

**IWC QUARTERLY MAGAZINE** 

# BRIDGES

SPOTLIGHT ON CHARITY: IWC BAZAAR

FEATURED MEMBERS: TANJA LEVI AND GLORIA GABER ACTIVITY IN FOCUS: MEMORABLE HIKES WITH IZABELA BONTE



MARCH 2024 ISSUE NO. 1

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### **HELP US REDUCE OUR CARBON**

**FOOTPRINT:** This magazine is designed for online reading. If you have to print it, please use black & white and double-sided print settings for your printer.



### FROM THE EDITORIAL TEAM

We are delighted to introduce the first issue of Bridges, our new quarterly magazine produced with the IWC vision in mind and guided by your voices and needs.

For IWC members, it is designed to be both an information sharing tool as well as a place to recognize individual and team contributions to the club. For our partners, sponsors and donors, it aims to put our work in context and build awareness about the IWC, making its relevance known within the larger national and international communities in Serbia.

It is symbolic that the first issue starts with a feature about the 20th Annual Charity Bazaar, the largest IWC fundraising event. It is organized and run entirely by volunteers, and on the following

pages, you will find stories not only about IWC events and activities, but meet the people behind the scenes. You will learn about their passion and the work they do to enrich our members' lives and to help vulnerable communities in Serbia and, in this way, we hope you will 'get to know' the IWC from a new, in-depth perspective.

We thank our contributors for making this first issue possible and look forward to more great submissions in the future.

**We want your contributions**: to submit story ideas, content or comments, or if you have any suggestions for the magazine, please email Marine von Koenig at magazine@iwc.rs

### MESSAGE FROM THE PRESIDENT



Dear readers of the very first edition of the IWC magazine, *Bridges*.

It is with immense joy and pride that I welcome you to the premiere issue of our club's magazine.

This magazine is more than just a collection of words and images; it's a testament to the vibrant exhibition of experiences, passions, and connections that define us. Each page unfolds a story, a memory, and a shared moment that binds us in a unique expression of friendship.

Our club is not merely an organization; it is a family of diverse individuals, each contributing to our collective identity. Within these pages, you will find tales of success, memories of shared laughter, and reflections of the charitable spirit that unites us.

I extend my deepest gratitude to all who have found time to contribute to this premiere issue. Your effort, diligence and desire to participate in the creation of your individual club brand has manifested itself very early and in a very beautiful form. You are doing a great job and I am happy to be a part of it.

May this magazine be a source of inspiration for all of us.

Here's to the stories we have lived, the stories we are creating, and the countless untold stories that lie ahead.

With warm regards, I wish you a pleasant reading.

**IWC President** 

Barbora Kuchtová



# IWC CALL FOR PROJECT PROPOSALS ATTRACTS A RECORD NUMBER OF APPLICANTS

ALMOST 36,000 EURO WILL BE AWARDED TO SUPPORT AND EMPOWER WOMEN IN NEED.

photography: Wilhelm von Kahle, Mia Medaković-Topalović, Nikola Zamurović story: Marine von Koenig

Forty-eight organisations applied for financial assistance for projects that aim to empower women. Many of them focus on family violence, extreme poverty, and single motherhood.

The funding will come from a 36,000 euro pot that was raised during the 20th IWC Charity Bazaar on December 3rd, 2023.

Some two thousand visitors flocked to the event held in the Hyatt Regency Hotel, a second-year host and sponsor of the Bazaar. For a symbolic entrance fee of 300 RSD, visitors enjoyed an international programme, from dance and music to food and products from all over the world, with all the proceeds supporting this year's cause.

"We haven't had that many applications since 2016 at least," said Christina Czettl, Head of the IWC Charity Committee. "It is a clear indicator that there is a great demand for funding in this area."

The topic of women's empowerment has been chosen as a focus by the IWC for the first time since the introduction of annual themes back in 2018. "We looked at topics that kept coming up over the years, including Covid times," said Christina Czettl, "and it kept revolving around women, especially around abuse and violence against women. So we chose it as this year's theme. After all, it's most relevant for us as a women's club."

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APPLICATIONS SINCE 2016 AT LEAST.
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IS A GREAT DEMAND FOR FUNDING IN
THIS AREA.

-- CHRISTINA CZETTL, HEAD OF THE IWC CHARITY COMMITTEE

### FROM AN INFORMAL FUNDRAISER TO A MAJOR MULTICULTURAL EVENT IN BELGRADE

What started as a small initiative by an informal group of women some twenty years ago is now a full-fledged multicultural event, with twenty-nine countries represented at the December 2023 Bazaar.





IWC Bazaar Committee at the Hyatt Regency Belgrade, December 3, 2023

Fittingly, it was the bazaar that led to registering the IWC. "In 2011, we raised a lot of money," said Ann Pešić, then the head of the club's Charity Committee, "and we said we can't keep it all in a drawer and need to register ourselves to have a bank account."

For several years in a row, IWC recorded huge success attracting up to 5000 visitors to the event every year, until the Covid pandemic interrupted it in 2020 and 2021.

In October 2022, the Bazaar turned to a new location at the Hyatt Regency Belgrade, which provided the venue for free as its contribution to the IWC charity effort. And even though the impact of the pandemic was just beginning to fade, the event drew over 1500 visitors and raised some 22,000 Euro.

One year later, the 20th IWC International Charity Bazaar could build upon this success, raising almost double the amount and involving more participant countries.

"I am happy that we managed to follow up on the pre-Covid years when the Bazaar was held at the Belgrade Sajam," said Barbora Kuchtová, IWC President. "When I accepted the position of the President of the IWC, I stated in my opening speech that my goal was to involve more embassies in the Bazaar. I was glad to see other embassies return after a hiatus of several years. For many exhibitors, the Bazaar has become very attractive and they themselves actively plan many months ahead to import interesting articles from their native country and can thus offer visitors the most interesting gems."



#### MONTHS OF WORK FOR A CHARITY CAUSE

Twenty-nine embassies participated in the event last December, presenting traditional products and culinary highlights. Over a hundred donors donated prizes for the Raffle, another important source of fundraising for the club.

THERE WAS SO MUCH INTEREST IN SUPPORTING US AND ENTERTAINING OUR GUESTS -- IF WE HAD THREE TIMES THE TIME AND SPACE, WE COULD SECURE IT.

-- BARBORA KUCHTOVÁ, IWC PRESIDENT "We had six teams, including eighteen IWC volunteers working on the event organisation from September to December," said Iolanta Mura, 2023 Bazaar coordinator. "And don't forget all the partners, donors, and sponsors. It takes time and considerable effort to make sure that the event runs as a well-oiled machine."

For many of the committee members, it was full-time work, especially right before the bazaar day, which was covered by an additional forty IWC volunteers, selling tickets, manning the raffle corner, working with the media, and organising the cultural program.

Nine performances presenting local and international dancers and singers were carefully selected by the Cultural Program committee from a large number of applicants. "There was so much interest in supporting us and pleasing our guests," said Barbora Kuchtová. "If we had three times the time and space, we could secure it."



But the work on the Bazaar doesn't end there. Once the event is over, the Board collects and evaluates feedback, sends thank-you letters to sponsors and participants. "We also need to secure the venue and set the date before everyone leaves on holidays in July," said Gloria Gaber, interface for last year's Bazaar and the outgoing vice-president of the IWC. "New invites will be sent to embassies as early as mid May — many of them organise products for the Bazaar over the summer break."

#### GIVING A BOOST TO IMPORTANT INITIATIVES

Meanwhile, the IWC Charity Committee is busy reading and evaluating applications. "March is the busiest month for the Committee," said Christina Czettl. "Each member has to read the entire pile, and then we get together and discuss what projects we believe should get IWC funding. It means going through the budgets, checking project sustainability, credibility of the organisation applying — it all takes a lot of time."

Most of the time, these projects are too small for the big donors like the European Union,

WITH AN AMOUNT LIKE THREE THOUSAND EURO, WE CAN FILL A GAP IN THE FUNDING OR GIVE A BOOST TO IMPORTANT INITIATIVES, WHICH CAN THEN BE PICKED UP BY OTHERS.

### -- CHRISTINA CZETTL, HEAD OF THE IWC CHARITY COMMITTEE

international organisations, or embassies. "This is where we come in," said Christina Czettl. "With an amount like three thousand euro, we can fill a gap in the funding or give a boost to important initiatives which can then be picked up by others."

"The IWC is not here to solve a critical problem," said Barbora Kuchtová. "But we can help. We can add value to the noble work of the local non-profit organisations, and I am glad we can all be a part of it."

# **2023** IWC-FUNDED PROJECTS

Caritas Aleksinac: Return of health and strength after Covid-19

Hrišćansko humanitarno udruženje Hleb Života (Christian Humanitarian Association "Bread of Life"): Psychological post-Covid19 support for the Elderly People in Belgrade

**Bibija Roman Women Center**: Psychological support against elderly Roma women, victims of violence Kreativno edukativni centar KEC (Creative and Educational Centre KEC): Psycho-social support for people with intellectual and mental disabilities-PIMD

Centar za prava deteta (Child Rights Center): Supporting children and the wellbeing of youth and children's rights education

**ADRA Srbija** (Adventist Development and Relief Agency): Comprehensive Support to the Homeless in Belgrade

Beogradski centar za ljudska prava (Belgrade Centre for Human Rights): Children's Rights Protection with a particular focus on the Right to the Privacy

# FEATURED MEMBER: GLORIA GABER interviewed by Marin photography: Gloria

interviewed by Marine von König photography: Gloria Gaber



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We met with Gloria Gaber, IWC's outgoing vicepresident, to chat about her experiences with the IWC and in Serbia as she'll be leaving early summer after three years in the country.

Gloria Gaber is from Germany and came to Belgrade with her husband in April 2021. After several years in Sarajevo, Serbia is now the second Balkan country where she has lived. As she loves to discover new cultures, Gloria studied European Studies and International Cultural and Business Studies and worked in sales and marketing in Bosnia-Herzegovina and Germany.

AS A FOREIGNER, YOU ALWAYS HAVE
TO GO THIS EXTRA MILE, AND YOU
NEED A LOT OF ENERGY FOR THAT.
BUT I THINK YOU LEARN FROM IT AND
BECOME BETTER AT OVERCOMING
CHALLENGES.

As someone who studied intercultural communication, it must've been a great experience to come to a new country and experience everything first-hand.

Yes, absolutely. I already had this experience in Bosnia, where I worked in sales in a team with Bosnian colleagues. As they come from a different cultural background, it was very interesting for me to observe some differences or similarities in how we approached work or problem-solving, and then used these observations to achieve the best possible result at the end.

And then, in Serbia, in the IWC, I've worked not only with Serbs, but with people from all over the world. And everyone is so different; I loved how we all found a common language and worked so great together.

### It sounds very positive. Did you have any challenges during your stay here?

The cyrillic alphabet. It was very confusing at the beginning, but when I started learning Serbian, I tried to write every word I learned in Cyrillic, and now it works. I can have a basic conversation and I can order food — so that, actually, I'm perfect at it now. [Gloria laughs]

And logistics. Because you don't know where to find information you need, like when paying invoices, for example. Figuring out those many steps, especially when you don't speak the language—this is something I won't miss.

As a foreigner, you always have to go this extra mile, and you need a lot of energy for that. But I think you learn from it and become better at overcoming challenges.

### You started volunteering soon after you arrived. Is that correct?

I was introduced to the IWC by Verena Hartmann in September 2021. And at the first coffee morning I attended, Sonia Shehryar, the IWC President then, said that the IWC was looking for someone to help with the club's new Instagram account. I had previous experience with social media marketing, so in December 2021 I took over IWC's social media outreach, which really kicked off after I did social media marketing for the 2022 charity bazaar.

Two months later, in December 2022, during the coffee morning, Sonia Punin asked me if I was interested in becoming a new vice-president. I

was very touched that somebody thought of me as a candidate because I was actually one of the younger members of the club. And so since March 2023, I have been vice-president.

### And you also volunteer in the German Protestant Church in Belgrade-

Yes, it's a small community, and I do public outreach work for them.

I enjoy volunteering. I think it's somehow part of my DNA. My parents volunteered a lot as well, especially my dad. He has been training a children's soccer team for 40 years now. So I try when I can.

### What was your most memorable experience as an IWC vice-president or as an IWC volunteer in general?

Supervising such a sizable group of people for the Bazaar 2023. There is the Board and the President, of course, but as the interface to the coordination team you need to lead the team and give people necessary guidelines, keeping in mind what we wanted to accomplish as a Board.

It was also interesting for me to see if I had those leadership skills and the ability to realise my vision of how it should all work.

And then I loved working with the members of the Board and the IWC Presidents Eun Hai Kim and Barbora Kuchtová. I learned so much from them and always got their support.

#### And the most challenging?

Maybe when I had just become the vice-president, I had the feeling that I had to prove myself. I think it's normal that you are observed at the beginning; by long-term members in particular.

I understand that — you want to see how people are developing.



Image: Gloria Gaber



Image: Gloria Gaber

Gloria with her husband Martin on Kalemegdan

IF YOU HAVE NEW IDEAS, DEVELOP THEM AND ASK OTHER BOARD MEMBERS FOR FEEDBACK, WHILE KEEPING IN MIND WHAT YOUR CONTRIBUTION WOULD MEAN FOR THE CLUB LONG-TERM. BECAUSE VICE-PRESIDENTS LEAVE, BUT THE CLUB STAYS.

Later, after the General Assembly especially, which was well organised, and we had a very good presentation, I had the impression that so many people were supporting me and standing behind what I was doing. It was such a great feeling.

### If you were asked to pass a handover message to the new vice-president, what would it be?

I think the most important thing is to keep in mind that this is volunteer work and also that you don't have to do it in exactly the same way the former vice-president did it. If you have new ideas, develop them and ask other board members for feedback, while keeping in mind what your contribution would mean for the club long-term. Because vice-presidents leave, but the club stays.

### You are leaving early summer. What are you taking with you from Serbia?

Tito's portrait. It's an original that hung in some ministry, and we bought and framed it. My husband is very interested in the region's history, so he wanted to have it. And we also have a Yugoslav flag, a map of former Yugoslavia and

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various books about the Balkans. And then Pobednik, of course, and a few other small things from the region. We always try to bring something with us that reminds us of the countries we visit or live in.

And I also have this large Yugoslav cookbook, which we found in an antique shop here. I was told that during the Yugoslav era, it was a traditional present for newlyweds — I had to have it.

### And if you could take only one thing from Serbia, what would it be?

A Pirot kilim. I really like it — the patterns and the symbols. We bought ours when we travelled through Bosnia. It's now back in our apartment in Germany, and it looks very nice.

### What about your overall experience here? What did it teach you?

I think the more time you spend in a foreign country, the more open you are towards people from different backgrounds. I definitely learned to be a bit more flexible and relaxed here, find more creative solutions to problems, and be more optimistic.

### GLORIA'S FAVORITE SPOTS IN BELGRADE

#### **POBEDNIK GYM**

(Žanke Stokić 17, 11 000 Beograd)

"I have been training there regularly since last summer. Great team of coaches, super nice people, and fun workouts. Altogether a great spirit."

#### **GALLERY 1250**

(Čumićevo sokače 52, 11 000 Beograd)

"A friend showed me this shop in the Belgrade Design District. Beautiful cups, plates, vases, jewellery, decorations and even lamps made from ceramics."

#### MALA SLAVIJA NA SAJMU

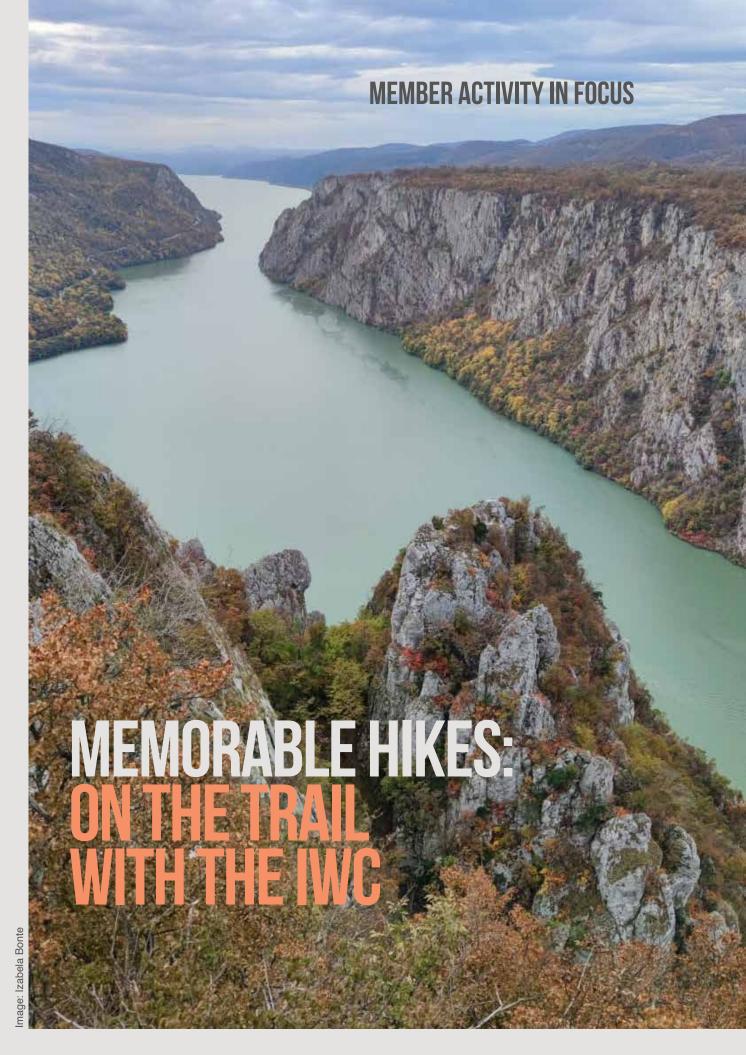
(Bulevar Vojvode Mišića 37, 11 000 Beograd)

"My husband and my favourite Serbian restaurant. We often go here spontaneously as we live nearby. Good food and great service."

#### **PIJACE / GREEN MARKETS**

"I love shopping at the city's green markets. If I find the time, I sometimes go to Kalenić, which for me is the most beautiful of all the markets. I love buying the typical local produce there as well as fruit and vegetables. Now in winter, for example, the pickled vegetables Turšija; or charcuterie and cheese. Delicious!"

I enjoy going for a walk along the **Sava Promenade** or taking tram line 11 to **Kalemegdan** and going for a walk there.



A new IWC activity group offers a break from busy city life and provides an opportunity to learn more about Serbia.

This relatively new group was started last September by IWC member Izabela Bonte. Originally from Poland and now married to a Frenchman and a nomad like many other IWC members, has travelled the world, moving from Cameroon to Switzerland, Belgium, Kyrgyzstan, and Tajikistan and she is now based in Serbia with her husband and children.

It was in Kyrgyzstan that Izabela set up her first hiking group. "It's a country of great natural



Image: Izabela Bonte

HIKING IS A GREAT WAY TO HAVE THIS FIRST-HAND EXPERIENCE. YOU MEET VILLAGERS, OR CROSS PATHS WITH A LOCAL WOMAN WHO COLLECTS BERRIES. AND THEN SHE INVITES YOU OVER FOR A TEA AT HER PLACE NEARBY, HAPPY TO SHARE.

beauty with surreal hikes in the Tien Shan Mountains and other areas," she explains. "I knew I had to get out of the city to truly appreciate it."

"On one of these hikes, I met an old lady who taught me how to make a Kurut, a Kyrgyz cheese snack," Izabela continues. "You see, hiking is a great way to have this first-hand experience. You meet villagers, or cross paths with a local woman who collects berries. And then she invites you over for a tea at her place nearby, so happy to share..."

Fast forward a couple of years, and Izabela moved to Belgrade and joined the IWC. It was just natural that the first thing she knew what she wanted was to start a hiking group in Serbia as well.

There have been four hikes since the group's inception last year, each of them with a unique story.

Take Gradac, for example. The hike began at the 13th century Ćelije Monastery–a witness to



mage: Izabela Bonte



Image: Izabela Bonte

Serbia's tragic past—and then continued along the winding course of the river, known to be the cleanest river in Serbia and home to over 70 caves.

Or Deliblatska Peščara. "Many people didn't know that it's the oldest European desert," Izabela says. "Most of the time you walk in a steppe-like landscape—it's so different and unexpected in Serbia."

And then there was the Djerdap Gorge, one of the deepest and the longest gorges in Europe, the famous Iron Gate. "This was definitely one of the nicest natural scenarios in Serbia and the best of our hiking experience," said Eun Hai Kim, a fellow IWC member. "The best part was during our coffee break at Mali Štrbac, a viewpoint with a fantastic panoramic view of the Danube."

There are a few more hikes planned in 2024. "Choosing destinations isn't difficult as Serbia has a lot to offer," Izabela says, "but there are many factors to consider." To this end, she goes well beyond simple internet research by talking to people, locals and internationals and asks for their suggestions.

"Personal recommendations matter to me most in the decision making process," she says. "After I have gathered all that information, I first go on these hikes with my husband. We check how easy it is to find the trail, how to access it, where to park the car, or whether the trails are well marked", she pauses. "Running a group is a responsibility. But the work pays off."

"Take again our hike to Djerdap Gorge back in the fall," Izabela continues, her eyes gleaming. "It was magical. We walked through the forest, leaves falling in a rain of colours around us. Once we arrived at the vista point, the view of the Danube was just absolutely breathtaking."

"That's why I love hiking. Since your agenda is normally so full, it's a good idea to take a day off. In the mountains, you're there, in that moment, so wonderfully disconnected from your daily stress and frenzy. I think everyone can relate."

by Marine von König photography: Izabela Bonte

### **IZABELA'S HIKE RECOMMENDATIONS**

### FOR SINGLES & FAMILIES



### **DELIBLATSKA PEŠČARA**

1.5 hours away from Belgrade,
Deliblatska Peščara (Deliblato Sands)
is another nice hike for families.
The GPS point will take you to the
parking lot from where you can
choose between several hikes that
mostly differ in length (3, 5, 7, 12 or
15 km). They are all very well marked.
There is also a restaurant, as well
as a playground, picnic benches,
and soccer, volleyball and basketball
courts for children to play.



### PLOČE AND MALI ŠTRBAC HIKE In Djerdap national park

These are two beautiful viewpoints overlooking the Danube river and the gorge. Excellent for experienced hikers.



Images: Izabela Bonte

### **GRADAC RIVER**

The hike on the Gradac river (1h30 from Belgrade) is very easy to find and nice for families with small children. The trail is very well marked and follows the beautiful Gradac river. The trail starts at the Ćeljie Monastery, where you can park your car.



### FEATURED MEMBER: TANJA LEVI

Most of the IWC members know Tanja Levi through her work with the IWC Charity Committee. She joined the club in 2014, when she returned to Serbia after spending many years in the US and Spain.

A trained dentist, Tanja worked for many years in a research lab at Harvard Medical School in Boston, focusing on inherited diseases. She regularly travels to the US, visiting her lawyer daughter, who is a mother to her 3,5-year old Marina and is expecting another child in June.

Marina von König sat down with Tanja in Thyme on Rajiceva street — Tanja's neighborhood — to chat about her work in the IWC, her travels and her love for cooking, dancing, and sailing. At the end of our conversation Tanja shared her insider

tips on culture, recreation, food and shopping in Belgrade, which you can find in the sidebar on the next page.

Like many of the IWC members, you spent most of your life as an expat. Can you share some of your experiences in those countries?

I came to Boston when my daughter was only 14-months old, and joined the Harvard research lab a couple of years later. It was a very international work environment, with many of my colleagues staying for two, three, four, or rarely five years.

Many people who don't move between countries do not realise how difficult it is even when you speak the language. You have to find an

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apartment, open a bank account, find a school for your children. It took me about two years to fully adjust to the country, to start feeling comfortable.

#### Was it similar in Barcelona?

Not quite. I didn't work there, so soon after the arrival, I enrolled in daily Spanish classes and finished all five levels to become fluent in the language. That helped a lot because people do not speak much English there, and I've never learned Catalan.

And then I also joined an international women's club there – that helped me to settle in as well. We had a little booklet with recommendations where to find dentists, doctors, where to buy fish, which bookstore to go to. It was like a manual for foreigners – very helpful.

We would meet once a month at the Ritz Carlton, and then we would also have all those fun activities. I loved the book club, and once we also had a workshop on Spanish cheeses.

But the club in Barcelona was different from the IWC here in Belgrade. It was more of a social group, less structured, and we didn't do charity work.

I understand that participating in charity work is important for you; after all, you have worked in the IWC Charity Committee for many years in different capacities.

Yes, I began volunteering in 2015, I was a Bazaar Coordinator, and after that, I was a member of the Charity Committee several times, over six years in total, and the Raffle Committee as well. The IWC statute requires that you don't stay in one position for too long, so I did a lot of different things.

It made me happy when we raised a lot of money and secured many donations in the Raffle Committee, but the work in the Charity Committee gave me the most satisfaction.

We got invited to see how the projects we supported were implemented, or we attended events and workshops we funded. Seeing how we

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were able to impact someone's life in a positive way was the most rewarding experience for me.

### Was there any project you are particularly proud of?

There was one project a few years ago. We were asked to finance a series of workshops to train specialists providing psychological support to oncology patients. At that time, nobody was specialised in this – the project we funded was the first one.

After the workshops were over, they told us that the project had a snowball effect, as others started to do the same thing and train psychologists to support oncology patients and their families. Before that, this type of training didn't exist. You don't forget something like that.

But there were of course other impactful projects, like helping schools, children with disabilities, the  ${\sf Roma}$  —

### What IWC activities do you enjoy most when you don't volunteer?

The Cultural Club. I love that, we get to have a lot of special tours. There were quite a few smaller Museums I discovered through the IWC, like *Adligat*, for example [the book and travel museum].

Some museums were closed for years and opened their doors only recently – like the National Museum or the Museum of Contemporary Art – we visited those as a group as well. And, of course, exhibitions are changing all the time, so you keep on discovering something new.

We also used to have day trips outside of Belgrade, which were organised through the IWC – I enjoyed those a lot. Unfortunately, they have not happened recently and I hope this will be revived some time soon, but, of course, it needs organisation and a volunteer who can take up that task.

Are there any other activities you would like to see revived or introduced at the IWC?

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Cooking classes! I'd love to see more cooking classes – I really enjoy them. You can see what my passion is [laughing].

Oh, yes. And since we are talking about cooking now, here's my question: If I had a chance to learn only one Serbian dish, which one would you choose for me?

I'll share a secret with you. I don't cook a lot of Serbian food, but one dish I love and cook more often is Prebranac.

It's very simple to prepare. You just need beans, celery leaves, onions and *aleva* [sweet] paprika – that's all. First you boil the beans and strain them. Then sauté some onions, add celery leaves and *aleva* paprika and sauté a little longer. Add the cooked beans to the mix, put everything in a casserole and bake in the oven. That's it.

There are of course plenty of versions, but this is how my family used to cook it.

Or, *šušpe*, those dry red peppers (they are available at green markets). You pour hot water

over them and when they absorb it, you can stuff them with meat or veggie filling. There are many options.

You can also take those dry peppers, bake them a little, then crumble them and mix that with some cheese.

I finally learned how to make authentic Prebranac from someone I know. I don't get many chances to make Serbian friends outside of the IWC.

Yes, that's the thing. We learn from each other and about many different cultures in the IWC -- through reading books, cooking, and volunteering together. We had more of it in the past, like coffee mornings in embassy residences. I remember once, in the Korean residence, we learned how to make Kimchi. It was a fun experience.

These things aren't as easy to organise anymore as we have a lot more members now. But still, you get to meet people from all over the world, have fun together, and make a difference with charity work.

### **TANJA RECOMMENDS:**

If you are in the Stari Grad, near the French Embassy, **Princess Ljubica's Residence** (Kneza Sima Markovića Street 8, Kosančićev Venac) is definitely worth your visit.

So is the Museum of the Serbian
Orthodox Church next door (Kneza Sime Markovića Street 6, Kosančićev Venac)

And after the visit, I recommend **Cafe Skica** nearby (Kosančićev Venac 28). The name translates as 'sketch' into English, and you'll approve of it once you are there.

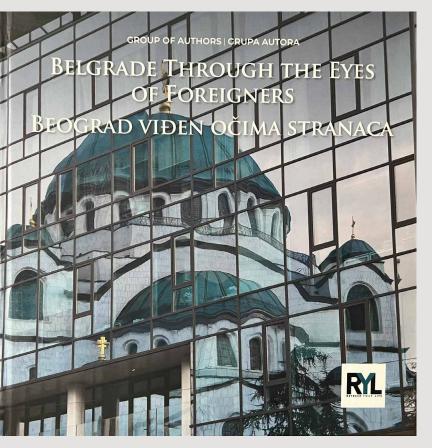
Nonna Handmade – a store in Čumićevo sokače selling textiles embroidered with ethnic motives. (Tel 063 897 0997 - Beograd, Čumićevo sokače lokal 41)

Kod Nas se Kaže / We Tend to Say

by Maja Stojanovic – a great book for foreigners. Written in Serbian and English, it's a collection of Serbian everyday phrases translated into English. As the author herself says, it's an educational journey through balkan culture.[available at Delfi, Laguna, and Vulkan bookstores in Belgrade]

Amadeus Dance School (Makedonska 17, Stari grad) – I have been to this dance school for years and learned how to dance salsa, tango, rumba, cha cha cha, bachata, sirtaki – you name it. It is temporarily closed but will reopen in a couple of months.

### **IWC BOOK PROJECT**



Back in 2020, when IWC activities were hampered by the global Covid pandemic, our Executive Board and the Charity Committee came up with the idea to publish a book that would show Belgrade through the unique perspective of the city's expat community and help the groups' fundraising and charity efforts.

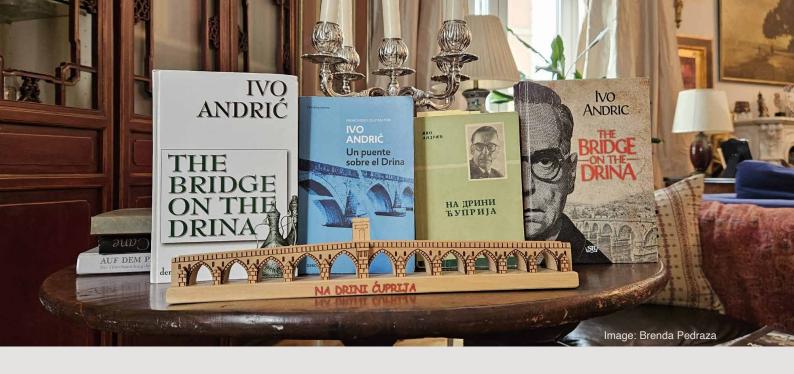
It was met with an enthusiastic response from the members, partners and friends, and in 2021, the book became reality, featuring twenty three contributions from a diverse group of authors sharing their love and appreciation for Belgrade.

Order the book on the <u>IWC website</u> or purchase it at a next IWC morning coffee\*.

\*The price of one copy is RSD 2.000.-(excluding delivery fees). 100% of the proceeds from the sale of the book go to support IWC charity efforts.

"HERE, IN THIS BOOK, IS THE EVIDENCE OF DOZENS OF ITS HIDDEN FACES,
DISCOVERED BY THE EYES OF ITS PROMINENT FOREIGN RESIDENTS WHO HAVE COME
FROM ALL OVER THE WORLD; IN MANY DIFFERENT WAYS, THEY HAVE FALLEN IN LOVE
WITH THE MILLENNIAL CITY, BE IT DUE TO ITS SECRET TREASURES OR NOTORIOUS
LANDMARKS. COMING FROM DIFFERENT COUNTRIES AND CONTINENTS, CULTURES,
ETHNICITIES, THIS GROUP OF WORLDLY PEOPLE SHARES UNANIMOUS ATTRACTION OF
BELGRADE'S PERSISTENT PRIDE, UNIQUE STYLE AND VERY PARTICULAR SPIRIT."

BRANKO ANÐIĆ Dorćol-Born Writer, Journalist, Literary Translator, Professor of Comparative Literature



### **IWC ACTIVITY HIGHLIGHTS:**

### **BOOK CLUB WITH SABINE KEISER**

Winter was a literary challenging season for the IWC book club with titles that weren't an easy read for most club members: *Happening* by Annie Ernaux, 2022 Nobel Prize winner for literature, and *The Bridge on the Drina* by Ivo Andric, who had been awarded the same prize sixty years earlier, in 1961.

And while *Happening* focused on a single traumatic event in the author's past, *The Bridge* on the *Drina* spanned generations of the Visegrad population, sprinkled with sharp observations of the town's people with all their virtues and failings, and every now and then, graphic depictions of

their suffering, first under the Turkish, and then under the Austrian rule.

"History can be tragic, but it's our history," said Alexandra Grais, IWC member from Serbia, an art and antiquities expert and the host of the February meeting. And although not everyone managed to finish the book, members agreed that it offered a deep insight not only into the history but also into the soul of Serbian people.

"Being a member of the IWC book club gets me to read books I wouldn't have chosen before. We are an international group with people of different ages

Image: Brenda Pedraza



and cultural backgrounds, so I also get to hear from different perspectives," said Tracy Dolan, a book club member from the US.

For the spring, members picked a diverse selection of works by international authors.

It begins in March with a stab at the dark side of love in *The Turkish Passion* by the renowned Spanish writer Antonio Gala. The book inspired a highly controversial movie by Spanish director Vicente Aranda, who changed the ending and earned the author's scorn. Members are expected to discuss both the movie and the book, with the question whether dark passion can be denied or not, likely dominating the discussion.

In April, it will continue with the trend of a tempestuous narrative: the book club is reading the bestselling *In the Country of Others* by the Moroccan-French author Leila Slimani, who, according to The Guardian, has "an instinct for whichever detail will deliver the strongest electric shock."

The drama slows down in May with the members contemplating over the meaning of life in *Morning* and *Evening* by the Norwegian 2023 Nobel Prize winner Jon Fosse.

And, finally, IWC's own Karmen Špiljak will fittingly conclude the year in June with her new mystery short story collection *Pass the Cyanide*.

Book Club members at the February 2024 meeting hosted by Alexandra Grais



## IWC ACTIVITY HIGHLIGHTS CULTURAL CLUB WITH SONIA PUNIN



EVERY TIME WE COME TO SEE AN EXHIBITION, THERE IS USUALLY A CURATOR OR THE DIRECTOR OF THE MUSEUM TO GIVE US A TOUR

The IWC Culture Club kicked off the year with a visit to the museum dedicated to **Paja Jovanović**, one of the most important and prolific European portraitists of the 19th and 20th century.

Housed in an old apartment on the third floor of a building on Kralja Milana street, the museum isn't easy to find. Nor does it exhibit many of his most known works, such as the artist's monumental painting, *The Proclamation of Dušan's Law Codex*, which is on display at the National Museum in Belgrade.

More accurately, this luxuriously furnished apartment provides a rather intimate insight into the artist's work and life — something that would not have been as easy to grasp without Belgrade City Museum curator Isidora Savić who guided the group during their visit.

"I think this is one of the reasons why our group is always well attended," said Sonia Punin, the group coordinator. "Every time we come to see an exhibition, there is usually a curator or the director of the museum to give us a tour."

"I've lived here for 38 years," said Ann Pešić.
"When you are living so long somewhere, you're not inclined to go see all the museums [on your own], and all these little museums — they are so interesting."

Activities for the upcoming weeks have been already lined up. On March 15th, the group will

Image: Belgrade City Museum curator Isidora Savić explains the symbolism in the painting by Paja Jovanović during the group visit in February 2023.



Image: Sonia Punin

IWC Cultural Club members during the visit to Paje Jovanović Museum on Kralja Milana street in the centre of Belgrade.



visit the **Sekulić Icon Collection**. With 165 icons dating from the 15th to the 20th century, it is the largest collection that can be seen in Serbia in one place.

And in April, the group will have a rare opportunity to peek behind the scenes of **the National Theatre** as well as attend a rehearsal of **the Belgrade Philharmonic Orchestra**. "This is usually closed to the public, but they are going to open their doors for the IWC," said Sonia Punin.

Image: An interior detail of the Paja Jovanović museum. Furniture and interior elements were moved from the artist's home in Vienna, Austria, and donated to Belgrade City Museum.

### **IWC ACTIVITY HIGHLIGHTS**

# SOCIAL WORK ACTIVITY GROUP (SWAG) WITH KATARINA SILEVSKI

Social Work Activity Group (SWAG) resumes its charity effort after the winter break. Set up two years ago by the IWC member Katarina Silevski, it aims to support vulnerable people with small activities and collection drives.

The latest drive was organised in December last year, when IWC members donated Christmas gifts for a school for children with mental and physical disabilities.

"We had almost seventy parcels — that covers the entire school — and I'm very happy we had an opportunity to do it," said Katarina Silevski, SWAG coordinator. "You see children's faces, how they light up when they open the gift — it's the most emotional and the most rewarding moment for me."

Suggestions on what projects to support come from the four members of the group. The team

IWC delivers Christmas gifts to disabled children at the Sirogojno primary school in Belgrade in December 2023. From left to right: Galina Hristova, Katarina Silevski, Snežana, sociologist, Barbora Kuchtová and Snežana Kostić

Image: Katarina Silevski





Vulnerable children from Svratište, Children's shelter in New Belgrade, unpack gifts donated by the IWC members (December 2022)

Image: Katarina Silevski

YOU SEE CHILDREN'S FACES,
HOW THEY LIGHT UP WHEN THEY
OPEN THE GIFT — IT'S THE
MOST EMOTIONAL AND THE MOST
REWARDING MOMENT FOR ME.

discusses each idea and passes a proposal to the Board for the final approval. "But we also like to hear suggestions from the IWC members," said Katarina. "So in March we would like to invite members to join us in the café Zvuci Srca – a small business that employs young people with disabilities – to share some ideas and to help these young people simply by ordering a cup of coffee or tea."

In April, the group plans another drive to collect cleaning and washing supplies for a local NGO. "I'm afraid that we sometimes put too much pressure on the members, regularly asking them to donate things," said Katarina, "but in the end we always have a great response."

### **IWC ACTIVITY HIGHLIGHTS**

### **CREATIVE ARTS WITH LIBERTAD OMANA**



Image: Libertad Omana

"PRACTICING ART AND CRAFTS IS A

POWERFUL MENTAL HEALTH BOOST. IT HELPS

COPE WITH ANXIETY OR STRESS, CHANGES

THE WAY WE SEE THINGS, AND ADDS

EMOTIONAL RICHNESS TO OUR LIVES."

Formerly located on Terazije street in the center of Belgrade, *Colors4u*, a popular art studio and the host of the Creative Arts group, is now moving to the Senjak neighborhood.

Libertad Omana, group coordinator and the owner of the studio, said that the decision was primarily made to improve accessibility for visitors who come by car or live in the area.

"We hope that with more participants we'll be able to engage more instructors and to offer a wider range of classes," she said.

The move is going to be complete by early March, with workshops on woodworking and mosaics already lined up.

"We also plan to add art therapy classes, such as drawing with closed eyes, for example," Libertad said. "Practicing art and crafts is a powerful mental health boost. It helps cope with anxiety or stress, changes the way we see things, and adds emotional richness to our lives."

The studio is open to IWC members and friends who want to use the space to teach or to show their artwork.

Stay tuned to updates about the Creative Arts group in the bi-monthly IWC newsletter.

Image: Marine von Koenig





### **LITERARY CORNER**

### **ARRIVAL**

a poem by JOVANA MILETIĆ

Jovana Miletic is a Serbian-born, Australian-bred theatre and film actress, voice-over artist, and writer. This poem is one of many from her first planned book of collected poems, reflecting on her life over the past 20 years. Jovana has been a member of the IWC since 2019.

Hair whipping my face The world feels too big to comprehend Instinctively, I know If I get lost I'll be lost forever My grip tightens around mummy. Moving amongst other families My brother, disheveled but alert (Already found a girlfriend) My parents, switched on Adults and kids chatting excitedly I hear my language spoken On the open tarmac New friendships are made Survival in numbers In this new land For those that seek With revived hope—prosperity A way of life better suited To their temperaments We walk from the plane into the airport The new "arrivals".

Circa August 17th, 1988. Flight: Belgrade to Sydney Narrator: Age 3 and a half.

# PHOTOGRAPHY ADVICE FROM KATARZYNA LASON **BEFORE YOU PRESS THE SHUTTER BUTTON**

It has been almost 200 years since the first photograph was taken. This invention delighted people and with the development of technology more and more people became interested in photography.

In the past, taking a photo required considering the costs. To avoid wasting a frame of film, one had to be prepared, set parameters, and plan the frame.

Before pressing the shutter button, photographers had to think about whether they truly wanted to capture the moment. Exhibiting photos in galleries was expensive and accessible to only a few. The selection of photos had to be carefully considered to attract an audience.

Nowadays, we have the opportunity to take an infinite number of photos and instantly share

In this landscape photograph of a tropical forest during the rain, one dominant tree stands out, resembling a bridge. Trees can take on surprising shapes that stimulate our imagination and, even though it is a forest landscape, the photo can be also viewed as a genre scene. The perception of the image may completely change with a different viewing angle or height.

Image: Katarzyna Lason





Holiday portrait from a window. Rather, the main subject of this photo is a cityscape, but also the warm, soft light of the setting sun. The silhouette of a child in the shadow in the foreground changes the dynamics of the landscape and creates a story.

them with a larger audience. Therefore, it is worth developing a few habits and learning how to choose wisely to avoid drowning in a sea of unnecessary images and an always overflowing disk.

To achieve better results and photograph more consciously, we can ask ourselves a few questions before picking up the camera or a smartphone: Why am I taking this photo? What is the subject matter? What is important for me to achieve a satisfactory effect? How many photos do I intend to take? Who would I like to share them with and why?

Taking photos can be therapeutic, and when we consciously select our frames, we can learn something about ourselves. The choice of the subject of the photo, the background, and the lighting is individual for each person; it reflects what is on our minds. In modern times, it is much easier—there is no need to carry heavy, expensive equipment—so there is more time to concentrate on how we would like to express ourselves.

Katarzyna Lason, an IWC member currently based in Belgrade, Serbia, is a contemporary fine art photographer and traveller, working as freelancer specialising in portraiture. She graduated in photography from the Film School in Poland and London University of the Arts. In her personal project, she also explores the theme of nature, experimenting with video and photographic collage.

# WELLNESS COLUMN BY DANIELA VIVACQUA THE POWER OF A PAUSE

Does your day seem too short for all you plan to do? Does your mind spin with various thoughts and emotions? Do you have difficulty falling asleep or wake up in the middle of the night and can't go back to sleep? Do you occasionally or constantly feel exhausted?

If some or all answers were YES, you are not alone.

Despite the abundance of time-saving technologies that modern life has brought us, why do we still feel pressured due to a perceived lack of time?

From a young age, we've been taught we must constantly BE DOING things, so we retained the message: "to be successful in life, I need to be busy". Unfortunately, society no longer allows us to cultivate the fundamental skill of simply BEING which is often associated with laziness or wasting time.

As we journey through this "nonstop" lifestyle, we disconnect with something very simple and essential:

### To pause, breathe, and check in daily with ourselves.

In the spirit of nurturing our well-being, we have to step back from the idea that busyness equates to success and understand that we are meditative beings by nature. Observe small kids playing freely or think about how good it feels, deep inside, when you are absorbed in practising your favorite hobby. The breath slows down and the mind settles when we are doing something we love... there is a natural pause and we simply ARE in that present moment.

This article serves as a gentle reminder of the importance of pausing and establishing a simple daily self-care routine to foster kindness towards oneself, regardless of circumstances.

#### Flight and Fight vs. Rest and Digest Mode

This need to always be doing has proliferated the occurrence of illnesses (mental and physical) that

could be avoided with a mindful practice of being present.

Our well-being is largely governed by two nervous systems—the Sympathetic Nervous System (SNS) and the Parasympathetic Nervous System (PNS)—which should ideally function in balance to maintain good mental and physical health. The SNS triggers "Fight or Flight" responses, while the PNS induces "Rest and Digest" responses at both physical and mental levels.

Considering this information, I invite you to reflect upon what happens when you live in a state of non-stop activity, bombarded by media inputs, constantly connected to mobile devices and computers, consuming fast food, and burdening yourself with overwhelming responsibilities, perhaps only taking a vacation once or twice a year... yes, you will be navigating through life under constant dominance of SNS, activating basically only the survival mechanisms. In response to these uninterrupted stress signals: breath becomes shallow, digestive system efficiency is decreased, muscles tension increases, and more, all geared towards survival. These physiological responses are the result of complex hormonal action and over time, the constant stress can lead to addiction to the adrenaline rush perpetuated by this lifestyle.

As mentioned above, SNS and PNS need to function in balance to assure good mental and physical health, and as we do not allow space to "rest and digest" through life, we may experience problems with sleep, digestion, memory, anxiety, panic attacks and burn out.

#### It is quite simple to pause.

In the next issue, I will share some straightforward suggestions to help you integrate pauses into your daily routines and obligations, motivating you to reflect on their benefits.

**Daniela Vivacqua, Msc**, Hatha Yoga Instructor, Yoga Nidra Instructor, Restorative Yoga Instructor, Digestive health Yoga Therapist THESE PHYSIOLOGICAL RESPONSES

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HORMONAL ACTION AND OVER TIME,

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ADDICTION TO THE ADRENALINE RUSH

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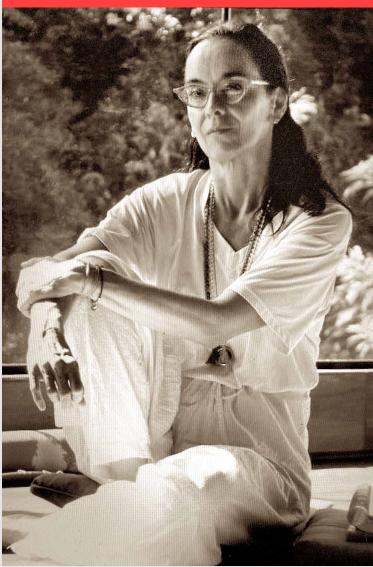


Image: Daniela Vivacqua



The view from the Rtanj summit

Image: Christina Czettl

The story goes that Rtanj calls on those who are ready to climb the mountain.

Shaped like a perfect pyramid and said to radiate healing energy, it is a must-visit destination for fans of spiritual tourism.

A local legend says that the Romans built a hospital at this spot because Rtanj energy healed wounds three times faster there. Located less than 40km away from Felix Romuliana, one of the most important ancient Roman sites in Europe, the hospital supposedly drew wounded soldiers from the entire Roman Empire.

Back in June 2021, an IWC group of women travelled to Rtanj to experience the beauty and the vigour of the mountain. Organised smack in the middle of the Covid pandemic, it was an invigorating weekend — hiking the summit, taking

part in yoga classes, and visiting the *vrelo* shrine at the base of the mountain, which is said to radiate positive energy.

But even if you are not into spiritual travel, Rtanj, located some 200km southeast of Belgrade, offers enough to make it one of your most memorable travel experiences in Serbia.

For one, it remains a favourite destination for many nature lovers, bird watchers, and hikers. After all, it belongs to the top classic hiking destinations in Serbia and offers a rare opportunity to climb a perfect pyramid (a relatively challenging 14km out-and-back route with a 965m elevation).

Rtanj is also a home to a great variety of plants, many possessing medicinal properties. Stop by any Belgrade herbal tea vendor, and he will certainly have Rtanjski čaj (Rtanj tea) in stock. But

why buy it there if you can go directly to the source.

For a tad of history and adventure, add Felix Romuliana (UNESCO World Heritage site since 2007) to the itinerary, and then also visit Bogovinska Cave, one of the longest in Serbia.

And don't forget to bring back a talisman before you return to Belgrade. On your way towards the vrelo, starting from Hotel Ramonda in Boljevac/Rtanj, stop by the small booths that sell sprigs of dried herbs. Locals claim they can ward off evil if you put them near your entrance door.

I also recommend buying some local rakija (brandy), honey, and the medicinal tea made from the endemic herbs.

Finally, if you are more of an adventurous type, book a night hiking tour so that you reach the peak right on time for sunset.

#### WHERE TO STAY:

Hotel Balašević (IWC group stayed in this hotel back in 2021)

#### **Ramonda Hotel**

#### **ACTIVITIES:**

Mountain guide Bane Smiljković accompanied the IWC group back in 2021. He also offers a cottage for rent.

Pyramid Festival — according to its website, a 'transformational, psychedelic, tribal' event that takes place on 5-11 August 2024.

Christina Czettl, born and raised in Austria, graduated in economics and is now studying religion education. She is the mother of three girls, an energy healer, life coach, event manager and current head of the IWC Charity Committee.

Image: Christina Czettl



IWC QUARTERLY MAGAZINE

### RECOMMENDATIONS FROM IWC MEMBERS

01

MUJICA ЖИВАДИНОВИЋ

OPHAMEHTU CPONJE

MILICA ŽIVADINOVIĆ

Ornaments of Serbia

the Pirot kilim

Ipagululia uctkaha ocebahawa a politikuou

02



Tanja Levi recommends

### A BOOK AND JEWELRY BY MILICA ŽIVADINOVIĆ

"If you're looking for a gift from Serbia, check out ethnic jewelry made by Milica Živadinović. It is inspired by Pirot kilim, and Milica is also the author of Ornaments of Serbia: The Pirot Kilim, which explores its origin, history, and symbols."

The book is available in Laguna and Delfi bookstores. Jewelry, in the Museum of Applied Arts (Muzej Primenjene Umetnosti, Vuka Karadžića 18, 11000 Belgrade) or directly from Milica (miciziva@ gmail.com, or DM @kosmikart on Instagram) Gloria Gaber and Adrian De Groot recommend

#### SPICE UP STORE

"With over 150 different spices from (literally) all over the world, it's the best stocked spice store we've ever seen. There are two stores, one near Kalenic Market on Krunska 88a, and the other one on Čumićevo sokače 21 (in the Design District). If you love cooking, this is the place to visit." Their website has a complete listing (with pictures), of all their spices. They also sell cutting boards and other items made from beautiful woods.

Store locations: Čumićevo sokače 21, and Krunska 88A (https://spiceup.rs/)

### RECOMMENDATIONS FROM IWC MEMBERS

03



04



Marine von Koenig recommends

### JEVREMOVA25 DESIGNER CONCEPT STORE

"A small store selling clothing, shoes, and jewelry made by designers from across the Balkans region, including fun T-shirts that are always a great gift whenever I travel."

Store location: Višnjićeva 4, Beograd 11000 (Dorćol) I Instagram: @jevremova25

Gloria Gaber recommends

#### **GALLERY 1250**

"A friend showed me this shop in the Belgrade Design District, and it's my favorite destination for gifts from Belgrade. Handmade ceramics—cups, plates, vases, jewelry and even lamps—run by a group of local artists and designers."

Gallery 1250: Čumićevo sokače 52, 11 000 Beograd I www.instagram.com/gallery1250/

### **IWC UPDATES**

# IWC APPOINTS NEW VICE-PRESIDENT

The IWC Board is pleased to announce that Daniela Flury has been appointed as the new IWC vice president effective from March 1st.

Daniela was born and raised in Switzerland. She gained her university degrees in history, media studies and literature and worked as a market researcher and marketing consultant before setting off on her international journey. Together with her family of four she has enjoyed life in Prague, The Hague and, since 2022, Belgrade. Her husband is a diplomat at the Embassy of Switzerland in Serbia.

In her free time Daniela enjoys spending time with friends and family. She loves to travel and explore the arts, cuisines and cultures of her respective host countries - within and beyond their borders.

Having lived abroad for more than twelve years she believes it is very important to stay open-



minded, continue to learn, connect and broaden your horizons. The IWC lives by this philosophy. Daniela looks forward to supporting and further developing the club in her role as vice president and helping to foster interest, understanding and respect across cultures.

### CALL FOR NEW GROUP ACTIVITY COORDINATORS

IWC's **TASTING** and **LANGUAGE GROUPS** are looking for new coordinators.

If you want to become the new coordinator, or if you are interested in starting a new group, contact *Rachel Stewart* at office@iwc.rs, and she will guide you through the set-up and promotion process.

### PLEASE WELCOME NEW IWC MEMBERS:

Žaklina Aguilar Zamboni (USA/Serbia) Milica Dervecević (Serbia) Jelena Kovačević (Serbia) Gesa Spätling (Germany) Lindsey Strobel (USA) Marina Vasić (Serbia) BRIDGES

# BRIDGES

Bridges is a quarterly magazine highlighting developments in the International Women's Club (IWC).

For more information about IWC, please visit http://iwc.rs

Follow us on social media: Instagram: @iwcbelgrade Facebook: IWC.Serbia

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