

12/08/1992

Dedicated to all the people born on 12/August/1992

Pühendatud 12/august/1992 sündinud inimestele

These are our stories...

Need on meie lood...

6 My journey started at the edge of a small town, growing up there had several benefits. It was sufficiently sheltered from the turmoil of the 90s, so wider societal changes and tensions didn't influence my early years in a tangible way. Life was stable and safe - at least as much as I knew at the time. The community that our family interacted with was small and closely knit. On the other hand, exposure to differing points of view was limited, give the small circle of people I was in regular contact.

School years were similarly quiet as it was a small town and not exactly an elite school - to say that passing was already good, we were not pushed for excellent scores just because and only a few of my classmates displayed strong ambitions. I was perfectly happy with a moderately good grade, there was no sense of urgency for me to pursue the absolute top mark in every subject. Years leading up to adulthood were happy and while such upbringing instilled a sense of being grounded (work for what you know that you can achieve), it did not give a wider perspective as I had had only a few experiences in life. There were several options on the table, once high school finished.

After a lengthy deliberation I chose to go to university. This was when my view of the world around me began to shift. For one, it was a completely different setting and even more so - it was a medium to meet people from different walks of life. As the first person from my immediate family to attend university, it was a novel experience and this sparked a curiosity that hasn't faded since. A combination of being interested in my field of study, meeting new and

different people and to see which doors this "new" life could open.

Having the privilege to meet many different people started to nurture in me a sense of ambition, good enough was no longer sufficient. Although this emotional impulse gave the drive to work/study (later as work) harder, it eventually led a position where a choice had to be made. The first was to remain content with my position and future outlook, which by that time meant a stable life rather reminiscent of the life I had before. The alternative option was to devote yet further resources (time, energy) to work, the only option if I wanted to stay competitive in academia.

I went with the second option, in spite the need to make concessions in other aspects of life. In a few years this decision bore fruit and it opened a door that I previously hadn't even considered. While at first it was nothing more than a short-time project, it gave so much more in terms of new experiences and consequently - ambitions. The result of which was that after the conclusion of the previously mentioned project, I chose to pursue doctoral education (not medicine) abroad.

Now, with approximately one year left until the end of the ongoing studies, it is quite amusing to look back at the collection of events and pondering how life could have turned out if I had acted differently. Nevertheless, so far there are no regrets about the general direction of my life, albeit there being many situations I could have resolved better in hindsight.

Growing up I had far lower expectations for my life, I would have been content with a normal life. Now, given the years of blood, sweat and tears, I can see a path forward, which would enable me to



change the lives of others in addition to my own. None of which would have been possible without perseverance and the acceptance from my family, who not once attempted to dissuade me from my chosen path. With the experience amassed so far, I am eagerly (despite the current global situation) looking to the future to seek out new challenges and new experiences.

15: Don't be afraid of doing things your own way.

50: It's corona time - did we learn some lessons?

I don't have many memories of my early childhood. For my 5th birthday my gift was regular piano lessons - my talent was discovered. Now I am thankful but it took 15 years to get here. Until then it was a story of too much pressure and expectations heaped on my young shoulders - to the point where I was constantly trying to run away, distract myself and I almost stopped making music as a result. I was not living my dream until I turned 20 when I finally started expressing myself through music because I wanted to. In the meantime I can say I've found my passion and apart from my family, music is the most important aspect of my life. I can live from it and I make myself and others happy through the emotions and stories I share on the piano. In life have learnt the most from suffering and there have been many valuable lessons. Always take responsibility for your actions!



“I would like to tell my 15 year old self, that you will grow out of most of the things you don't like about yourself and those who are calling you names and saying not nice things to you are not right. Also you will learn to love yourself, find your calling in life and share all of this with your best friend (also known as your boyfriend). You will be a fighter!”

To my 50 year old self I would like to say: “Remember when you thought you wouldn't make it so far? Look at yourself now :)”

It has been a long journey of growing and learning. I have seen that life can be very challenging, but it is possible to overcome heartbreak and sad times. It is true what they say: “What doesn't kill us makes us stronger.” My dreams have not changed much over the years, I am still most passionate about singing and being on stage. Luckily I have been fortunate to call this my main job. There are also other things in life that excite me, like photography, animals, nature, reading, estonian language, making videos and trying

out new makeup. As you can see those things are quite different, and I think that makes life interesting and diverse. I have learned over the years how to love myself and how to distance myself from things and people that doesn't serve me anymore. We only have one life and one chance to be the best versions of ourselves and make every day count. It is fine to choose your happiness over always pleasing others :)

15. aastasele endale: "Jätka samas vaimus!"

50. aastasele endale: "Jaksu ja tervist!"

Olen pärit Tartust, kuid nüüd elan ja töötan Tallinnas. Lapsena (7-8 aastasena) tahtsin taksojuhiks saada. Aga elu viis mind hoopis it- alale. Ülikool on veel lõpetamata, sest nagu ikka on it-spetsialiste kohe vaja, nii ma töötan juba ühes firmas ja kool ootab lõpetamist. Ja kui ma midagi soovin lõpetada, siis ikka kõige paremini. Lati alt roomamine pole minu teema. Olen püüd-

nud elu elada nii, et ma oleks praegu sellega rahul ja ka tulevikus edaspidi. Et mul oleks selline töö, mis võimaldab mul igakuiselt muretult elada ja samas ka veidi kõrvale panna. Olen üldiselt rahuliku meelega ja niisama tühja ei rapsi. Armastan metalit kuulata ja ega ilma selleta ma vist elu elada ei saaks. Ei mõista rumalaid inimesi. Mind motiveerib soov rohkem aru saada maailmast ja teada sellest toimuvast.



I was born in Istanbul, Turkey. But i would like to say that i was looking like a Mongol during my childhood. So that's why my friends call me Chinese or Japanese during the primary school. I was wondering that why am i different and i figured out that when i was in university. I studied history and also i have asked my father, why am i look like this. I was born in Turkey but my family immigrated from Crimea to Turkey, during the 19th century. So i have Crimean Tatar origin. I am a historian and I study history of the Crimean Tatars. I believe that my grand-grand fathers and mothers watching me from the heaven and they are very pleased that i am research that my ancestors.

15: "Don't be lazy and study much more than ever. So you can go to the better university and maybe you could be an international historian."

50: "I hope that you would be able to come true to our dreams. If you wouldn't then I don't have anything to tell you."



My childhood was variegated. I lived in small village named Kurista, that had about 200 residents. My kindergarten was approximately 50 meters away from my apartment, where I was living with my mother, father, brother and my angry little dog. My apartment had two floors, and had 3 rooms. The thing that I remember the most from this apartment was the dinosaur carpet ("Dink, the little dinosaur" was children's favorite series at that time) and staircase that was about 75 degrees downwards. Now I only see nightmares of that place. I don't remember much from my childhood, but I was best friend with my one year older brother. He was the angel in our family and helped mom out with all the babysitting and taking care of everybody. Also, I spent most of the time with my grandmother who lived 150 kilometers apart from us. I guess, I had great childhood til age of 6. Then we moved to a small city, that was about 5 kilometers away from that village. It was necessary to move only the 4 of us- mother, brother, me and our angry little dog. Mom and dad had toxic relationship that had to be stopped (I totally agree with this decision, taking account my mothers stories what happened at that time). I don't remember much about this time (surely I had fallen a lot down from the stairs of 75 degrees, cannot blame), but I can remember that mother was not happy, we didn't had much food and mother was overworked. Still she got us everything that we needed- all our favorite food, stuff, our school trips, our possibilities to go different kind of hobby schools, cool clothes from foreign countries (that time didn't have a lot of cool clothes in our country). I don't know how she did it with no help from my own father. She was really tough mom.

Then my mother had met with my stepfather. He was a bit younger than my mother, but took us

like his own family. We were living in two room apartment in this city called Jõgeva. Then they bought a house, that needed a lot of work. In 2001 my little baby-brother was born from the love of my mother and step-father. Oh, he was the cutest little being. We moved to the house in the end of year 2001, I think. Step-father was putting much effort to this house and the house was wonderful. We had another dog, who was the watchdog of our house and was not angry as the little mix blood of dachshund and some other kind.

I had head trauma in the second grade, I just ran my head against the gym wall (does sound funny, it always does). We had some competition run and I always wanted to win these (or every competition I take part of). So, I didn't win much more than a bump on my forehead. It is needed to say about this accident because this is only serious one I have had in the period of my lifetime. And it somehow has still abilities to delete my memories. Hence, I do not remember much about my life from 1-17 years, only important things I guess. In my teenage years I did not speak a lot with my family members. Outside of home, I was surrounded with bad people, with negative and self destructive thoughts. My favorite things were crosses, graves, death wishes, ghosts, communicating with the other side. Somehow I got out from this kind of circle, I guess with the help of my childhood friends and mother. My mother was so worried, that she wanted me to move in with my father, who was living now 150 kilometers apart from us in Tallinn. Of course it was not what I wished for and therefore I pulled myself together.

From that time there are only highlights of my life. I joined a lot of youngster groups- youth council, student council, acting group, tennis, football, folk dancing, hip hopping, choir singing, band, show dancing. I went volunteering in different kind of events. My calendar was full with activities. And of course the main hobby school was art-school, but I joined with this school already in the year of 1999. Life was nice, life was good. I was loved by the people who went to the same school, I loved them too. It was sad to leave this school. My goals were always rather big- when I am 25, I need to have a house, dogs, career, 2 children, marriage, loving husband.

Moving on from here, I emotionally grew apart from my mother and big brother since teenage years but put my effort into relationship with younger brother and grandmother. From school times period I had two boyfriends. The last of them I was together with 6 years. I ended the relationship when I was in third year at bachelors' studies, because of different aims, values we had. I always pick my partner thoroughly, I never rush into things.

Moving on from here, I went to university. I wanted to study a lot of things- psychology, architecture, restoration of furniture, graphic art, photography, restoration of painting.. And then, suddenly, I found myself in front of Tallinn University of Applied Sciences, studying textile technical design and technology. This specialty was great, I loved the knowledge I got from these 4 years. It was really practical specialty and I had no chance to go to work because the studies were so intense. I tried to work as an assistant in clothing design company. Then I joined

with student council and I had no time whatsoever. I ran there for head of culture. It was crazy fun times with no time at all. Although, some of my lecturers did not like me at all. They wanted me to fail and well did everything to put me down somehow. I am still resentful when I look back at these people. I cried on that day when I defended my thesis. Well, how to say, they took my soul and smashed it into pieces on that day. But this is past and I had a chance to prove myself otherwise at masters thesis defending day. At that time I also had a lot of friends and classmates who supported me.

I lived in 3 rental apartments within this time. First apartment was big and spooky, I lived there with my old classmate and with my big brother when he used to come by. Another apartment I was renting only for myself, but as I didn't have possibilities to get a job and I did not want to spend my mother and stepdads money, I was searching something else with low rent payment. Hence, I moved in 3 room apartment with my 2 classmates I was studying with in the university. These were fun times, we did our school studies together, we went out together, we were in student council together. When the boyfriends wanted to move in, one of us moved out and than the other and the other.

I went to study masters after bachelors degree. There were not much masters opportunities in Tallinn for that specialty. So, I went to study wood, plastic, textile technology at Tallinn University of Technology. Well, it was, okay I guess. No hate from lecturers, you are just a person sitting on a bench. Then I took academic leave for a year. My grandmother passed away and I was in great depression. I knew it was coming because she was ill for a year, although nobody knew what that illness was. Doc-

tors said it could be Alzheimer, post traumatic stress (great grandmother died a year before), dementia or so on. Therefore, it was researched by doctors and the final saying was that the disease was Jacob Creutzfeldt disease and our grandmother was one in a million who got this. Therefore, as a depressed person, what could you do. Your own family is in the same situation. So, my best friend offered me idea which I immediately embraced. I went volunteering to Italy for 7 months. Okay, for 3 days I had culture shock and I cried there. But, when time moved on, I understood that was the best decision of my life. I loved it- I traveled, I met new people, I ate new foods, went to places I had always dreamed of. My basic work there was to tell my story in the schools- why to go abroad, what is Erasmus+. I worked with youngsters and children at daycare. I came back as a new person. I finished school and tried to find a job. I haven't mentioned about my work searching for past 7 years while I was studying, because it was not needed. The answer for young people from the companies is always the same, you don't have experience. They get your hopes up with good interviews but the answer is the same. I quit searching for the job of my specialty. I would've left jobless with that spirit and hope to find it.

Hence, I got job at chocolate shop. Again, best decision of my life. What a great team and knowledge's I got from there. I was lucky. And then, as it was quite physical job, my body was really tired and ill, I had to leave. I went to another job at marine logistics. I was an officer, booking officer. I figured out how things work there, and I got new friends again, but I am not a robot and I looked for something else. I have a partner now for 3 years, and I look forward to buy myself a home and start a family, these are

my main goals right now. But as the situation is now as it is, it takes time.

I remembered time when working in Italy with children. I thought, maybe this could be my faith. At Christmas time I offered my help to my friend who's working in kindergarten. They needed a body painter to paint some cute thing on the children's faces. At the end of the night the director offered me a job as a teacher and I took it. Now I am kindergarten teacher, and I couldn't be more happy. I have plans for future to use my degrees in my field, but now I enjoy my time as a teacher.

Meanwhile, I have build my relationships with my family again. My father was not a good father to me (not going into details) and to my big brother, but I overlook this past. In addition to this story, I am very artistic person- I paint, I sew, I draw, I am handcrafting everything, I play guitars. Creating is in my nature and keeps me moving as my family does. I have great friends, best family and partner I could ever hope for, I do the things I love and try to aim my goals. Being now 27 years old, I haven't reached any of these goals I was setting for myself in the past, but it does not matter. Life is not that simple and I value relationships more than anything. I believe that key to living long and healthy life is all that you build around yourself. I know that death is inevitable, but every day is worth living and you choose your own way of living.



For 15 y-o me I would say- keep pushing for things you want to achieve in life. Do what u love the most and be with the people who you want ti be with. This is your life and only you can follow the right path.

For 50 y-o me I'd say- hope you followed your dreams and goals and you are the happiest person alive.

I have been always a person who reaches to his dreams. If I was a kid I dreamed to be a person who loves what his doing. At the moment I am an owner of a well-known football club and also highly recognized in Estonian football society as an active and ambitious person. I also teach and train children as a football coach and being a football tv matches live commentator.

As a full-time I work in a school as a leisure time manager and also I have a class, 7th grade, who's class teacher I am.

Also I have been very keen in music and sports overall. I studied drums and singing in music schools back to school time and graduated it in 2011. Been singing for more than 20 years now and also singing in a school choir I am workin at the moment.

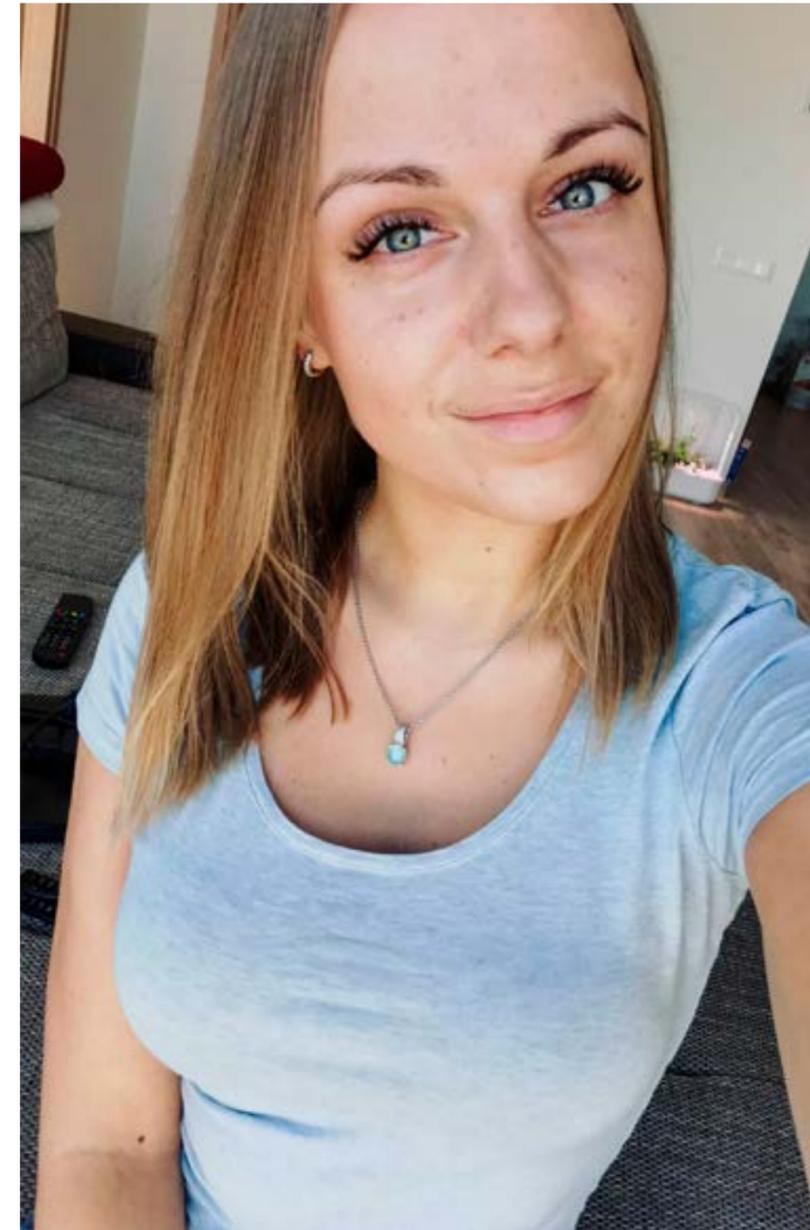
Also I am an active young person in society and youth organizations.

Mina olen pärit väikesest kohast. Olemuselt olen pigem jutukas, kuid seal juures oskan ka olla hea kuulaja.

Lapsest saadik olen olnud hea fantaasiaga ja loov. Minu unistuseks oli väiksena saada loomaarstiks, kuid see unistus kahanes ajaga, kui kasvasin suuremaks.

Mulle meeldib väga joonistada, maalida. Pole seda õppinud, kuid kunst on minu jaoks justkui aeg iseendale. Aeg lendab ja tuju paraneb.

Elu on mind viinud väga loovale ametile, olen lasteaiaõpetaja, kus iga päev on erinev ja saab oma loovust rakendada.





Minu teekond on olnud väga värviline, maagiline nagu vikerkaar. Ma hüppasin kiiruga ema seest välja, et alustada põnevusega oma teekonda. Minu elu on olnud kiire nagu sinine välk, mis piksenoolena igale poole kuhu läheb üllatab oma säruga. Ma olen olnud inimene, kellel oli kogu aeg suu kõrvuni ja energia laeng 100000 W. Ma ei lubanud endale negatiivseid tundeid, sest arvasin, et sellega teen teistele liiga. Ma armastasin teisi inimesi rohkem kui iseennast. Ma olin kuni 15 aastaseni mina ise, aga peale seda hakkas keskkond mind mõjutama ja tõmbas mind enda keskmest välja. See viis mind depressiooni. Ma kaotasin ennast ära. Kui sain 23 aastaseks puudus mul enda vastu austus, lugupidamine ja tingimusteta armastus. Ma sattusin enda nimepäeval 14. oktoobril 2016. ndal aastal haiglasse. Mu kõhtu tuli öösel nii suur valu, mis tekitas tunde nagu ma kohe plahvataksin. Olin oma elu väga kiiresti elanud, kuni elu õpetas mind. Elu korralikult ikka raputas, et saaksin aru, et see ei ole õige, mida ma endaga teen. Kui inimene ise ei muutu, siis maailma muudab teda. Minu missiooniks oli ravida terveks oma haigus, et tulevikus aidata inimesi, kes sama probleemi käes vaevlevad. Mul oli haigus nimega Ärritunud Soole sündroom. See haigus tähendab, et ei olda jõutud läbi seedida oma elu. Mind väga huvitas miks jäin haigeks ja kuidas alternatiivmeditsiiniga terveks saada. Tänapäevaks olen täiesti terve ning kogu varanduse oma tervisesse investeerinud, et leida tagasi see lahe Kaisa, kes enda eest seisab ja tingimusteta armastab.

Ma tean nüüd millest haigus tuli ja olen sellele kogemusele väga tänulik. Elul olid minuga suuremad plaanid, kui ma ise arvasin. Teine põhjus- õppisin taas tundma seda ennast, kes ma olin lapsena. Ma olen julge, särav, teotahteline, esineja ja armastan hinges kõige rohkem laulda ja tantsida. Ma olen hai-

gusele meeletult tänulik, et ta tuli ja õpetas ennast armastama tingimusteta. Ma 27. aastaselt lõin päris oma firma Elustiilitreener OÜ. Elustiilitreener on inimene, kes vaatab teist inimest ter-vik pildiga ja aitab tal ennast ise terveks ravida. Õpetan inimestele oma tervise eest vastutamist ning oma keha kuulama kuulama õppimist. Minu firma sõnum on: "Muutes ennast, muudad ka maailma!" Mina usun, et kõik on võimalik, kui uskuda maagiasse ja iseenda armastusse. Minu unistus on õppida professionaalselt laulmist ja tulevikus esineda. Ma armastan lava üle kõige ja kuulun sinna.

Minu teekond on olnud maagiline ja jätkub ka sama lahedalt. :)

Armasta iseennast ja jää  
iseendaks, sest sa oled lahe!

Sära nagu täht ja ole uhke selle  
üle, kes sa oled!

Sünnikuupäev on ilmselgelt kõigile teada, aga sündisin ja kasvasin üles Tallinnas. Lapsepõlv möödus nagu enamustel, loomuliku radapidi, alustades lasteaia(kus ma käia absoluutselt ei soovinud) ja lõpetades kooliga(mitte ,et ma seal oleks tahtnud käia),samal ajal hellitades unistusi saada tippkorvpalluriks. See unistus, aga kunagi reaalsuseks ei saanud, sest olgem ausad võimust võttis laiskus ja sõpradega “hängimine” oli tunduvalt huvitavam. Tagantjärele mõeldes olen õnnelik, et nii läks. Pärast kooli lõpetamist tuli sisse 3 aastat nö. tuima “tiksumist”, ilma igasugu sihita. Üks hetk tuli mõte, et minna koos vennaga maailma avastama. Sihtpunktiks sai populaarne Austraalia. Võib kindlalt väita, et see oli tollel hetkel mu elu parim otsus. Ma ei saa tänamata jätta oma Venda, kes selle mõtte mulle pähe istutas. Algsest paari aastasest plaanist sai kokku hoopis mu senise elu 5 parimat aastat! Just seal töötades ja elades hakkasin elu teise nurga alt vaatama, tekkisid eesmärgid ja siht, kuhu elus edasi jõuda ja milline ma inimesena olla tahan. Oli häid aegu, aga oli ka halbu aegu. Just halvad ajad olid need, mis õpetasid mind ja andsid mu elule uue suuna, hingamise ja teadmise, mida ma tegelikult elus väärtustan. Inimesed teevad päevast päeva tööd, mis neile ei meeldi ja nii aastast-aastasse, kui mitte terve elu. Sama moodi oli ka minul. Õnneks leidsin ma uued huvid ja eesmärgid kuhu poole oma elus püüelda. Noorena oli väga tähtis, mida teised minust arvasid ja oli oluline, et seljas oleks ikka viimase peal riided, palju raha jne. Saavutades kõik need asjad läbi töö, mis mulle ei meeldinud, kaotades aega olemaks oma perekonnaga, sooritades põhimõtteliselt mentaalselt suitsiidi, sest kõik need asjad tundusid täiesti

tühised ja väärtusetud. Elu ei ole mitte mingit elamist väärt, kui inimene ei saa tegeleda asjadega, mis teda õnnelikuks teevad. Tehes tööd, mis inimesele ei sobi ja seda kõike vaid selleks, et maksta maksud ja lihtsalt ellu jääda. Kahjuks on see enamuse inimeste argipäev, mis on väga kurb. Inimestel on elus valikud ja nii oli seda ka minul. Kas jätkata vana radapidi, olles enamus päevast masenduses ja õnnelik vaid paar tundi pärast tööpäeva, kui saad aega veeta oma lähedastega.? Teenida head raha ja elada nö. tavaelu või teha kardinaalne muutus ja hakata reaalselt taga ajama oma eesmärgid teadmata, mis ees ootab. Niisiis otsustasin ma üles öelda oma elu ja viisid Austraalias ning liikuda edasi, tegeledes asjadega ja suheldes inimestega, kes mind tõeliselt õnnelikuks teevad. Üle 5 aasta külastasin ma oma perekonda, sõpru ja sugulasi Eestimaal. Fast forward –hetkel elan ma Kambodžas, elades eelnevalt lühikest aega ka Vietnamis. Tegelen täpselt nende asjadega, mis mind õnnelikuks teevad ja kes teab, mida kõike tulevik veel toob. Igalühel siin elus on valikud ja kuniks sa teed seda, mis sind õnnelikuks teeb, ilma kellelegi haiget tegemata, ei ole vahet mida teised inimesed sinust mõtleavad, peaasi, et ise rahul oled. Life is like a rollercoaster you got to ride with the highs and the lows. Pange täiega inimesed!

Ei ütleks kummalegi mitte kui midagi. 15.a mina on minevik, mida ma muuta ei sooviks ega tahaks. Kõik otsused, nii head, kui halvad on ainult uued kogemused ja õppiskohad. Need on kujundanud minu isiksust ning viinud mind maailma erinevatesse paikadesse ja seiklustesse. Tulevik on aga müstiline teadmatus, mida me ette ei näe. Küll see vanem Mina saab hakkama ka ilma midagi ütlemata.