

## FINAL ACT

# REAP WHAT YOU SOW

## INTERNATIONAL CLUB OF TARTU NATURE HOUSE

I am Tartu Nature House's first international volunteer ever. This lovely environmental educational center has the aim to teach children and people of all ages of the natural wonders, nature rules and secrets, and how to take care of it.

Most of the hobby classes and school programmes are in Estonian language, but considering how Tartu is full of foreigners (students, young families, tourists) somewhere in March I got an idea. I wanted to create an **International Club** in Loodusmaja where I could prepare various educational workshops for club members, in order to promote an eco-friendly way of living, but also explore ways of being a wholesome human. Club members would also have the opportunity to express their opinions and share knowledge in-between each other. **Word of mouth** or **viva voce**, is the passing of information from person to person which I strongly believe is an important way of learning. The Club would also be a perfect task to work on for any future ESC volunteers.

Quarantine and restrictions interrupted me drastically, but times are better now. **Getrin Laaneso** and I decided to write a smaller project, in order to realize kick-off activities and support the establishment of International Club of Tartu Nature House.

During the month October and November there will be 4 different activities:

- 1) Sustainable cooking workshop;
- 2) A board game and culture night;
- 3) Hiking and nature watch;
- 4) Upcycling and sustainable lifestyle workshop.

The competition for this project was on ANK Facebook page, so **I wish to thank everyone who supported us** with their likes. We could not do it without you!

**TAOTLEJA:**  
TARTU LOODUSMAJA  
RAHVUSVAHELINE KLUBI  
GETRIN, JELISAVETA,  
LEA

SOOVIME LÄBI KOGNEMISTE  
JA ÜHISÜRITUSTE TÖSTA  
RAHVUSVAHELISTE NOORTE  
KESKKONNATEADLIKKUST  
JA JUHTIDA NEID END  
ÜMBRITSEVAT PAREMINI  
VÄÄRTUSTAMA.

**MÄNGUDE ÕHTU**  
DUNGEONS AND DRAGONS + BOARD GAMES!

**JÄÄTMETEVABA  
KOKKAMINE**  
KOOS KULTUURITÖÖTUGA!

**MATKAMINE**  
EESTI LOODUSEGA TUTVUMA!

**KESKKONNAHOID**  
ÕMBLEME OMA PUUVILTAKOTTI!

PROJEKTITAOTLUS:  
**1000€**

tartu loodusmaja | EUROPEAN SOLIDARITY CORPUS | BRITISH COUNCIL | ANK Eesti Arenduskoostöökeskus Ühendus

## RESEARCHERS' NIGHT FESTIVAL - DNA WORKSHOP

When I was a young girl, I remember how my grandfather used to mention something like how analogies are important and I have to understand them and use them. It took me 20 years to realize the brilliance of it.

If we search for an exact definition on the Internet we could see next:

***Analogy** is a cognitive process of transferring information or meaning from a particular subject (the analog, or source) to another (the target), or a linguistic expression corresponding to such a process. The term analogy can also refer to the relation between the source and the target themselves, which is often (though not always) a similarity, as in the biological notion of analogy.*

***Analogy plays a significant role in problem solving, as well as decision making, argumentation, perception, generalization, memory, creativity, invention, prediction, emotion, explanation, conceptualization and communication.***

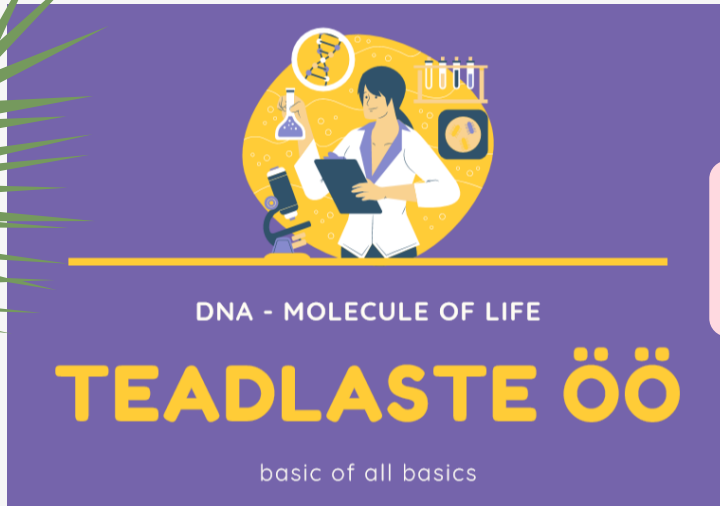
Somewhere in January, while I was working behind the huge cutting machine in TYPA and making notebooks, I noticed certain similarities between that and the processes that are happening inside of our cells - replication, transcription and translation of DNA.

In today's world, we often hear terms as sustainability, climate change, pollution etc. Whereas those are hot topics and environmental awareness is necessary, I wanted to switch focus onto the other end of the biological scale of living things. What means when someone says "I inherited it from my mother or father", "why I have blue eyes and my friend brown", or "how tall will I grow".

Everything that happens in outer world will have direct or indirect impact on our inner organization, and will change or damage our genetic information. Recent studies in human and molecular genetics provide an opportunity to understand how genes and genetic changes interact with environmental stimuli to either preserve health or cause disease. The fields of environmental genetics and environmental genomics have enormous potential to affect our ability to accurately assess the risk of developing disease, identify and understand basic pathogenic mechanisms that are critical to disease progression. **This is the future of the medicine - tailoring of treatment to the unique molecular or genetic mapping of individual patients.**

**The deoxyribonucleic acid (DNA)**, contains the instructions for the structure and functioning of all living organisms. With the help of paper models my workshop explored how the molecule of DNA is structured and built, and where it is "packed" in cells.

# RESEARCHERS' NIGHT FESTIVAL - DNA WORKSHOP



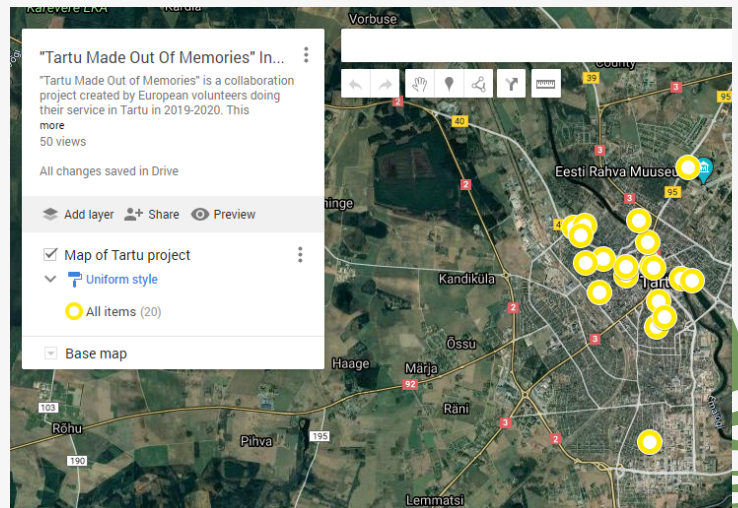
Special thanks to **Mattias Pettai** for helping me out with translating everything to Estonian language!

I was very pleased with my work. I wish to thank TYPA for the opportunity to realize my idea!

## TARTU MADE OUT OF MEMORIES INTERACTIVE MAP

Now I will show you something exclusive, since it is still unpublished.

This is a collaboration project created by European volunteers doing their service in Tartu in 2019-2020. This interactive map aims to show the city through the eyes of its residents and to encourage both residents and tourists to visit the less known places and rediscover the iconic places of the city of Tartu.



We collected stories and memories from the people of Tartu during July 2020, both at the "Autovabaduse puiestee" event and in the secondhand bookshop Fahrenheit 451. Aydan and I took the photographs of each place.

I hope you will all have a chance to use the "Tartu Made Out of Memories" map to discover the known and unknown sites of the beautiful city of Tartu!

**Agnieszka**, thank you for being here to lead us!

# INTERNATIONAL HOUSE OF TARTU



It is known that photos are worth thousand of words, which you can all see on [FB page of International House of Tartu](#). I really admire everything that you do. I wish you best of luck in your work and to become a real partner on this bigger project of TYPA, Tartu Loodusmaja and Tartu2024 Foundation.

*Dear reader,*

*If you have found patience to read through all of my reports, you can consider yourself as my true friend, as someone who really knows me. And everyone that knows me, knows how much I adore the theatre.*

*Among many things that theatre taught me, there is one particular thing - when is time to leave the stage. I have really tried my best to fulfill the role of an **European Solidarity Corps volunteer**.*

*Now I shall give the word to someone else. This is a wonderful opportunity for young people to learn, to express themselves and to grow. This diversity of various volunteers will contribute to the creation of a better life in Tartu for its residents and make stronger connections between centres Tartu Loodusmaja, TYPA, Tartu2024 Foundation and possibly International House of Tartu, or maybe someone else...? :)*

*Meow or never,  
Jeka*

