



Nordic-Baltic LIFE Platform Meeting

Human meets Nature: Stories of LIFE

Workshops

All workshops will take place at the same time on September 10



Co-funded by
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REPUBLIC OF ESTONIA
MINISTRY OF CLIMATE

Workshop No. 1

Know Your Water: Community Water Monitoring in Practice

Format: Outdoor and indoor workshop at Vihula complex

Maximum participants: 20. No prior experience is required. Participants need a smartphone and suitable clothing for outdoor activities.

Description: This workshop introduces citizen science as a practical approach to monitor the state of springs, lakes and rivers. Participants will learn how volunteer monitoring can complement professional environmental programmes and will gain hands-on experience using three citizen science platforms: allikad.info, veestik.info and springatlas.org.

After a short introduction, participants register on the platforms, learn a simple field methodology and carry out real observations at a nearby water body. The collected data is submitted directly from participants' smartphones during the workshop.

The session concludes with a discussion on data quality, community-led research and opportunities to apply similar approaches in other regions and contexts. The workshop is designed to be practical and interactive, with participants contributing genuine environmental data during the session.

Workshop leader: Jaanus Terasmaa, Professor of Ecohydrology at Tallinn University

Workshop No. 2

Nature-based Solutions in LIFE: Working with Nature for a Better Environment

Format: Outdoor and indoor workshop at Oandu Visitor Centre, Lahemaa National Park (includes an opportunity to visit the exhibitions)

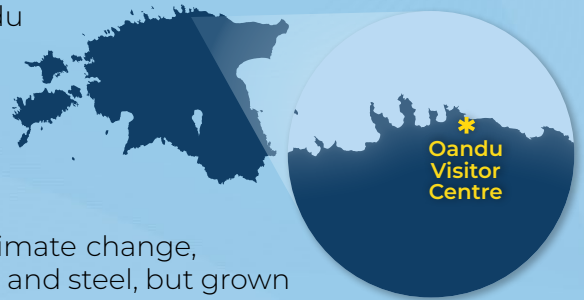
Maximum participants: 25. No prior knowledge is needed. Just curiosity, a willingness to share and learn, and suitable clothing for outdoor activities.

Description: What if the most effective response to climate change, biodiversity loss and pollution is not built from concrete and steel, but grown from nature itself? This workshop explores Nature-based Solutions (NbS) and how LIFE projects are working with natural processes to create benefits for both people and biodiversity.

Through presentations, discussion and practical activities, participants will explore real LIFE project experiences, including both successes and challenges. The workshop encourages participants to share examples from their own countries and exchange experiences across different contexts.

A hands-on activity will provide an opportunity to build floating islands – a well-known nature-based solution for improving water quality and supporting biodiversity. Throughout the session, participants will reflect on how nature-based solutions can contribute to meaningful and lasting change.

Workshop leaders: Siret Valge, Project Manager of LIFE IP CleanEST project and Vallo Kõrgmaa, Lead Specialist in Estonian Environment Research Centre; Kristiina Mardi, Project Manager of UrbanLIFEcircles and CityBlues projects.



Workshop No. 3

Extending LIFE Impact Beyond the EU: Cooperation with Eastern Partnership Countries

Format: Indoor hybrid workshop at Vihula complex and online via MS Teams

Maximum participants: 20. LIFE projects already cooperating with Eastern Partnership Countries are encouraged to participate and share their experiences.

Description: Environmental and climate challenges don't stop on national borders. In this workshop, we will explore how LIFE projects can act as catalysts for building project capacity, transferring knowledge, developing pilot projects and partnerships in EU candidate countries.

Participants will share examples of existing cooperation, discuss new opportunities and challenges, and learn how LIFE projects can contribute to environmental restoration, resilience building, and future investments outside the EU. Partners from Ukraine will share their experiences regarding their needs and forms of cooperation.

We will discuss opportunities and constraints for cooperation with EU Eastern partnership countries and present practical experiences from LIFE projects.

Participants will leave with practical insights, shared experiences and concrete ideas for extending the impact of LIFE projects through international cooperation.

Workshop leader: Yulia Melnyk, Director of NGO Ekoltava

Workshop No. 4

How to Make LIFE Sexy? Practical Guidance on Environmental Communication

Format: Indoor workshop at Vihula complex

Maximum participants: 25

Description: Environmental projects often deliver impressive results but communicating them in a way that captures positive attention and inspires action can be challenging. This interactive workshop explores how to make environmental communication more engaging and memorable for different audiences.

Drawing on practical examples from Tartu's Urban LIFEcircles project experience, participants will examine common communication challenges, discuss obstacles encountered along the way, and explore how creative approaches can help turn environmental topics into compelling stories and find little things that make people care about your initiative.

Participants will also be encouraged to think beyond traditional communication formats and exchange ideas with colleagues from other countries and projects. As a practical exercise, participants will pitch an idea for a TV feature story about their project. Ideas will be discussed during the workshop, and every group will get feedback from Kristo Elias, environmental journalist at Estonian Public Broadcasting.

Workshop leader: Hendrik Kuusk and Sille Vösaste, Communication Managers of UrbanLIFEcircles

Workshop No. 5

Exploring LIFE in Coastal Villages

Format: Outdoor workshop at Vanaõue Farm, Lahemaa National Park

Maximum participants: 18. Activities take place outdoors. Participants should wear suitable clothing and comfortable footwear for hiking.

Description: This visit offers an opportunity to experience how coastal meadow management, livestock farming and local food production come together in practice. Participants will be introduced to the farm, its animals and the principles of managing coastal meadows, while learning about everyday life and working in close connection with nature.

The programme includes a guided walk to Natturi Cape, where participants can enjoy the coastal landscape, learn about local history and gain insight into the traditions of coastal communities. The visit also includes a stop at a former harbour site and an introduction to the area's military heritage, with the possibility of visiting an observation tower or, depending on water levels, Älvi Island.

In addition to exploring the local landscape and farm, participants will take part in a practical food workshop, preparing local food and drinks using organic ingredients sourced from the farm and surrounding landscape.

Workshop leader: Farmers of Vanaõue Farm and head chef Heinrich – a partner of Fumé restaurant, whose work has been recognised by the Michelin Guide and Falstaff, in partnership with LIFE IP "ForEst&FarmLand".

