

Regenerative Alentejo

TUI . Field → to Fork . Portugal
Alentejo Regenerativo

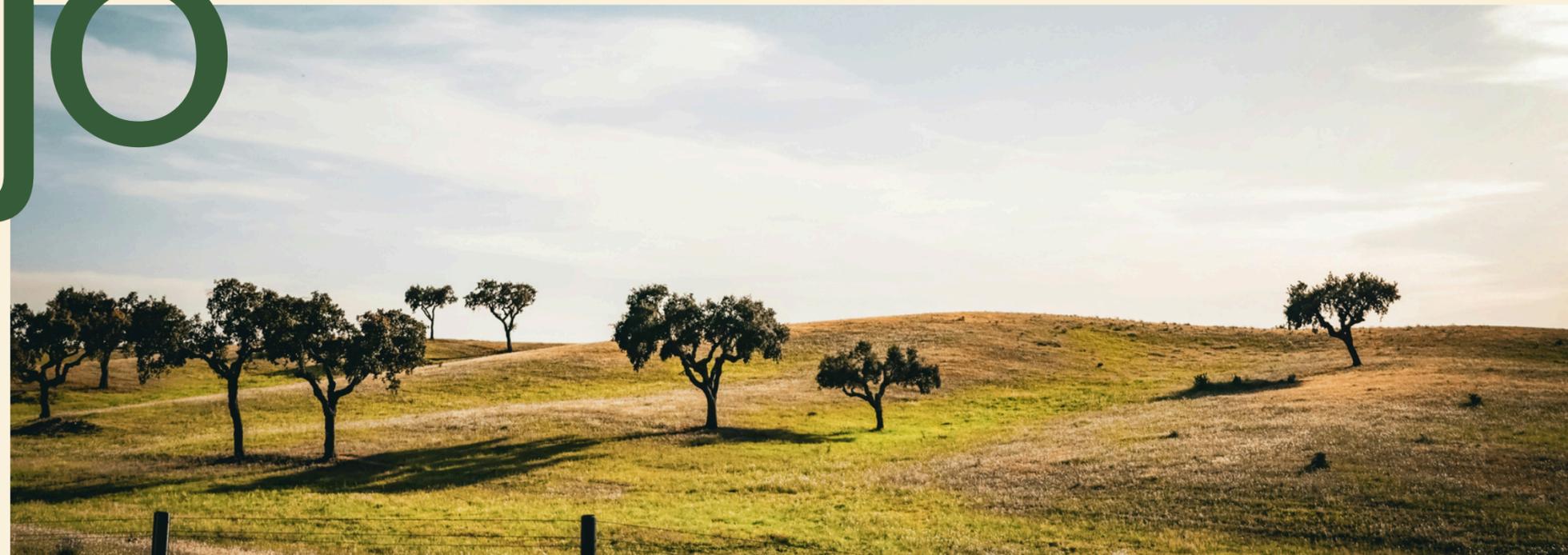
FROM SCARCITY TO ABUNDANCE

A project that drives the regeneration of the Baixo Alentejo, integrating agriculture, food, tourism and the community to revitalise the social and ecological systems in the region.

2024-2027

@terrasintropica

An initiative by:





TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Based in Mértola, working for the regenerative development of Baixo Alentejo through the food system



3 MAIN PILLARS:



Regenerative agriculture



Regenerative food



Community

Regenerative development

TUI Field to Fork Portugal: Regenerative Alentejo

TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Based in Mértola, working for the regenerative development of Baixo Alentejo through the food system

4 MAIN PILLARS:



Regenerative
agriculture



Regenerative
food



Community



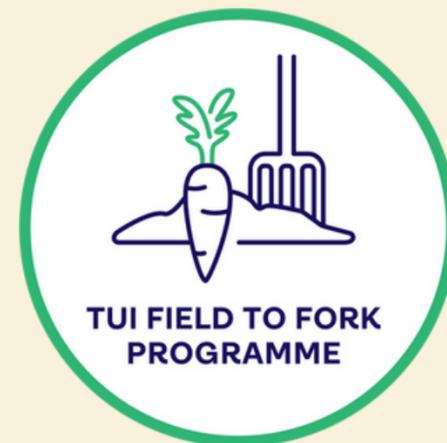
Regenerative
tourism

An innovative project that is committed to the regeneration of the Alentejo, promoting a sustainable and integrated transformation between agriculture, food, tourism and the community.

This project aims to revitalise degraded ecosystems, foster biodiversity and create a more resilient local economy based on regenerative practices. By integrating strategic sectors in the region, such as regenerative agriculture and experiential tourism, the aim is not only to preserve natural resources, but also to enhance cultural heritage and local traditions.

In this way, a collaborative network is created that unites producers, communities and visitors, promoting a positive impact that transforms the Alentejo into an example of regenerative and inclusive development

Lively Landscapes
Initiative



TUI . Field → to Fork . Portugal
Alentejo Regenerativo



TUI . Field → to Fork . Portugal
Alentejo Regenerativo

TUI . Field → to Fork . Portugal
Alentejo Regenerativo



Objectives

This project aims to transform tourist destinations into examples of sustainable regeneration, promoting practices that benefit the environment, local communities and the regional economy. By integrating strategic sectors and strengthening collaboration, the project aims to create a lasting positive impact.

Main goals:

1. Increase the number of regenerative practices in tourist destinations, promoting environmental sustainability.
2. Increase participation in rural tourism experiences, valuing natural and cultural heritage.
3. Encourage strategic partnerships between actors in the tourism sector to promote regenerative initiatives.
4. Support the revitalisation of ecosystems and local communities through innovative and collaborative practices.
5. Create a replicable model of regenerative development that can inspire other regions.

Project activities





Activity:

Community of Practice



A network of regenerative practitioners fostering:

- Peer-to-peer collaborative learning
- Inspiration for action
- Territorial network development
- Community-building of regenerative practitioners

Activity: Lighthouse Farms Network

Dates: Outubro 2024 a Março 2027

Coordinator: Terra Sintrópica

TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Activity:

Lighthouse Farms Network



A network of farms that can combine:

- Regenerative agriculture
- Regenerative food
- Regenerative tourism
- Community

Activity: Lighthouse Farms Network

Dates: Outubro 2024 a Março 2027

Coordinator: Terra Sintrópica

TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Activity:

Food Evolution Program



Food Evolution promotes a regenerative future for the food system, with nutrient-rich foods that heal people and soils. The transition to regenerative practices requires collaborative leadership and expertise in soil regeneration, food and health.

- Regenerative agriculture
- Regenerative food
- Co- leadership

Activity: Food Evolution Programme

Dates: Fevereiro a Novembro 2025

Coordinator: Chamar o Futuro

TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Activity:

Regenerative Food Hub: PREC



PREC (Regenerative Process In Course) is an innovative food hub offering plant-based meals made with local, seasonal and regenerative products (including from Horta da Malhadinha).

- Restaurant serving plant-based regenerative meals
- Grocery shop / selling point of local regenerative products
- Community-building events

Atividade: Regenerative Food Hub: PREC

Datas: Setembro 2024 a Abril 2027

Coordenador: Terra Sintrópica

TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Activity:

Learning journey on Regenerative entrepreneurship



- To foster entrepreneurship as a pathway for ecological and socio-economic regeneration
- To facilitate peer learning, collaboration, and the co-creation of ideas for new regenerative businesses
- To inspire action by providing concrete tools, methodologies, and access to a network of experts and practitioners.

Activity: Learning journey on Regenerative Entrepreneurship

Dates: Novembro 2024 a Agosto 2027

Coordinator: Terra Sintrópica

TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Activity:

Regenerative Food Tours



- To contribute to the commercial growth of endogenous resources that result from the regeneration of the territory, through an immersive experience.
- To promote direct contact with the region, farmers, processors, and cooks/restaurants, contribute to the promotion of regenerative activities

Activity: Regenerative Food Tours

Dates: Outubro 2024 a Abril 2027

Coordinator: ESDIME

TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Activity:

Community Building for Regenerative Tourism



Events created with the goal of bringing together the community and the visitors of the territory to raise awareness and launch the discussion on regenerative practices, both in food production and consumption, as well as in tourism

- Food sharing
- Awareness-raising
- Celebration of regenerative cultures

Activity: Community Building for Regenerative Tourism

Dates: Outubro 2024 a Março 2027

Coordinator: Terra Sintrópica

TUI . Field → to Fork . Portugal
Alentejo Regenerativo



TUI . Field → to Fork . Portugal
Alentejo Regenerativo

Thank you!

Contactos



@terrasintropica

terrsintrópica.com

projectos@terrasintropica.com

Iniciativa de:



Em parceria com:

