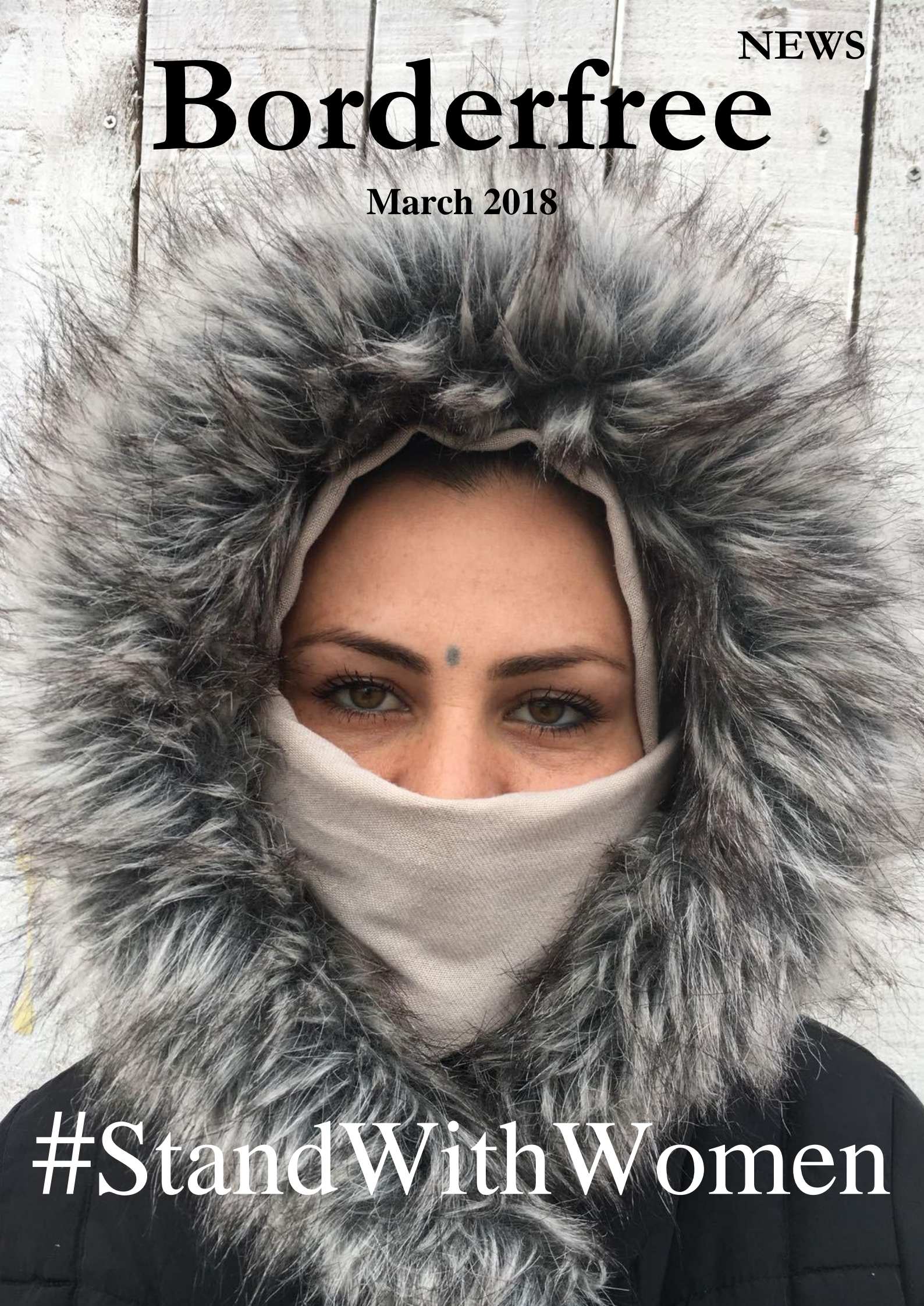


NEWS

Borderfree

March 2018



#StandWithWomen

Who we are, how we work

Every month a team of different people come together to set up this wonderful, informative and interesting magazine. For the month of March, a team of 14 people came together and wrote 6 articles and took creative photos and pictures.

Together, we have collected ideas, discussed them, evaluated them and finally determined what the magazine

should report on. It's nice to see how they support each other in writing articles, looking for suitable titles or exchanging

ideas as the photos might look like. Some articles are first written in native language and then translated into English. Sometimes the text is also used as a school material - two in one, so to speak. An exercise material for grammar and reading training. The magazine is therefore always present in everyday life. You have to divide the time well so that everything necessary can be organized, such as the ingredients for the cooking workshop. So it takes the help of

all those involved so that the magazine can be freshly printed in the hands of the readers at the end of the month.

The magazine offers a change in everyday life and it is a mouthpiece for all the different topics that move people in the camp. This issue is dedicated to International Women's Day. Of course, other very impressive and comprehensible

written texts have found their way into the Borderfree magazine, such as the article "Animals" by Anis and Tarek. Without this

commitment,

this journal would not emerge and all those impressions, feelings and thoughts would remain hidden. Therefore, a big thank you to the March team, we once again managed to carry out the workshop "Newspaper" together and achieved a great result.



Photo by *Flavia Eichmann*

Written by *Stephanie Good*

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Fights: Why we recreate the endless circle of violence and how to stop it

Year after year many lives are lost or definitely altered due to wars and fights. We, as victims or observers, cannot help but wonder about the mechanisms behind the perpetration of violence, its negative effects and what we can do about it.

How it all begins...

When a child is born, it does not know anything about evil. That is, human nature is goodness, a positive attitude towards others. However, as the child grows up, it can easily learn from society to hate and to misbehave. For example, a parent may teach his or her children to stay away from the people who they don't like or who do not have a good relationship with the family. **This is the first lesson in hate.**

In addition to education, temporary feelings such as anger, nervousness or more generally bad past experiences can contribute to a climate of violence. That being said, certain situations may create additional tensions to the current problems.

Differences in cultures and languages between people from different countries can cause misunderstandings which in turn lead to more fights. Living in small spaces negatively affects the behavior of people. Finally another reason can be

found in moments when people interfere in private issues of others. Jealousy especially can create a lot of arguments.



Photo by Stephanie Good

How fights harm us

Fights negatively affect our mind, our body and our relationships. They put a lot of distance between people and families.

Fights reinforce the already existing stereotypes and separate us from each other. If we have a bad relation with a certain person, it automatically changes our behavior with that person and it also affects the others nearby. Above all, conflicts force many people to flee their homes even if they do not want to leave. The suffering created by conflicts often remains in our heart. Wherever we go, we might recreate the violence which we experienced ourselves. Our world can become narrow. The nature of revenge also forces us to seek comfort by making others pay for what they did, or what we think they did. But this will never stop the circle of violence.

*Wherever we go, we might
recreate the violence which we
experienced ourselves.*

How to prevent violence

Fortunately situations of violence can be limited. There are many ways to share happiness. It is possible to create an environment of peace. Here are a few suggestions of different guidelines to follow.

First of all, we can start by respecting the privacy and the rights of others. For instance, when we communicate with

someone, we can aim to try to communicate politely. Keep in mind: “Give respect, get respect.” If we have any problem with anyone, we can and should discuss it calmly. If we want to listen to music, we can use headphones without disturbing anybody. The respect for everybody else's privacy happens when we keep in mind we are not alone in the room.

Secondly, we should take responsibility for ourselves as good neighbours, as good citizens in our society. For example, we should clean our own space. Also, we can choose to break the chain of violence by forgiving others. Lastly, we want to make you aware that fighting can be a “lose-lose” situation for everyone in the long term.

We are all in the same boat. If we follow these rules, this world may become just like heaven for us.

*“An eye for an eye will only make
the whole world blind.”*

Mahatma Gandhi

Written by Ali Shan, Daniel Salamanca

Animals in camp: Friend or foe?

At first glance you will think that camp Presevo is a place only for refugees coming to Serbia for various reasons, but if you look hard you will find another kind of being seeking shelter. Yes, maybe this will make you wonder who they are!!

It's the number of stray animals that have found, in this place, a refuge for themselves.

They consider this place to be more than that.



Photo by *Linda*

There blossomed between them and the refugees a relationship of solid friendship based on love and affection.

You can find a section of people here that are interested in cats, provide food and also protect them from animal haters and

even from the dogs in this place that come in many different sizes and ages.

These dogs themselves get their share of care and attention. They are intelligent and loyal creatures and know well who feeds them. They also know the timings at

which the food is served in this camp. You can see them standing outside the kitchen waiting for people to finish their food in order to have what remains of their rations.

This relationship has some problems, even though these animals look like pets and we haven't heard that they have attacked anyone in this place, they are a dangerous repository for many diseases that may be harmful to human health. There is no doubt that these animals are a vector and an active means of infection and illness.

There are many common diseases that affect both humans and animals.

The number of these diseases is very high, ranging from self-limited skin conditions to life-threatening systemic illnesses.

The most vulnerable groups of people are children, the elderly and pregnant women due to considerations related to their more fragile immune system.

The most important of these diseases are allergies and tuberculosis which affect the respiratory system. These animals can also infect people with fungi and worms. Cats can be one of the reasons for infertility and miscarriages in pregnant women because they can transmit toxoplasmosis.

Animals, due to the cold, resort to the dormitories in the refugee accommodation. You can find them wandering under the beds and sometimes even *on* the beds, causing large pollution with their waste (urine and feces) and hair.

The most dangerous aspect is the children who play with these animals and hold them. Here we have to sound the alarm and to look for a solution that protects public health in this camp. This can only be done by a form of veterinary control of these animals and by ensuring their health and treating the infected ones.



Photo by *Tarik Tomah*

They must also be prevented from entering the sleeping and eating areas. The children must not be allowed to play with these animals and that must be made the parents responsibility.

Finally, we should work to raise health awareness in the camp by giving some health lectures and putting some posters that illustrate all the risks caused by these animals and how to properly avoid them.

Written by *Anas Ghedeir, Tarik Tomah*

“Single”

You don't know what it means to be lost and have only hope. This hope pushed them to search for a new life, a new start. They spoke about their journey to reach here, how difficult it was. Their entry into Turkey is a story in itself; because it was the most dangerous stage. Some of them consider the “Death Boats” to Greece to be even more dangerous. But now comes the time to walk for long hours and to sleep for days in the woods. Did you ask yourself why they would risk themselves?

Why did they leave their loved ones behind, and walked blindly into an unknown destiny?

Because of the war, Firas left his country before he finished his studies at the faculty of Economics. Anas completed his studies at the Technical Institute of Medicine. He was working in a laboratory. Many of them are not actually single in life. They have left everything behind. They have left their families, because their lives were at stake.

Oday has two daughters and a son, which he hasn't seen in over a year. He misses them and his wife; he needs to hug them and see them again. They are patient in this dark time, and look towards the light at the end of the tunnel .Firas speaks about a day in camp: “After I get my

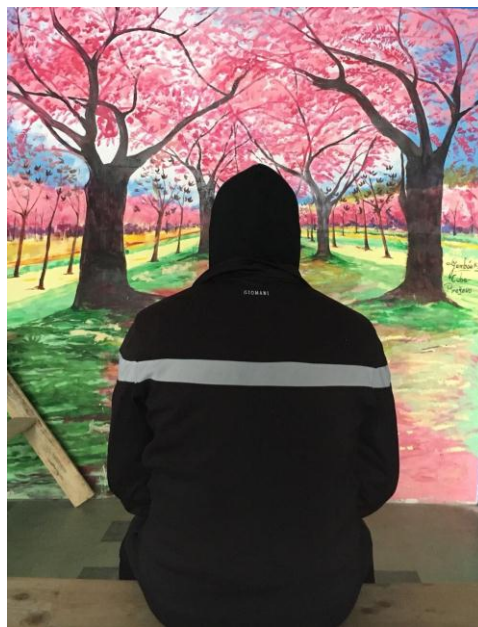


Photo by Stephanie Good

breakfast, I prepare myself to go to the Borderfree school by reviewing the previous lessons. I go to two classes a day to learn the English language. After that, I enjoy using the internet in SOS, or going to the Umbrella to get tea and see my friends, play games such as chess or even just watch TV.”

Many of these “singles” are educated and smart. They have learned new languages from the countries that they have gone through, within a few months, which is no easy thing to do. They have suffered in their journey, and are waiting to finally breathe freely .They feel that all the roads are closed in front of them. For many, the thought confuses and perplexes them. Why would the rest of the world turn their back on them? They are also victims and ask us all, in the middle of this mess and chaos, to please hold out a helping hand.

Written by Ahmad Alibrahim

International Women's Day

International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities.

International Women's Day is celebrated on March 8th every year. It is a focal point in the movement for women's rights. The first time it started as a protest against hard working women in a cotton factory, who were paid less than their male counterparts.

After the Socialist Party of America organised Women's Day on February 28th 1909, in New York, the 1910 International Socialist Woman's Conference suggested Women's Day be held on a yearly basis. After women gained suffrage in Soviet Russia in 1917, March 8th became a national holiday there. The day was then predominantly celebrated by the socialist movement and communist countries until it was adopted in 1975 by the United Nations.

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also makes a call to action for accelerating gender parity.

In the history, this global important event

we have women who wanted the right of voting. So we can say, this is a day for women to gain their rights and be equal with men all through the world.

I think, this is not just a holiday or just a celebration for men, to show their love to their wives and mothers.



Art by *Eli Faz*

It is a day, to remind every person that women are human beings and that they need to have their own rights

They should have rights such as voting, driving, freedom, education, child adoption, and the right to have a legal and safe abortion.

There was lots of bad behaviour towards women, for example, violence against women. This has not stopped but it is less prominent than before.

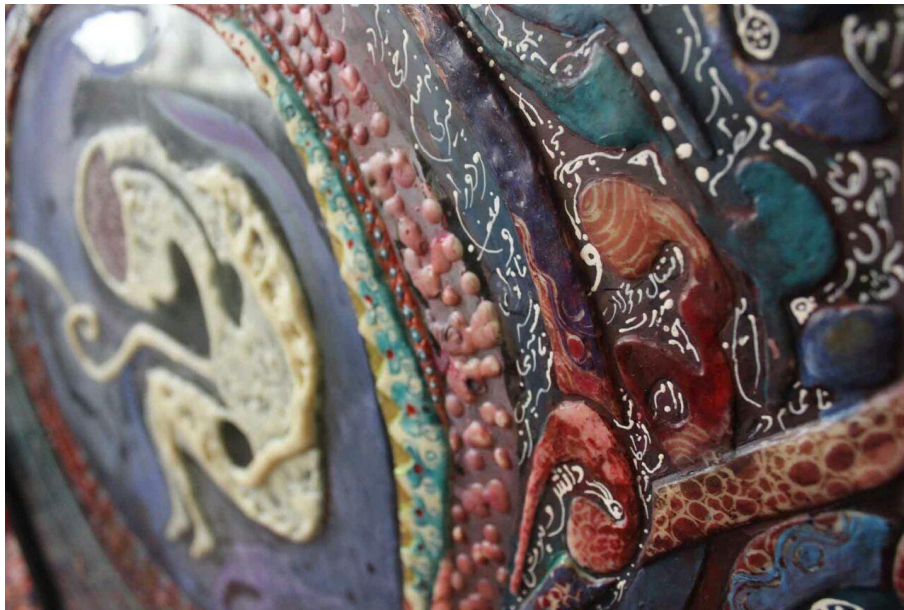
So, by considering women's rights people have to stop it sooner.

This day “International Women's Day” is a public holiday in some countries and largely ignored elsewhere. In some countries, it is a day for protesting, in others it is a day that celebrates womanhood.

Now, more than ever, there's a strong call-to-action to press forward and progress gender parity. There's a strong call to [#PressforProgress](#) motivating and uniting friends, colleagues and whole communities to think, act and be gender inclusive.

I hope, humans find the worth of women and their rights not just on March 8th but every single day.

*“I’m a woman.
Phenomenally.
Phenomenal woman.
That’s me.”
Maya Angelou*



Art by *Eli Faz*

Written by *Eli Faz*

Is International Women's Day still relevant today?

As it comes to me, I personally think that I have a different opinion than the majority of people that are surrounding me. But when it comes to International Women's Day, I have a really strong opinion and attitude about it. Every woman should be appreciated every single day, not just on the 8th of March. Why? Because that's what all women have been fighting for. To think that all that time, until 1900's women had so few rights in the world is tragic and a part of me is sad it took so much time for humankind to realize it and for women to stand up for their rights. Every woman should be treated equally, like any other person on this planet. And that is exactly what this day is all about, to mark an end to disrespect, to celebrate gender equality and to appreciate the day the world adopted something that should have been adopted a long time before.

a Man

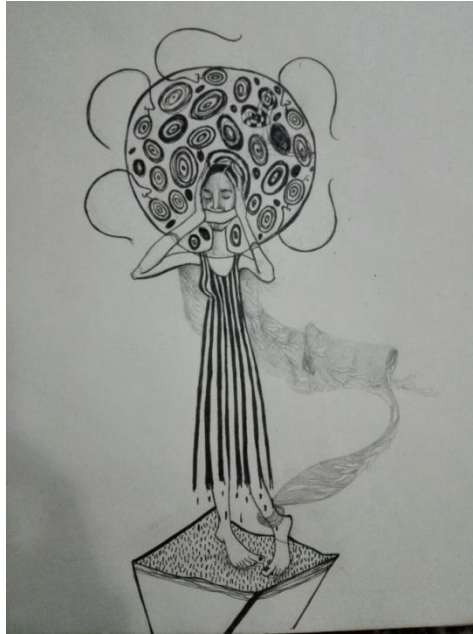
International Women's Day is an important day for many people in the world. The differences between Woman and Man still exist and on this day, we

will be made aware of them. But otherwise it makes me sad that we have to do that, because I am reminded of it, that we are still not equal with men. And we need this 8th March to fight for the re-evaluation of the gender roles, the equality and the fairness, yet again.

We talk about "equality" but the reality still looks different. I have the impression sometimes that we still think in old structures, the images of the Woman has not changed. We are in 2018, the women want to emancipate themselves, they want the same rights, they are stronger and more

confident. They would like to have the same job opportunities without which she is frowned upon, and not "just" bear babies, cook and be a good housewife. All this we know, but the behaviour has not changed yet. We are all humans with different skills- it should be equal if I am a man or a woman. So I will be happy, when the day has come, where the International Women's Day was made unnecessary, because then did we achieve equality- and it will be normal that a woman is worth the same as a man.

a Woman



Art by *Eli Faz*

Nowruz



Photo by *Anon*

Nowruz is an ancient festival marking the “delivery of the year”, the arrival of spring. Nowruz is celebrated March 20/21 each year, at the time the sun enters Aries and spring begins.

It can be traced back at least 3000 years. The name comes from Avestan meaning "new day/daylight". Nowruz is followed by Tirgan in summer, Mehregan in autumn and Yalda in winter.

Although often called the Persian New Year, and thusly closely associated with Iran, nowadays Nowruz is celebrated in different countries across the Middle East, Central Asia, South Asia, the Balkans and East Africa. The vast geography of Nowruz and its coincidence with the Spring of nature in the northern hemisphere and its ancient

background, and the emphasis on the celebration of altruism and kindness among the world, led the united Nation and other countries to the attention of Nowruz. It was recognized by the U.N. in 2009 as a tradition of Intangible Cultural Heritage, promoting

“values of peace and solidarity between generations and within families as well as reconciliation and neighbourliness”

thus contributing to cultural diversity and friendship among peoples and different communities.

Nowruz is a secular holiday for some, a religious holiday for others, and something in between for many more. It ushers in a celebratory period of two weeks, in which families clean their homes (this is often referred to as “house shaking”), visit relatives, and share festive meals and gifts. There are also shared rituals like bonfires, as fire’s warmth is linked to life, health and cleansing. Nowruz also comes with an abundance of

cultural events and ceremonies, including street performances of music, poetry and dance. The holiday is also frequently marked with sports competitions including wrestling and horse racing in Uzbekistan, and Kokboru (also a horse-mounted sport) in Kyrgyzstan.

Haft Sin: Households decorate a table with seven items that represent the new season which begin with the Persian letter *sin* (s).

The items include:

1. *Seeb* (apple), represents beauty
2. *Seer* (garlic), represents good health
3. *Serkeh* (vinegar), represents patience
4. *Sumac* (flower and seed), represents spring
5. *Samanu* (sweet pudding), represents wealth and fertility
6. *Sabzeh* (sprouts), represents rebirth
7. *Senjed* (oleaster) represents



Photo by *Anon*

Nowruz has ancient roots, but the holiday has changed significantly over the years. Different regions have preserved or developed different traditions and new ones have been added to the old ones. The beautiful thing about Nowruz is that it has taken different shapes everywhere it has reached, but it always marks the original message of rebirth and renewal.

Written by *Masoud Hashemi*

Lip-smacking goodness

Makluba

Ingredients

2 eggplants
1 tomato
500g rice
500g minced beef

Sunflower oil
4 ½ cup water
Salt
Pepper

Method

First we cut the eggplants into thin strips, salt them and deep fry them in oil. We then fry the minced beef in margarine until it is brown, with some pepper to taste. We cut the tomato into thin slices and arrange them in a flower pattern at the bottom of a big pot.

Layer the fried eggplant strips over it, again like the petals of a flower. Place some of the minced beef on top, and then some rice. Make more layers: tomato, eggplant, beef and rice, until all the ingredients are used up.

Finally add the water to cover the layers and cook it on low heat for 30 minutes. Now comes the difficult part: flip the pot onto a large serving dish, trying to make sure it keeps a “cake-like” shape, showing off the flower pattern that was created. And enjoy!



Recipe by *Ahmad Alibrahim*

A piece of Serbia

Karadjordjeva snicla

Ingredients

1 big beefsteak

50g flour

Breadcrumbs

Oil

2 eggsSalt

Pepper

Sour cream



Method

Pound the beefsteak with a meat hammer, or anything heavy that you have in your kitchen, so as to render the meat tender. Leave it to rest for about 5 minutes. In a plate, beat two eggs and set aside. Prepare two more plates, one with the Brasna, and the other with the breadcrumbs.

Take your beefsteak and put a generous layer of sour cream on it. Now roll it up, nice and tight, and close up the sides with toothpicks to prevent the sour cream from leaking out.

Carefully dip the meat roll into the flour, then into the egg and into the breadcrumbs. Then dip it again into just the egg and the breadcrumbs.

Deep fry until the outside is a tasty golden brown.

For a complete Serbian experience, enjoy it with a side serving of Sopska salad (tomato, cucumber and onions covered with grated feta cheese) and some French fries.



Photos by Stephanie Good

Recipe by Milos Jokic

