

## Petar's Challenges

### **April Challenges:**

#### **Challenge 1**

#### **Interview with 5 close people about active citizenship**

##### **1. Do you regularly vote?**

Yes, every elections (male, 23)

Yes, since I've reached the legal age (male, 30)

Yes (female, 23)

Yes (male, 27)

Yes, unless I'm out of the country. I wouldn't arrange to come back especially for elections if I'm somewhere abroad (female, 31)

##### **2. Do you regularly complain about the Government?**

Yes, because every government can do better than what they do (male, 23)

When they don't do their job properly yes, but generally no (male, 30)

Not really, because people gonna think I may take sides... (female, 23)

No (male, 27)

Yes, on daily basis (female, 31)

##### **3. Do you pay taxes?**

Always (male, 23)

Yes (male, 30)

Yes (female, 23)

My employer does (male, 27)

Always, I'm never late (female, 31)

##### **4. Do you recycle?**

I'm trying to do my best (male, 23)

Yes (male, 30)

In Macedonia no, except for some supermarkets like Ramstore, if they have a place to recycle...

If u count that? (female, 23)

Rarely (male, 27)

Not as much as I would want to. Mostly paper at this time (female, 31)

### **5. Do you donate blood?**

Yes, when I have chance (male, 23)

Regularly (male, 30)

No, but I would, I haven't had a chance until now (female, 23)

No (male, 27)

No, I have an autoimmune disease and I'm not allowed (female, 31)

### **6. Have you ever volunteered in the community or for a cause?**

No, but I would like to (male, 23)

Yes, local youth club and Red Cross organization (male, 30)

Yes, I did more in high school than now (female, 23)

Yes (male, 27)

Yes, many times (female, 31)

### **7. Have you participated in a demonstration?**

Yes, few times (male, 23)

Yes, multiple times (male, 30)

Yes (female, 23)

Yes (male, 27)

Yes (female, 31)

### **8. Do you consider yourself an active citizen?**

Yes, pretty much (male, 23)

I believe so (male, 30)

Not really. I should be more (female, 23)

No (male, 27)

Yes (female, 31)

### **Interviewer:**

#### **How did your interviews go?**

- My interviews were pretty good, all of the people that I took for my survey accepted to answer the questions. I selected people from age 20-35 years, who are active in different areas in life.

#### **Do you find that most people understand what it means to be an active citizen?**

- Well they have different answers from what I can see, but most of them are in the second stage of the scale of active citizen. They are all personally responsible citizen.

### **Did some answers surprise you? Why?**

- Yes. Some of the answers of the question *“Do you consider yourself an active citizen?”* because I didn’t expect people to know what it is to be and active citizen, and consider themselves as an inactive citizen.

### **Were there some interesting quotes from your interviewees that you would like to share?**

- Yes, the answer from the question: *“Do you regularly complain about the Government?”* *“- Yes because every government can do better than what they do.”* This same applies for the citizens. We all can do better than what we are doing now.

## **Challenge 2**

### **Find yourself in the TED videos**

[https://www.ted.com/talks/emma\\_marris\\_nature\\_is\\_everywhere\\_we\\_just\\_need\\_to\\_learn\\_to\\_see\\_it?language=en#t-265775](https://www.ted.com/talks/emma_marris_nature_is_everywhere_we_just_need_to_learn_to_see_it?language=en#t-265775)

<https://www.youtube.com/watch?v=4ZjIZtDRUEE>

*“I have found a great inspiring TED Talk video that changed my way of thinking about the “untouched” nature. It’s called Nature is everywhere — we just need to learn to see it.*

*And also I have found a pretty simple explanation video about why hiking is good.”*

#### **1. What do you like about this video?**

What I liked about the first video is that I never saw the national parks like something that is usually tamed from the people, that what I thought was wild it’s not really what wilderness is.

In the second video I like the creative way of explaining the health benefits of hiking.

#### **2. Did you get some ideas for your project?**

From the first video I would like to share with the people that are going to be involved in my project, what is real wilderness and what we consider as wilderness. Also how to take care of the wild that we are enjoying, and to respect the people whose job is to tame that wilderness for us.

From the second video I got inspiration about how to present my idea through a creative video, and also to explain what it’s going to be all about.

### **Challenge 3**

#### **Introspective: Your good characteristics**

##### **What are some personal qualities, characteristics, virtues that you have?**

Well, people always tend to believe they have more positive qualities than what they actually have, but I will try to be humble and choose few that I really think I possess.

Few positive qualities that I possess: Adventurous, persistent, dedicated, serious, calm, spontaneous, tolerant, cautious and honest.

##### **How do you think you can use some of these characteristics to your advantage while working on your project?**

Well first of all if you want to spend some time hiking in the mountains, what you really need to be is adventurous, which I am and I think I can motivate other people to be also.

Persistence is the key to achieving your goals/dreams. Sometimes you can get demotivated about the thing you need to do, but you must know that persistence is what gets the job done.

Dedication goes together with the persistence. You must dedicate yourself to the project or the dream you have to fulfill it, that often means having the vision clear before it all happens.

People usually tell me I am serious, I don't really think that way but it's good to be serious when you want to get the job done. So for making my project successful I need serious people who will work with me and understand my vision... Of course after the serious job is done, the party can start!

I will talk about calm and tolerant together, because you need both to solve some problems when they appear. No one wants hot headed solutions. People really lack on tolerance, and I think I can help them to understand how important it is to be tolerant with the people you work, with the nature, with the plans that you had (if they go wrong), and also to know what is going over the tolerance, and how to solve it.

Spontaneous is all about getting the project interesting while working on it. Spontaneous ideas are the best ones!

I am usually cautious about the steps I make in life; I almost always know what they will cost me. I really need to be cautious about this project when it's the time to be realized, because there might be people who are going to be first time hiking in the mountains, with weaker health conditions, and I will need to make sure that they arrive at the peak safe and sound.

The last and not least: honesty. I am always honest with my intentions that can be seen in the way I will present my project. That also means I will ask all the participants to be always honest with the intentions why they joined the project, and to make sure they understand my message and spread it across the people they hang out with.

**Challenge 4**  
**Make a search plan and vision**

**ACTION PLAN**

**MY ACTION PLAN**  
 Name: Petar Stevanović

**What is my goal?**  
 Promoting healthy lifestyle through hiking and spending time in the nature.

**What do I plan to do to reach this goal during the next week?**  
 My plans is to finish my management tools for my project.

**What do I plan to do to reach this goal during the following month?**  
 Working on my plan weekly, staying in contact with the group coordinator and observe the covid-19 situation.

**What do I plan to do to reach this goal during the following six months?**  
 To recruit a team that will help me with realizing my goal.

**What would I need (from others) to achieve my goal?**  
 Support, sleep well, help, honesty.  
 I may also need support from the local famous people to spread my project.

**Root Cause**

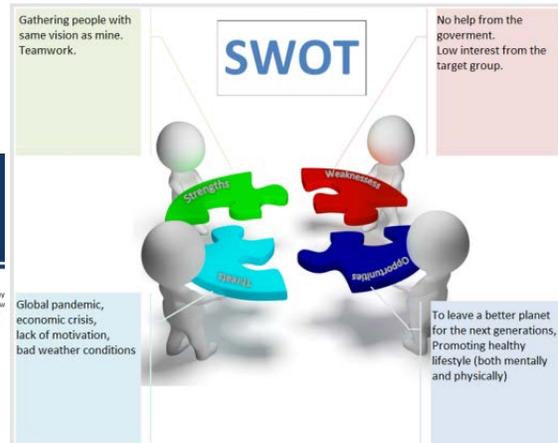
Less and less healthy people both in the mind and the body.  
 - People who don't take care of themselves and the nature.

Laws that are not functioning right.

**Analysis**

Lack of proper Health education.  
 The lack of interest among the youngsters.

P	E	S	T	L	E
POLITICAL	ECONOMIC	SOCIOLOGICAL	TECHNOLOGICAL	LEGAL	ENVIRONMENTAL
Elections are coming, and possible change in the Government.	Small economic crisis may appear.	On daily basis people are active and demonstrating about global warming. There are also other demonstrations on other topics that occur in our country.			There are not many changes in our environment, so that's why we need to take action now and show the people why it's needed to take care of the nature and the environment we live in.



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## **Challenge 5**

### **Research the SCARF model**

The SCARF model involves five domains of human social experience: Status, Certainty, Autonomy, Relatedness and Fairness.

**Status** is about relative importance to others.

**Certainty** concerns being able to predict the future.

**Autonomy** provides a sense of control over events.

**Relatedness** is a sense of safety with others, of friend rather than foe.

**Fairness** is a perception of fair exchanges between people.

#### **Can the SCARF Model be applied to your project?**

Yes, the SCARF model can be applied to my project. I believe the model can be applied, because I need to be aware of the status/importance to others. I see my project as something that should concern everyone, from youngsters to older people.

Right now it's not the best time to realize the project, because of the pandemic that we are facing. We need some time to pass so the world can "normalize" again. So I might use this model when we have less strict measurements, and see how it can help me with my project.

## **Challenge 6**

### **Burning bowl ceremony**

I no longer want to see:

- People who are lazy and don't take care of their mental and physical well being.
- People who don't take care of the nature.
- People who destroy the nature.
- Non-properly educated lads.



### **Challenge 7**

#### **Find or create your spiritual master**

I would say that my spiritual master is Sidarta Gautama – Buddha.

I choose him because I like (and I try to follow) he's teachings. Even before I knew about him, it was in my nature to behave like what he is teaching people to behave. One of the main quotes that got me thinking is:

*"Life can never satisfy us because we always want more, the only way to achieve peace is to stop wanting".*

This cannot directly help me with my project, but what I believe is that if we teach the youngsters about eastern philosophies, maybe we can put a good seed in their heads that can grow into a beautiful plant full with empathy, common sense, healthy thoughts, self awareness etc.

## **May Challenges**

### **Challenge 1: Changemaker Story**

I remember since young age I loved spending time in nature. When I was a lad I always wanted to go in my grandpa's village Vitolishte and I would spend one month every summer there. During this time I was always hiking in the woods, mountains, hills and rivers across Mariovo. With the years going by, my love for the nature was growing more and more each year. I just love spending time in the nature.

With that being said, what is really making me nervous now is when I see people that don't treat our nature good. I'm a student at the University "Goce Delcev" and an active citizen who wants to stop the pollution we give to our nature.

This has been a really big problem the past 5-10 years because a lot of the popular places to visit by car are bringing so much not disciplined people that after a good picnic, they are leaving the trash in the nature. Right now when nothing is working, even more people are looking to get away from the city and find a nice place in the nature, and that's bringing even more pollution.

My project is about raising awareness in taking care of nature's health as much as taking care of our health. I hope that with this project I can share my message to more and more people to understand the importance of healthy nature.

My message to the world is : Leave the nature clean, if u find it clean. If not, clean it. Maybe it's not your trash, but it is your planet.

## **Challenge 2: Interview**

### **How I will change society: Petar Stevanovic**

Words without action are nothing

*Petar Stevanovic from Skopje, a student at the University "Goce Delcev" is a big fan of nature. He remembers that since he was a child he was spending a lot of time in his grandpa's village Vitoliste. Now, his project is about raising awareness in taking care of nature's health as much as taking care of our health.*

### **What triggered you to start thinking about this project?**

- One of the main reasons that I want to make this project is because I want to change the behavior and habit that people have while they are spending time in nature exercising, running, hiking or just relaxing in the nearest national park or mountain. I just didn't want to accept the fact that individuals can decide willingly to leave the nature worse than they found it.

### **What do you think this project will change?**

- I hope that with this project we can show to people that we can't have healthy life if we don't have healthy nature. Maybe people will think twice before destroying/polluting nature if they know the consequences from it.

### **What age is the target group?**

- From 0-99+. Everyone is the target group. We all live on this one planet. Maybe it's more important for the young people to be the leaders at this project only because they will be longer on this planet, and we need to make sure to have a healthy planet, and leave even better one for our descendants.

### **Do you think people will follow and help you with your project?**

- I am more than sure that I will have lots of young individuals who are concerned with the same problem that we are facing, and that they will be willing to help me realize my project. I will quote Anne Marie Bonneau: "We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."

### **Do you have something to say to the people that want to change something, but are not very motivated?**

- Words without action are nothing. It always seems impossible until it's done. Just surround yourself with people that have the same vision and see how things are changing.

## **Challenge 3: Plan your presentation and messaging**

### **Physical meeting**

**Location:** Unknown - waiting for the corona to go away.

**Key messages:** You are what you do, not what you say you will do. Words mean nothing without action.

**Agenda:**

- 5min introduction why I wanted to do this project.
- Who helped me with this project and how to recognize potential partners 5-10 mins
- How to recruit people to help u with your project 5 min
- Why it's important to be the change u want to see 5-6 min
- Pictures and videos on how the project was, and a motivation for the others to realize their project in the future. (Depends on how much videos and picture) around 5-10 mins.

**Target audience:** It can be from any age, but if I need to focus some age I will focus on the young lads from elementary school.

**Invitation:** Invitation in 21 century is mainly from social media (facebook, Instagram, twitter...) but it can always come in help some flyers or posters around the city (we can design them later in the project).

**Icebreakers:** It can be some games as energizers or from my experience the best, speed dating. We want to make sure that the people are feeling like a team, that they all share one goal, to be the change they want to see.

**Presentation content:** A power point presentation is always handy, pictures and videos from the actual project day, inspiring stories, motivational stories... Not too long, not too short but clear presentation about what my project was about.

**Recruitment of supporters:**

- Friends and Family
- Direct invitations
- Social media invitations

**Virtual meeting**

For the virtual meeting everything can stay the same, the presentation, invitation, ice breakers (online versions), agenda (same), key messages...

**Location:** There are many ways to connect today with many people and to organize a meeting. We can use the applications like Zoom, Skype, windows teams... I hope that the meeting will be in person (physical), but we will act accordingly to the situation.

**Challenge 4 (optional): A quote from you**

*"Words mean nothing without action. You are what you do, not what you say you'll do"*

## **Challenge 5: Communicating with target audiences**

### **Potential institutional support:**

I hope that there are a lot of institutional supporters that can help me with my project, but there are few who can help me with attracting more people, and spread the word.

### **Potential institutional support can come from:**

- City of Skopje
- Municipality Centar
- Ne bidi gjubre - Public group
- Pakomak - company for packaging and packaging waste management
- Scout outdoor shop
- I love hiking – Hiking organization
- Transveralec – Hiking organization
- ... and many more who can come along the way.