

STRETCH & CHALLENGE

February Edition

National Theatre at home

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Book recommendation

GET UP. SPEAK UP. DON'T GIVE UP. In the spring of 2017, 17-year-old Amika George founded the Free Periods movement on behalf of every schoolgirl who couldn't afford tampons or sanitary towels. Three years later, in January 2020, these products became freely available to every schoolgirl in England for the first time, funded by the government. Anyone can make history, including a teenager launching a global campaign from their bedroom. And Amika will show you how, in this essential guide to being an activist.



The Royal Institution Lecture

'Once upon a time I lived on Mars' - 7.00pm to 8.30pm, Thursday 18 February

In 2013, Kate Greene was second-in-command on NASA's first simulated Mars mission. Living in an isolated geodesic dome for four months with her crewmates, she gained incredible insight into human behaviour in tight quarters. Join Kate as she discusses how trying life out on Mars revealed humanity's incredible impulse to explore while shining a light on how we live on Earth. In this talk, explore what life was like 'on Mars', what makes an astronaut and the cost of shooting for Planet B. Book here for free (open to everyone): <https://www.eventbrite.co.uk/e/once-upon-a-time-i-lived-on-mars-tickets-137804387633>



Young Artists' Summer Show

'Now in its third year, the Young Artists' Summer Show is a free, open submission exhibition for students aged 5 - 19 studying in the UK and British schools overseas. Artworks are judged by artists and arts professionals with selected artworks displayed online and on-site at the Royal Academy of Arts. Submissions are now open, find out more and get involved;
<https://youngartists.royalacademy.org.uk/>

