms for about three weeks to examine what social media I actually had to have.

The third step is to reintroduce technology. After looking at some considerations during those weeks, in the fourth week, I reinstalled my WhatsApp since most of my real urgent networking was there. In fact, I had two WhatsApp numbers and the one I reopened was the one in which I had only several people I needed to get in contact.

The decluttering period and the digital detox was helped me understand that I spent most of my time not really learning anything and being consumed by it due to uncontrolled dopamine.





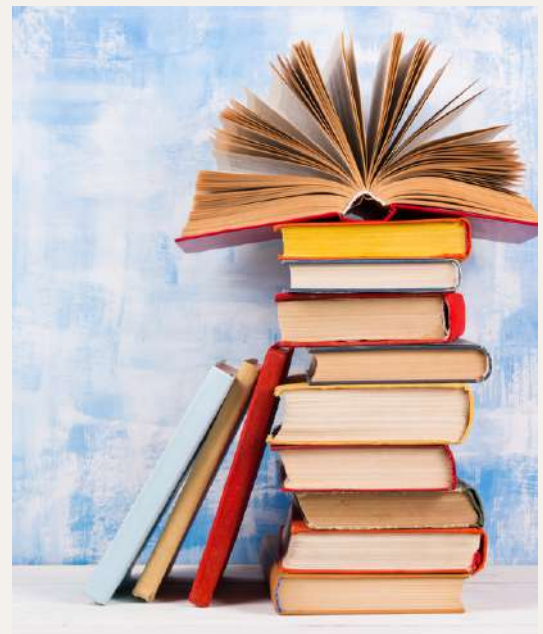
International Book Giving Day “Book’s Existence in Social Media Era” How was children’s relationship with books? How is it nowadays? How we wish it were?

BY SARA PASHOLLARI AND ABEBA YASIN

In today's fast-paced world, social media often steals the spotlight with its flashy videos and quick posts. However, the value of books is what keeps the hopes of parents, educators and the charming bibliophiles; they keep the essence of it alive. Amidst this digital frenzy, International Book Giving Day serves as a timely reminder of the enduring importance of books in shaping young minds, and to admirably learn about the values and overall pleasure of touching a book page and diving into the astounding stories. Traditionally, books were cherished companions for children, serving as portals to magical realms, igniting their imagination, and imparting valuable life lessons. The tactile experience of flipping through pages and the anticipation of what lay ahead created a special bond between children and books.

However, in the contemporary digital landscape, children's relationship with books has undergone a noticeable shift. Before, books were considered as the “gateway” land of exploring abundant fantasy or factual conditions. But now, they vie for the youngster’s curiosity and attentiveness, amidst the captive virtual world. With the advent of smartphones, tablets, and gaming consoles, traditional reading materials have faced stiff competition for attention. The allure of social media platforms, offering instant gratification and an endless stream of digital distractions, has contributed to a decline in reading habits among children.

Yet, it is essential to recognize the positive role that technology can play in enhancing the reading experience. Social media serves as an encouragement to the reading tradition, not solely as a demolishing force. There are blogs and profiles which promote the healthy lifestyle of literacy and book culture in one’s life. Instagram and TikTok also enhance this habit; indeed, there are people who post content that glorify the prospect of reading, and even created virtual bookshelves, where they post about their latest reading and suggest material to their audience. E-books, audiobooks, and interactive storytelling apps provide new avenues that help engaging young readers and cater diverse learning styles.



read.
know.
grow.



Despite the challenges posed by the digital age, there are numerous opportunities to reignite children's passion for books. On International Book Giving Day, we are prompted to reflect on how we can cultivate a culture of reading that transcends the allure of social media.

At the forefront of this endeavor are parents, who play a pivotal role in fostering a love for reading at home. By dedicating time for shared reading, stocking their homes with a variety of age-appropriate books, and serving as positive reading role models, parents can instill a lifelong appreciation for literature in their children.

Similarly, educators wield significant influence in shaping children's attitudes towards reading within the classroom setting. By integrating diverse and captivating literature into the curriculum, implementing innovative reading programs, and leveraging technology to enrich the reading experience, teachers can inspire a love for learning that extends beyond the confines of the classroom.

Moreover, there are many groups and organizations that reignite the passion of reading to the upcoming generations and to stimulate the endurance of literature; by curating the tradition of reading that has surpassed the generations and should continue to do so. Whether through book drives, storytelling events, or digital literacy workshops, these collaborative efforts can reach children from all backgrounds and ignite a passion for reading in even the most reluctant young readers.

International Book Giving Day serves as a poignant reminder of the enduring value of books, despite the pervasive influence of social media. While the ways in which children interact with books may have evolved, the intrinsic joy of reading remains unchanged. As far as our generation is concerned, we should continue cherishing the gift of the vast world of narratives and continue igniting thinking and assisting the new age literacy: the content and the people who are creating and consuming it.

Cigarette Remains Recycling Campaign

From an Interview with Ermal Spahiu, a master Student of Beder University and the Media Collaborator of the Cigarette Remains Recycling Campaign Team

BY KIM ANPAS AND MIKAELA MALELLI

"Our campaign of cigarette remains or Cigarette butt recycling aims to address a significant environmental issue and influence the behavior of tobacco users to reduce environmental pollution" said Ermal Spahiu, a master student of Beder University and the media collaborator of the 'Recycling Cigarette Butts Campaign'. "Hence, for this purpose, it is important to understand the context and specific challenges of cigarette butt recycling, as well as to define the necessary strategies and activities to achieve the campaign's goals," he added. The challenges of recycling, especially regarding cigarette butts, involve several key aspects that need to be addressed. In this context, it is important to highlight the lack of suitable recycling infrastructure and public awareness of the importance of this process. In most cases, tobacco users are not aware of the pollution caused by discarded butts or the recycling options available. Regarding the lack of recycling infrastructure, it is important to note that many countries, including ours, have inadequate infrastructure to handle cigarette waste. The absence of recycling stations and necessary technologies for processing recyclable materials makes the recycling process impossible or very difficult for most people. This situation improves over time, and initiatives to expand recycling infrastructure are necessary.

The lack of public awareness of the importance of cigarette butt recycling is fundamentally caused by the fact that people are uninformed about the negative consequences of littering butts in the environment or do not understand how they can be recycled. This lack of public awareness results in the continued practice of littering butts in the environment, contributing to land, water, and air pollution. In the field of cigarette butt recycling, issues can also be described by the lack of information for tobacco users. Many of them are unaware of proper ways to recycle cigarette butts and the negative impact they have on the environment. Meanwhile, illegal littering of butts is a common and damaging practice for the environment. The lack of awareness of the impact of cigarette butts is another problem related to the lack of information about the negative consequences they have on the environment and health. Due to this lack of awareness, tobacco users may continue the practice of littering butts in the environment, not considering the importance of treating them as potentially hazardous waste. To address these issues and promote more responsible environmental behavior, it is important to develop a responsible and effective campaign. The title of the campaign, "The Earth is not an Ashtray," aims to reinforce awareness of the negative impact of cigarette butt littering on the environment and to promote responsible behavior in this regard.



"The Earth is not an Ashtray"



The objectives of the campaign are multi-faceted, aiming to raise awareness and educate the public about the detrimental effects of cigarette butt littering on the environment, as well as the significance of recycling. Through informative campaigns and educational activities, the goal is to increase understanding and consciousness surrounding this issue. Moreover, the campaign seeks to instigate behavioral change among tobacco users by encouraging them to adopt recycling habits for cigarette butts instead of disposing of them in the environment. To support these efforts, infrastructure for cigarette butt recycling will be promoted and established, including the placement of specialized collection containers. Collaboration with local businesses and venues is also crucial to ensure their involvement and contribution to recycling initiatives. Furthermore, advocacy for environmental legislation and policy development, in partnership with Bedër University, will be pursued to further bolster awareness and promote recycling practices. The campaign will employ a monitoring system to assess its effectiveness and identify areas for improvement, while also advocating for designated spaces dedicated to the collection of cigarette butts. These objectives collectively aim to create a sustainable impact and mitigate the environmental repercussions of cigarette butt littering.

The information dissemination formats and communication mediums utilized to reach the audience include social media platforms such as Facebook, Instagram, TikTok, and LinkedIn, where we will share posts, photos, videos, and information about the campaign, the consequences of cigarette butt littering, and the importance of recycling. Additionally, podcasts will be leveraged as a powerful tool for sharing interviews, discussions, and information about cigarette butt recycling. Visual and immersive displays will be created to establish a strong visual and experiential identity for the campaign, using posters, guerrilla marketing, and promotional videos to convey key messages and make the campaign attractive. Videos and animations will be employed to explain the recycling process and raise awareness about the negative consequences of cigarette butt littering. Local workshops and events will be organized to inform the public about the impact of cigarette littering and encourage their participation in recycling efforts, featuring practical activities such as butt collection and recycling demonstrations.

Articles and blogs will also be published on online platforms and other outlets such as online magazines and newspapers, providing informative and educational content to enhance audience engagement and preparation. Collaboration with local businesses, bars, and restaurants will be sought to assist in promoting the campaign. Traditional media will be incorporated by giving interviews to local media, writing articles in newspapers, and broadcasting announcements on radio, podcasts, and television to increase awareness. Collaborating with influencers will involve identifying local influencers who share interests in the campaign and offering them partnerships to increase the dissemination of messages. Sharing success stories of those involved in recycling can encourage others to follow suit. Seeking support and collaboration from local authorities and government bodies will be crucial to strengthening the impact and influence of the campaign. Additionally, engaging various citizens through survey done with social media and other platforms to understand their perspectives on the campaign will be beneficial. The combination of these strategies will aid in creating a successful campaign for recycling cigarette butts by mobilizing and informing the public.



increase campaign visibility and impact, collaborating with waste management institutions or offices to provide technical expertise and infrastructure for recycling, partnering with citizen organizations and activist groups to garner community support and active participation.

Activities for developing this campaign include launching events to introduce the campaign's mission and objectives, organizing cigarette butt collection drives to encourage participation and foster a sense of competition and solidarity, hosting recycling workshops to demonstrate cigarette butt recycling processes, holding informative events and discussions featuring environmental and health experts, conducting visual and video contests for creative and educational content creation on recycling themes, organizing environmental flash mobs in public spaces to raise awareness about cigarette butt recycling, hosting student project competitions to encourage innovative approaches to promoting recycling, initiating photography campaigns to capture moments related to cigarette butts and recycling, creating social media challenges to engage participants and raise awareness, organizing sports activities, volunteer programs for cigarette butt collection, tree planting events with a cigarette butt compensation scheme, and hosting fairs or festivals featuring homemade products made from cigarette butts.

Possible partnerships with various stakeholders include collaborating with Bedër University for campaign endorsement and utilizing their facilities for meetings and events, engaging municipalities for permits and potential funding, partnering with environmental ambassadors who advocate for healthy lifestyles and environmental causes, involving student groups to assist in campaign implementation, collaborating with environmental organizations and safety associations to amplify campaign impact, engaging local businesses, bars, and restaurants to support the campaign through physical space provision for recycling bins and promotional efforts, partnering with local authorities and government bodies to secure logistical support and policy development for cigarette butt recycling, forming partnerships with educational institutions to reach and educate youth about the importance of recycling, collaborating with healthcare organizations to strengthen messages about the negative health effects of cigarette butts and provide a health perspective, working with local media outlets and influencers to



Necessary resources for implementing these activities include specific bins for cigarette butt collection in strategic areas, recyclable materials for workshop and creative activities, projectors and slides for informative presentations during events and workshops, informative materials such as posters, flyers, and brochures detailing the environmental impact of cigarettes and the importance of recycling, guerrilla marketing materials, volunteer groups,

cleaning equipment, printing tools, venues, and rooms for hosting activities. Opportunities and spaces for fundraising and securing funds include donations from local businesses, funds from local associations and clubs, collaboration with Bedër University, sponsorships from tobacco industry businesses, partnerships with environmental organizations and civil societies, the Ministry of Health, sports, and artistic activities, among others.

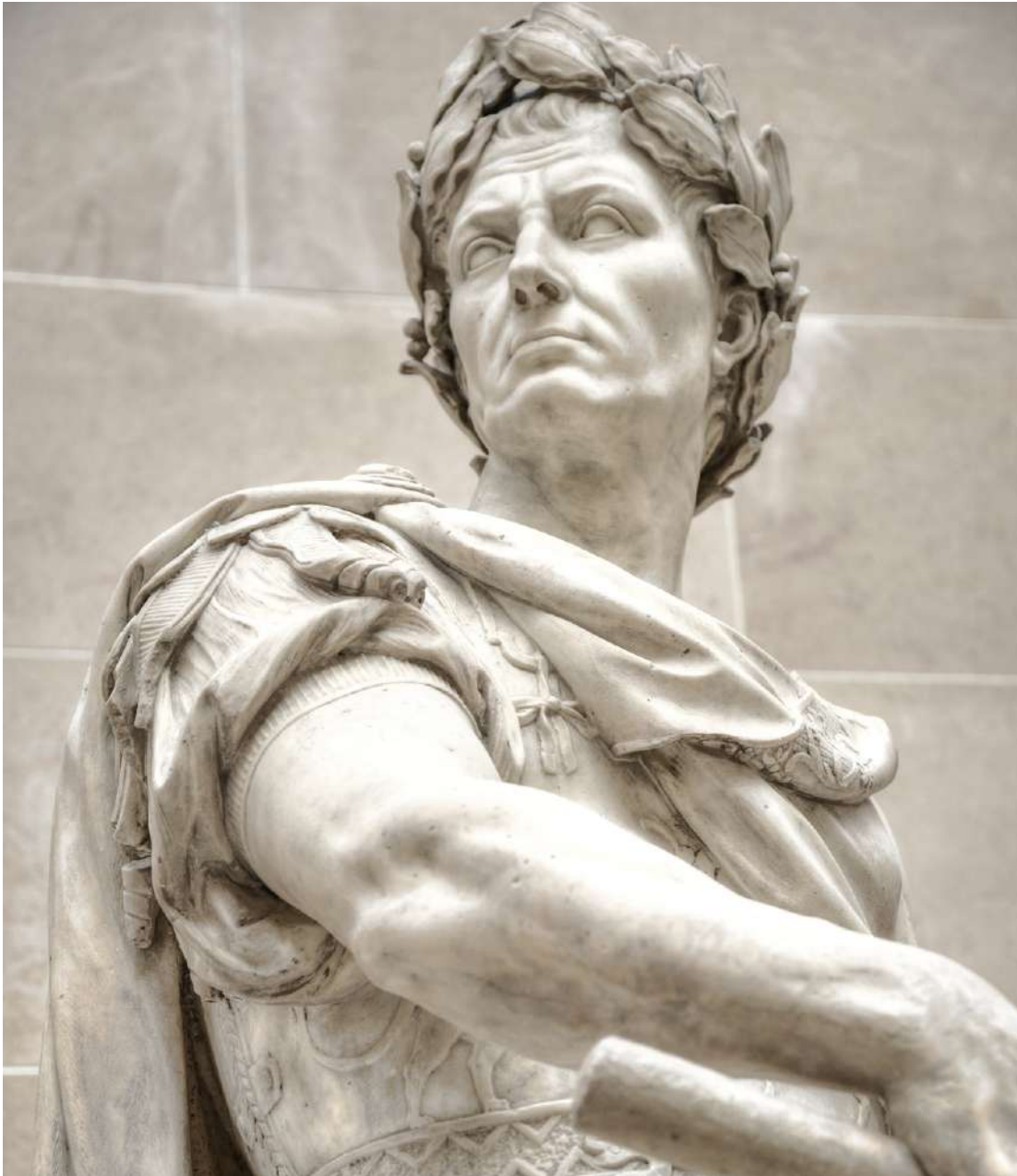
THE CAMPAIGN TEAM



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WIDENING PERSPECTIVES WITH FACTS VS. MYTHS

OPENING EYES



The Terracotta Army

The legends of King Arthur

The Lost City of Pompeii

BY ANDI ZYLALI

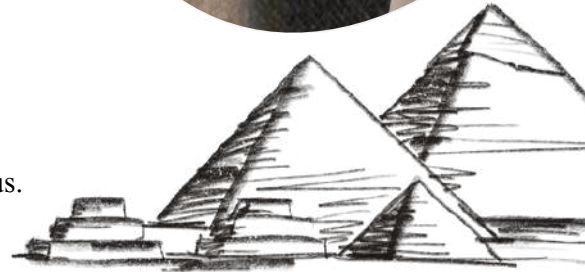
The Terracotta Army

The Terracotta Army, crafted for Emperor Qin Shi Huang, stands as a marvel of ancient Chinese craftsmanship and military strategy. Amidst its awe-inspiring presence, various myths and legends have emerged, sometimes blurring the lines between fact and fiction. Let's dissect these tales and unveil the truth behind this extraordinary archaeological treasure.

Myths say that the army was solely created to guard Emperor Qin in the afterlife. Although it's true that the Terracotta Army was intended to protect Qin Shi Huang in the afterlife, its purpose extended beyond mere guardianship. The army was also crafted to showcase the emperor's power and authority, serving as a symbol of his unified empire. Local people emphasize that each soldier in the army is unique, representing individual warriors. Although the soldiers display remarkable diversity in their appearance, with varying facial features, hairstyles, and expressions, they were crafted using a standardized process. Artisans utilized molds for the bodies and then added details such as facial features and armor, resulting in a semblance of individuality within a mass-produced framework.

It is known that The Terracotta Army was discovered by accident, but in reality the discovery of the Terracotta Army in 1974 was indeed serendipitous. It wasn't entirely accidental. Local farmers stumbled upon the site while digging a well, but prior to this, there were historical accounts and local legends hinting at the existence of an imperial tomb in the area. Archaeologists later confirmed these speculations, unraveling the buried wonder beneath the earth. Nowadays people still believe that The Terracotta Army is entirely composed of warriors, but alongside the thousands of infantry soldiers, the army also includes cavalry units, chariots, and officers, reflecting the comprehensive military structure of the Qin dynasty. These diverse components underscore the complexity and strategic foresight behind the army's design.

In essence, the Terracotta Army transcends its mythical allure to embody a tangible testament to the ingenuity and ambition of ancient China. Through a blend of historical accounts and archaeological findings, we unravel the layers of myth to reveal the profound significance of this remarkable archaeological wonder.



The legends of king Arthur

The legends of King Arthur and the Knights of the Round Table have captivated audiences for centuries, intertwining historical elements with mythical tales of valor and chivalry. While the historical existence of King Arthur remains a topic of scholarly debate, the enduring appeal of these stories persists.

One of the central motifs of the Arthurian legend is the Round Table, symbolizing equality and unity among Arthur's knights. Despite its legendary nature, historians suggest that the concept of a round table may have originated from early medieval gatherings of Celtic leaders or even Roman influences.

The knights themselves, including iconic figures like Lancelot, Gawain, and Percival, embody the ideals of chivalry and honor as they embark on quests to uphold justice and defend the realm. While their exploits are often embellished with fantastical elements, such as encounters with mythical creatures or the pursuit of the Holy Grail, scholars point to potential historical inspirations behind these tales.

For instance, some speculate that King Arthur may have been based on a Romano-British leader who resisted Saxon invaders in the 5th or 6th century. Additionally, archaeological findings and early Welsh texts provide glimpses into the culture and conflicts of the period, which may have influenced later Arthurian stories.

The enduring legacy of King Arthur and his knights is evident in the multitude of literary, artistic, and cinematic adaptations throughout history. From medieval romances to modern retellings, these tales continue to resonate with audiences worldwide, reaffirming timeless values of courage, loyalty, and the pursuit of noble ideals.

In conclusion, while the precise origins of King Arthur and the Knights of the Round Table may be shrouded in myth and legend, their impact on Western culture is undeniable. By examining the intersection of myth and history, we gain insight into the enduring appeal of these timeless stories and their significance in shaping our cultural imagination.



THE LOST CITY OF POMPEII



The Lost City of Pompeii stands as a haunting testament to the destructive power of nature and the fragility of human civilization. Myth and fact intertwine in the story of Pompeii, creating a narrative that continues to capture the imagination of people around the world.

Pompeii, an ancient Roman city located near modern-day Naples, Italy, was buried under volcanic ash and pumice when Mount Vesuvius erupted in 79 AD. The catastrophe preserved Pompeii remarkably well, offering archaeologists and historians invaluable insights into daily life in the Roman Empire.

Myth often surrounds the destruction of Pompeii, with tales of divine retribution and warnings unheeded. While the eruption of Mount Vesuvius was a natural disaster, some ancient accounts and later interpretations imbue it with symbolic significance, linking it to moral lessons or supernatural intervention.

In reality, Pompeii was a thriving city with a diverse population engaged in trade, commerce, and cultural pursuits. Excavations have revealed well-preserved buildings, intricate frescoes, and everyday artifacts, providing a vivid snapshot of Roman life in the 1st century AD.

The rediscovery of Pompeii in the 18th century sparked renewed interest in classical archaeology and inspired countless artistic and literary works. From paintings to novels, Pompeii has left an indelible mark on Western culture, serving as a potent symbol of the impermanence of human achievements.

In conclusion, while myth and legend may embellish the story of Pompeii, the archaeological evidence speaks to the city's vibrant past and tragic demise. By exploring the intersection of myth and reality, we gain a deeper understanding of the enduring fascination with Pompeii and its significance in shaping our understanding of the ancient world.



CANCER SURVIVOR MUSA MOTHA

AMERICA'S GOT TALENT FANTASY LEAGUE FINALIST



International Childhood Cancer Day is commemorated on 15th of February. Childhood Cancer International is the largest organization under WHO, formed to raise the awareness, give support and cure the children from all regions in the world. It's very important for parents to know the symptoms of cancer to prevent late detection in children. On the other hand, providing mental support for the children who get cancer can determine how they will continue living. The children who survive from cancer can still become successful people, like Musa Motha.

More than 400,000 children and teenagers under the age of 20 are diagnosed with cancer every year. Not every child survives. In countries with adequate medical treatments, up to 80% of these children could be cured. Yet, in the underdeveloped country and rural areas that lack appropriate medical treatment, only around 20% of the patients survive.

"Children have the right to the enjoyment of the highest attainable standard of health and facilities for the treatment of illness and rehabilitation of health."¹ For this reason WHO Global Childhood Cancer has a target to cure up to 60% of the children that get diagnosed with cancer around the world by 2030, in order to save one million more children's lives.



It's very important to know about the cancer symptoms, especially for the parents. The factor of cancer in childhood is not clearly understood, not like in adulthood. Because the lack of understanding in cancer symptoms makes it hard to prevent. So, in the end, to cure the cancer only depends on how good the medical treatment is.

“In the Eastern Mediterranean Region, leukemia was the most common type of cancer among children and adolescents aged 0–19 years in 2022. An unexplained high fever is the most common sign of leukemia. It is also a common sign of lymphoma.” Other common tumors include the eye and brain tumor. The tumor in the eye is called retinoblastoma, and it can cause blindness. One of the most evident signs is the enlarged eye. Brain tumors have certain symptoms, including headaches, developmental delays, and an increase in head circumference in infants. Even though children don't look sick, it's important for all parents to provide good nutrition and a healthy environment in order to prevent any kind of sickness from the beginning.

Other than medical treatment and prevention of cancer for children, there is one more important thing that should be provided constantly: mental support. People need motivation to continue their life after a terrible experience of getting sick. One real life example is Musa Motha. He got cancer when he was a kid and one of his legs got amputated. He was a football player, and now he is in love with music and learning to dance. What is more unbelievable is that he got the first ever group golden buzzer from Britain's Got Talent after performing a dance. One of his best quotes is “I've been told it's impossible, but I know I am possible.” He not only has motivation to continue his life, but also inspires numerous people across the world. Even Simon, the famous jury member said that it was the most memorable performance he had ever seen.

Getting cancer in childhood might be hard to heal. It is also hard to prevent. However, parents and the society can help to provide a healthy environment and motivate the patients and the family. If Musa Motha can dance only with one leg, then everyone else can continue their life to the top.

BY CUT ZANA YUKI MEROZA

“Barriers include mindsets of limitation and inability of disabled persons and mythology and taboos that surrounds them. All this still needs to change.”

~Musa Motha



more
poetry
is
needed

Poem Corner

Suffering

Suffering

A life that we left our desires and struggled for our needs

A life that we left our peace of mind and simply obey

A life where our freedom is not their priority

A life where your struggle is not their business

A life full of lies and deceit

A life full of promises not fulfilled

A life where their priority is a slight option of yours

A life full of opportunities and limited rights to them

A life where they don't have goals but live by suspicions

A life where equality never exists

A life full of blessings in disguise

A life made up of gossiping and backbiting

A life where people help you for others to abuse you

A life where all eyes are on you, but nobody sees you

A life where people don't know what to do with their lives

A life where they love you in their mouth but never strike their heart

A life where people come to you only if they need you

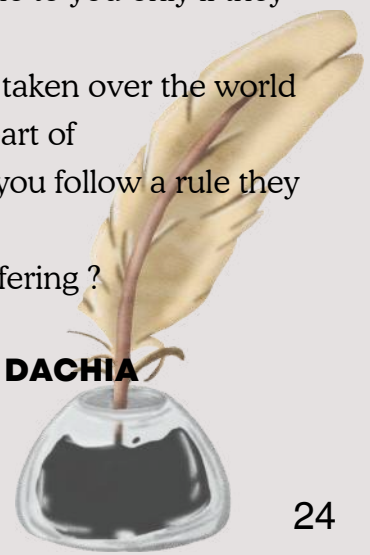
Racist and tribalist have taken over the world

A life you regret being part of

A life where they make you follow a rule they don't

So tell me, is this not suffering ?

BY DAUDA IBRAHIM DACHIA



Bote e Nyjezuar ndjenjash

BY BESJANA ÇELAJ

Besoja ne gjene qe me bente te ndihesha mire, por njekohesisht besoja edhe ne gjene qe me bente te dridhesha nga frika.. Mos valle eshte vetem nje shenje qe te kuptoj qe cdo gje duhet te kete nje gje te frikshme dhe e perpunuar me bukurine e saj apo jo?

Mos valle dua ta dua lumturine me shume se sa friken e te qenurit e tille?

Heh kush e di, ndoshta asnjera e as tjetra sna ben te dyshojme por na len te deshirojme anet e seciles.

Dashurojme ditet qe na bejne te lumtur por harrojme qe ne e mesuam se c eshte lumturia duke perjetuar trishtimin. Po mos t ishte trishtimi, zdo kishte lumturi e aq me pak munges.

Munges?

Po po munges...

E c eshte mungesa?

Mungesa eshte deshira e te pasurit frike qe ajo gje qe ke nmendje do humbase thelle edhe do e ndjesh gjithmone sikur eshte aty.

E pafat, e palumtur, e deshiruar, e dreqosur, e pameshirshme, por e friksuar...

C behet keshtu? Pse te vuajme kur ka kaq shume gjera qe ne e dime qe na bejne te lumtur por perseri merzitemi, pse kur bejme gjerat qe duam dhe na lumturojne, perseri na bejne te jemi po ne ata qe kemi frike ti perjetojme serish ato ndjenja karshi kesaj lumturie..

Lumturi, lumturi, dreq lumturie..

Cti thuash kesaj lumturie!!!

Ne djall te shkoje!!!

Mos po me ben te qesh gjithmone?

Jo!

Atehere mos eja fare, nuk dua te jetoj me frike duke dashur dicka qe zdo qendroj gjithmone ketu me mua.

Por prp e dua, e dua dhe prap e dua

Ngado qe te shkosh te duhen ca copeza te hidhen si kripa ne det, sado te hedhesh prap deti eshte i madh edhe kerkon me shume qe te plotesoje egon e tij.

Pastaj thua pse kerkojme shume?

Mos kerkoj shume, me thuaj kerkoj shume apo cfare?

Kerkoj ca gjera jetesore qe me mbushin jeten dhe sme lene as te qete por zhbirilojne ne cdo cep dhe ku gjejne hapsira mbushen vet, edhe kur thua pse jam kshu'?

Hh pyetje eshte kjo?!

Pra kjo eshte, sepse ti e mbush veten me shume gjera qe ti mendon qe te plotesojne por ne fakt jane thjehste gjera qe plotesojne dicka qe eshte ne fund por jo kryesore, me ngjan me piramiden e permbysur, ku gjerat kryesore thuhet ne fillim pastaj plotesueset jane gjeta dytesore ku as vete nuk e dime cfare po ndodh por mbushemi sa nuk i mbajme dot.

U lodha.. ne fakt u lodha shume duke menduar rreth ksaj edhe gjate mendimit po ngacmoj edhe kultivimin e dashurise, dhembshurise dhe krenarise.

Por pse te lodhem per kto gjera qe as fillim smund tju gjesh e mbarim smund te kesh.

Knotted World of Feelings

Translated by Mikaela Malelli

I believe in things that make me feel good, but at the same time, I also believe in things that make me tremble with fear...

Could it be just a sign that everything should have something frightening and refined in its beauty or not?

Could it be that I desire happiness more than the fear of being like this?

Hmm, who knows, maybe neither one nor the other makes us doubt, but they leave us desiring their aspects.

We love the days that make us happy, but we forget that we learned what happiness is by experiencing sadness. But if it weren't for sadness, there would be no happiness, let alone absence.

Absence?

Yes, absence...

And what is absence?

Absence is the desire to have the fear that the thing you have in mind will deeply disappear, and you will always feel as if it's there.

Unlucky, unhappy, desired, damned, merciless, but scared...

How does it happen? Why do we suffer when there are so many things we know make us happy, but still, we get bored, why when we do the things we want and enjoy, we still end up being the ones who fear to experience those feelings again towards that happiness...

Happiness, happiness, damn happiness...

What do you say to this happiness!!!

To hell with it!!!

Am I always making you laugh?

No!

Then don't even come, I don't want to live in fear wanting something that won't always stay with me.

But I still love it, I love it and I love it again,

wherever you go, you need some pieces to be thrown into the sea, no matter how much you throw, the sea is still big and demands more to satisfy its ego.

Then you say, why do we ask for so much?

Am I asking for too much, tell me, am I asking for too much or what?

I ask for some essential things that fill my life and don't leave me calm but scatter everywhere and find spaces to fill themselves, and when you say why am I like this?

Huh, that's the question?!

So this is because you fill yourself with so many things that you think will satisfy you, but in fact, they are just things that fill something at the bottom but not the main thing, it's like an upside-down pyramid, where the main things are said at the beginning, and then the fillers are secondary things where we don't even know what's happening, but we fill ourselves until we can't hold them anymore.

I'm tired... I'm actually very tired of thinking about this, and even during the thought, I'm teasing and cultivating love, pain, and pride.

But why should I tire myself out for these things that you can't find the beginning of and can't finish.

Between Two Alley

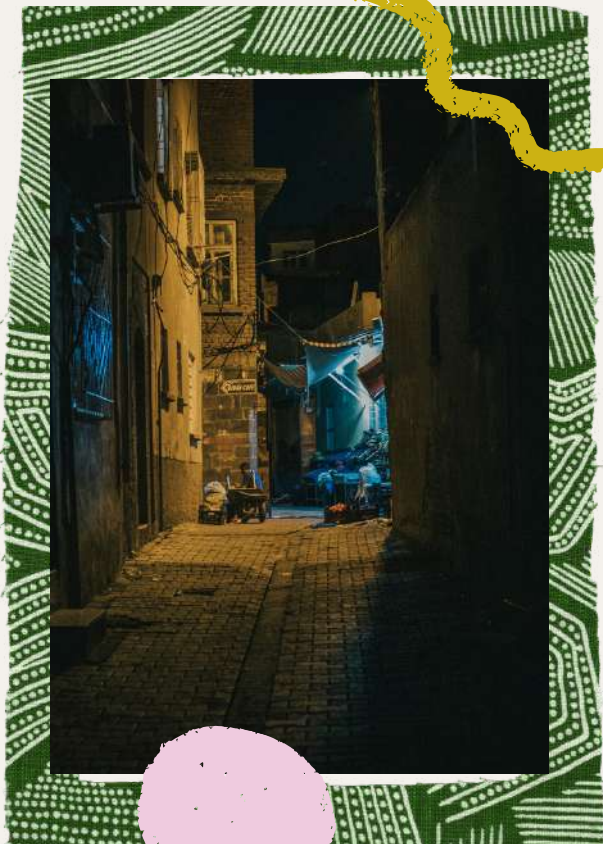
Wander in mortal – grow in the wood
 Not merely walk through linear bold.
 Knock secret chambers we, forced to brood
 (Right to the grail, and left – still be could)
 Most of all we, muddled in crossroad;

Weigh what a must, then start to figure
 Later putting hope in – better in one
 Sans grasp, all aren't fully in favor.
 The upbeat not the only honor –
 until count regret as left with the gone,

As the arena as labyrinth – coiled
 Be prosperous may took a shortcut,
 But do not misread the one in soiled;
 Both alley in mortal – water boiled
 Not a tender tap with no forging rut.

Yet relieved is between two alley,
 Though track is in blue, one in pursue
 Dismal – hurdle – ease and the glee,
 Some assay of worth being solely
 And those are gospel, not meant to sue!

By Kim Anpas



Young Forever

So many adventures waiting for,
 So many dreams waiting to become true,
 So many moments to live for,
 So many world places to visit too,
 Let it become true.

Even when I ruin every single thing,
 I am excited for tomorrow,
 I start to let myself go,
 Do it with as much power as you have inside.
 Keep living, dancing, loving, dreaming,
 Do it as if you were the only person in this world,
 And the only thing to do.

I want to stay this way for life,
 I want to stay young forever,
 Even when I fall and hurt myself,
 I keep running toward my dream.

I tell myself, world can't be perfect,
 Nor, can I be,
 Let it be as it seem,
 Young forever,
 Hoping for the best, expecting the worst,
 Let us die young, let us live forever,
 We can, if we never say never.

BY ALDA BARA



POETRY IS WHEN AN
 EMOTION HAS FOUND ITS
 THOUGHT AND THE
 THOUGHT HAS FOUND
 WORDS.

- ROBERT FROST



I AM STILL YOUR FELLOW

Oh to live in Beder, starts in October
To use lift in favour
catching class with Professor.

Also in fever,
I will tell you later
(Mos)

Oh to live in Beder, buy me a coffee
later
"b class needs Heather"
complained them forever.

Oh to live in Beder, give me club
register
I'm a member
But ain't tell me to come over

For the lecture, can it be quicker?
Canteen be closer?
Paper without AI detector?

Oh to live in Beder, I said
Better at Beder
maybe next year

But I'm over, now take the chore
Give me a call
Or follow
Coz I'm still your fellow
"Beder-ers"

THANKS, MAMA WHALE

But mom I have no lips
"Everything, but mom I am"
"Dance, and I'll inject"

Embark my life nor do I can
"Run, I'll stay behind"
"I am cetacea, monster of sea"

"Albeit, cute dolphin beware
Numb you of their grin, crumb you in
their grip, leave you in a glid"

To eat, to mate, to live, how will I be
"Emulate me, how I tame sea"

Dear a mama whale, you choose to be
Unleash me, I am ready
A world be not worry, of your nurture I
thank thee

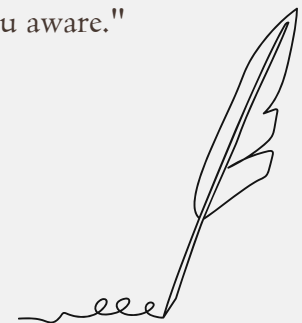
"Permit have I given you, peak should
you reach"

"Race you your own speed"

"Of direction, it has to keep"

"Future holds you as mama whale, done
by calf, now you aware."

BY AULIA AL ADAWIYAH



WOMEN'S DAY

8 MARCH 2024



Oaze Shprese Club Activity



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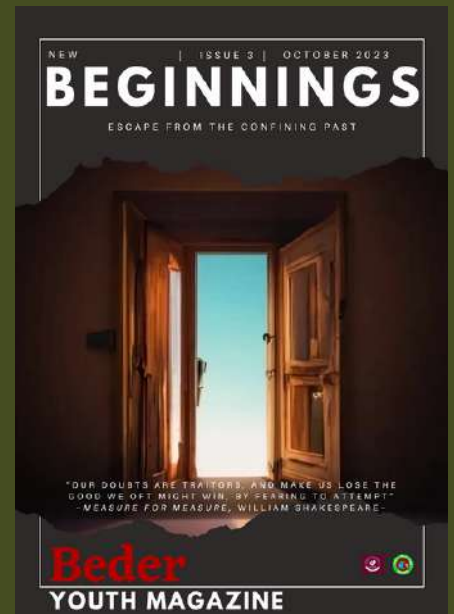
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