

KOLOVOZ 2024

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- Važnost komunikacijskih i prezentacijskih vještina
- How to fix your attention span
- Gel nails and risks to be aware of
- (Ponovno) O mladima i čitanju: „Nikad ne odgađaj do sutra knjigu koju možeš pročitati danas.”

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**MREŽA
UDRUGA
ZAGOR**



AGENCY FOR
MOBILITY AND
EU PROGRAMMES



CENTARZAMLADEKZZ

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I'll lock myself now
in a cell of prickly hay
to think through all from
the beginning

A leaf a root an ant a hare
the sea a cloud a rock

I'll think about them
as a sinner thinks
about his sins

I'll ask myself
whether I regret very much
not belonging to a land of
green

I'll question how many
times
I didn't ask roots which way
to go

I'll repent before water a
cloud
a birch-tree

I'll wash their feet
and dress their wounds

Why can't I be reconciled
to green rustling life
and sleep among mortal
dreams

Leaf
teach me to fall
on the indifferent earth

*Late Summer by Anna Kamienska
translated to English by Grazing
Drabik and David Curzon*



The current zombie apocalypse, also known as "tourism"

Visiting places has become a circuit of disoriented people in which the only thing that changes is the background.

I recently spent three days in Milan. It is summer and people are travelling, so I expected the city to be crowded, but I stopped to reflect and it would have been the same in Milan, Paris or Barcelona. Cities are becoming a circuit of crowds simply looking for a good photo for Instagram. It's no longer important to soak up the essence of the place you are visiting if you have your picture in the Duomo or the Vittorio Emanuele II gallery, that's enough because the trip is not for your enjoyment, it's to show off to others.

Tourism is not new, but it has been growing wildly and uncontrollably over the last few years. Social media has contributed in part, there are even TikTok accounts that directly plan your trip, telling you where to eat or when you can take pictures with fewer people around. What happened to exploring and discovering? Some of the cities are not so interesting to visit, but the point is to evaluate it for yourself. From my point of view, in Milan, I enjoy more non-touristy areas, because everyone has a way of interacting with the environment, and in my case, I appreciate the quietness of not having 500 people around.

Many people make a living from this, but what is the limit? In Spain, for example, the price of rent has soared to the limit of unaffordability because of unlicensed tourist flats. As always, money is the excuse for everything, and in this case, the owners prefer to get the maximum profit out of their flats. As tourists, we are responsible for going to hotels or licensed flats. And you could tell me "They are more expensive in terms of value for money", but is it worth destroying entire neighbourhoods in the name of tourism? Is an Instagram post worth that much? If we appreciate the places we visit, we must do so responsibly and consciously.

About social media, it's sad how we live based on what we will post on it. They provide a false sense of socialisation, believing that we are connected, but as a person who has been without Instagram for two years, and I don't think I'm going back, I can assure

that being off networks is like being dead for the rest of the world, even to your close ones. Social media are just a tool of the system to make us feel frustrated with our lives, because of what we see published in other people's profiles, and we seek to achieve goals that in many cases we don't even want. And yes, travelling is one of them.

It may seem like this is just me, but I went to Ryanair's website and I saw the following ad:



Have we become like this? Friendship is now based on rubbing our faces in what we do and others don't. Is it friendship? We have to stop and think about whether these likes and comments bring us something positive, because the dose of oxytocin, the 'happiness' hormone, is guaranteed, but is it healthy to get it that way? If you are happy through the approval and attention of others, and even thinking that you make them jealous, you should do some soul-searching about your self-esteem.

To conclude, travelling and getting to know new places is a wonderful thing, which even I do, but let's not stop being responsible with how we do tourism and why we do it, let's start living the places and the good moments, not just posting them.

Article by Carmen Sanz



Image by Pau Barrena/AFP/Getty Images



Važnost komunikacijskih i prezentacijskih vještina

Komunikacijske vještine mogu se okarakterizirati kao jedne od najvažnijih vještina koje je potrebno savladati tijekom života. Razvijanje komunikacijskih vještina korisno je u svim aspektima života, bilo u učeničkom dobu, studentskom ili pak profesionalnom životu. Komunikacijske vještine obuhvaćaju različite sposobnosti koje se njeguju kroz interakciju s drugima, osobito u okruženjima u kojima je suradnja vitalna. Moguće je provesti cijeli život proučavajući komunikaciju jer je ona zamršena koliko i čovječanstvo i njegovo unutarne funkcioniranje, uz društveni okvir koji ju oblikuje. Srž učinkovitih komunikacijskih vještina leži u uspostavljanju veze sa sugovornikom i uspješnom prenošenju poruka.

Kako bi se komunikacijske vještine uspješno razvijale potrebno je svakodnevno ulaziti u komunikaciju s okolinom, a kako bi ta komunikacija bila što uspješnija potrebno je:

Koristiti neverbalnu komunikaciju

Čak 93% informacija koje se prikupljaju tijekom komunikacije prenosi se neverbalno. U tijeku komunikacije slušatelj svjesno i podsvjesno uočava sugovornikov položaj tijela, obrasce disanja, ton glasa, izraze lica, intonaciju, osobni prostor i razne druge znakove. Kako bi komunikacija bila što uspješnija korisno je da zauzmete otvoren stav, osigurate kontakt očima i vodite računa o održavanju ugodne udaljenosti od slušatelja.

Upravljanje emocijama

Kada niste svjesni svojih emocija ili im dopustite da dominiraju razgovorom, to rijetko rezultira pozitivnim ishodom za bilo koju stranu. Intenzivni izrazi straha, ljutnje, tuge, pa čak i sreće mogu omesti jasno prenošenje poruka što može rezultirati nesporazumima. Za učinkovitu komunikaciju ključno je prepoznati i vlastite osjećaje i osjećaje sugovornika, održavajući kontrolu i držeći ih unutar razumnih granica dok se ne pojave prave okolnosti za njihovo potpuno izražavanje.

Kontrola glasa

Mnogi misle da ova sposobnost nije osobito presudna za izbjegavanje sukoba i povišenih tonova tijekom komunikacije, međutim, istraživanja pokazuju da se osobe s dubljim i zvučnijim glasom često smatraju autoritativnijima i lakše postižu svoje komunikacijske ciljeve.

Aktivno slušanje

Cilj je naglasiti vještinu aktivnog slušanja jer se ističe kao jedna od najvažnijih komunikacijskih tehnika koju je dobro njegovati i redovito primjenjivati. Uspješna komunikacija ovisi o praksi aktivnog slušanja. Ova vještina zahtijeva osjećaj empatije za drugu osobu, što omogućuje razumijevanje situacije sugovornika.

Ako se vrijeme dok druga osoba govori koristi za planiranje vlastitog odgovora, može se dogoditi da se slušatelj ograniči na usko gledište koje zanemaruje ono što sugovornik trenutno izražava, što rezultira porukom koja je unaprijed smišljena i ukorijenjena u ustaljenom načinu razmišljanja. Istinski i konstruktivan dijalog može se odvijati samo kroz aktivno slušanje, pretvarajući razgovor u smislenu i razumnu razmjenu informacija

Mnogi ljudi imaju strah od javnog govora, ali ti strahovi se mogu smanjiti uz dobru pripremu i dobro razvijene komunikacijske vještine. Dobre prezentacijske vještine korisne su za sve učenike i studente, ali i u poslovnom svijetu. Kako bi smanjili strah od javnog govora, ali i prezentaciju napravili što efektivnijom i kvalitetnijom, korisno je pridržavati se sljedećih trikova.

1. Usmjeri se na publiku, poveži se s njom i pokaži strast.
2. Neka prezentacija bude jednostavna! Koncentrirajte se na najvažnije poruke koje želite prenijeti.
3. Veliku važnost ima kontakt očima i osmjeh.
4. Početak prezentacije je važan, on mora biti snažan i zanimljiv kako bi privukao pažnju publike.
5. Pravilo 10-20-30, odnosno 10 slajdova, 20 minuta i veličina slova minimalno 30pt.
6. Prezentiraj kao da pričaš priču.
7. Dobra priprema je pola posla.
8. Kontroliraj svoj glas i tijelo.

Dobra komunikacija može biti sinonim za dobru prezentaciju pa se može zaključiti kako se uz pomoć dobro razvijenih komunikacijskih vještina jednostavnije i bolje razvijaju prezentacijske vještine.

Autorica: Gabrijela Očić

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Image by Rachel Mendelson/The Wall Street Journal



How to fix your attention span

You wake up, switch on your mobile phone and from then on you receive around 200-300 notifications a day. Maybe more. That's not counting all the impulses you receive from shorts, likes, shares, searches, news, distractions, adverts, songs, and voices. In other words, we are overstimulated. You may be having a hard time reading this. Let's not talk about finishing it.

The attention span (the time for which a person can concentrate on a particular activity or subject) dropped from 12 seconds in 2000 to 8.25 seconds in 2015. If we were to do a study in 2024, the attention span would have fallen to 5 seconds. To give you an idea, the goldfish - normally joked about as having a low attention span - has an attention span of 9 seconds.

This is reflected in the world we live in. In the 1960s, film shots lasted 15 to 20 seconds on average. Now that range is between 7 and 4 seconds. You can check any YouTube video: every time you scroll five seconds with the arrow keys, you will probably see a different shot. Why does this happen, you ask?

The easiest thing would be to blame social networks and mobiles, but it has its roots in something "older": e-mails and TV zapping. These small changes in work and consumption habits have meant that we are no longer allowed to be bored. If you don't have something to do at work: check your mail. If you don't see anything on TV that you like: change the channel.

This is also the case with mobiles nowadays: if you are bored by content on the internet, you change. If you want to look something up, you have it instantly. There is no room for concentration and boredom.

This leads to a very tricky situation: we are less and less able to concentrate on tasks: An adult can perform a task - repeatedly and consciously - for 32 to 48 minutes. Right now there are cases, according to Dr. Gloria Mark (Columbia), of adults who cannot follow

a task for more than 20 minutes. In other words, they have the same attention span as a 10-year-old child. Computers exacerbate this since in 20 years we have gone from being two and a half minutes focused on a task to only 45 seconds. This time is measured by calculating the time between running a task and switching between applications or tabs.

And, what can I do? Here you have some advices:

- One of the easiest things you can do is uninstall mobile applications. Desktop applications, web pages or other devices can replace all those that do not contribute anything. For example, an alarm clock can be used instead of mobile alarms, or a loudspeaker or a radio can be used instead of a mobile.
- One of the most important aspects of the mobile phone is the accessibility of information. Making things more difficult for the brain is important. Reducing colours, and brightness and eliminating application shortcuts can help you to be less vigilant. It also eliminates the number of notifications that appear above the logos, as the brain gets hooked on numbers. And the bigger the better (and worse for your attention).
- Scheduling the start-up and shutdown of your mobile phone can help you not to use it first thing in the morning and giving yourself some time without screens before going to sleep has positive effects on the quality of your sleep. With better sleep, the brain is less distracted and needs to use the mobile phone less frequently.
- Exercising and meditating - in general doing activities that do not require screens - is essential for your mental health not to suffer and for you to learn to carry out activities without screens. Thirty minutes a day is enough.
- Planning activities and breaking them down into small tasks will help you stay focused longer. It is also essential that you take breaks from your tasks.



Gel nails and risks to be aware of

From infections to skin cancer is what you are exposed to if you get your nails done regularly.

Image by StockSnap from Pixabay



Nailart has been and still is very fashionable in the last few years. Long, short, with decorations, and glitter... manicures became an accessory in many women's and increasingly in more and more men's outfits. The materials that are usually used are gel, poly gel or acrylic, which make nail polish obsolete because of one main advantage: gel polish lasts much longer in good condition; if well cared for, the only reason to change your manicure is for the growth of the nail itself. Apart from that, you can also add length to the nail or create designs with many more elements than with nail polish, not to mention that the smell of these products is not nearly as pungent and annoying. This all sounds great, but without going too much into health issues, there are also some disadvantages, such as the need for an ultraviolet light lamp to 'harden' and 'dry' the material, the preparation of the nail to apply the product and the dependence on a professional in case you don't know how to apply or remove the material from the nails, which is usually the case as it requires a lot of materials and knowledge, which makes it a bit more expensive.

Going back to the health issues, the first thing to note is the risk of skin cancer from the UV lamp that is used. If you do gel nails once in a while the risk is not that high, but it is true that if you do them regularly it is advisable to take precautions such as using sunscreen on nails and cuticles or wearing gloves that cover the same parts. UV radiation is one of the main causes of melanoma, and just as we protect ourselves from it when we are in the sun, we should also do the same with this type of lamp.

Another possible risk is allergies, in particular to a component found in these nail polishes, namely acrylates. Symptoms can range from dermatitis to respiratory problems or even weakening and loss of

nails. It should not be forgotten that these are chemical products, and it is easy to have them even at home, as manicure kits have become popular. If you are not a manicurist, it is preferable to go to a professional salon. Among the precautions to take, ensure good drying and if you handle the products, wear gloves. And this is implicit, but always make sure that the material and tools are completely clean, hygiene is basic to avoid possible bacterial or fungal infections.

Manicure is aggressive because of the preparation that has to be carried out, filing the surface of the nail and adding chemicals that weaken it, so doctors recommend not to alter the nails because they are in our hands with the function to protect and it is part of our sense of touch; and even if gel nail polish is more harmful, air-drying nail polish can also cause allergies, weakening, this is something to keep in mind also. With all this, press-on nails, which are easy to apply and remove and do not have a big impact on health if used correctly, are becoming more and more popular.

There is nothing wrong with manicures they are a real art and look great, but it is important to take into account these health precautions because, despite claims to the contrary, it is not worth suffering to show off. In the end, health is the most essential thing.

Article by Carmen Sanz

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Image by Canva

(Ponovno) O mladima i čitanju: „Nikad ne odgađaj do sutra knjigu koju možeš pročitati danas.”

Vođeni riječima britanskog novinara Holbrooka Jacksona kako ne smijemo odgađati knjigu koju možemo pročitati danas, (ponovno) započinjemo priču o mladima i čitanju. U medijima se i među učiteljima Hrvatskog jezika često ponavlja pitanje čitaju li mladi dovoljno, odnosno čitaju li oni uopće. Dakako, uvijek će se, ne samo među mladima, naći oni koji čitaju puno, koji čitaju povremeno i oni koji ne čitaju uopće. U ovom tekstu donosimo popis suvremenih naslova koje će svakako obuzeti pažnju mladim čitateljima i potaknuti ih da ne odgađaju do sutra knjigu (ili knjige) koju (ili koje) mogu pročitati danas.

Kristian Novak, *Slučaj vlastite pogibelji*

Radnja ide otprilike ovako... Mladi policajac nađen je mrtav na stražnjem sjedištu svojeg automobila. Sumnja se na samoubojstvo, no njegova obitelj i dobar dio javnosti sumnjaju u to. Obitelj od njegova starijeg brata policajca zahtjeva da sazna istinu i pronađe odgovorne. Istovremeno jedna profesorica priprema dramsku grupu srednjoškolaca za izvođenje Antigone, pri čemu s njima evocira upravo tragičan događaj kojemu svjedoče u svojoj suvremenosti.

Dok pokušava dokazati istinu te tako obraniti dostojanstvo i radno mjesto od uvrijeđenih elitnih roditelja srednjoškolaca gubi stup po stup svojeg dotad sretnog građanskog života, ali pronalazi odvažnost koje nije bila svjesna. Smrt mladog policajca stubokom mijenja živote onih koji su ostali.

Ovaj roman, ističe Kruno Lokotar, urednik romana, ispričovijedan je kao pletenica, od poglavlja u kojima se naizmjenice smjenjuju glas profesorice i scenarij koji prati događaje i akcije koje se roje oko braće policajaca, i vodi nas kroz slojeve sistema u srce društva i likova.

Prema ovome romanu osmišljena je i kazališna predstava u Hrvatskom narodnom kazalištu u Varaždinu.

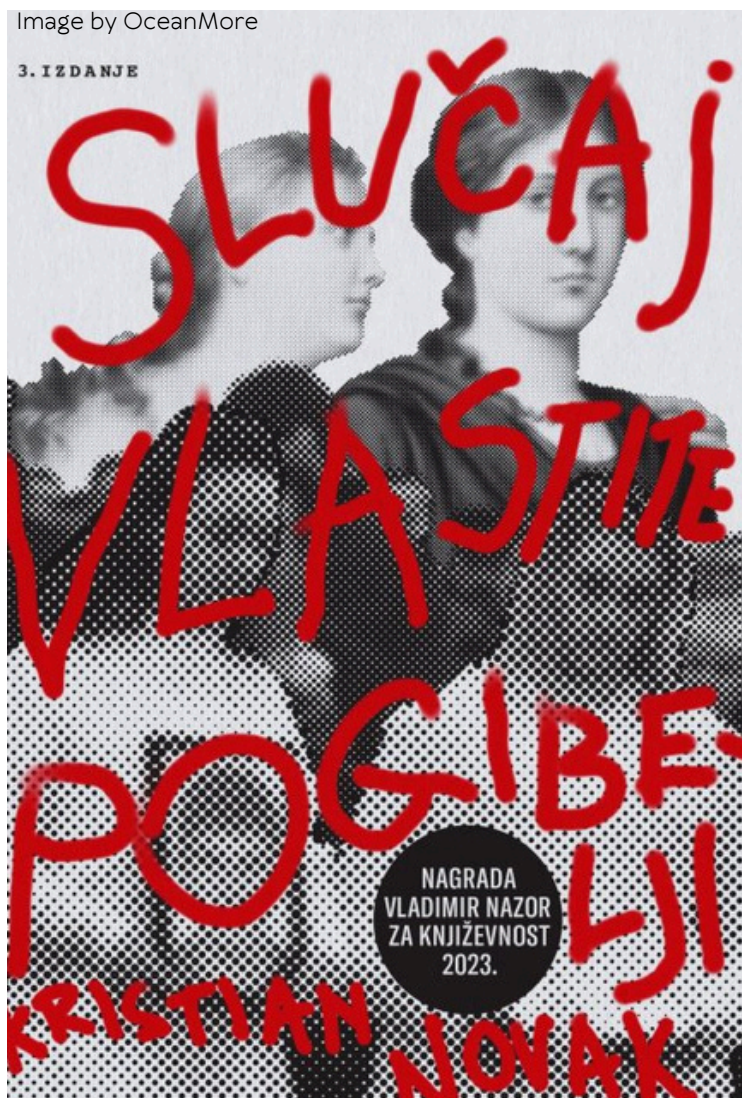




Image by Ljevak

LJEVAK

Bronja Žakelj, *Bijelo se pere na devedeset*

U društvu djevojčice Bronje selimo se u sedamdesete i osamdesete godine 20. stoljeća. Ona nas ona upoznaje sa svojom obitelji: majkom Mitom, tatom Janezom, mlađim bratom Rokom i Dadom i bakom s majčine strane. Ta mala zajednica živi u Ljubljani.

Emocija koja prevladava u ovom malom domaćinstvu je bliskost, i to posebno ona između pripovjedačice Bronje i njezine majke, kojoj se ovo djelo i obraća. Vedro i razigrano vrijeme djetinjstva zatišje je pred buru jer su se tamni oblaci smrti nadvili nad cijelu obitelj. Munjevitom brzinom

Bronjin svijet potresa dijagnoza njezine majke. Bronja se kao četrnaestogodišnjakinja nađe u središtu vrtloga – dovoljno odrasla da razumije što se događa, no nedovoljno odrasla da bi na nastalu situaciju imala ikakav utjecaj.

Ivana Bodrožić, *Sinovi, kćeri*

Ovaj roman Ivane Bodrožić donosi nam priču o zaključanosti, i to društvenoj, obiteljskoj i intimnoj kroz tri perspektive. Kći koja nakon nesreće ostaje nepokretna, bez mogućnosti govora, prikovana za bolnički krevet, može samo pomicati zjenice. Fizički sputana i svjesna sebe osuđena je na prisjećanje. Sin, zarobljen u tijelu koje ne osjeća svojim, u dodijeljenoj ulozi koja mu je od prve svijesti o sebi strana, prisiljen je izdržati nerazumijevanje i najgora izživljavanja okoline kako bi mogao biti ono što jest.

Majka nosi teret generacija, izobličena nasilnim patrijarhatom, odrasta uz zabrane i opomene, s lekcijom kako nikada nije dovoljno dobra u svijetu u kojem nema prostora za njezine želje i htijenja. Ulančani su u jednu priču u kojoj svatko dobiva pravo na svoju istinu, svoju bol i želju da preživi; djeca koja pate za roditeljskom potvrdom, sinovi i kćeri koji žude za prihvaćanjem društva, roditelji oblikovani strahom koji zatim povrjeđuju svoju djecu. Roman ukazuje na neraskidivu vezu između naših privatnih sloboda, ljudskog dostojanstva i društvenih okolnosti, te posredstvom empatije, kao najvažnijim rekvizitom, razbija okove i otključava naše živote, zapretene obiteljske odnose i zabranjene ljubavi.

Autorica članka: Katarina Cukovečki

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Sinovi, kćeri
IVANA BODROŽIĆ

Hermes

Image by Hermes



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