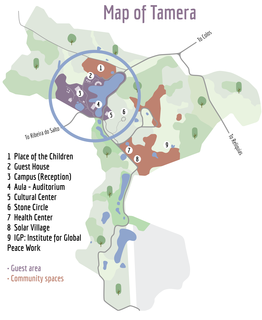
TAMERA

Visitor Guide

Welcome *to* Tamera

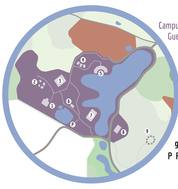
A peace education and research community. As an emerging Healing Biotope, we choose to live with the sacred alliance of life establishing a social, ecological and economic framework based on cooperation and trust.

Map of Tamera



1 Place of the Children
2 Guest House
3 Campus (Reception)
4 Aula - Auditorium
5 Cultural Center
6 Stone Circle
7 Health Center
8 Solar Village
9 IGP: Institute for Global Peace Work

- Guest area
- Community spaces



Campus & Guest Center

1 Reception
2 Toilets/Showers
3 Tent Hall
4 Visitor Huts
5 Guest House
6 Toilets/Shower
7 Aula-Auditorium
8 Cultural Center
9 Stone Circle
P Parking

Wildfire Prevention

From June to October, the whole of Portugal is prone to fires so please follow these safety rules:

- **Open fires** are **strictly forbidden,** as are **candles** and **incense** (including in the dorms and tents).
- Please **only smoke** inside of the **designated smoking areas,** and don't walk around with a lit cigarette.
- **Return all glasses and bottles** that you use or see lying around, to the kitchen or the bar as **glass can focus sunlight and start a fire**.
- **Only park in designated parking lots.** Don't drive or park cars on the dry meadows, as the heat of **the exhaust can set fire to the grass.**

Fire Emergency +351 302 031 518

Leaving Tamera

Please plan to leave 1 day after your course ends. If you want to stay longer, you must be embedded in another course.

If you need a **pick-up to the train station**, please arrange it with the reception no later than **2 days before you leave.**

Meeting point for **pick-up** is **45 minutes before** train departure at the Campus Peace Stone or Guesthouse.

Medical Assistance

Our approach to healing involves creating conditions within community where blocked life energies can flow again. So, we combine medical treatments with consciousness work.

If you need urgent medical care, contact your course facilitators and they can give you the schedule of the consultation times with the doctors and healing team.

Emergencies
+351 808 24 24 24 (SNS24)

Wifi & Phones

Certain locations in Tamera offer a free wifi. Please don't stream videos or make video calls as this uses a lot of bandwidth. You can also use your cellphone, but we're in a valley in rural Portugal so the signal quality is rather medium-low..

Wifi Passwords

Welcome Lounge
student-tamera

Cultural Center
StudentNet: student-tamera
TameraNet: tameranet

Tent Hall
tameranet-halle2

Meal Times

Breakfast 8:00 - 8:45
Lunch 13:00
Dinner 19:00
Sunday Brunch 11:00

Our Vision *is*

to birth Terra Nova – a world beyond war – by building Healing Biotopes as futuristic centers to research and model a new planetary culture.

We offer education and support to people who share our vision of a planetary culture of autonomous and interconnected communities, a post-patriarchal civilization free of violence and war. With our 45 years of experience, we know the importance of the balance of inner and outer peace work required to encourage change individually, regionally, nationally and globally.

Our Communitarian Ethics

Our ethical values are central to all who live, work and study in Tamera, and are vital to establishing trust and building community. We share a commitment to understanding and incorporating our community ethics as a code of conduct in our daily lives.

Our Values

- Truth and Transparency
- Mutual Support
- Responsible Participation
- Respect and Care for the Earth and all beings.

Sunday Matinée

We gather as a community with all visitors for the matinée every Sunday morning from 10h–11h in our "Aula" – our central auditorium. Each week, one of our community members shares their experience of living, researching, working and studying in a Healing Biotope.

the Stone Circle

Based on the 96 archetypes for a diverse peace community, our Stone Circle creates a field of power for a new, nonviolent culture and life on Earth. Inspired by the 6,000-year-old stone circle of Almendres, near Evora, it's a relatively new circle as our first stone was laid in 2004. Completed in 2011, it has become a place for common celebration and contemplation for the Tamera community, and also a place of strength for individual meditation and healing.

As the stone circle is a sacred space for us, we ask you to follow some simple guidelines during your visit:

– Please only visit the Stone Circle after receiving an introduction by a community member, or within your course.

– Leave your belongings outside the circle in the designated place near the main entrance.

– Stop at the entrance and take a moment to connect with yourself. Greet the circle and check that you are ready to enter.

– Be receptive to any messages you may receive to your questions.

– Please leave any offerings you bring as a thanksgiving at the altar at the main entrance, not inside the Stone Circle.

– Be mindful not to disturb other visitors and the surroundings.

– Don't stay overnight.

We wish you an inspiring time.

Ethics of Free Love

When practicing free love and sexuality, we follow these ethical guidelines in our daily lives as an essential part of establishing a field of trust.

Love is the greatest cultural treasure of humanity. Healing love means freeing love from fear and violence. Love, including sexual love, is free by its very nature. It is not personal failure that leads to broken relationships and sexual violence, but a societal system based on fear and separation. Our main question isn't "What do I get?" but, "How can I contribute to a future society in which violence or abuse can no longer occur?"

An essential key to healing love and sexuality, which we have discovered in our research, lies in "de-privatizing" these universal energies running through us. Instead of trying to solve love issues with your partner, we recommend you use your group to share your questions, experiences and desires.

Take your time to observe and study the logic of free love before you act. Free love isn't about immediate fulfillment, but about the deepest system change we can imagine – freeing love and sexuality from historical fear. The basis for this system change is to regain the power of conscious reflection and thinking in an area where we are usually steered by our emotions only. Sexuality is a sacred life force. A free sexual encounter between two people that desire each other belongs to the beauty of erotic life. You don't have to create a personal love relationship if you want to follow your sexual truth.

Sexual pleasure arises from mutual consent. Sexual encounters need a clear genuine "yes" from both partners – they must never take place against the will of either partner. Please Interfere when witnessing abuse!

Establish "contact" with the person you desire. Contact means perceiving and meeting the other with an open heart.

Truth in love is the basis for every lasting partnership. This is how trust develops. You don't cheat when you desire another person, but only if you hide your truth from your partner.

Partnership and free sexuality are complementary not contradictory. Faithfulness belongs to the nature of love. Yet it's also true that you can only be truly faithful if you are allowed to love others too.

Take full responsibility for contraception. Before entering into a sexual encounter, check with each other what you both need to be safe. Ask before you act. For the sake of clarity, please use condoms in any new contact.

We offer "Love Spaces" available for erotic encounters. Please inform yourself with your group facilitators on where they are and how to use them.

Ring *of* Power

Initiated by Sabine Lichtenfels in 2002, we hold a synchronized meditation every Monday morning at sunrise about a topic that is introduced at the Sunday matinée. People gather in the Stone Circle and power places across Tamera, joined by peace workers and activists from our worldwide network.
We receive guidance for the week so that our actions will be of service to global healing.

Cultural Center

We open our Café several days a week and our Bar most evenings. There we also host different cultural events, like political cafés, networking events and celebrations.

You'll find our bookshop at the Cultural Center, which is open every Sunday morning after the matinee and when announced. You can buy our books and literature, as well as books from an array of authors and backgrounds for deeper study of the thoughts you hear about in Tamera. You'll also find biodegradable toiletries, notebooks and some handcrafts from the region.

Drugs & Alcohol Policy

Illegal drugs (including cannabis) are also not allowed in Tamera. Please respect our reputation by following this rule in Tamera and also in our neighborhood. Smoking is permitted in designated outdoor areas only when visitors are vigilant with fire risks. We ask that you're conscious when consuming legal drugs like alcohol, sugar, cigarettes and coffee.

Vegan Food

Most of our food is organic, seasonal and sourced in the region, as part of our work towards regional autonomy. As we strive towards full cooperation with all beings in a field of nonviolence, we don't allow any animal products in our main kitchens, and no meat or fish at all throughout Tamera.

Please do not leave any food in the dormitories or tents as it will attract wild animals.

Swimming

Visitors can swim in our "Grey Lake" near the terrace on the Campus. Our big Lake 1 at the entrance is a protected nature area, so we ask you not to swim there (except our children and people accompanying them).

Please wear swimsuits as we have guests from diverse cultural backgrounds and a public road going through Tamera.

In Our Neighborhood

Relíquias and Colos are the nearest villages to Tamera – about 5kms away – where you'll find restaurants, simple shops and ATMs.

Please respect our local culture by wearing shoes and shirts.

Odemira is the nearest town – half an hour's drive away.

Vila Nova de Milfontes is a popular beach town about a 40-minute drive from Tamera, with a magnificent beach and the Atlantic ocean.