

human virtues



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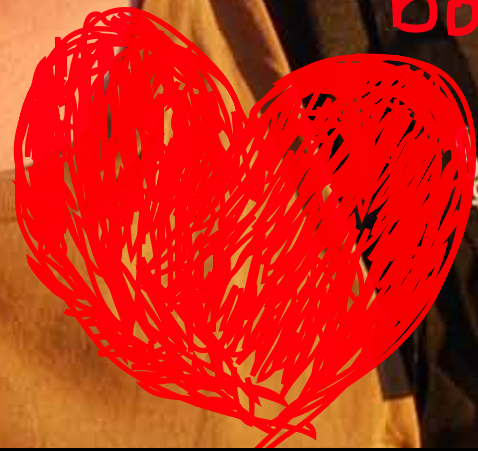


Photo: Lucie Ferlin

MAY 2010

LIBERTAS

Digital Youth Magazine/published by Youth Association creACTIVE



Editorial



Dear readers,

When talking about human virtues we face big problem, a linguistics problem: we realized that by 'virtues' the translation isn't the same in each mother tongue. But that was just the starting point. Why is 'virtues' a hot topic? In this edition you'll be able to find out that it's in our everyday life; influencing every decision and even the way we see ourselves. Most important of all: its eye catching and an interesting topic.

In a world that's changing by the minute, people seem to have not forgotten the virtues we had since ancient times. They praised virtues which change depending on the culture, but today's life seems to make us ignore some of the virtues which happen to be labeled as 'good'. It's not that we don't think about them or don't praise them... no. The thing is: we have to be above them, if we truly want to be good and live a nice, comfortable life. Of course not everyone is like that. At least we hope so. And we, the youth of the world, are the turning point: we are still fresh and have the opportunity to trigger a change. It's not as hard as it seems. The only thing we have to do is believe in and act as we've been told to since we were little kids. What we read in fairy tales and bed time stories, those are the virtues we should focus on keeping and passing on to our children when the time comes.

Even if you don't want to live a less comfortable life than your neighbor's, you should still keep those virtues in mind. After all, they're the ones you'll have to personify in today's pursuit to become 'good'.



by Daniel Nunes



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OPTIMISTIC OR PESSIMISM?

by Egzon Gashi



“Is positive thinking the best methodology of getting successful?”



Photo: digitalain / CC-by-nc/ Flickr

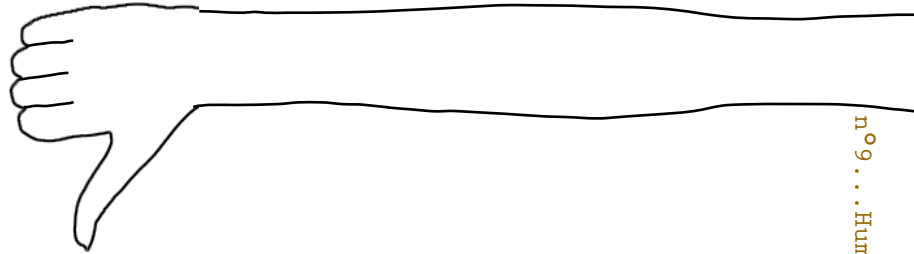
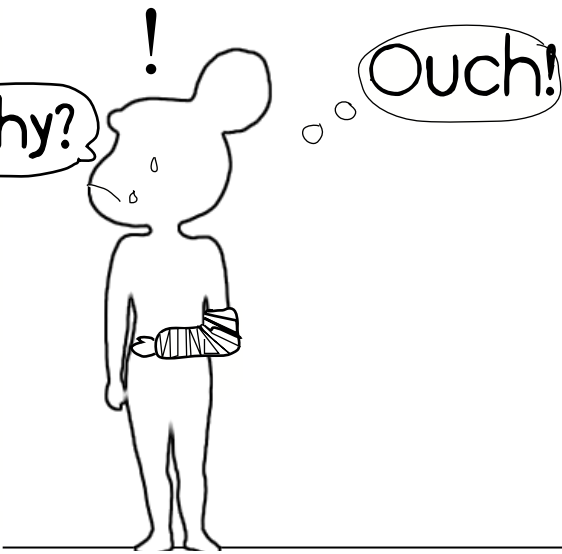


If you search in Google about the term “Optimism” you will get 11,400,000 results, but if you type “Pessimism” you’ll get just 2,190,000 results, so, does this really mean that the glass is half-full and not half-empty? Is positive thinking the best methodology of getting successful? Or does that mean our World is optimistic? And is there a correct answer to the question - Optimism or Pessimism?

Psychological studies and self-made psycho-sociologists tell the fairytale about the key to success and happiness – Positive thinking. The studies have shown that the “Optimistic Way of Life” can increase emotional welfare and cardiovascular health (Calabia, 200) and reduce tension (Wellner & Adox, 2000). Another study found out that woman who had an optimistic point of view tended to be less worried about breast cancer, while pessimists had a tendency to overestimate their risk of being diagnosed with the disease. Not only are optimists shown to be more resilient in the face of difficulties, but they also have healthier lifestyle habits, and cope with stress more easily (Wellner & Adox, 2000; Myers, 1992). Their proactive approach to life and ability to see the possible in the impossible also makes them quite successful (Myers, 1992). In 1980 a study was carried out which monitored 122 men who had a heart attack. After eight years, 21 of the 25 most pessimistic patients had died. But only 6 of the optimistic ones had died.

Until now what we know is just that thinking in the optimistic way was always the better one, but does positive thinking have its undisputable benefits? Is there something like being too optimistic? Can you believe that this kind of people which are so optimistic, also see a funny side of getting robbed or breaking arm? Many lawyers call this extreme kind of thinking “self-delusion”, which can lead to rash

TIC, WHICH WAY TO GO?



events

experimentation, but the research made on the subject told also that this self-delusion is healthier, resulting in more success, better health and longer life than those who are actually realistic.

In a study by the Mayo Clinic in Minnesota, the medical histories of 839 people were tracked over 30 years. They had all completed a standard personality test between 1962 and 1965, measuring their optimism. There were 124 optimists, 197 pessimists and 518 in between. Their death rates were compared and every 10-point increase in pessimism was associated with a 19 per cent increase in death rate. Similar studies have been done more recently on the role of optimism in high-risk pregnancies, speeding recovery from heart by-pass surgery, and as part of the treatment for teenagers who take drugs. In all these studies pessimists tended to do markedly worse.

Scientists have proved that we can change our brain responses by conscious effort. We can actually condition ourselves to trigger a particular chemical pattern in our brains so that we can change our attitudes and our thinking in positive ways. Thus, even if you have a habit of focusing on the negative, with practice you can change that habit.

What's really important is not which way of thinking is correct but which is most beneficial. Having an unrealistically positive view of ourselves seems to be directly linked to greater success. So, you get to choose...

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”
Sir Winston Churchill (1874 - 1965)



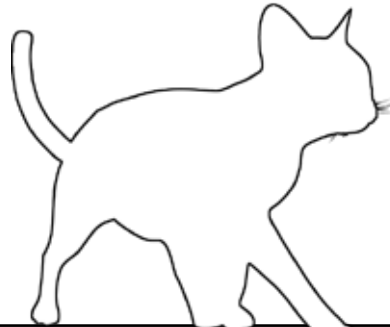
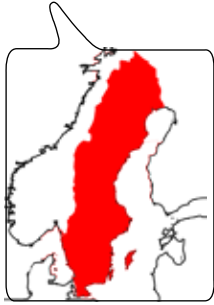
Lisbon's 80th Book Fair

“In books we trust”
by **Pedro Vieira**

From 29th April to 16th May, Lisbon will become an open air bookstore. Welcome to the 80th Book Fair of Lisbon, the most important publishing event in Portugal. With the purpose of promotion and spreading books and the Portuguese language, the 80th Book Fair of Lisbon will be settled in Parque Eduardo VII. Located in the center of the city recognized worldwide as the home of important poets like Luís Vaz de

TO BE OR NOT TO BE...?

by Caroline Björklund



« People sometimes laugh about the idea of how easy and wonderful life would be as a cat. You get food when you are hungry, come cuddling when you want some company, and have a full sandpit for yourself. You can lie almost wherever you want because with that big “puppy eyes” face the world is in your paws.

On the other hand, you can't have a family whenever you want, or at all because that's the owner's decision. This means you'll maybe never have kittens. The most exciting thing you will see is that big bird outside the window that you just hurt yourself when trying to catch it through the glass.

As a human being, we have all the possibilities in the world to do whatever we want to; we are at the top of the food chain of life and nothing is impossible before you have tried. It doesn't matter if you are born in a poor family or in a wealthy one because it's all about believing in yourself and having the guts to do the things that have been spinning over and over in your head. This means that we can create our life and the whole world as we want it; if we want to build a bridge between a land and an island instead of taking a boat, we can do that.

“ I see
life as a
competition ”

I see life as a competition--it's not necessarily the one who achieves most that wins, rather the one who tries the most. To be able to try shows the spirit of will. Is there anything more inspiring both for yourself and for your surroundings than a person who has a strong will? You might fail or succeed, but at least you have tried. Trying is the difference between a winner and a loser in my eyes.

The negative side of being a person rather than a cat is that we also are the most destructive kind in the world. For example, all the big problems with the environment that have caused a lot of natural disasters, like the nuclear disaster in Chernobyl, and all the fuzz about the global warming problems. Or, in Sweden, the problem seems to be “global cooling”.

In summary, yes, if you are a cat life may be easy and comfortable compared to being a human. But as a human, life can be easy, medium, hard or a disaster – it's your decision, how do you want to remember your life?

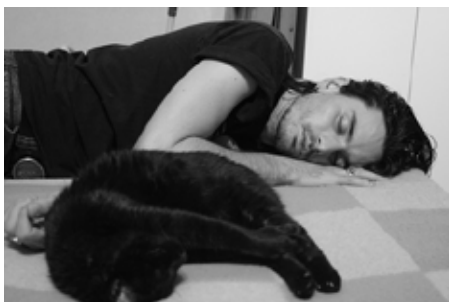


Photo: julie° / CC-by-nc-nd / Flickr

VIRTUES? WHAT DO YOU MEAN?

by Agnieszka Tatera



events

Let's think how our lives are passing by? How everything starts? Many people are saying we're born as a "tabula rasa" – a blank page on which everything can be written. We're growing together with virtues. What are the first virtues we remember? "Share your toys with the boy, it's good to share"? "Clean your toys, order is important"? "Don't hit other kids, cooperate, play with them"? "Don't lie!"? What do we see on TV, in the movies? What do we read in fairy tales, in books? Fortitude, justice, temperance, courage, loyalty, munificence and many, many others are given to us as human virtues which are important in life.

Now, come to present moment and look carefully around... Think about yourself for some time... How does it really look in real life? How everything looks like around you? What human virtues means for you? For your family? For your friends? Think about it again...

Do we really use the human virtues given to us in our childhood? Or the meaning of human virtues is changing throughout life? Is munificence still a virtue? Or do we rather tend to inanely buy a new cell phone, new laptop, new... What about truthfulness? Authenticity? Kindness? Sensibility? Charity?

Now, you're probably a bit bored and thinking "Why is she asking all these questions?" Well, the reason is simple. I would like to ask you (and also myself) to take a moment for you from time to time and think. Remember your childhood and youth and remind which virtues were important for you then and why? Think about the moment in which you're at this point of your life and ask the same questions. Also think about the future and about the virtues which you would like to keep with you for the rest of your life and never give them up.

You can think of this as a way of building your life. Do you build a house without constructing a solid foundation to it? Of course not! So, why we would build our lives, something what is most important for us, without such a foundation? I don't ask for a lot, just think about it.

Camões, author of "Os Lusíadas", or Fernando Pessoa, whose heteronymous produced a peculiar and unique character, this happening will occupy one of the 'lungs' of Lisbon, a public park with an area of 26 hectares. Therefore, enough space for cohabitation of trees and nature with more than 230 pavilions of 120 exhibitors, but also thousands of bookaholics, who will have the chance to meet and chat with authors, literary agents and publishers. According to the program, besides launching new titles, the 80th Book Fair of Lisbon will be accompanied by cultural activities, such as live music or conferences. And because the promoter pretends the event as an unforgettable party, there would be all kinds of facilities, like a playground for little children and restaurants. It will be the right opportunity to taste typical local dishes and desserts along with the Portuguese

ASSESSING THE “PERSONALITY” OF CORPORATIONS – PSYCHOPATHS OR NOT? (explored through the documentary film “The Corporation” by Jennifer Abbott and Joel Bakan)

by Lea Perinić

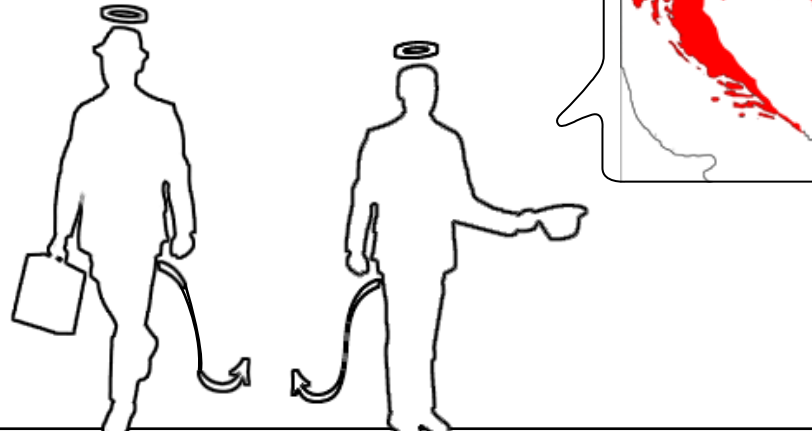


Photo: picture from the DVD

“Being shown the scientific proofs, we can agree with them but that doesn’t change much our way of thinking.”

“The Corporation” is a Canadian documentary about the institution of corporation which as some believe today represents the dominant institution like for example, church did in the past. It is based on the book *The Corporation: The Pathological Pursuit of Profit and Power* by Joel Bakan. (http://www.thecorporation.com/index.cfm?page_id=47)

By its definition, corporation is a legal entity, allowed by legislation in a state, which permits a group of people, as shareholders (for profit companies) or members (non-profit companies) to create an organization which can then focus on pursuing set objectives and exercise legal rights which are usually only reserved for individuals, such as to sue and be sued, own property, hire employees or loan and borrow money.

The corporations have not always existed. The film locates the beginning of the industrial age as the origin of the modern corporation. In the 17th century making money became a key focus and a profit of the biggest companies was used to finance European colonial expansion. At that time the state was making the rules, goals and limits for the corporations. The situation changed in 1886 when the United States decided that a corporation should be considered, in a legal sense, as a person.

The film deals with that issue in a very interesting way trying to persuade us that if the corporation is really a person then, because of his behaviour, values and moral, it must be a mentally ill person – a *psychopath*. They came to that conclusion following the internationally recognized diagnostic criteria. According to them, corporation is self-interested, amoral, deceitful - it breaches social

"LITTY" OF CORPORATIONS

Film The Corporation by Mark Achbar,



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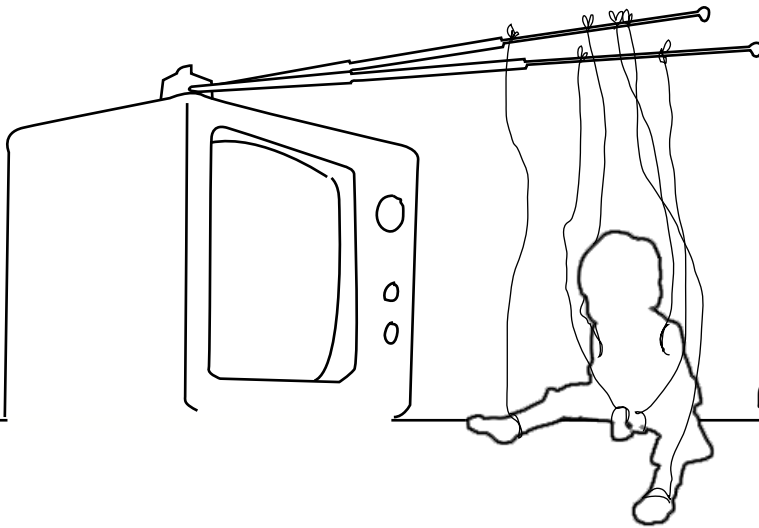
and legal standards to get its way; it does not suffer from guilt, yet it can mimic the human qualities of empathy, caring and altruism. Being shown the scientific proofs, we can agree with them but that doesn't change much our way of thinking. Imagine that before you have seen this film someone had asked you to describe your image of a corporation. As a matter of fact this has already been done in America as a part of one experiment. Most of people used human characteristics to describe it ('cool', 'fashionable', 'greedy', '(not) caring for the environment' etc.).

This shows that the argument of corporations as people, taken as a key point by the film makers, is something we're all already familiar with. Nevertheless, we are grateful for seeing it on screen because everything and everyone must be continuously questioned, examined and analyzed in order to capture and fix its possible flaws and errors.

The next thing mentioned in a movie and connected with human virtues is a claim that even if the individuals who run corporations are saints, business interests win in the end and profit gets above all else.

What is the ethical mindset of the corporations? Maybe the best answer to this question lies in a story shown in this film about milk industry. To put it briefly, a strange hormone is given to cows to increase their milk production. Because of it, cows suffer from mastitis and must be given antibiotics which eventually get into the milk that people drink and reduces their resistance to diseases. As it is seen from this story, we are harming ourselves and doing nothing to stop it. Maybe the corporations in this context are

literature. What about a Caldo Verde soup while you read a theatre play of Gil Vicente? Then, the chef suggests a dish from the south of Portugal, Carne de Porco à Alentejana (Pork Meat as done in Alentejo), with a bottle of green and fresh wine, while you read Nobel prize winner for literature José Saramago. At the end a small cheese tart with cinnamon called Queijada de Sintra, which must be served with a desert-poem of Adília Lopes: "Candy" - She dropped the photograph / and when a stranger ran up from behind / to give it to her / she refused to touch it / 'but you dropped it miss' / 'I couldn't have dropped it because it isn't mine' / she didn't want anyone / and especially not a stranger / to suspect there was any relation / between



children
manipulated

becoming a good excuse – don't blame people, blame THE CORPORATION instead. They are not people like US, they are THE OTHERS!

Furthermore, what I found very intriguing in this film is a part about children as the best advertising agents. The corporations design their ads in such a way that the things they are selling become attractive to children who then start nagging their parents to buy them a certain product. As one person in a movie said (I'll try to quote): *"You can manipulate the consumers so that they buy your products. It's like a game!"*

It's interesting that even we, as audience of this film, were a bit manipulated. The Corporation includes interviews with **40 corporate insiders and critics** (http://www.thecorporation.com/index.cfm?page_id=3) - including Noam Chomsky, Naomi Klein, Milton Friedman, Howard Zinn, Vandana Shiva, Michael Moore, and others. In order to get each interviewee to speak directly to the camera and interact as though communicating with a real person, the director devised a part-silvered mirror in front of the camera. The interviewee was speaking straight into the camera but he was seeing director's face superimposed over it, so he wasn't aware of the lens. That way they could engage in eye contact and a lot of non verbal communication while the person was talking. As a result, the interviews are intimate, relaxed and very convincing.

When being asked what they wanted to achieve with this film, creators replied: *"Our goal is to get people to see the institution of the corporation in an entirely new light so that people can't walk down the street and look at corporate logos the same way any more..."*

They also wanted to make viewers ask questions about corporations and to motivate them to do something.

Karl Marx once said: *"Understanding the world is the first step towards changing it."* Unfortunately, it's hard to fight with something that's destroying you but at the same time making your life much easier. Still, something must be done in order to enhance the corporate social responsibility and on the other hand to promote more sustainable lifestyles.



Photo: picture from the DVD

"Imagine that before you have seen this film someone had asked you to describe your image of a corporation"



corporations
psychopaths



events

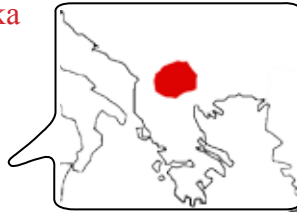
her and the photograph / it was as if she'd dropped / a blood-soaked handkerchief / because she was the one in the photograph / and nothing belongs to us more than blood / which is why when someone pricks their finger / they stick it right in their mouth to suck the blood / the stranger understood / 'it's a picture of you miss' / 'it may be a picture of someone who looks just like me' / 'but it isn't me' / the stranger was a kind person / he didn't insist / and since he knew beggars / don't have money for taking pictures / he gave the photograph to a beggar / who ate it up like candy.



When : 29 April -16 May
Where : Lisbon, Portugal
Website: <http://www.feiradolivrodelisboa.pt/>

TRANSFORMATIONAL LEADERSHIP DISCOVERY TO TRANSFORMATION

by Elena Gramatikovska and Nina Pavlovska



In order to talk about transformational leadership, we need to have an open heart and be ready to hear something that might sound too idealistic at first glance. Do you believe that anyone can make a difference? - If your answer to this question is, “Yes”, then we can allow the space for transformation to open up.

CEO Lucca Leadership Macedonia
www.luccaleadership.org

Transformational leadership is the ability to bring about change which uplifts and benefits humanity through meeting its needs and developing its capabilities.

Whether we are aware of that or not, we are all in a position to lead something or someone--and often both--every day. In a time when post-graduate studies are becoming part of the regular studies, where we have specialists for everything and anything, and technology offers new inventions every day, a leader has to “fill in big shoes”. Young people especially are facing this challenge--to fulfill their dreams and expectations in a world that is changing in a rapid pace.

The starting point of Transformational Leadership is **AWARENESS** - awareness of our own thoughts and feelings, and how these affect our actions. . As this awareness grows, we are able to see our own inner motivating force, what drives us - our passions and values - and how these influence our thoughts, feelings and actions. Once we discover our inner motivation and passion, a very important question needs to be answered: **What is needed?** After thorough exploration to find the answers follows another insightful question: **How I need to be?** This would help the leader to better know and understand himself/herself and those s/he’s leading. Transformational Leadership offers very practical tools the leader could use in any given situation: different leadership styles, a decision tree-as guideline in decision making, frameworks-as guidelines in better organization of time, resources etc.



Make the Difference

LEADERSHIP: FROM INFORMATION



Once the awareness is awakened, practice is essential. The application of the gained skills and tools is called **Personal Mastery**. The simplest way to explain the Personal Mastery is Practice, Practice, Practice. Starting to act as if, "All actions are internal" we can take small but meaningful steps of transformation. For example, my first personal mastery challenge was to eat slowly, because after eating, I always had digestion problems and stomachaches that affected my daily mood and energy. It may seem like a funny issue of small importance, but to me it was the first step and an opportunity to let go of a bad habit. Every journey, including the big ones, start with one step.

Then we can move to the bigger challenges such as shifting our life style to live in a sustainable and green way to making a change in an organization or in a society. Experiencing this process with every action, we gain useful skills or let go of bad habits that interfere in the process of developing our own potential.

Finally, I would like to share my experience of how Transformational Leadership has impacted my life. Transformational Leadership isn't about changing, it's about discovering. Life still places challenges every day as good and bad days still rise with the sun. However, the way I approach them, the way I act, and the state from which I act is shifted. I feel prepared to face anything that comes with the current moment. I feel more confident because I know I am armed with the required tools, which I had the chance to gain along the Lucca Leadership Programs. The best part is, I am AWARE that they are within me, they are within us and we only need to connect with them--and make sure that the connection signal is always strong.



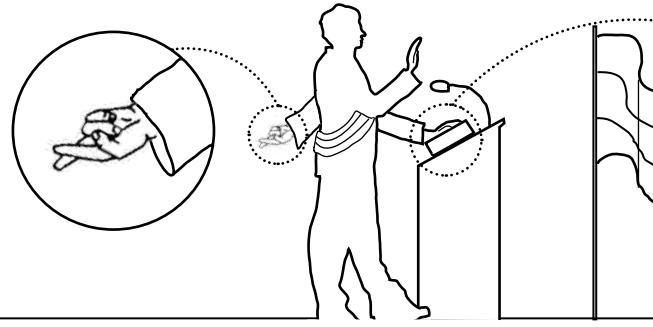
events

European days in Rijeka

During the first week of May, Regional youth info-centre Rijeka (Croatia) together with Primorsko-goranska county will be organizing a set of activities in order to promote and celebrate the Days of Europe. Experts coming from the national Agency for mobility and EU programmes will be giving lectures to youngsters and their teachers, aiming to provide them with more information about the possibilities and importance of active participation in local communities, available European community programmes (Youth in Action, Comenius, Erasmus...) as well as about best European practices in the field of youth participation. Furthermore, we'll be organizing the Information day for the local NGOs, featuring speakers from Government's NGO office. Finally, the concept of unique multilingual digital NGO database platform, developed by Regional youth info-centre Rijeka, will be presented, as a future tool for improved communication

BEING HONEST WITH YOUR

by Rodrigo Silva



Whenever you hear the word VIRTUE, what do you see? Human Virtues are one of the most controversial topics today, however they are extremely important in our lives. According to the dictionary and its formal definition, virtue is an example of: "Moral excellence and righteousness; goodness". Then you would think that virtues are only about doing good things and helping people out. Is it really true? Are virtues only related to goodness and badness?

If you think virtues have only to do with the ideas exposed above, I would like to invite you to try and change your mind a little bit. I'm pretty sure you have heard (many times, actually) about Honesty. What is honesty for you? Is it a virtue? Nowadays, it is undeniable that Honesty is one of the most important virtues to us, and ironically it is the most forgotten one.



Photo: horizontal.integration / CC-by-nc-sa / Flickr

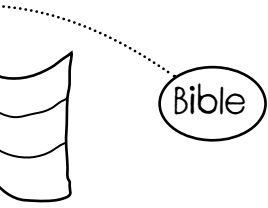
Are you honest? Be honest with yourself right now, at least once in your life and answer yourself! You may be very honest, but until which point you're honest? When you see your interests affected by other people, do you still keep on playing the role of honest man/woman? Of course, that's not what happens.

Let's take the politicians as example. Do you think our world today relies on the honest people? Are governors and presidents of your country honest? Do they really work on behalf of the population? I'm not here to judge your politicians, and I may actually not even be able to judge the politicians of my country. I just want to call your attention to how important honesty is for our world.

How many times have you heard a politician's speech? Have you noticed that when this person won the elections, he/she seemed to completely forget about what he had promised? These attitudes definitely change our world and lives. We trust people and they disappoint us acting in a dishonest way. Unfortunately, that's not something that happens only in

“It's from our nature to act dishonestly when we have our interests threatened by other people.”

MYSELF AND THE WORLD!



my country Brazil, or in your country. It has been going on worldwide.

Wars and more wars have taken place due to dishonest people. Wars that started because of an idea of religion/justice spread around various populations, and in fact those wars didn't have anything to do with religion and let alone justice. Many people have lost several family members in wars, members that were fooled and were fighting to help dishonest politicians to get more money and territory to their countries.

And now let's not be hypocrite and think that only politicians are dishonest. To be honest with you, even I, myself, have been dishonest sometimes in my life. It's not only about being dishonest that I'm talking, it's about being dishonest and recognizing our mistakes. It's from our nature to act dishonestly when we have our interests threatened by other people. However we do have to stop and realize what we're doing. We have to be HONEST enough, to go back, change what we have said, and accept reality. We have to fight our own instincts in order to be honest.

I'm not able to change the world by myself, and you also can't change the world by yourself. But, we, together, yes; we can definitely change the world. And if you think changes take place only when "big" things happen, you're mistaken my friend. We have to start changing the world by changing ourselves first. Let's be more honest with our friends, family and co-workers.

Like I've already asked you in the beginning of this article, I'll ask again: Are virtues only related to goodness and badness? I think I don't even need to answer you, and if you are honest with yourself, you are going to be able to answer this question. Remember, honesty must be inside you first, and then you can spread this virtue. I hope you will all think about it and start acting different from now on.

events

between all relevant stakeholders and development of partnerships in South East Europe.

European days in Rijeka

When : 3-9 May 2010

Where : Rijeka, Croatia

Website: www.umki.hr



The Göteborg Half Marathon

Over the years The Göteborg Half Marathon has grown to be one of the greatest long distance races in the world, with 53 848 runners in the race 2009. Göteborg offers the charm of a small town and the opportunities of a big city with museums, a fantastic amusement park (with free entry for all runners during the race weekend), good food and a lot of different activities.

The Göteborg Half Marathon

When : 22 May 2010

Where : Göteborgsvarvet, Sweden

HUMAN VIRTUES

by Ivana Gjorgjevska



H is for humility

“HUMILITY must always be the portion of any man who receives acclaimed earned in the blood of his followers and the sacrifices of his friends.”- Dwight David Eisenhower

U is for understanding

“Any fool can criticize, condemn, and complain but it takes character and self control to be UNDERSTANDING and forgiving”-Dale Carnegie

M is for morality

“The most important human endeavor is the striving for MORALITY in our actions. Our inner balance and even our very existence depend on it. Only MORALITY in our actions can give beauty and dignity to life.”- Albert Einstein

A is for awareness

“The world is not a problem, the problem is your unAWARENESS”- Bhaqwan Shree

N is for nurture

“An,ye fathers, provoke not your children to wrath, but bring them up in the NURTURE and accommodation of the Lord.”- Bible

V is for versatility

“I thing VERSATILITY is a strength. We have a lot of guys that we can move around.”- Brian Shipley

I is for ingenuity

“INGENUITY, plus courage, plus work, equals miracles.”- Bob Richards

R is for respectfulness

“He who wants a rose must RESPECT the thorn.”- Persian proverb

T is for thankfulness

“A THANKFUL heart is not only the greatest virtue, but the parent of all the other virtues.”- Marcus Tillius Cicero

U is for unselfishness

“Selfishness is the only real atheism, UNSELFISHNES the only real religion.”- Franklin D. Roosevelt

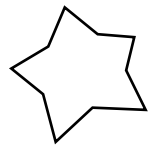
E is for enthusiasm

“Nothing great was ever achieved without enthusiasm.”- Ralph Waldo Emerson

S is for spontaneity

“The essence of pleasure is spontaneity.”- Germaine Greer

ONE STAR IN THE SKY



by Donjeta Elshani



one star in the sky,
its special to me,
never said a word
but always helpt me.
the words of one old man

of this silence city,
the night is so black,
nobody can hear me,
even if im, dead.

the earth life,
its so strange to me,
one dream that i thought
that it was made for me.

i dont bellive, in you
cut my hope is gone,
i love you
but i have to go on,

i love this world,
i dont want to go,
but its my time,
god said so.

events



Lake Eden Arts Festival

Presenting an eclectic range of musical styles that spans African, Latin, Cajun, blues, Celtic, French and local Texan, this is a fun event with music for all tastes and persuasions. Performances take place across four stages during a long weekend in a great lakeside location in Black Mountain on Lake Eden in North Carolina. In addition to the music, visitors can also enjoy a range of other entertainment including arts and crafts stalls, poetry reading, holistic healing tents, dance workshops and special children's entertainment areas. The Lake Eden Arts Festival takes place twice each year, once in May and once in October.

Lake Eden Arts Festival

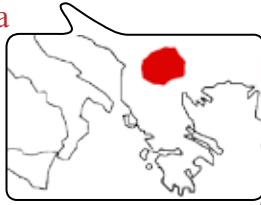
When : 06-09 May 2010

Where : Asheville, United States

Website: http://www.the-leaf.com/gallery1/albums.php?set_albumListPage=3.

“I’M NEW HERE” by Gil

by Dijana Muzdeka



After fourteen years of musical absence, Gil Scott Heron is back with a new album humbly titled, “I’m New Here”. His career began at the beginning of the 1970’s, and through most of it, he has been devoted to spreading the voice of reason in a society that seemed to have lost its own.

Today, he is primarily facing his own demons, while still trying to draw a universal conclusion from his story. Although, to be fair, on this new album there are a number of collaborators (the acclaimed Bill Callahan aka. Smog on the title track, for example), still, the album resonates the personal hardship Heron has gone through.

The album begins with “I Come From a Broken Home”. It is a spoken word track, with Gill’s voice pulling the listener into his story of being raised by “women folk”, while the sounds in the background are creating a whirlpool of emotions that are about to be spread throughout the album. The space between the opening and the closing track is filled with this man’s life experiences, rises and falls. Time and experience have taken their toll. The many years spent in prison and the drug abuse that led him there, are all palpable in his voice and poetry. But this album is not a bitter man’s attempt to plead atonement, nor is it the rambling of a broken soul. It is just a confession coming from one individual, which is meant to be heard by millions, and hopefully teach them something. He is the kind of man that traveled beyond the realm of good and evil, looked the devil in the eyes, turned a full circle and came back to tell us the story. Heron’s voice is undoubtedly the heart and the soul of the album, but the producer Richard Russell also has a vital role. He is certainly not trying to produce your 3 minute radio hit. Instead he is boldly inserting Heron’s poetry into blues and soul mixed with minimalistic electronic sounds, creating high quality Trip-Hop.

Listening to this album--really closely listening--somewhere between the trembling of Heron’s adam’s apple and the world that is created by the sounds alone, there is this bright arch of love. It is the love that he has been given as a child by his “women folk”--his mother and his grandmother. It is a tribute to them. To their ability to see the world in a way no book

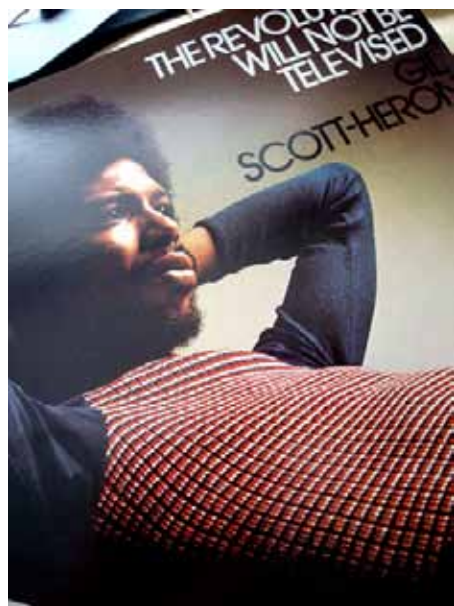
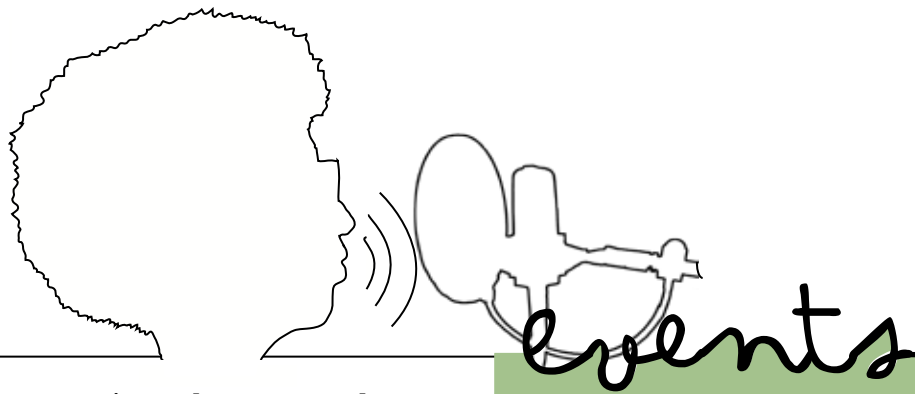


Photo: wot nxt / CC-by / Flickr

“Time and experience have taken their toll”

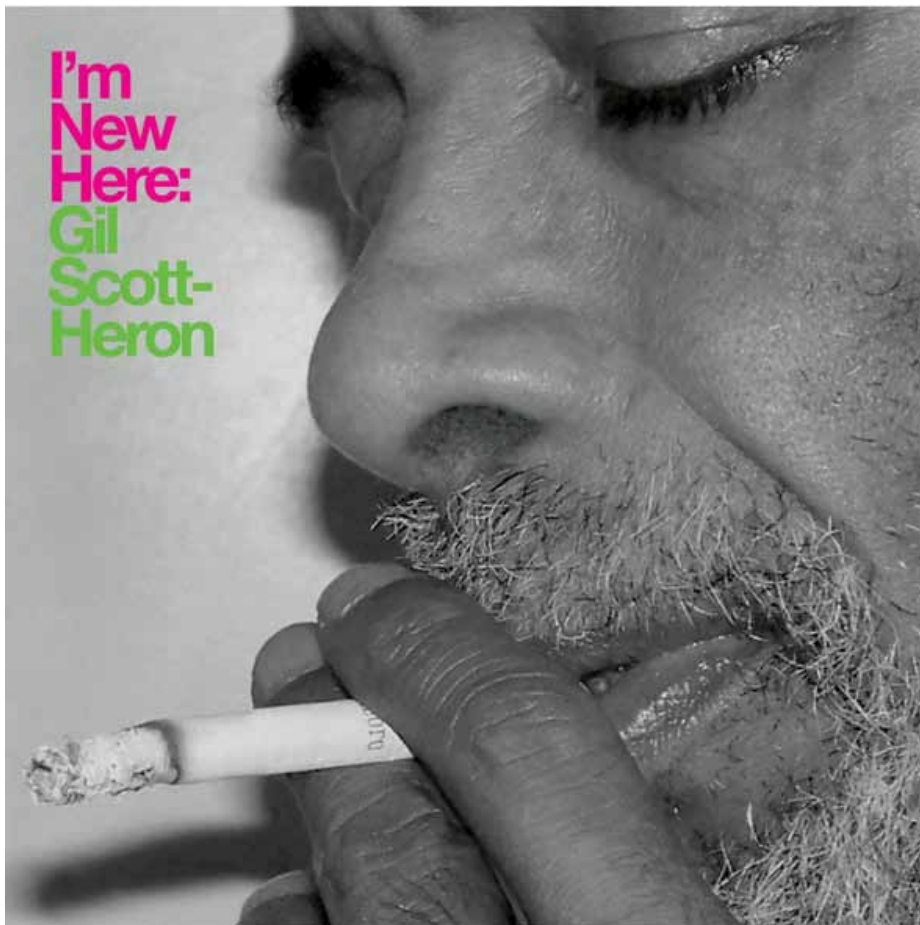
Scott Heron



can teach and their superhuman capacity to love, not only the ones close to them, but all their fellow humans as well. Their selflessness and devotion is what has given this man the strength to come back from the gates of hell. They are flowing through his bloodstream; he is always remembering them, honoring them, and reminding us as well, that it is these kind of virtues that make us human and that we should all aspire to reach.

Track Listing

- | | |
|-----------------------------------------|------------------------------------------|
| 1. On Coming From A Broken Home (Pt. 1) | 9. I Was Guided (Interlude) |
| 2. Me And The Devil | 10. New York Is Killing Me |
| 3. I'm New Here | 11. Certain Things (Interlude) |
| 4. Your Soul And Mine | 12. Running |
| 5. Parents (Interlude) | 13. The Crutch |
| 6. I'll Take Care Of You | 14. I've Been Me (Interlude) |
| 7. Being Blessed (interlude) | 15. On Coming From A Broken Home (Pt. 2) |
| 8. Where Did The Night Go | |



Cannes Film Festival

In 1939 the French government chose Cannes as the suitably sunny location for its inaugural Film Festival. From what was originally an opportunity for wealthy tourists to rub shoulders with movie stars at glittering parties, the event has grown to become what is probably the most prestigious film festival in the world. It is also the main annual rendez-vous for all members of the movie industry. As well as screening world premieres of the year's biggest films, the festival includes masterclasses, tributes and exhibitions honouring stars of the silver screen past and present. Only journalists and those working in the film business are allowed to attend the event, but the presence of so many stars in town always attracts thousands of visitors hoping to catch a glimpse of the rich and famous.

Cannes Film Festival

When : 12 - 23 May 2010

Where : Cannes, France

Website: www.festival-cannes.org

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“MEMORIES OF MY MELANCHOLY WHORES”

by Garcia Márquez

by Tamara Vasilkovska



beyond living in society...consequential aging vs. quintessence of the emotional state?

A journalist. A local, refined critic of classical music. A knowledgeable book “carer”. An almost nonagenarian, living as a respectful “golden oldie” of society. Having given himself a virgin soon-to-be whore as a birthday present, a 14 year old socially deprived girl, whose job is to sew buttons in a clothing factory, he feels love overwhelming him for the first time. The connection between these two is established by a lifelong friend, Rosa Cabarcas who has been providing this locally renowned writer with prostitutes all his life.

This is the skeleton of the fiction novel “Memories of My Melancholy Whores” by Garcia Márquez. The work of this Colombian novelist mostly emphasizes the strong feelings of possession, madness over love, amongst other particular socially implicated circumstances. Going through this concrete short fiction novel, Márquez conceives the state of reviving the soul of this 90 year old writer, whose life has become a pattern. He lives in his parents’ house with his faithful servant Damiana. He has a job as a columnist at the local newspaper “El Diario de La Paz”, he occasionally satisfies his sexual needs by hiring a prostitute. This is the frame in which the great inner transformation of the protagonist is made.

He claims to have never been in love nor felt the necessity of another, except for his physiological sexual needs satisfied by paid time with a prostitute. This time, he has special demands. As previously said, the 14 year old virgin, sleeping nude in one of the rooms in the masked brothel, excites the protagonist who is positioned beside her. She shows resistance to his attempts of having sexual intercourse. At that moment, he only follows her breathing and watching her all through the night. He carefully describes every part of her body and correlating it with her character. From that night, he becomes attached, addicted to her. Only her physical state of being, exploits such state of immense burst of fantasy, emotions, inspiration and liberation which he consumes and manifests into his columns,

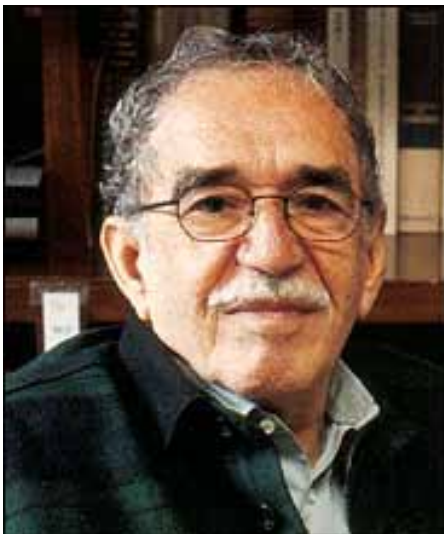


Photo: Garcia Márquez

“He carefully describes every part of her body and correlating it with her character”

UNCHOLY WHORES”



his full sense of well-being. As he later on describes:

“her blood circulates through her veins with the fluidity of a song that branched off into the most hidden areas of her body and returned to her heart, purified by love.”

As their meetings proceed, he involves more and more elements of his social life into their room, singing and reading to her, making her a part of him. Because this 14 year old girl is in property of the brothel madam, Rosa Cabarcas, he is not able see her all the time, even though throughout the story, she is preserved as a virgin. In between, he longs for her. The tension and obsession with this girl grows so high, that at one point, when an incident happens at the brothel, the madam with the girl vanish and the protagonist feels hopeless and deluded. Later he realizes that the aching for love and her presence makes him feel more alive than ever before.

“I would not have traded the delights of my suffering for anything in the world.”

He starts to panic and feels intense loss of the source of his revival. But she comes back into his life. Her absence makes him question her virginity and finds himself betrayed He sees her with changed physiognomy. Losing control over himself, he pushes her away from his life not even giving time for an explanation.

At the end, the coincidental encounter between the writer and a retired prostitute, whose experience evokes the result of his present situation. The story ends in a “happily ever after” manner with quite an ironic connotation.

The parallel between the nonagenarians, knowledgeable, respected journalist with almost a century life opposed to a 14 year old social case, working class cipher, knowing nothing more or less then making enough money for basic requirements of her family.

events



Open-Air Torchlight Noh Performance

The ancient Japanese dance-drama Noh is given heightened mystery in this open-air performance by the light of bonfires and torches at Kofukuji Temple. Noh developed in the Muromachi Era (1333-1568). To see its distinctive masks reflecting the firelight is a surreal experience that is not to be missed. The temple itself has tales to tell; originally built in Kyoto in 669 by the powerful Fujiwara clan, it was moved to Nara when it became the imperial capital in 710.

Open-Air Torchlight Noh Performance

When : 11 - 12 May 2010

Where : Nara, Japan

Website: <http://www.mon-temapu.com/>

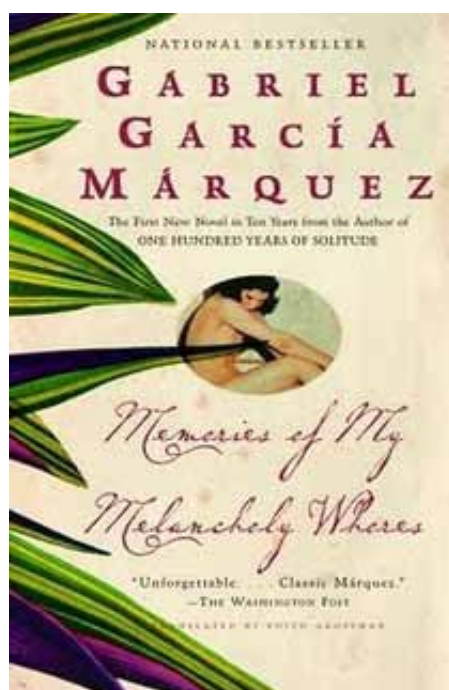


Photo: book cover

“From that night, he becomes attached, addicted to her.”

The protagonist, being at the end of his life is given the bliss of falling in love by idealizing and idolizing this form of purity embodied in the simplest and rough but untouched creature. And her, the “tender young fighting bull”, as he describes in his thoughts, is an object in which all these emotions and ideals are implemented herself and put in the role of an idol. Not denying the emotions that she responds later on, but the subtleness which he endows unto her is beyond the real image of her existence.

The euphoric feeling that is evoked in the writer is less reality than it is just the idea that he makes of it saying:

“From then on I had her in my memory with so much clarity that I could do what I wanted with her... Seeing and touching her in the flesh, she seemed less real to me than in my memory.”

In one moment, when she speaks for the first time, he thinks that she is better off without it. Her speaking diminishes the picture perfect image of a mutant, platonic love.

The net between these two makes a perfect remolding of age, social, intellectual and emotional differences, giving a 90 year old at the end of his life, the lust for life. The birth of a new feeling, the longing for a loved one; something that he irrefutably and irreversibly denied experiencing throughout his life path. A young 14 year old without anything to be given or taken, being introduced with a different not predisposed way of perceiving things and being taken care of.

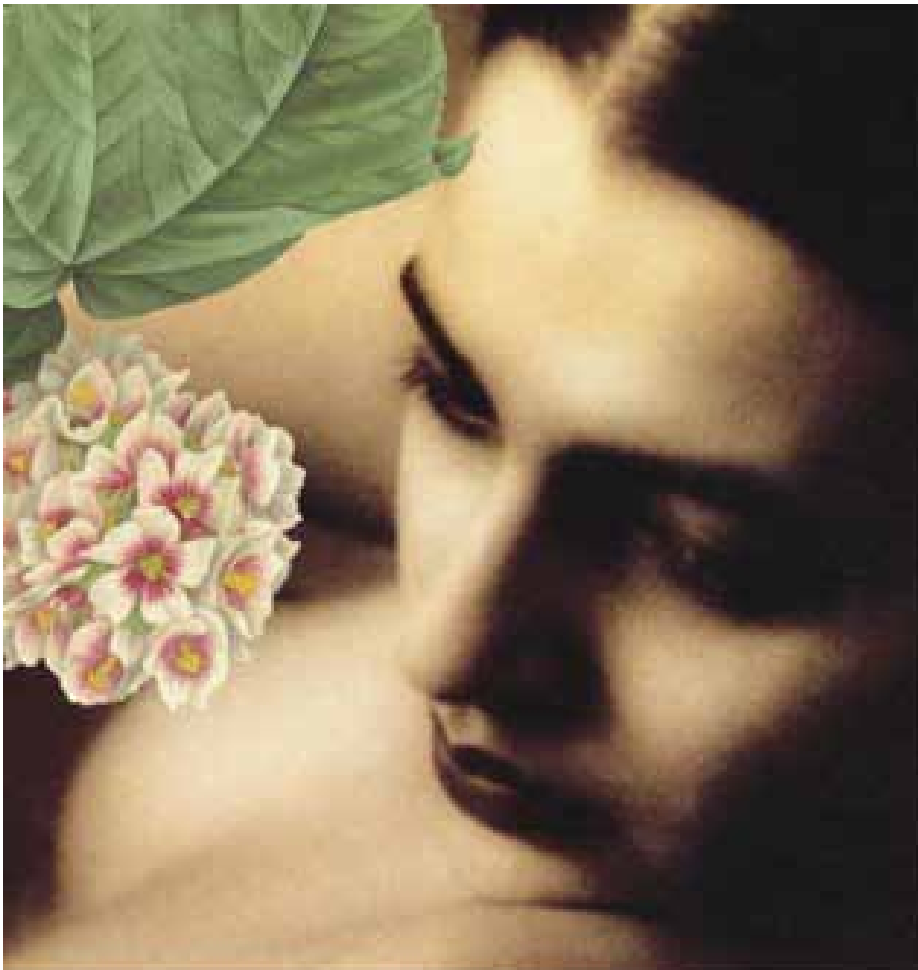
Though, the end of the story is rather paradoxical, still perfectly balanced in making a great point, referring to the constant state he’s in, contributed with:

“... the brutal oracle in my ear: No matter what you do, this year or in the next hundred, you will be dead forever.”

Finishing one circulating, vital state of another, nostalgic homo sapiens having his high pitch as a perfect synonym of what is referred to as quintessence of life.



events



MEMORIES OF MY MELANCHOLY WHORES
GABRIEL GARCÍA MÁRQUEZ

A NOVEL

Translated by Edith Grossman



Nordic Media Festival

Focusing on the current trends within the media, the annual event aims to inform media professionals, students and the general public about changes and innovations in modern media. The festival is a great networking event and provides a forum for discussion and debate about various themes affecting the industry. One of the largest conferences of its kind in the Nordic region, the event always closes with the prestigious Gullruten Television Awards ceremony.

Nordic Media Festival

When : 05 - 07 May 2010

Where : Bergen, Norway

Website: <http://www.nordiskemediedager.no/nordic-media-festival/>

“THE FALL” by Elena

“A LITTLE BLESSING IN D

by Elena Sarpdanova



Photo: pictures from movie

“Have you ever seen a movie that just left you speechless and with a huge smile on your face?”

Film: The Fall

Starring: Lee Pace, Catinca Untaru, Justine Waddell, Kim Uylenbroek, Aiden Lithgow, Sean Gilder, Ronald France, Andrew Roussouw, Michael Huff, Grant Swanby, Emil Hostina, Robin Smith, Jeetu Verma, Leo Bill, Marcus Wesley

Director: Tarsem Singh

Screenwriter: Dan Gilroy, Nico Soultanakis, Tarsem Singh

Producer: Tarsem Singh

Cinematographer: Colin Watkinson

Costume Designer: Eiko Ishioka

Genre: Epic fantasy

MPAA Rating: R for some violent images

Runtime: 117 minutes

Year: 2006

H

ave you ever seen a movie that just left you speechless and with a huge smile on your face? That's exactly what happened to me a few days ago when I stumbled upon this amazing little gem. I was surprised to find out that this movie was made in 2006, and yet somehow only a few people heard of it.

The man responsible for this movie is director Tarsem Singh (he dropped his last name and simply goes by Tarsem). Many people will recognize him as a music video director (like “Hold On” by En Vogue, “Sweet Lullaby” by Deep Forest, and also R.E.M.’s “Loosing My Religion”) and as the director of many famous commercials for brands such as Nike, Coca-Cola, Pepsi, Levi’s, Smirnoff, Reebok. The first movie he made was “The Cell” (2000), starring Jennifer Lopez, Vince Vaughn, Vincent D’Onofrio and Dylan Baker, a movie that was criticized for the story line, but was praised for it’s amazing photography. So if you’ve seen it you can be certain you will also witness beautiful images in his second movie - “The Fall”.

The gorgeous black and white opening sequence of the movie, which is underscored by Beethoven’s Symphony No. 7, lets you know you can expect a visual pleasure. And now a little bit about the plot.

“A Šaprdanova DISGUISE”



The movie is set in a Los Angeles hospital in the 1920's. The main character is Alexandria (played by Catinca Untaru), a little six year old Romanian girl who ends up in the hospital with a broken collarbone after falling from a tree while picking oranges. Here she befriends Roy (Lee Pace), a Hollywood stuntman, who after an accident remains paralyzed, and also heartbroken and depressed. Roy starts to tell Alexandria an epic story about five legendary heroes - an Indian, a former slave, Luigi an explosives expert, Charles Darwin and The Masked Bandit – who vow to destroy the evil Governor Odious. The story ignites Alexandria's imagination and the heroes come to life with the most unbelievable landscapes. Now this is where you can really see that the director took his time making this movie. No wonder it took him four years to film it. It features landscapes from over two dozen countries, and every single one is amazing, so amazing that you would think that a great amount of special and visual effects were used. But that's not the case. Now let's get back to the story.

At first it seems like this is a selfless friendship of two people who are trying to make their stay at the hospital a little bit easier, but Roy has his own personal motives for telling Alexandria the story. He strategically stops the story and asks for certain favors from the girl so that he can continue telling.

events

Barbados Gospelfest

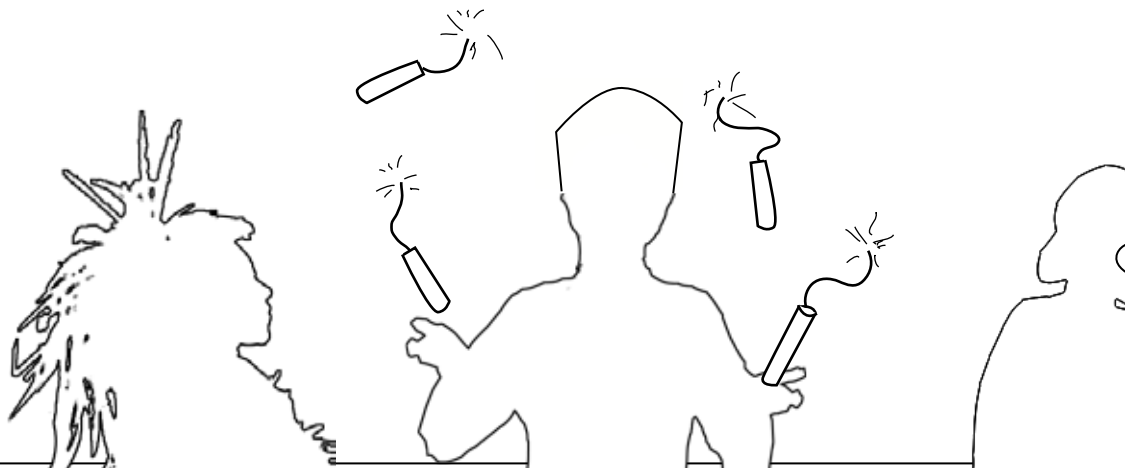
Featuring top local, regional and international gospel talent, the annual Barbados Gospelfest is one of the most popular Christian music festivals in the Caribbean. The event was first held in 1993 and covers different styles ranging from traditional gospel choir music to a modern gospel DJ set.

Barbados Gospelfest

When : 22 - 30 May 2010

Where : Barbados

Website: <http://www.barbadosgospelfest.com/>



Alexandria, like any six year old child, wants to find out how the story ends so she agrees to do these favors. This is the point where I'm going to stop talking about the plot, because if I add any more information I will ruin the movie for those of you who will decide to watch it.

I know that many people have a problem with Catinca's acting and her English, but take into consideration that she did not speak a word of it before this movie, nor has she been an actress. Director Tarsem stated in many occasions that he wanted to catch Catinca being natural and honest, so you may notice that there are scenes where she loses her focus and does not act, but instead she's having a real conversation with Roy/Lee. But on the other hand you cannot say a bad word about Lee Pace's acting. He was so believable as Roy, and his ability to connect with Catinca and to be completely natural when it comes to the dialog with her (even though she stumbles on some words) will not leave you indifferent. And plus this guy had to spend two months in a wheelchair, pretending that he really was a paraplegic, lying to everyone, just so that Catinca could better connect with his character.



Photo: pictures from movie

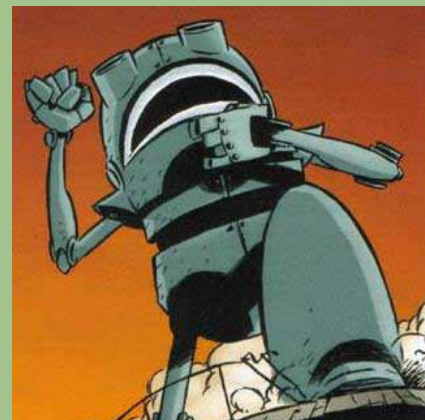
“The story ignites Alexandria's imagination and the heroes come to life with the most unbelievable landscapes”

And for all you who will find the movie a bit dull at certain points, or will not be satisfied with the acting ability of Catinca, or even criticize the lack of any 'famous' actors appearing in it (taking into consideration that this movie was made before Lee Pace became famous for portraying Pushing Daisies's Ned), I can only say this: Just put the movie on mute and simply enjoy the beautiful landscapes that it has to offer. I'm pretty sure you won't find anything like it no matter how hard you try.

On a final note, even though the movie features a child as the main character and it's about storytelling, fantasy and imagination, this is not a family movie. It features strong violence and deals with very deep human emotions. But that's the beauty of it. This movie has so many layers that every time you watch it, it reveals something new that you might have missed the first time. So don't think twice – find this movie and treat your eyes, heart and soul. You won't regret it.



events



Komiks Festival

Celebrating the wonderful world of comics, the event is Denmark's largest comic book festival. It attracts a mix of cartoonists, writers, fans and collectors from across the country as well as those from further afield. Everything from old Disney favourites such as Donald Duck and Mickey Mouse to modern classics such as X-Men is represented at the show. Visitors can also learn from the masters themselves at a series of lectures, exhibitions and workshops held by established writers, cartoonists and publishers. The first Komiks Festival was held in 2004 and is now a biennial event.

Komiks Festival

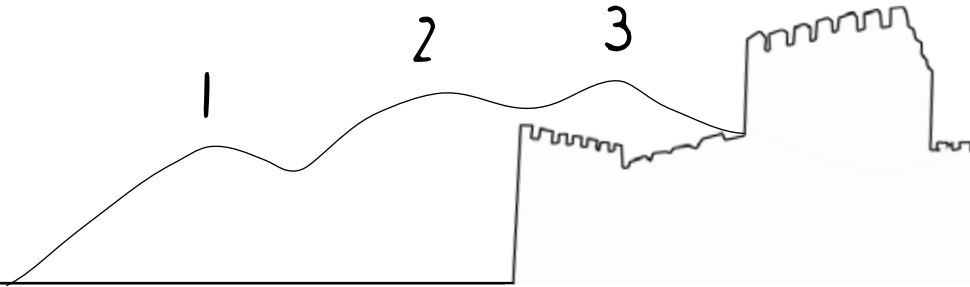
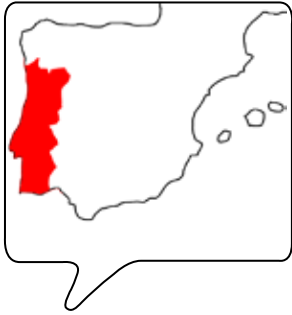
When : 31 - 01 Jun 2010

Where : Copenhagen, Denmark

Website: www.komiks.dk

[LISBON]_ PORTUGA

by Carolina Nunes and Tiago Felix



nº9...Human virtues

28

Digital Magazine — Libertas

“Lisboa. Menina e moça...”, as the fado says, the Tejo rises in a nearly constant blue sky as a backdrop that along with the beautiful patterned driveway gives this city a unique light.”



Photo from Tiago Félix



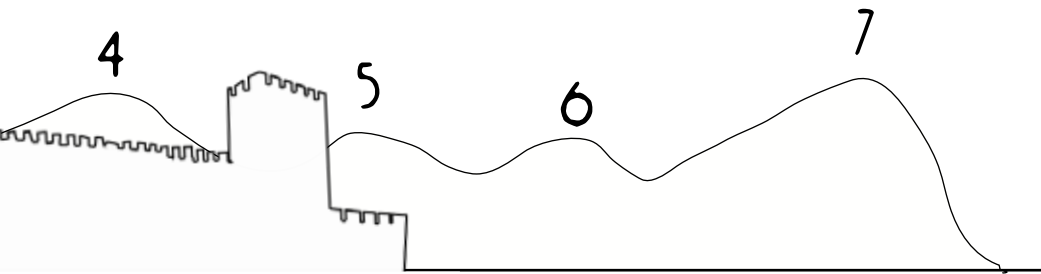
“Lisboa. Menina e moça...”, as the fado says, the Tejo rises in a nearly constant blue sky as a backdrop that along with the beautiful patterned driveway gives this city a unique light.

Lisbon manages an area of about 2 870 km², mixing cultures, smells, can climb up and down the sidewalk, manages to look beneath herself from the top of São Jorge Castle, or the many viewpoints that are spread by itself, (Santa Luzia, São Pedro de Alcantara, Jardim do Torel, Graça) that are in some of the 7 hills of the city, a place to have an afternoon beverage and watch the magnificent view, whether it's towards the castle or to the river, the satisfaction is guaranteed.

Lisbon was rebuilt after the 1755 earthquake that devastated the city almost entirely. In the center, only a few buildings remained standing, as the Carmo Convent, and the water cleaned up the city almost to the foothills of the High Campo de Ourique

Lisbon sings in every corner, breathing the smell of the river, the Tejo River, and in the squares are men who claim the smell of roasted chestnuts. Lisbon has retained traces of its past in neighborhoods of the city, where everyone is family, which always takes place with the heart. The people in these neighborhoods are simple, and the secrets hidden in whispers narrow streets in the middle of the clotheslines.

Lisbon is full of history, and to document the history it has numerous museums, such as the National Museum of Tile. The art of painting tiles is something that is also featured on the buildings in Lisbon. The National Museum of Ancient Art, Museum of Coaches, which holds an exceptional collection of



cars used by the European courts of the seventeenth century until the late nineteenth century. The arts walk up, and are increasingly a form of expression through the streets of Lisbon, including expressions that are “carimbos” (Stamps) authentic ancient times, who embody the streets of the twenty-first century, in the same Lisbon ever ‘menina e moça’. In the city museums like the Museum of Chiado, it brings together a considerable collection of representative periods Romantic, Naturalist and Modernist as well as a wide range of paintings, sculptures and drawings of the nineteenth century Portuguese until today. MUDE Museum - Museum of Design and Fashion, which expresses the change and innovation that the Design and Fashion suffered over time, and “demonstrates the desire to be a privileged place of enjoyment and discussion of the concept, the boundaries and conduct design, offering a time of discovery, emotion, encounter, communication.” The MUDE presents a collection of Portuguese art, composed of pieces ranging from 1850 to present day, is the exhibition of contemporary arts most important in Portugal.

Aside from the streets and staircases, the viewpoints, the elevators, the Castle, the inspiring view of the other bank of the River Tejo, the museums are also way more “classical” to bridge the time, and give us know the city, the thinking of other times, and being, to live and express themselves. Museums such as the Army, Navy, Costume, The Gulbenkian Museum, the Museum of the City of Lisbon, the National Museum of Natural History, etc., are ways of perceiving the world and understand it Lisboa.

The city smells like flowers; smell the chestnuts in the autumn, the rain when it’s cold. Lisbon walks every day by the indefatigable ladders hidden from their neighborhoods.

events



Sounds of Lithuanian Spring Instruments

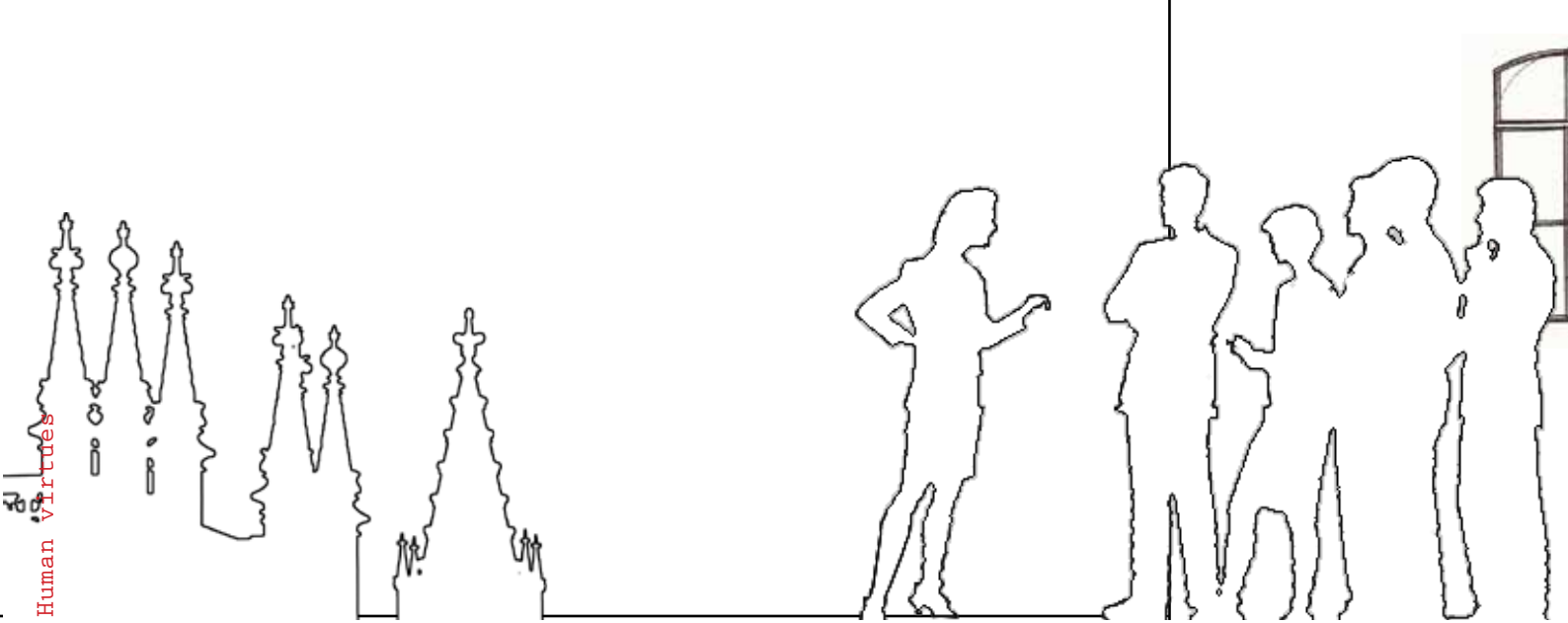
Each May the streets of the historic town of Vilnius come to life with song and dance during the annual Sounds of Lithuanian Spring Instruments. During the weekend festival visitors can listen to folk songs, traditional instruments and watch traditional dances at a number of free performances in the city. Open-air performances take place in the city’s courtyards which each year attract in excess of 20,000 spectators. Sounds of Lithuanian Spring Instruments

Sounds of Lithuanian Spring Instruments

When : 29 - 31 May 2010

Where : Vilnius, Lithuania

Website: www.vilnius.lt



The hustle and bustle, in Camões Square, reflects Cosmopolis featuring the Capital of our country. The art of being Portuguese and the art of being a foreigner here makes no sense. People cross paths, cultures and beliefs, breathe foreign smells, but merge together. They learn from each other, and so art becomes human gestures, glances at that mark and photograph themselves at each corner.



Photo from Tiago Félix / Belem

“At night you can have dinner at a typical tasca, where the Portuguese bitoque (...) is well served and highly recommended along with good Portuguese wine.”

In Belém, outside the center, near the River Tejo, is the Jeronimos Monastery, commonly known as the ‘jewel’ of the Manuelino style. This style combines architectural elements from Gothic and Renaissance periods, joining them with a royal and naturalist symbology that makes it unique. You can have a stroll near the riverside in Belem, and visit contemporain art in CCB

Have a “pastel de nata”, a cream pastry, with a 300 year old secret of its recipe in Pastéis de Belem.

Also in Belém, you can find a milestone in the history of Portugal, which evokes the expansive spirit of the people of old Portuguese and that somehow reveals the fiber that are still made in modern times, the - the Standard uncover. This monument was inaugurated in 1960 during celebrations of the 500th anniversary of the death of Infante D. Henrique (Henrique, the Navegator). Clearly evokes the maritime expansion and is designed in the shape of a caravel, led by Infante D. Henrique - a hand holding a small caravel - followed by many other heroes of Portuguese history (Vasco da Gama, Pedro Alvares Cabral - who discovered Brazil - Fernão Magalhães - who crossed the Pacific in 1520 - the writer Camões and many others). The walk can continue along the waterfront, and you can still enjoy the sun, the cool shade of trees, lawns and the rest of the gardens of Belem. Tower of



events

Belem was built in the Age of Discoveries, when the defense of the city was extremely important to honor the city's patron saint, São Vicente. In it, one can see the Manuelino style, symbolizing the king's power, as in encircling the building, ending in elegant knots, armillary spheres, crosses of the Military Order of Christ and naturalistic elements are part of feature ornate decoration and the tower. This monument was considered in 1983, the Cultural Heritage of All Humanity by UNESCO.

At night you can have dinner at a typical tasca, where the Portuguese bitoque (steak with fried egg, rice, french fries and salad) is well served and highly recommended along with good Portuguese wine. After which, you can go to bairro alto for a drink. An old traditional neighbourhood transformed into an eclectic area with bars and cultural places for all. While there don't forget to ask for a moscatel, or a ginginha if you want to try the real Portuguese drinks besides port wine.

Lisbon is the city that can provide unique moments, which always has the window open, the stalks, which open the door to newcomers, and that always invites to come. It's a simple town that has its own peculiarities, like all cities in this world. It shows its difference, for its simplicity as it happens, she smiles as she sings, as if painted by alleys, as flower perfumes, and shows us the path through the smells, like a track that follows, when seeking treasure. Lisbon is the treasure, and all its secrets are open to those who want to search, browse and unravel. Lisbon itself is a mix of quiet girls, with the bravery of the brave people who made and still make history. A story written every day, since cafes, restaurants, from the highest bohemian ace stops most scholarly, where letters and the prose dance off by late afternoon. Lisbon is fascinating and unforgettable.



Druga Godba

Established in 1984 as an alternative to the country's mainstream music festivals, Druga Godba is dedicated to the weird and wonderful sounds of world music. Everything from Slovene folkloric music to African jazz finds a home at this eclectic five-day event that takes place at the Krizanke Theatre in the centre of the city. In addition to a great line-up of world music artists, the festival also includes animations, film screenings, music workshops, children's events, art exhibitions, seminars and political debates.

Druga Godba

When : 19 - 25 May 2010

Where : Ljubljana, Slovenia

Website: <http://www.drugagodba.si/>

CIPE INTERNATIONAL ESSAY COMPETITION

The Center for International Private Enterprise (CIPE)'s essay contest on the theme **Engaging Youth in Reform**, gives young people (18 - 30 years old) the opportunity to share ideas on three topics.

They are:

1. Democracy that delivers
2. Entrepreneurship and society
3. Women and participation

In each category, a first, second, and third place winner will be chosen by a panel of CIPE staff and international partners. Nine US\$1,000 honoraria will be given to the top three essays on each topic. The three winning essays from each category will be published by CIPE.

Guidelines:

- °All essays must be written in English.
- °All essays must be original and unpublished.
- °Word count: 2,000-3,000.
- °Since English may not be a participant's first language, spelling and grammar mistakes will not affect judging as long as ideas and thoughts are clearly laid out.

Contact

Center for International Private Enterprise (CIPE)
1155 15th Street NW - Suite 700
Washington DC
20005
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Deadline Date:

June 28, 2010

<http://www.cipe.org/essay/>

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Published by:
Youth Association creACTIVE

LIBERTAS is a monthly youth magazine fully prepared by a group of young people from different countries, supported by the Youth Association creACTIVE (www.cre-act-ive.org). Published for the young people worldwide, LIBERTAS is distributed through the internet to anyone who is interested - free of charge.

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May 2010
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