

Describe the influence of light on your body and well-being.

When I decided to move to Europe/Germany I didn't worry about how the weather and sun light would influence my body and well-being. It wasn't on my anxious "things to worry about" mental check-list. But when the winter started (together with the lockdown) I realized that not enjoying or at least seeing the sun light a little bit everyday had a huge impact on my mental and physical health.

I remember my huge agony when my flat mate used to come inside my room around 3pm and asking me why I didn't turn the light on, because it was already a little bit dark inside my room. In my head it was an absurd to turn the lights on before the sun was completely down, my goal was to "enjoy" the natural light until the end. And around 4pm it was almost completely dark, making me miss Brazil a lot. I also remember that the winter, combined with lockdown, made me feel really.... sad is not the right answer, maybe lazy? I'm not sure, I felt like with no energy at all. It was a really weird moment, and I could feel how the lack of light also mixed my emotions and feelings. The dominant "vibe" I felt was the feeling of being vulnerable.

Another thing that just came into my mind was the day when my friend gave me her plants, because she was moving to another city. "This one I just bought it, it's a winter plant so you don't have to do much", she said. It already knows how to survive, I thought. And I imagined "do I have my winter version? Do I know how to deal with the cold and lack of light?". Maybe I'm still creating this version, but I decided that I needed to come back to my sunny Brazilian home to recover my energy.

There I also realized the light is really different from European one. In Brazil I can feel the sun light penetrating my skin and increasing my vitamin d levels. Here in Germany I can't, it's like as if someone had decreased the intensity.

Describe the influence of light on the growth of moss and plants in the city. Document this with a few photos from their environment.

As I'm in quarantine, I analyzed the plants inside my room. I went to Brazil for 5 weeks and it is interesting to see how two plants are super dry and the other two ones are in perfect conditions. Of course, the water is the major influencer in this case, but the "Sansevieria" plant doesn't need much sun light to survive. Also, it doesn't need much water either. Right now it is dark green, which means the plant is super healthy. This plant is really common in Brazil, known there as "The sword-of-saint-jorge", because people believe it has the power to scare envious looks (religious traditions). If the plant is yellowish, it's a sign that it's not healthy.

The purple plant, which is the winter plant that my friend gave me, it's always the same. I think it is already dead, I don't know anything about this type of

plant, but I think in this case the light doesn't have much influence. It's entertaining to observe how some plants are made to survive without something (light, or water, or something else) or how some plants can only survive in specific conditions... like the plants which only survives in the shadows. After quarantine I'll try to observe those aspects in Weimar plants.

