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Tallinn University, School of Natural Sciences and Health, Health Behavior and Wellbeing PhD program is keeping Reeda busy most of the time, wearing more than one hat - teacher in and program coordinator of recreation management, and fellow researcher in the field of recreation ecology with colleagues from Estonian University of Life Sciences. They cooperate in several research projects related to recreational carrying capacity in urban protected areas and within different fields of outdoor sports.

Reeda's deeper research interest is specifically in aspects of stakeholder interactions within environmental (in) justice concepts. Most outdoor experiences from challenges faced during adventure racing all over the world have become also teachable moments during teaching at the university. Not only these experiences have taught Reeda resilience, patience, humility and consideration, but also challenges of being a mother of two teenagers have become quite a learning process.

My Topics for the 26th International Teaching Week:

- 1) Teambuilding Games in Corporate events: tangram can easily become teambuilding tool (practical).
- 2) Adventure Sports as Authentic Team-building Format – teachable moments used in teaching and corporate team-building events.
- 3) Environmental Issues in Outdoor Recreation and Sports: practical issues and research in Estonia (carrying capacity, recreational conflict, environmental injustice).