



**“Active Ageing in a Developing Society:
stakeholders, responsibilities and challenges”
International Conference**

Friday, 13 September 2019

Book of Abstracts

**“Active Ageing in a Developing Society:
stakeholders, responsibilities and challenges”**

**Organizer
University of Gjakova “Fehmi Agani”**

Gjakova, Kosovo

Friday, 13 September 2019

President of the Conference

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Assoc.-Prof. DI Dr. Barbara Wessner, University of Vienna

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General Conference Program

- 1. Opening Ceremony and Welcome Speeches and Keynotes**
13 September 2019, 9:30: University of Gjakova “Fehmi Agani”
- 2. Panel: roundtable with stakeholders**
13 September 2019, 11:15: University of Gjakova “Fehmi Agani”
- 3. Thematic Sessions**
13 September 2019, 14:00: University of Gjakova “Fehmi Agani”
- 4. Concluding Remarks**

I. Ageing Conference

The main aim of this conference is to promote the often neglected phenomenon of ageing, by emphasizing and empowering the role of different stakeholders in the process of dealing with older people in a developing country like Kosovo. The aim is to gather participants from universities (academic community and students), healthcare professionals, policy makers (representatives from the Ministry of Health, Ministry of Wellbeing and World Health Organization) and businesses (representatives of healthcare providers) dealing with ageing process within different contexts. The conference on its first part will serve as a platform to disseminate findings, novelties and experiences from experts of the related fields from local and international universities towards the current obstacles, trends and prevalence's of major health concerns with older age, together with the cooperation between academia and labour market (businesses).

A panel of discussion on social context of ageing and social rehabilitation as a multidisciplinary and multi-professional process will follow. This panel intends to form and establish a working group that would set certain milestones in regards to the current situation, needs, and future directions towards what is needed to be done in order to close the gaps between the stakeholders.

Through this conference it is also intended to give the chance to local and regional experts (academics, health-care professionals or students) to present their findings within the field, in order to disseminate and comprehend everything that has been done in Kosovo/region up to date.

II. Opening Ceremony, Welcome Speeches and Keynotes

Opening Welcome Speeches

Moderator:

Dr. Mimoza Dushi, Vicerector University of Gjakova “Fehmi Agani”

Opening Welcome Speeches

Prof. Dr. Shaban Buza, Rector of UGjFA

Mr. Aqim Emurli/ Ms. Arbresha Meha, HERAS representative (TBC)

Key Note Speeches

Prof. Asoc. DI. Dr. Barbara Wessner, Deputy Head Research Platform Active Ageing, University of Vienna, topic “Active Ageing as a process - from molecular to functional aspects”

MSc Arben Boshnjaku, University of Gjakova “Fehmi Agani”/ Project Coordinator, topic “(Active) Ageing in a developing society – the case of Kosovo”

Dr. Panu Karhinen, Metropolia University of Applied Sciences, topic “Active Ageing and Elderly Care – the case of Finland”

Dr. Paul Beenen, Hanzehogeschool Groningen, topic “Active Ageing in Europe – the case of Netherlands”

Panel with stakeholders with topic “Active Ageing in Kosovo – organization and applicability”

Moderator

Dr. Dardan Koçinaj, University of Gjakova “Fehmi Agani”

Speakers

11:15 – 12:45 Panel with topic Active Ageing in Kosovo – organization and applicability

Prof. Asoc. Dr. Dardan Koçinaj, University of Gjakova “Fehmi Agani”

Prof. Ass. Dr. Mimoza Dushi, University of Gjakova “Fehmi Agani”

Dr. Violeta Xërxa, Ministry of Health

Mr. Qazim Gashi, Ministry of Wellbeing

Mr. Burim Gashi, Ministry of Education, Science and Technology

Prof. Asoc. Dr. Merita Berisha, National Institute of Public Health, University of Prishtina

III. About HERAS Projects

The project “HERAS – Higher Education, Research and Applied Science” contributes to the well functioning of Higher Education and Research in Kosovo along the principles of the European Higher Education Area (EHEA) and the European Research Area (ERA) with the long-term objective to support the socio-economic development of the country.

The objective of this project is to effectively and sustainably improve the higher education and research system in Kosovo, enhance the quality of higher education and the employability of graduates, and improve human capacities and increase internationalisation of research.

The project is funded by the Austrian Development Agency (ADA) with funds of Austrian Development Cooperation, and co-financed by the Ministry of Education, Science and Technology of Republic of Kosovo (MEST). HERAS is implemented by an Austrian consortium consisting of World University Service Austria (WUS Austria), the Center for Social Innovation (ZSI) and the Austrian Agency for International Mobility and Cooperation in Education, Science and Research (OeAD).

The three-year project “HERAS – Higher Education, Research and Applied Science” is being implemented from 2017 – 2019.

This grant scheme aims to foster university-enterprise cooperation in the frame of existing curricula, revision of existing or development of new curricula with an applied approach, development of professional skills, and improvement of communication between academics and entrepreneurs, and at institutional level between higher education institutions and enterprises

IV. Abstract Book (Thematic Sessions)

Panel: *Roundtable with stakeholders*

Session 1. *Social Aspect of Ageing*

Session 2. *Medical Aspect of Ageing*

Panel
Roundtable with stakeholders

Active Ageing in Kosovo – organization and applicability

Moderator: Dardan Koçinaj

Republic of Kosovo, the youngest state, situated in Europe, is characterized by young population but is influenced by worldwide trends, directly and indirectly influencing its population in terms of lifestyle, diseases, family planning, financial autonomy, more opportunities, migration, etc. These, but sure not only, are signaling that there are burdens approaching and we are expected to face different aspects of this particular aging population. WHO has the focus on Healthy Ageing between 2015-2030 continuing the previous activities of Active Ageing aiming to fulfil the elderly matters covering from different sides and features, but also different stages of human development. These approaches enable us to look up beyond the frame, trying to impact afar the absence of disease; issue and increasing the quality of life and welfare. We, as experts of different fields, have different attitudes, different methods of involving several actors making overall process meaningful and contributing to the society in multidimensional way together with our University National and International Partners, Health Institutions, Executive Bodies, Policy makers, Civil Society, etc. Hoping that this section will contribute the Conference overall outlines deriving toward Active Healthy Aging I wish you all the best, a pleasant stay and successful work.

Social Aspect of Ageing

Moderator: Arben Boshnjaku

Volunteering in old age

Daniel Pavlovsky and Aleksandar Petkovski

*Mother Teresa University
Skopje, Macedonia*

In order to maintain physical and mental capacities, it is necessary for a person to be physically and intellectually active throughout life. This is especially evident in the old age when active professional life ends and the person needs to be reorganized in terms of their daily activities. Maintenance of functionality requires that the elderly have activities that are appropriate to their current state of health. However, it is wrong if being active when old is interpreted with reference only to physical activity, since intellectual activity is of particular importance for the maintenance of brain functions. One of the ways to stay active in old age is volunteering. Volunteering activities for the elderly will enable them to be active in areas of interest that will help them feel socially useful, but will also fill the gap that many elderly people face after retirement. Volunteerism in old age offers a number of benefits to the elderly and to society, for which reason society must find ways to effectively and appropriately harness this great potential.

Key words: *the elderly, functional capacities and volunteering*

Support of elderly common needs during leisure: a case study

Dardan KOÇINAJ, Arben BOSHJAKU and Laura NAKA

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Gjakova, Kosovo*

Elderly, in particular retired people, have more time for leisure. During the day they often try to engage themselves in activities. They are eager to take responsibilities and fulfill their duties. If they live with their relatives, they might have a way to socialize. Sometimes their activities are focused on their grandchildren, in this way feeling useful. Nevertheless, whether they have a companion or they live alone, the need for

socialization goes beyond staying or doing activities related to their living place. For leisure they might find interesting an opportunity of walking to a restaurant, club, meeting someone or simple drink a coffee/ tea, read a newspaper and go back home. For others maybe the way to spend their savings travelling at interesting places. We aim to present a case study focusing in some particular common needs of elderly who use the hotel services in a town of Kosova. During our visit, at this best in town hotel, we had opportunity to arise and analyze several issues as: the first aid issue; willingness and preparedness in fulfilling needs for people; and, the menu consisting of different kinds of food and specialties. Besides the disposition of some amenities there are still some simple and effective measures proposed as ideas by our team. It could be good opportunity to improve the current situation and to act for future possibilities. This indeed will help all the interested to find it beneficial of spending some time in more qualitative manner.

Key words: *Elderly, support, leisure.*

Music activities and their benefits in aging process

Yllka KURSHUMLIA and Mimoza KURSHUMLIA

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Gjakova University: F.Agani" and Music School" P.Jakova" Gjakova

Gjakova, Kosovo

The purpose of this study is to review the benefits of music activities in aging process, especially in our country Kosova .As we know Kosova is in the stage of developing but also transition in all areas like political, economic, infrastructure and many more. There is not done much about old people and music activities for this generation almost don't exists. So through this paper we want to enlighten about the importance of music activities in aging process through its impact in health and wellbeing. This research is based on the questionnaire methodology. The main purpose is to discover the benefits of music activities in human physiology especially during aging process.

Knowing that music activities and music itself can improve the overall health of human body it can also help in slowing the aging process. We used questionnaires to collect data. We asked 37 people (22 women and 15 men) between 55 to 65 years old with different professions.

The result showed that over 86% were very positive about the impact of music activities in their health and wellbeing while the others were neutral saying that they didn't noticed something about it. So this research shows the importance of music activities and to do more about it in future.

Key words: *aging process, health and music activities*

Improving Education through life experience contribution- adoption of good practices

Dardan KOÇINAJ and Arben BOSHNJAKU

*University of Gjakova "Fehmi Agani", Gjakova
Kosovo*

The teaching staff of our University is actively involved as a Partner in several Erasmus + Projects. Parts of these Projects are focused on teaching and learning, methodology and innovative approaches toward this issue. During plenty activities home and abroad there are clear opportunities how to improve teaching and learning so the students could benefit more. We aim to present some of our activities, interventions but also initiatives toward improving education. The Elderly Care and Rehabilitation is taught as a regular course at the second semester. Our experience as University Partners at International Projects brought us close to new, innovative, interesting and easy teaching ways which were adoptable for us. These are in line with the newest state of art and introduce a multidisciplinary and co-creative approaches towards the study issue relying on Bologna process and on student-centered approaches. Some of interventions are already done on teaching materials trying to arrange and also design particular curricula relaying also in experience (flipped class, case studies, use of media, and rearrangement of classes). The latest initiative is to arrange lectures involving the professional bodies of the Health Care Institutions and people who in the real life experience the care for the elderly. These ways would be appropriate to present to students somehow different approaches to elderly care and contribute to more appropriate completion of the modules and courses toward a new professional, well prepared generation.

Key words: *Elderly, education, nursing, midwifery*

Demographic aging challenge for demographic developments in Kosovo

Sami BEHRAMI

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Pristina, Kosovo*

Population's aging is a reality in developing countries and those under development. The XXIst century is the century of population's aging.
(Lutz, Sanderson, Scherbov, 2004)

The 21st century will be the century of elderly people with intensive aging tendencies, which as a process is not recorded in the history of mankind up to date. Changes in the age structure of the population will be presented as an (most) important factor for the developed countries as well as those under development that require a quick respond at a global and local level as well.

Population age structure shows not only the past but also the present and the future demographic development. At the same time, it is the most important demographic indicator that impacts also in all other socio-economic spheres beside development of the population, therefore the analysis of the population age structure is a base not only for demographic researches but also for all other socioeconomic areas turning the process into an important factor for a sustainable socio-economic and spatial development in general. Reduction of the contingent of the young age population, the deterioration of the situation in the contingent of the workforce (the aging of workforce) and the increase of the elderly population will be accompanied by deterioration and pressure of demographic, social and economic sustainability.

To avoid the consequences of demographic aging that many European countries are facing, it is important for Kosovo to take measures to: a) maintain the level of fertility of the current situation and stop the further declination, b) prepare a sector strategy (birth, employment, etc). c) especially the employment of young people in order to prevent migrations from Kosovo. In the best case, the maintenance of the level of fertility of the current situation and the prevention of further decline would be the best choice for sustainable demographic future of Kosovo, which means that the next generation at least be the same size as the present one.

The fact that the time between the undertaken steps and the effects of the measures in demography is relatively long, it urges policies in the demographic sphere in Kosovo be immediate due to the fact that within two decades Kosovo is expected to face demographic problems including demographic aging.

Key words: *population, demographic aging, aging index, demographic perspective, Kosovo*

Session 2
Medical aspect of Ageing

Moderator: Barbara Wessner

Acut effects of particulate air pollution in respiratory diseases in Kosovo

Antigona UKËHAXHAJ, Drita ZOGAJ and Sanije HOXHA

University of Gjakova "Fehmi AGani"

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Gjakova and Prishtina, Kosovo

Air pollution is a critical environmental problem in urban area. Ambient air quality is particularly bad in Prishtina, the Obiliq area, the Drenas area, Gjilan and Mitrovica. The principal sources of contaminants are sulfur dioxide, nitrogen oxides, ozone, lead, carbon dioxide, particulate matter (PM or dust) and dioxin.

The major contributors to air pollution in Pristina are: The largest air polluting source is the coal-burned power plant in Obiliq 5 km near Pristina.

Road transport is another major source of air pollution and old vehicles over 18 years old which came from EU places. About 80-85% of all household heating in Kosovo come from firewood, which uses lignite and wood for heating during cool season.

Agriculture- pesticides

Dust in the cities from increased traffic and old vehicles are other more recent concern.

Illegal waste disposal sites where there is uncontrolled burning of waste.

The key public health effects of PM are respiratory diseases and cardiovascular effects. According to WHO, the following are attributed to short term exposure to air pollution: respiratory and cardiovascular admissions, emergency departments visits, and primary care units, day of restricted activities, work and school absenteeism, acute symptoms even death.

Effects attributed to long term-exposure include mortality due to cardiovascular and respiratory diseases, stroke, chronic respiratory diseases, lung cancer, chronic cardiovascular diseases-ischemic heart diseases, low birth weight at term and premature deaths.

Aim: to investigate effects of concentrations of pollutants in ambient air on hospital admissions and primary care visits for respiratory diseases in Kosovo.

Methods: Time series of daily counts of admission were constructed for all respiratory diseases (J00-99), with International Classification of Diseases Revision 10 (ICD 10) from primary, secondary and tertiary level over the period of 2017-2018 inclusive. Daily count of respiratory admissions were computed for the general population and there separate age groups (0-14, 15-64 years and 65 + years).

Daily 24 –Hour average background concentration of PM₁₀ and PM_{2.5} were use.

Statistical data processing will be done with SPSS 17.0 statistical package.

Results: in this study we found big positive association between daily levels of particles and admissions for respiratory diseases. Summary estimates for PM₁₀ and PM_{2.5} were typically increases many time during winter season.

Recommendation: implement the strategy and action plan on air protection from pollution , adding surface in urban areas, reduction number old car on traffic, using renewable energy, cycling and increased community by public transport.

Key word: *air pollution, respiratory disease, hospital admission*

Aging and Surgery

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The fast growing sector in our society are elderly people. Due to better economic status, medical progresses in last century followed by current innovations in technology and science, enables human’s longer living period.

All levels of providing health care, from primary, secondary through tertiary care by doctors and surgeons towards older people are involved. Aging as a part of physiological process, over the time, degenerates progressively structure and functionality of cells, tissues and organs. Sometimes Surgeons make decisions about diagnostic testing and surgical treatment based purely on age. Surgical treatment considering advances in technology and medicine is not contraindication for elderly population. Increased surgical risk relates by common concomitant diseases in elderly.

Methods: We reviewed a Medline literature with the focus on surgical risk, morbidity, mortality, and outcomes of aged patients under the age of 65 years and elderly group, and compared with our outcomes in our patients treated in UCCK. We examined groups of patients surgically treated in emergency, elective open and elective laparoscopy. We

examined patient demographics, preoperative and intraoperative risk factors, and outcomes.

Results and Conclusion: Number of surgical procedures in patients group aged 65 years or older is growing. Postoperative morbidity rate and mortality rate is increasing with age, which is comparable with the literature.

Key words: *aging, elderly, surgery, risk*

Association between polymorphisms in vitamin D pathway-related genes, vitamin D status, muscle mass and function: a systematic review

**Ermira KRASNIQI, Arben BOSHNJAKU, Karl-Heinz WAGNER and
Barbara WESSNER**

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Austria and Kosovo*

Introduction: An association between vitamin D level and muscle-related traits was reported frequently [1]. Vitamin D level is dependent on various factors such as season, latitude, age, clothing style, sunscreen cream, skin pigmentation, air pollution, nutrition and supplementation, as well as genetics [2]. We therefore hypothesize that Single Nucleotide Polymorphisms (SNPs) in vitamin D pathway-related genes (DHCR7, CYP2R1, CYP3A4, CYP27A1, GC, PTH, LRP2, CUBN, CYP27B1, CYP24A1, VDR, RXRA, RXRB, CASR) could contribute to muscle mass and function via an impact on vitamin D level. The aim of this study was to systematically review the current evidence on the association between the before mentioned genes, vitamin D status, muscle mass and function.

Methods: This systematic review was registered on PROSPERO and conducted following PRISMA guidelines [3]. Selection was limited to articles published in English or German, in peer-reviewed journals, conducted in healthy adults or matched healthy controls. For the identification of all articles related to vitamin D pathway genes, the respective NCBI entry in the gene database was first linked to the SNP database of each gene and then to PubMed.

Results: The selection criteria were met by 86 studies (54 cross-sectional, 20 case-control and 12 intervention) of which 74 detected association between vitamin D level and a certain genotype. Selected studies investigated 280 SNPs located on 11 different

vitamin D-related genes. GC, CYP2R1 and VDR genes were reported most frequently to have an impact on vitamin D level. No suitable records were found for RXRB, LRP2, CUBN genes. With respect to muscle function, 12 publications were included in the qualitative synthesis. All the selected studies were focused in potential association between VDR gene polymorphisms and muscle traits, investigating 4 SNPs (rs7975232/ApaI, rs1544410/BsmI, rs2228570/ FokI (rs10735810), rs731236/TaqI). There is sparse of the literature showing the SNPs of vitamin D related genes impacting muscle traits, excluding VDR gene

Conclusion: To the best of our knowledge, this systematic review presents the newest update of the association of vitamin D related genes polymorphisms and vitamin D status, and the only one focusing on healthy adults only. These data could be used in various ways: (1) to use the identified SNPs as candidate genes for further studies, (2) to identify individuals at a potential risk and (3) to optimize potential interventions, but further studies are needed to validate our results.

Keywords: *vitamin D status; vitamin D-related genes; genetic variation; SNP; muscle mass; muscle function*

References:

- [1] Walsh S, et al. (2016). *Aging Clin Exp Res.* 28(3):435-42.
- [2] Bahrami A, et al. (2018). *J Cell Physiol.* 233(5):4033-4043
- [3] Moher D, et al. (2009). *BMJ* 2009, 339, 2535

Palliative Care for elderly people

Donart KOÇI, Shkëmbim SYLMETAJ, Kushtrim GREZDA

*University of Gjakova “Fehmi Agani”, Gjakova
Kosovo*

Patient health is the primary issue for any health professional. Palliative care is specialized medical care for people living with a serious illness. This type of care is focused on relief from the symptoms and stress of a serious illness. Palliative care teams

specialize in treating people suffering from the symptoms and stress of serious illnesses such as cancer, congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), kidney disease, Alzheimer's, Parkinson's, Amyotrophic Lateral Sclerosis (ALS) and many more. Therefore, we, as students in the nursing, want through this work to expand our knowledge and to present our experience during the one week training with terminal patients who were part of palliative care. Our main goal is to show the role of the nurse in the care that a patient needs from an incurable disease and almost life does not make sense, meaning that we are one of the key factors in improving the quality of his/her life. Palliative care can be helpful at any stage of illness and is best provided from the point of diagnosis. In addition to improving quality of life and helping with symptoms, palliative care can help patients understand their choices for medical treatment. The organized services available through palliative care may be helpful to any older person having a lot of general discomfort and disability very late in life. Palliative care can be provided along with curative treatment and does not depend on prognosis.

Keywords: Palliative care, health professional, elderly, serious illness, quality of life.

Aging and Surgeon

Faton T. HOXHA

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The aging process inflict also the surgeons in cognitive and physical abilities. This is very important issue because older surgeons have more experience caring and providing high-quality surgical care for patients, which through the time face with the potential reduction of age-related functional limitations. The important question must be posed: When should surgeons retire?

Method: A Medline literature search was performed to locate articles on the pathophysiological concepts of aging, evaluating Aging Surgeons, recognizes physical and cognitive skills, objective assessment of surgeons' abilities. Emphasis was placed on reports.

Results and Conclusion: Although physical and cognitive skills decline with age, particularly after age 65, in literature doesn't favor a mandatory retirement age for surgeons, and they suggests that an objective assessment of surgeons' abilities should be performed beginning between the ages of 65 and 70.

Decisions about competency, therefore, should be based on functional age rather than chronologic age.

This argues against a mandatory retirement age and argues for an objective evaluation of functional age.

Keywords: *Surgeon, Aging, Retirement*

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Conference webpage:

<https://uni-gjk.org/faqe/72/konferenca>

Financing Institutions of the HERAS Project



Implementing Institution of the HERAS Project

