

An aerial photograph of a rural settlement nestled in a valley. A river flows through the center, with a white tent-like structure on its banks. The surrounding hills are covered in dense green and brown vegetation. The sky is a clear, pale blue.

amh

**ASSOCIAÇÃO PARA UM MUNDO
HUMANITÁRIO**

**ACTIVITIES
AND ACCOUNTS**

2023

Tamera Peace Research Center
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Presentation

The Association for a Humanitarian World (AMH) is a non-profit Cultural Association, founded in 2002 and based in Relíquias, Municipality of Odemira, with the objective of "promoting educational activities, conducting seminars, and cultural and scientific events that promote tolerance and understanding among peoples and all living beings of our planet."

As an integral entity of the Tamera project, AMH is primarily dedicated to applied research in Ecology and Technology – and the subsequent dissemination of results in events/seminars - on the topics of Water, Ecological Agriculture, and Alternative Energies. To better understand the scope of activities developed by AMH, a brief description of the Tamera project is presented below, followed by a deeper exploration of AMH's activities.

Brief Description of the Tamera Project
- International Research and Education
Center for Peace

The Healing Biotope I, Tamera, is a peace research project aimed at creating a model for a future society without violence among human beings, animals, and nature.

The project began in 1978 in Germany and moved to the Alentejo - Portugal in 1995 with the foundation of Tamera. Currently, there are 192 people dedicated to the project who are also connected

with a growing international network and with partner projects in Israel-Palestine, Colombia, Brazil, Kenya, among other countries.

Since its inception, the project's focus has been on how human beings, from all cultures and religions, could live together so that peace could emerge among them.

The research themes of community life and peace education, as well as the establishment of a cooperation network with projects of similar purposes around the world, are the responsibility of the G.R.A.C.E. Association. Among the various ongoing projects, the Global Campus, Defend the Sacred, the School of Hope, as well as community education actions and actions for global peace stand out.

Due to the fact that Natural Resources are finite and often at the origin of social conflicts, research in this area is essential. Thus, the ecological and technological research questions of Tamera are handled by the Association for a Humanitarian World (AMH) and include the implementation of a Water Retention Landscape (for the restoration of the hydrological cycle and ecosystems), as well as a model for regional self-sufficiency - at the level of energy supply (research in renewable energies, especially solar energy) and nutrition (organic agriculture, permaculture, and reforestation).





Areas of Operation

As mentioned, the main research and action areas of AMH are:

- Water;
- Alternative Energies, especially solar;
- Ecological Agriculture: e.g., permaculture, seed garden;
- Forest Regeneration: planting vegetation and reforestation;
- Climate Activism.

Most areas require constant monitoring, including the gardens, forests, lakes,

heating systems, and electricity production which are ongoing projects throughout the year, and mainly carried out by the Association's volunteers.

In parallel, in accordance with the statutes of AMH and within the scope of the research conducted, AMH facilitates various seminars/events that promote the sharing of achieved results as well as the exchange of experiences with other experts and/or entities, as detailed below.

Insights into a Community in Transition

Like many intentional communities, Tamera has faced considerable challenges in recent years. We are working with intergenerational tensions, transformation of our governance structures, reduced capacity in the face of growing complexity, and much more. In this essay, someone born into the community, now a next-generation leader, sheds light on the struggles and transformation that the community has gone through, while celebrating the processes that have allowed the community to stay together.

By Vera Kleinhammes

Of course, different people hold different interpretations and viewpoints about what we are going through as a community. What I offer here is a part of my perspective. I don't claim to represent the community as a whole, nor to be complete, nor to be able to capture all the fine nuances of how this process impacts the lives of the individuals who dedicate so much of their life-energy to this community. As one of the people who grew up in and has lived her entire life in this community, I'm personally deeply moved by this process and by questions of how the vision of the founding generation, that has given me so much, can be carried into the future.





A brief history of Tamera

Tamera's roots can be traced back to 1978, following the 1960s, and marked by significant historical events such as Cold War tensions, the Apollo moon landing, and widespread student protests. Dieter Duhm's work, "Fear in Capitalism," gained prominence within the German leftist movement during this period. Duhm's critical insight was that "Revolution without emancipation is counter-revolution," arguing that true change requires internal transformation alongside external action. Despite its early momentum, the student movement succumbed to internal divisions and dissipated.

Duhm remained committed to seeking a sustainable alternative to the prevailing culture of violence. In May 1978, Duhm, along with Sabine Lichtenfels, Charly Rainer Ehrenpreis, Sarah Vollmer, and eight others, initiated their first community experiment in southern Germany. Their collective vision aimed to explore and demonstrate a model for societal transformation that aligns human existence with the wisdom of the natural world, inspired by Buckminster Fuller's notion: "You never change things by fighting the existing reality. To change something, build a new model that makes the old one obsolete."

In 1983, about 50 individuals committed to a three-year deep dive into the human condition in the Black Forest. They embraced art and theater to explore and express truths beyond cultural alienation, delving into often private or taboo topics such as sex, love, money, and power. One of their (and our) core convictions was that "There cannot be peace on earth as long as there is war in love."

Arising from the need to create a social framework in which truth is possible in all areas of life as a basis for a nonviolent society, the group developed the Forum practice for collective expression. In Forum, community members engaged daily in theatrical exploration of their conflicts, joys, and desires.

This social experiment tapped into life-energies and gave rise to a larger vision. Dieter Duhm developed his "Political Theory" based on his research into how information shapes the fields governing our collective behavior. He used the theory to formulate a strategy for global peace that could be achieved by developing a network of Healing Biotopes and peace villages that create a global field for living nonviolently with earth.

In 1995, after years of nurturing the dream, the community acquired "Monte do Cerro," a 140-hectare site in the rural Alentejo region of southern Portugal, as a location for the first model of a Healing Biotope.

Tamera attracted many people and became an experimental site for the implementation of big visions, such as the water retention landscape and the Solar Village inspired by visionary figures like Sepp Holzer and Jürgen Kleinwächter. It was the base station of the "Global Campus", the first gathering place of the "Defend the Sacred Alliance", contributed to the successful campaign to stop offshore oil drilling in Portugal, and was the birthplace of the "Peace Research Village" vision and many other initiatives.



The adventure of creating a multigenerational, multicultural project

I understand and respect ever more deeply how the dedication of Tamera's founding generation and their relentless work upholding the clarity of vision and values and an interpersonal field of truth was so crucial for coherence of the community in the first decades, giving the community its strength and its unique qualities.

While holding immense gratitude to the founding generation, I acknowledge that times are changing. Founding a community that's reimagining the very pillars of culture is an enormous undertaking; and transitioning from a "pioneering" phase to creating a living model holding the full spectrum of life, from birth to death, for a multi-generational, multicultural project is yet another whole adventure. It feels as if Tamera is "coming of age", passing through

a significant initiation into a new phase, in which responsibility can decentralize and leadership from intrinsic motivation can develop.

It feels deeply humbling to be part of this endeavor that requires the collective effort of all generations. Really learning to think and act for the future generations is a huge undertaking.

Being part of a global network and hearing from others, we understand that the challenges we face are not unique to us but are experienced by many, if not most, of the larger and more long-standing intentional communities. Many established communities are reaching a point of maturation, grappling with whether and how the founding spirit can be passed on to the next generation.

One big challenge I feel is that for some years we grew quite fast and were not set up with systems of education and initiation to connect people deeply to a vision that holds beyond dependency on charismatic leadership. Nor did we have systems of governance or a social framework that could hold the complexity in terms of growing diversity in which we found ourselves.

Especially since the Covid-19 crisis, many of the unresolved questions and conflicts that have been brewing within the community have started surfacing.

A strong critique that began to emerge was directed at certain gaps in Tamera's culture. Moved by the brutal murder of George Floyd in 2020 and the global awakening to the reality of white supremacy, some community members created a study group to understand more deeply how they'd been conditioned into patterns of white supremacy. Over the years, this perspective deepened, leading to broader research on issues of power and privilege and how these have influenced our community, our work, and our collective imagination.

These reflections led to a deeper understanding of the unconscious biases that manifest among different groups and identities – for example, between Germans and Portuguese – and how this impacts our relationship with the surrounding region. It also became more evident how the strong cultural and linguistic homogeneity in Tamera affected people from other identities and backgrounds, limiting their ability to integrate and thrive within the community, access information, and take on leadership roles, etc.

Since the coherence of Tamera was, for many years, sustained by shared ideas about how we envisioned contributing to change, these polarizing issues have fundamentally impacted the cohesion and identity of Tamera.

The community was also shaken when queer people and others from the LGBTQ+ community started to express how much

they have been impacted by the strong heteronormativity in Tamera's teachings and culture, creating a sense that their love and being is often – intentionally or not – valued less than cisgender heterosexual relationships.

For many people who had held a lot of the responsibilities for the community for decades, the calls for critical analysis from the newer generation, and the wish to establish systems of equity and governance were often perceived at first as a critique and an attack on their holding of the community. In some people this triggered a fear of “extinction” of the origin of the project.

On the other hand, the newer generation, wanting to step into responsibility felt it hard (if not impossible) to bring systemic feedback or criticism to the founding generation without them feeling hurt or attacked – and that they didn't have the agency to own the project without a mandate from the founding generation to carry the project into the future.

It felt as if with each community gathering the conflicts revealed even more layers of complexity. For some time, a repeated dynamic of attack and defense led to a breakdown of communication. Under the pressure of these circumstances our “carrier circle” disbanded itself and we navigated a year without a clear decision-making structure.

I see that this disintegration also had to do with a loss of the organic community life of former years. There are many reasons for this: we became busy running many (maybe too many) subprojects, had about 30 children in the last 15 years, and we didn't manage to create social structures that would provide the same depth and intimacy of community for 150-200 people that we used to have when we were only 50. In the early years we had many natural spaces of cross over, where an organic exchange about topics that matter to one's heart would take place in informal conversations. Now one would often only see each other in more formal community meetings where “hot” topics were

discussed. With less intimacy it became easier to fall into mutual projections, perceive criticism as condemnation and lose perception and curiosity for each other as human beings, missing the common care that is behind the debates. The formality added to characteristics playing out that are not very helpful in creating the trust that is essential for having the conversations one is calling for, such as fragility and defense instead of real listening from people in the seats of power, along with accusation and righteousness instead of curiosity from the other side. Of course this has many layers and I think it is important not to underestimate the impacts the loss of organic community spaces, natural storytelling etc. can have to the community fabric and the trust building between the generations as such.

Robin Wall Kimmerer (author of Braiding Sweetgrass) writes that “Owning a land comes with entitlements, while stewarding a land comes with responsibilities.” What does it mean to take on the responsibility of becoming a place-based community?

As people coming mostly from white Western backgrounds who can't lean into ancient traditions and lineages, where caring for a land, a vision, a community, and common practices to mark transitions is passed on from generation to generation – learning to stay, even when it gets difficult, is a capacity we need to redevelop.

I am deeply grateful to be part of a community that is training this muscle together and that we haven't given in to the global trend of separation around those issues.



What did we do about it?

We initiated a “community consolidation” process to find out if we actually can gather the strength, willingness, wisdom and capacity to co-create the next phase of the project among the different generations integrating what matters to us and also what is relevant within the global context we find ourselves in today.

During the past years, I have felt, maybe more than ever before, how vital it is to be held, facilitated, supported and also to receive very honest and critical feedback from allies that are committed to a similar vision but not part of our specific predicament. Thank you to Miki Kashtan, and the NGL group, Erin Selover, Gigi Coyle, Win Phelps, Roman Huber, Janna Rehbein and her team, Favela da Paz and Carlin Quinn who have all hugely contributed in their ways to us being able to embark on this next phase of our adventure. And for sure the gratitude extends to many more!

The community consolidation resulted in the decision, in April 2023, to build a distributive governance and leadership model and to trial it experimentally for two years.

Our purpose in this phase now is to “foster co-holding” of Tamera, acknowledging that we are still in a transition as aspects of our project are ending or disintegrating while new ones are emerging, and much is yet uncertain. In this situation, in which it is hard to develop definitive clarity of our long-term purpose, we’re invested in creating conditions that enable us to go through this process, developing the cornerstones of a common path forward.

For a community to learn to co-hold responsibilities which so far have been carried by a few leaders requires that a lot

of what could so far been handled implicitly and informally needs to be spelled out, made explicit and brought into agreement. A key aspect of this transition towards a distributive governance model was adopting a decision-making system, which we designed to encourage transparency, inclusion and shared responsibility. And we established clearer and easier ways to offer feedback, both for community members and guests.

For our vision to thrive it is clear that we need fruitful cooperation between all the generations.

Navigating this crucial phase of learning to co-hold the project into the future we chose the following approach:

We believe that the way we engage with questions, conflicts and voids will influence the “answers” and possibilities that show up for us. In other words, how we deal with endings, gaps, voids, uncertainty and divergences, is peace work in itself. In our approach we have chosen integration as a path of healing and peace.

I feel part of Tamera's current contribution is to the global endeavor of re-learning those community principles which are essential for human survival on this planet as we develop the strength to stay together in the face of collapse.

In our process it felt essential to learn to be as precise as possible, especially addressing tender and conflicting points, within a field of such long relationships and accumulated history, and to develop discipline to refrain from general accusations towards each other.

And with the guiding thought that the way we navigate this phase is peace work in itself, we also return full circle to Duhm’s political theory. I’m humbled and grateful to be alive in these times.

Activities

Meeting for exchange in Sao Luis

On February 7th, a group from Tamera participated in a day for exchange between communities in São Luís.

During the morning Helena Lüdert, Carolyn Gomez, Johannes Ewig, Christoph Ulbig, and Joel Barros were present at Cafe Nativa to listen to the experiences and recommendations of Rafaela Leal and José Donado regarding the creation of a cooperative in Tamera, since they have established the Integral Cooperative, which has been in existence for about a year. The conversation was very productive and enlightening.

During the afternoon more people from Tamera were present. It started with lunch at Cafe Nativa, connecting with people from the local community. Afterwards the delegation visited different projects in São Luis, to get a deeper insight into their work, including CORE, Ateneu do 14, and another project which does upcycling work. It was a productive visit that allowed us to feel the deep work that the community of São Luís is developing in contact with the local community. It was a milestone in the history between these two communities as it was the first time that this intentional exchange took place.



Festa da Semente

On February 26th 2023, the Casa do Povo in Relíquias hosted the "Festa de Semente". This celebration was dedicated to the power and beauty of seeds: symbolizing hope, growth, and community resilience. This annual event brings together locals and visitors, and plays an important role in reestablishing, and maintaining the community's commitment to sustainability, biodiversity, and the preservation of heritage seed varieties - crucial for the future of agriculture and food sovereignty.

The Festa de Semente showcased a diversity of stalls brimming with local seeds, plants, and organic produce offering a tactile experience of the region's agricultural wealth. Workshops and talks by seasoned farmers and ecologists provided invaluable insights into seed saving

techniques, permaculture practices, and the importance of maintaining genetic diversity in our crops.

The seed exchange is always a highlight, a heartwarming tradition that encourages participants to swap seeds, stories, and experiences, fostering a sense of community and mutual support. This exchange not only facilitated the spread of rare and heirloom seeds, but also represented the sharing of knowledge and traditions passed down through generations.

Lilian von Wussow was present again in 2023, sharing her seeds and knowledge she has gained by creating and caring for Tamera's seed bank for many years.

Road Works

We are proud to report that our non-profit organization AMH was able to repair the roads leading to and from our property - covering a total length of about 15 km. - in collaboration with the Relíquias community in March 2023, This annual maintenance project was carried out by our dedicated team under the leadership of Mustafa Shibli and lasted for two weeks. We are pleased to announce that our efforts were successful and the roads are now in much better condition than before. A unique feature which we want to point out is that within Tamera, the roads are part of the water retention landscape. Their design is intended to support the collection of rainwater and guide it optimally into the

earth where the water is slowed down and can eventually seep into the earth's body. This is also a safety measure to prevent flooding and danger or damage in case of heavy rainfalls.

As a non-profit organization, it is important to us to give something back to the regional community, and we see our work on the roads as a gift to the Relíquias community. Although the road repair to Relíquias would normally fall under their jurisdiction, we have committed ourselves to actively participating in the creation of better infrastructure. We would like to thank the Relíquias community for their cooperation in this project.

Forest Work

Also in 2023, Tamera's ecology team continued their work for the maintenance and restoration of the natural forests, and supporting soil building as two essential parts of the water retention work. One of the primary emphasis of our ecological work is the restoration of native habitats and the increase of local biodiversity.

The selection of tree species was meticulously planned to ensure the revitalization of the local ecosystem, incorporating a mix of indigenous species that are crucial for the ecological balance and resilience of the area. Tree planting in Portugal's arid Alentejo region is vital for creating microclimates, offering shade during scorching summers, and reducing wildfire risks. Diverse plantings counteract the vulnerability inherent in monocultures, enhancing ecological resilience. This strategic afforestation fosters cooler, moister conditions which supports local ecosystems and communities by mitigating extreme weather impacts. Through this project, Tamera has not only enhanced the green cover of its surroundings but has also set a powerful example of ecological stewardship.

The communal work days which the ecology team offers to volunteers always serve as educational spaces and strengthen their deep-rooted connection to the earth as well as an unwavering commitment to fostering a sustainable coexistence with nature.



Carnation Revolution

On April 25th the community of Tamera gathered at our cultural center to celebrate the 49th year of the Carnation Revolution. This political cafe was organized by Aida Shibli, Fátima Teixeira, Martin Winiacki, Rui Braga and Mafalda Gonçalves.

From 3:00 to 5:00 pm we watched short videos and listened to contributions explaining what happened on this date and why it is so significant. These moments are an important part of the general political education of the volunteers in Tamera. The Carnation Revolution, a pivotal moment in Portuguese history, marked the end of decades of dictatorship and the start of democratic governance on April 25, 1974.

Its significance extends beyond political change, symbolizing hope and freedom for the Portuguese people. In the Alentejo, a region known for its rich cultural heritage and as a stronghold of resistance, the revolution is celebrated with profound reverence. Traditional celebrations include folk music, parades, and the distribution of carnations, symbolizing the peaceful nature of the uprising. Community gatherings and speeches reflect on the struggle for democracy, emphasizing the importance of liberty and social justice. This annual commemoration reinforces the values of the revolution, ensuring its legacy continues to inspire future generations.

Guided Tour of the Senior University of Alcácer do Sal

On April 14th, Tamera received a visit from the Senior University of Alcácer, coordinated by Vitor Ramos who came with 30 participants over 65 years of age, but very young in spirit.

This group came for a guided tour and visited the community with the aim of seeing examples of gardens, water management and retention landscapes, solar village, community management, with a special focus on human development.

The group arrived at 10:00 AM and stayed with us till 3:30 PM.

The tour started with an introduction to the basic ideas of the community followed by a visit to our Aldeia da Luz, a place for processing herbs, sewing workshop and pottery/art workshop. Later there was an introduction to the Solar Village and the need for energy alternatives.

The second part included visiting our gardens, touring the Aula (a big straw bale clay building that serves as our main auditorium for community events), seeing a part of the water retention landscape,

followed by a picnic break at the cultural center with space for questions and answers.

It was a well-spent day under the guidance of Joel Barros and Fátima Teixeira. The group expressed their gratitude at the end of the day, as did we.



Regional Open Air Events in 2023

20 May * 24 June * 29. July * 23 Sep * 21 Oct

In 2023, Birger Bumb, with the support of many association members, started the initiative of a series of monthly regional open-air events at the cultural center in Tamera to foster our connections to the region.

These events offered a platform for music, markets for local products, theater performances, knowledge exchange around water retention and more, highlighting the cultural vibrancy of the region and giving a stage to the importance of ecological awareness, sustainable practices and environmental stewardship.

These open air events, welcoming neighbors, friends, guests from all over the world and the wider community, featured concerts by local and international bands, including the much-loved Poesia Samba Soul from Brazil, whose rhythms and melodies encapsulated the essence of unity and joy. The band is part of the Favela da Paz project, situated in Jardim Angela, one of the favelas (slums) of São Paulo, Brazil. They're a cultural project providing education in music, media production, self-sufficiency and more, and aiming to turn their neighborhood into an urban model for sustainability and nonviolence.

Also other well known and lesser known musicians offered their gifts on the open air stage, among them Yemadas, Samba do Quintal, Cantanda Michelle, Anda Mula, and Cantalma. The markets were another highlight of these events, featuring an assortment of herbs, second-hand clothes, and a variety of goods that emphasized the importance of sustainability and community support. The herb stalls, in particular, were a testament to the region's rich biodiversity and the community's knowledge of herbal remedies and sustainable gardening practices. Meanwhile, the second-hand clothes offered an alternative to fast fashion, encouraging a more sustainable and conscious approach to consumption.

Another integral part of these gatherings was the dissemination of information about water management and the creation of water retention landscapes. In a time when environmental concerns are at the forefront of global discourse, these informational sessions and guided tours through Tamera's water retention landscape provided valuable insights into practical steps and innovative solutions for water management. Attendees were offered information on the significance of water retention landscapes in combating desertification and supporting biodiversity.

These regional connection days were further enhanced by the serving of pizza, made with locally sourced ingredients, which was not just a treat for the taste buds but also a symbol of the community's commitment to sustainability and support of local agriculture. All drinks served were local or regional products as well - bringing diversity and sustainability together.

Summarizing we can say: these monthly regional open-air events at the cultural center in Tamera provided a space for people to come together, share experiences, learn from one another and celebrate life while also asking some of the existential and earnest questions that our times carry.

In this sense, these events reminded us of the importance of coming together to celebrate our shared humanity and the planet we call home.



Film screening "This is a Story About Water"

On May 4th Tamera hosted a big and important event for the region in our auditorium, the first screening of the documentary: "This is a Story About Water," by Kathleen Harris and Samuel Meyler. The auditorium was full with many people from the direct and wider region.

The screening of the film was embedded within a program of different speakers and musical contributions. Short speeches were given by Samuel Meyler, one of the co-directors of the film, who shared a bit of the background story of the film. Then Fátima Teixeira shared about the work of Juntos Pelo Sudoeste and invited Sérgio Maraschin from Transição S. Luís and Diogo Coutinho from SOS Rio Mira to complete the information about the water situation in the Odemira municipality.

After the film, which delivers very direct and existential information about the water situation in the Alentejo and beyond, Martin Winieckie offered some visionary and concrete words about steps that can be done countering the direction of centralization of water and continued rapid desertification, which was received with a lot of enthusiasm by the audience and resulted in many events in the following month in the wider region, and hosting

information events including the screening of the movie "This is a Story About Water".

In the auditorium the evening ended with an incredible and heartwarming musical contribution by two members of the band Yatri (Rajendra Shiwakoti, flute and Inderjeet Singh, tabla from Nepal and India) who also invited Muhammed Sohaib (Pakistan) on stage as a singer for this evening.

Many people seemed moved, facing the common water crisis this evening portrayed and went to the cultural center where intensive and relevant talks continued, networking and exchanging in an informal way.

Additionally the musical weaving continued in an unexpected intercultural celebration, when Claudio Miranda from Brazil joined the three musicians from Nepal, Pakistan and India and the 4 musicians initiated an incredible musical celebration which became a gift for all that were present, listening to beauty, diversity and feeling our humanness together.

Colloquium in Sabóia

On October 1st, Sabóia hosted the Colloquium "Aguas Gemeas". The colloquium served as a platform for discussing local movements and challenges, such as the struggle against industrial agriculture's water consumption and the contamination of local water sources with cadmium. The participants, including Fátima Teixeira, Sérgio Maraschin, and Nuno Carvalho, shared their experiences in mobilizing for environmental justice, highlighting the collaborative efforts needed to address these issues.

Tamera's contribution, inspired by figures like Sepp Holzer, Michael Kravčík, and Rajendra Singh, showcased effective water retention landscapes, compost toilets, and water reuse techniques, illustrating practical steps towards sustainability. This event not only brought to light the critical environmental issues facing the Alentejo coast but also emphasized the collective action and innovative solutions required to protect and regenerate our vital water resources.

Rebundance in Tamera

On July 21 and 22, Tamera hosted the “Rebundance- Food Evolution Program” with 31 participants. What is “Rebundance”? Their mission is to host a safe space for leaders to co-create a totally positive future. This societal creative system stands for the belief that a life is possible in which every living being may have a life with dignity and leisure, relying mainly on renewable resources while living in prosperous, regenerative communities operating in interdependence with other communities. For rebundance, renewable energies are not only solar, wind, rain but also good-will, curiosity, compassion, courage and more.

The Rebundance- Food Evolution Program in July 2023 included different modules. On the first day there was a session on “co-leadership” led by Livia Tirone and Benjamin Tirone. A brief introduction to Tamera's vision with a space for questions

held by Joel Barros and time in the evening for more intimate exchanges about one's lives.

The next morning the group split and some stayed in the solar village kitchen to prepare part of the meal while others went to the garden with Robert Wiener and Fátima Teixeira to talk about the market garden model we use in Tamera. This model focuses on intensive, sustainable agriculture, maximizing small-scale production. It emphasizes diversity of crops grown in close proximity, organic methods, and direct sales to local markets. This approach supports community health, reduces environmental impact, and enhances food security by producing a variety of nutritious foods year-round. In the afternoon, Silvano Rizzi took the group on a guided tour to see and hear about principles and techniques of water retention and reforestation on the ground.



Autonomy - the call of our time, Biogas Workshop and networking journey with Fábio and Luciana Miranda from Brazil

In 2023 starting with the 12 days Autonomy time (1.- 12. August),Tamera hosted an enriching six-week visit from Fabio and Luciana Miranda, two dear friends and cooperation partners from Instituto Favela da Paz in Sao Paulo Brazil.

Autonomy time

The Participants explored questions like: What are regenerative life practices? What might settlements in full cooperation with nature look like? What are the fundamental aspects of autonomy? Acknowledging that nature does not know the concept of waste, what is the idea of “Cradle to Cradle”? What does it mean to close cycles?

Participants also worked practically on Tamera’s community food storage, processed food with solar energy and biogas and explored the solar kitchen.

Biogas workshop

A Highlight of this time was a 3 day Biogas Workshop held by Fábio Miranda - project manager in Sustainable Technologies at the Favela da Paz Institute, who created the Sustainable Periphery project, focused on the implementation of Renewable and Functional Energy systems in peripheral communities in the city of São Paulo and throughout Brazil.

This workshop demonstrated practical steps to create biogas systems and a hands-on opportunity for participants to engage directly with sustainable technologies that offer alternatives to conventional energy sources. Participants delved into the science behind biogas technology, learning how to design, build, and maintain biogas systems that can transform organic waste into clean energy and natural fertilizer.

Networking journey

Additionally, Barbara Kovats, Jorge Paz, the Mirandas and some others facilitated a networking journey to Project Kamp and other initiatives in north Portugal aligned with Tamera's vision of creating a sustainable and collaborative future. This expedition was a vibrant exchange of ideas and practices, fostering connections between like-minded projects. It underscored the importance of community, collaboration, and the transfer of knowledge in the pursuit of sustainability. The visit from Fabio and Luciana Miranda significantly enriched Tamera's 2023 season, inspiring participants to explore and implement sustainable living practices in their own communities.





Water Retention Landscape Course

The WRL courses in Tamera offered a vast spectrum of theoretical and practical knowledge about the topic of water and ecosystem restoration.

Aimed at equipping participants with practical skills to create water retention landscapes, and gaining the contextual understanding of how crucial the role is that water plays in the question of a viable future for all that lives, these courses emphasized the key role our relationship with water could play in reversing the current climate catastrophe. By explaining how relatively simple skills applied by everyone who tends to a piece of land - starting from today - can create a significant contribution in combating desertification and reversing the threatening climate catastrophe

These courses offered condensed knowledge that was gained through stewarding a piece of land for almost three

decades, and included sharing mistakes that were done and the learnings that came with that.

Attendees learned about the principles and practicalities of building swales, ponds, and other water retention structures, learning the primary skills of reading a landscape, applying the scale of permanence principles plus other land restoration lenses.

As water knows no borders, therefore tending to water always has to be a communitarian undertaking, so the courses also included excursions to the region to understand the local context of the water retention landscape in Tamera, as well as contributions of other knowledge carriers in the region like André Vizinho, who gave a political Café about Montado Novo, cooperation with local farmers, and principles of holistic planned grazing. These excursions and contributions were truly a highlight of the courses.

Fontes Vivas

Fontes Vivas is an initiative that honors the springs and aims to revive a tradition that is older than Christianity, of visiting, decorating, and celebrating springs together on St. John's Day.

Water is the basis of life. It's becoming crucial to understand and to know where the springs are that bring cool water to our land, our gardens, and our souls.

The name day of St. John the Baptist is closely associated with the Summer Solstice, the longest day of the year, on June 21st. In the 3 days between solstice and midsummer (St. John's Day), the sun appeared to ancient peoples to "stand still" (sol=sun, stice=still) as the Earth's movement slows during its days at the extreme edge of its ellipsis.

The "movement" of the sun again after the third day was celebrated as the rebirth of natural cycles. The power of the sun, and the turning of the solar year towards its dark half, was celebrated with large bonfires across Europe. Here too in Portugal, a fire was lit at the springs and then people jumped over the embers with medicinal herbs in hand, thus celebrating the knowledge and power of natural healing. Fire, water, healing and community are the key aspects of this ceremony.

Hosted in Monte da Estrada, Reliquias, the day began with a communal walk to the source "Vale Figueira," symbolizing a journey to reconnect with nature and its vital resources. By noon, "Vale Figueira" transformed into a vibrant scene of decoration, singing, and a communal picnic.

The afternoon was marked by an educational session with Fátima Sousa, who shared knowledge on the healing herbs traditionally associated with St. John's Day celebrations, offering insights into the ancient wisdom of natural healing. The day continued to Cafe "A Seara" in Monte da Estrada, where stories were shared by local people who have lived with this land and its waters for decades.

Fontes Vivas wants to encourage people to reconnect with the knowledge that lies in these ancient ceremonies emphasizing the importance of community and oral tradition.

Do we know where the water that flows from our tap comes from? What water do we drink? What kind of water was poured on the vegetables that we eat? How do we respect water? Is water a being?

In the Alentejo – or more broadly, on the Iberian Peninsula – climate change is being felt bitterly, especially this year. The scarce water supplies go to industrial agriculture in greenhouses or to industrial animal husbandry. It's high time to think about the basics of life and to organize.. Regional alliances for water, food, and energy are needed to help us transition out of dependency on industrial systems towards an alternative worth living in. In reacquainting ourselves with local water sources, we discover an essential ingredient for autonomy. When we take part in rituals associated with the springs, we find approaches to knowing that water has healing powers, that it has information for us, and that it is ensouled.





Introweeks

One of the first contact events that we offer people who want to get to know Tamera is to participate in an Intro week. In 2023 about 30 community members contributed to 10 introduction weeks by hosting them or coming as speakers to share parts of the vision and work we do.

These weeks were designed to immerse participants in the essence of Tamera's vision and gain an insight into the overall vision. Often they started with opening to the big vision of the Healing Biotores Plan, complemented by storytelling elements, where elders share some of the project history and evolution.

Then participants gained insights into the different fields of work, and research mostly through speeches followed with question and answer sessions, held by different community members, sharing about our work around raising and educating children, our research in the area of healing of love and sexuality, community principles, global networking, sustainable living, landscape

restoration, our theory of change - and also sharing our learnings, failures and challenges.

"I did this course some years ago, and am still in touch with some of my fellow students. Even in such a short time, we developed a deep sense of connection in the container of community that Tamera provided." – Anke

"My expectation for Tamera's intro week was to get a glimpse of the community's essence, values, and daily practices. The experience exceeded my expectations. I felt consistently safe, held, and supported. (...) A few months later, I participated in the community course, and having completed the intro week proved invaluable. It served as a solid foundation, allowing me to fully engage in the transformative experience of the course. Despite its intensity, I left with a heart full of gratitude. Thank you for the wonderful and enriching experience."

– Rossana

SD 4 Arts

From the 1. till the 12th of November 2023, AMH organized for the second time the course "SD4 Arts: Transformation Through Artistic Self-Deconstruction".

For twelve days more than 30 participants embarked on a unique program aimed at exploring the field of internal and external system change, rediscovering the medicine that art can be to the challenges of our times.

This event gave a platform to explore and exchange about the role of art in activism and its resilient qualities. Reclaiming art as a potent tool for societal change.

This was made possible through various creative ways of coming together, using theatrical exercises, discourses, experiential spaces for perception beyond the verbal, and stepping out of everyday habits. The program was designed to challenge participants to step out of their comfort zones and personal identities and into a conscious space of observation and chaos that enables new insights.

The course aimed to free the body, mind, and heart, and to experience universal forms of existence as humans with all our senses and potentials.

The SD4 Arts Lab emphasized the critical role of creativity in addressing global crises, acknowledging how art has been an

essential way of resistance and resilience especially among suppressed communities, often using various forms of artistic expression as the only way to communicate and give voice to the voiceless.

Participants were encouraged to delve into various art forms - from developing characters, visual arts and performance to storytelling and music - feeding into the concept of art as a vehicle for resilience, offering tools for individuals and communities to navigate the complexities of modern life with strength and adaptability.

In 2023 the program also included a council of all beings (inspired by the work that reconnects from Joanna Macy) - placing us humans in perspective with the bigger context of life, breaking out - at least for some hours of the human centered perception of reality that most people from modern Western backgrounds are socialized in.

The SD Lab in 2023 was also strongly impacted by the current outburst of violence in the fertile crescent and the developing genocide in Gaza as some participants were very directly affected. Again and again we were facing the question: what does it mean to be an activist in the face of a world where such things continue to happen?



Political Cafe with Anna Breytenbach

On the 13th and the 20th of December AMH hosted two political cafes with the renowned animal communicator Anna Breytenbach. With 18 years of experience across South Africa, Europe, and the USA, she has worked with both domestic and wild animals. Featured in the 2013 documentary "The Animal Communicator," Anna dedicates herself to her life's work of advocating for animals and the wilderness through her communication and conservation efforts.

The political cafes offered a space for dialogue on the basis of our cooperation with our non-human friends, opening the conversation with questions like: "What is wild? What is tame?" "Where is the line between the two? Is the herd of wild boars that live in Tamera tame? Is it wild but not afraid of humans and therefore behaves differently than wild boars who live in fear

of humans? How does a fearless wild boar live? What relationship does it want with humans?"

We are relearning ways of inhabiting a place where our human existence does not stand in contradiction to the well being of the wild life that lived here before us and the well being of nature as a whole, these conversations were a big gift and offered interesting insights into the world of animals. We hope that our cooperation with Anna will continue in the future.



Political Café About Animal Rights in Portugal

On the 22 April 2023 Teresa Ramos, animal activist and filmmaker, spoke about the situation of animal rights and why animal rights are so important to human rights. The talk focused on how a campaign, especially when involving celebrities or public figures, is important in order to achieve a social or political aim quickly

and effectively. We watched a 20 min film "One Step Forward" which she made for a campaign in order to pass the new bill for Animals Rights in Portugal and the campaign "Unchain Me" also to pass the bill/law in parliament to free all animals from circus performances. In the end Teresa answered questions.





Olive Harvest

From the 2nd. until the 12th of October 2023, we again hosted a big group of people, invited for a community time, designed around the harvest of our olives. The community celebrated a bountiful harvest, collecting over 10 tons of olives from our groves, which was one of the biggest harvests so far.

The olive harvest, deeply ingrained in both the Alentejo region of Portugal and the Middle East, represents a vital cultural and economic tradition. In Alentejo, the harvest typically begins in late autumn, when the olives reach their optimal ripeness. Families, neighbors, and workers come together in a communal effort that mirrors centuries-old practices. The harvested olives are swiftly transported to local mills to be pressed into high-quality olive oil, a staple of Portuguese cuisine known for its rich flavor and health benefits.

Similarly, in the Middle East, the olive tree is revered as a symbol of peace and

prosperity. The harvest season is a time of community celebration and cooperation, with techniques passed down through generations. Olives and their oil are central to Middle Eastern cuisine, serving as a culinary and symbolic link to the region's ancient heritage. The process, from hand-picking the delicate fruits to pressing them for oil, is steeped in tradition, reflecting a deep respect for the land and its bounty.

In both regions, the olive harvest is more than just an agricultural activity; it's a celebration of cultural identity, heritage, and the deep connection between people, their land, and their history. This enduring tradition showcases the importance of the olive tree in sustaining not only the physical but also the social and economic fabric of these communities, binding them to their ancestors and the earth itself.

A special moment of the olive harvest this year was its alignment with the Global Grace Day on the 9th of November. Since

2005 this day has become an annual day of prayer and action for us here at Tamera and for friends around the world. We remember the horrors of Kristallnacht on November 9, 1938 (“The Night of Broken Glass”), a turning point in the Nazi persecution of Jews. But also the fall of the Berlin Wall in 1989. In this context, we invoke practices of reconciliation and healing and the vision of a nonviolent world.

This year young and old gathered in our olive groves, harvesting in the spirit of solidarity and prayers for peace, using the One Billion Rising dance as a vital prayer

for the urgent demand for an immediate ceasefire in Israel-Palestine, especially in Gaza.

The 2023 guest season was closed with a final celebration in the cultural center, where Tamera received an overwhelming shower of gratitude, feedback and appreciations and also many community members could express their gratitude towards the “guests”, sharing how important and pivotal it feels for us to be in this exchange with guests, cooperation partners and allies from around the world.





Resource Analysis

Human Resources

As of December 31, 2023, AMH had 7 employees, which is fewer than the previous year, with two departures noted.

The number of members in the Governing Bodies remained at 6 in 2023, divided between 3 in the Directorate (President, Secretary, and Treasurer) and 3 in the Audit Committee (President, First Member, Second Member). None of the members of the Governing Bodies received any remuneration for their roles.



8 employees

22 volunteers, on average

119 members



Economic and Financial Situation

Analysis of the Balance Sheet and Income Statement

From the balance sheet analysis as of December 31, 2023, it is evident that AMH had a financial autonomy of 54%. Total assets saw a slight decrease of 2% compared to the previous year, with cash and bank balances accounting for 51% of this decrease. The remainder was attributed to categories such as Tangible Fixed Assets, Accounts Receivable, and Other Financial Assets. On the other hand, the liabilities increased significantly by 48%, due to an increase in amounts owed to suppliers and other accounts payable.

Reviewing the Income Statement for 2023, compared to the previous year, there was a decrease in activity. The funding sources recorded a 20% drop, and the use of funds saw only an 8% reduction, which was not enough to counteract the decrease in funding sources. Regarding depreciations, although they decreased by 16%, they only accounted for 6% of the total reduction in fund use.

The net result for the period was a loss of €60,555.41, which according to legal terms and the statutes, will be fully incorporated into the account of Carried Over Results.

Financial Demonstrations

Balance Sheet

DECEMBER 2023			
		Amounts in EUR	
Headings	Notes	Business Years	
		2023	2022
Assets			
Long-term Assets			
Tangible Fixed Assets		127.456,51	138.387,69
Intangible Assets			
Financial Investments		176.157,84	176.177,83
Receivables and Other Non-Current Assets		22.999,00	
		362.613,35	314.565,52
Current Assets			
Inventory			
Customers		79,75	1.525,00
State and other public entities			
Subscribed and unpaid capital			
Deferred assets			
Other current assets		1.188,91	1.355,27
Cash and bank deposits		18.156,13	37.063,94
		19.424,79	39.944,21
Total Assets		346.038,14	354.509,73
Equity and Liabilities			
Equity			
Subscribed capital			
Other equity instruments			
Legal reserves			
Other reserves			
Retained earnings		245.849,09	259.401,15
Other Equity Changes			
Net Profit for the Reporting Period		(60.555,41)	(13.552,06)
Total Capital Funds		185.293,68	245.849,09
Liabilities			
Long-term Liabilities			
Provisions			
Received Financing		637,78	
Other Liabilities			
		637,78	
Current Liabilities			
Suppliers		43.515,13	4.845,72
Government and Other Public Institutions		2.385,56	5.405,67
Received Financing			2.230,48
Deferred assets			
Other Liabilities		114.205,99	96.178,77
		160.106,68	108.660,64
Total Liabilities		160.744,46	108.660,64
Total Equity and Liabilities		346.038,14	354.509,73

Income Statement

PROFIT AND LOSS STATEMENT OF THE NON-PROFIT ORGANIZATION			
January till December			
Amounts in EUR			
Categories	Notes	Business Years	
		2023	2022
Income and Expenses			
Sales and Services Rendered		274.201,37	323.688,46
Operating Grants		54.050,27	88.319,86
Changes in Inventories of Finished Goods and Work in Progress			
Own Work Capitalized			
Cost of Goods Sold and Consumables Used			
External Supplies and Services		(290.224,90)	(299.689,52)
Personnel Expenses		(81.971,95)	(91.139,62)
Impairment Losses (Expenses/Reversals)			
Provisions (Increases/Reductions)			
Other Income		1.539,95	12,00
Other Expenses		(7.218,95)	(21.781,07)
Profit Before Depreciation, Financing Costs, and Taxes		(49.624,21)	(589,89)
Depreciation and Amortization / Reversals		(10.931,20)	(12.962,17)
Operating Profit (before Financing Costs and Taxes)		(60.555,41)	(13.552,06)
Finance Costs (Net)			
Profit Before Tax		(60.555,41)	(13.552,06)
Income Tax for the Reporting Period			
Net Profit for the Reporting Period		(60.555,41)	(13.552,06)
		,00	,00



Final Considerations

The year 2023 brought many innovations and new developments to our association - from engaging in a new decision making structure, to deciding on a purpose and mission plan for the coming two years, to working on and publishing an inclusion statement on our website. Looking back we can say that last year marked a significant step in the handover of responsibility to a younger generation, from the pioneers and project carriers of many years finding new supportive positions holding their knowledge and decades of experience. We are deeply engaged in creating an authentic cooperation between generations.

We would like to express our sincere thanks to all the workers, partners, patrons, and volunteers who have supported us, as well as to extend our deepest gratitude to our Associates, as it is all of them who make it possible to continuously pursue the objectives of AMH.

Relíquias, April 01, 2024

Roland Luder, President



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