

LOVE FOR LIFE





Annual Report

2024



1	Foreword	p. 05
2	Vision & Mission	p. 08
3	Strategic Approach	p. 14
4	Areas of Impact	p. 17
5	Where we work	p. 30
6	Team & Values	p. 32
7	Local Partners	p. 35
8	Focus Solar Energy	p. 38
9	Focus Regenerative Agriculture	p. 43
10	Local Voices and Numbers	p. 47
11	Finances	p. 50
12	Partner Testimonials	p. 52
13	In Deep Gratitude	p. 55



Empowering People

&

Protecting
Nature

for a
Conscious Earth
Culture



Welcome

1



Welcome

Dear friends, allies and supporters of Love For Life,

2024 was a significant year for us - not only because of the many activities and achievements in our project regions, but also because we were able to look back on a journey of over ten years.

The year 2024 marked ten years of our conscious, collective, socially just and ecological actions in the rainforest regions of Latin America. In these ten years, a vision has developed into a living movement – supported by many people, organizations, Indigenous peoples and local communities who work for a world of dignity and regeneration.

Our journey began with our solar project in the Amazon rainforest, spanning the borders of Ecuador, Peru and Colombia. Today, we are working with nine Indigenous peoples in five countries. Together we implement programs focusing on solar energy, regenerative agriculture and food sovereignty, Indigenous and community-based leadership, ecosystem protection, holistic empowerment and heart-centered consciousness.

We are very grateful for the diverse, trusting partnerships that sustain our work and we are proud that former participants of our first training programs are now acting as multipliers and leaders in their communities, as well as at the national and international levels.

This report presents Love For Life's various impact, highlights our key achievements in 2024 and outlines how we plan to expand our work in 2025.

With deep gratitude and warm regards,
Love For Life Team



About Us

Love For Life is an independent nonprofit organization dedicated to conscious, collaborative action that models regenerative practices and upholds sacred relationships with self, each other and the Earth to ignite social, ecological and spiritual healing.



Vision & Mission



Our Vision

A Conscious Earth Culture, where human and Nature thrive. A united world in which all love to live, in which all life is held sacred, and in which all can realize their full potential to share their unique gifts in service of life.



Our Mission

We empower people and protect the living Earth through whole system regenerative action.



Our Philosophy

We believe creating real change starts with an open heart, for when we *feel* that all life is fundamentally interconnected, we are inspired to act differently.





“It is not enough to weep for our lost landscapes; we have to put our hands in the earth to make ourselves whole again. Even a wounded world is feeding us. Even a wounded world holds us, giving us moments of wonder and joy. I choose joy over despair. Not because I have my head in the sand, but because joy is what the earth gives me daily and I must return the gift.”

Robin Wall Kimmerer



Strategic Approach

How we work

All our work is dedicated to people, projects and processes that model social, ecological and spiritual healing rooted in reverent connection to the Earth.

- **We work with a strong network of partners**
We follow a unique model of accompaniment based on bottom-up processes and building long-term strategic alliances with local and regional partners. Together, we respond to real needs on the ground to build and strengthen local capacities so that people can empower themselves and protect nature.
- **We listen deeply to act boldly**
We honor and emphasize the cosmovision of the Indigenous and local communities with whom we work together. Our work integrates and builds on ancestral wisdom and cultural knowledge, while introducing innovative approaches and technologies to meet the new challenges of our time.
- **We care for humanity and the living Earth alike**
We embrace the sacredness of all life and recognize that everything is fundamentally interconnected and interdependent. We focus on creating long term impact with projects and processes that seed a future based on reciprocity and kinship with each other and the living Earth.





Our Areas of Impact

We work to nurture and unfold humanity's potential to live in a conscious, reciprocal, and joyful relationship with the living Earth, creating impact across six interconnected areas.

- Solar Energy Access
- Regenerative Agriculture & Food Sovereignty
- Indigenous & Community Leadership
- Ecosystem Protection & Restoration
- Holistic Empowerment
- Heart-Centered Consciousness



Areas of Impact

Independent Access to Solar Energy



Independent Access to Solar Energy

Key Impacts in 2024

Love For Life empowers Indigenous families living in remote rainforest areas by creating access to clean, sustainable and independent solar energy through building local capacities and infrastructures.

We create important local and regional infrastructure for decentralized energy solutions, training workshops and storage facilities, enabling long-term sustainability and energy sovereignty. By training local technicians and educators, we build technical know-how and install off-grid solar home systems specifically designed to meet the needs of families and communities.

Solar energy creates more than light, it catalyzes empowerment and opens up self-determined development opportunities. In over 60 rainforest communities in 12 Indigenous territories in five Latin American countries, we have so far installed around 700 solar home systems and trained community solar technicians.

Clean and independent energy is crucial for the protection of Indigenous peoples' rights, territories and cultural heritage. Our holistic, culturally sensitive approach promotes not only energy sovereignty but also gender equality, health, education, communication, economic empowerment and environmental protection. With access to solar energy, Indigenous communities and our partner organizations can apply technology to protect their home territories and preserve their cultures for present and future generations.

In 2024, we expanded our solar program. We installed a total of 135 Solar Home Systems (SHS) in remote rainforest regions of Costa Rica. Now 134 households, a school and community center in the Cabécar territory of Bajo Chirripo in Talamanca directly benefit from them.

During practical training courses, the families learned how to use and maintain the systems. Each installation and training session included the handover of comprehensive user manuals, radios, replacement lamps, and a clear maintenance plan.

A significant milestone was the active participation of three indigenous territorial governments in Costa Rica and the Panamanian national government. With their support for logistics, transport, and co-financing, they contributed to the implementation and long-term stability of the program.

Solar technicians from the communities who had already been trained in the previous year were able to further expand their knowledge further in 2024. Under the guidance of experienced teams of trainers, the technicians installed the SHS independently and organized training courses on safe and sustainable use.

In 2025, we plan to install solar systems in three remote Emberá communities in Darién, Panama, as well as in other Cabécar & Bribri communities in Costa Rica. Additionally, we will systematically document the program to enable scaling, replication and regional cooperation with other Indigenous organizations, as well as national and international stakeholders.

Regenerative Agriculture & Food Sovereignty



Regenerative Agriculture & Food Sovereignty

Key Impacts in 2024

Love For Life strengthens the revitalization of Indigenous food systems and regenerative agriculture.

In partnership with Indigenous and local communities, we promote ecological agroforestry systems based on traditional knowledge and regenerative practices. These food systems improve local living conditions by increasing yields and the quality of organic farming, while reducing costs, replacing the use of chemicals and creating new income opportunities.

A key aspect is the revival of seed, nursery and exchange systems run by Indigenous communities themselves to strengthen food sovereignty and its economic viability. We rely on the principles of Nature and reciprocal relationships to promote regenerative and species-rich ecosystems that maintain the ecological balance together with the local cultural heritage.

More than 10,000 people benefit from our food sovereignty program, and more than 550 Indigenous and local smallholder farmers are actively working to consolidate and transform into regenerative and ecological food systems. Our work includes, among other things, the establishment of 10 community-run tree nurseries and 3 regional seed banks.

More than 450 families participated in our program for regenerative agriculture and food sovereignty in 2024, including Indigenous and local smallholder farmers from rainforest regions in Costa Rica, Ecuador and Panama who are converting their croplands to ecological systems.

In Costa Rica, the Kabata Könana team collaborated with families to reinforce traditional Cabécar agroforestry practices. The processing of local products also increasingly came into focus. Cooking workshops, courses on flour and juice production and a pilot project for agroecological model plots opened up new income prospects.

In Panama, over 160 regenerative agroforestry plots were established across six Emberá communities. As in Costa Rica, families participated in training courses led by Agrosintrópica Consultoría – our regenerative syntropic agroforestry experts – they also received tools and seeds of native plant species.

In Ecuador, in partnership with Clínica Ambiental and the Amisacho Lab, we provided practical training in the processing, drying and certification of organic foods, as well as on safe and regenerative harvesting techniques, such as climbing to harvest the Morete palm fruit. This is a real and sustainable alternative to palm oil cultivation.

In the year 2025, we plan to further strengthen local structures for seed exchange, training and processing, while focusing on sustainable marketing strategies and developing regenerative, resilient, and economically viable food systems.

Indigenous & Community Leadership



Indigenous & Community Leadership

Love For Life strengthens Indigenous and community leaders of today and tomorrow who model ways of being in regenerative relationship with the Earth, and who serve as knowledge keepers, tradition bearers and are caretakers of local and global biodiversity.

We prioritize women-led processes and initiatives as they embody a crucial role as bearers of earth-based wisdom for social and ecological healing. Together with our partners, we work for climate, environmental and social justice and advocate for the recognition of Indigenous peoples' rights, their cultural heritage, their land rights and their vital contributions to protecting the earth and shaping local, national and international legislation.

We have trained over 200 Indigenous people to become multipliers for regenerative change, supporting 70 communities in protecting their forests, and more than 12,500 people are actively involved in our programs. We work with nine Indigenous peoples and partner organizations, strengthening their institutional, collective and individual processes, management capacity, financial stability, outreach and advocacy. This collaboration promotes social, economic, and environmental justice, strengthens the voice of Indigenous and local leaders, and promotes recognition of their invaluable contribution to global biodiversity, the preservation of traditional knowledge, and living in harmony with Nature.

Key Impacts in 2024

Strengthening Indigenous leadership was also a central theme for Love For Life in 2024. We collaborated with leaders from six Indigenous nationalities (Bribri, Cabécar, Cofán, Emberá, Siekopai and Kichwa) in Costa Rica, Ecuador and Panama, supporting their collective and institutional processes.

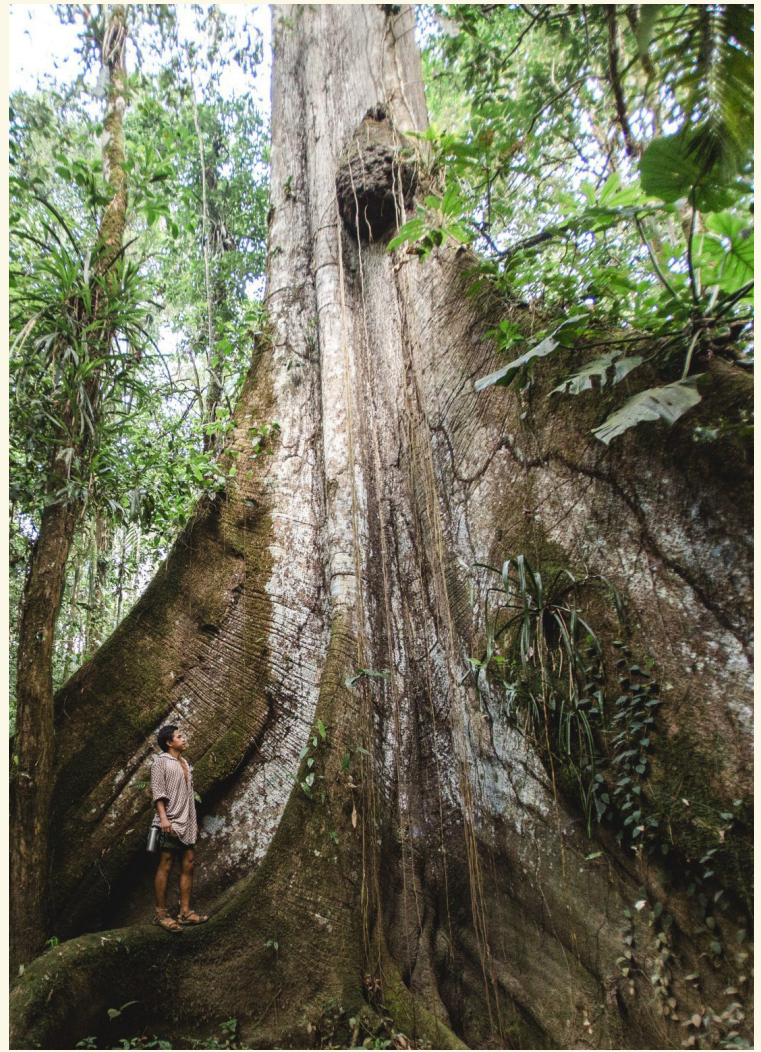
Our focus was on expanding organizational structures, management skills, financial stability, public relations and advocacy.

The women's organization AMARIE significantly strengthened its institutional capacity – in part through a new procedures manual that clarifies and streamlines accounting and administration. AMARIE representatives were also involved in developing the National Plan for the Economic Empowerment of Indigenous Peoples in Panama.

In Costa Rica, Kabata Könana further developed its structures, including through new cooperation formats with indigenous territorial governments and national authorities. Representatives of our partner organizations were invited to international forums, such as the Biodiversity COP16 in Colombia. There, they presented our joint project work and emphasized their active role in global climate and environmental protection.

For 2025, our goal is to establish structures that further promote the participation of Indigenous peoples in political decision-making, with a particular focus on young leaders, women, as well as partnership-based dialogue formats with regional state actors.

Ecosystem Protection & Restoration



Ecosystem Protection & Restoration

Love For Life works with Indigenous peoples to design ways to protect and restore their ancestral territories and vital ecosystems, particularly in the Amazon and Mesoamerican rainforests.

Given the important role that Indigenous peoples play in conserving global biodiversity, our partnerships are fundamental to preserving and protecting the Earth's remaining intact ecosystems. Strengthening the self-determination of Indigenous peoples is one of the most effective strategies to protect the rainforests with their gigantic biodiversity and as a stabilizer for the global climate for all of us.

Our approach combines traditional knowledge with modern innovations and utilizes regenerative methods and technologies. This holistic strategy promotes pathways to ecological restoration by enabling the transition from a harmful extractive economy to thriving regenerative systems.

Our initiatives promote the conservation and sustainable use of over 4.5 million hectares of primary rainforest – together with nine Indigenous peoples. In this way, we make a significant contribution to the protection of three of the most species-rich and important tropical forest regions in the world. Our work not only serves the continued existence of these unique habitats, but also strengthens the ecological resilience of our planet and contributes to securing the livelihoods of future generations.

Key Impacts in 2024

Together with our partner organizations, we made significant contributions to protecting and regenerating threatened rainforest ecosystems in 2024, particularly in the Talamanca region in Costa Rica, the Darién region of Panama, and the Ecuadorian Amazon.

In Costa Rica, we planted native tree species, such as cocoa, banana, and fruit trees, in traditionally cultivated plots in Cabécar and Bribri territories. These systems combine food sovereignty with the protection of water sources, biodiversity and spiritually meaningful places.

In Panama, we created numerous new plots of land using revitalized Emberá cultivation methods. The local reappropriation of these practices promotes fertile soils, ecological diversity and resilience to climatic change.

In Ecuador's Amazon region, over 50 people, primarily women, received training in safe climbing and harvesting techniques for palm fruits like morete and ungurahua. With the help of these regenerative practices, as well as newly acquired presses, mills and dryers, the communities can now implement further processing steps for these native fruits without damaging the forest.

In 2025, we will consolidate these processes, expand local processing, and deepen the knowledge of forest-friendly cultivation and processing techniques. Additionally, we plan to foster long-term ecological resilience by forming strategic alliances with Indigenous producers, research institutions, and customer networks.

**Holistic &
Self-Determined
Empowerment**



Holistic & Self-Determined Empowerment

Love For Life strengthens the holistic self-empowerment of our partners on multiple levels.

By building solid administrative and financial management capabilities, we strengthen the organizational capacities of Indigenous-led organizations and traditional networks, creating new opportunities for self-determined development and sustainable income opportunities for individuals and communities.

An important aspect is the development and promotion of community-led cooperatives, markets and exchange platforms that enable value creation and further market access. This promotes ecologically and culturally responsible value chains and ensures growth and sustainability of the local economy.

We train indigenous women to become multipliers and leaders in regenerative production and marketing. We have established three regional centers for the production and marketing of ecological rainforest products with over 40 self-organized markets. Our work protects more than 850 indigenous forest products and seeds – the essence of a prosperous bioeconomy.

Holistic empowerment means revitalizing forests, families, and communities. By putting the economy at the service of ecology, a way of life that respects nature can be maintained, so that forests are preserved and life flourishes reciprocally.

Key Impacts in 2024

A growing focus in 2024 was the development of regenerative, community-based economic structures that combine environmental sustainability, cultural identity and social justice. These developments centered on promoting value chains that bolster the self-determination of Indigenous communities and preserve traditional practices. Women-led collectives and local cooperatives played a central role in this effort.

In Costa Rica, fixed market stalls were set up for the first time. At three regional markets, families presented products such as cocoa, avocados, handicrafts, and traditional seeds. .

In Ecuador, we supported the Keñao and Sachawaysa cooperatives in processing, refining and marketing native forest products, including morete fruit juices. The Amisacho Lab provided practical training in hygiene, storage, and product design. The first pilot batches were distributed to schools and local stores. Overall, several new products with market potential have been developed. We prepared cooperations with potential customers, such as those in natural cosmetics or nutrition fields.

Our plan for 2025 is to strengthen regenerative small businesses and cooperatives in Panama, Costa Rica, and Ecuador. Establishing a network between innovative processing centers will promote synergies, contribute to knowledge-sharing and improve regional market access.

**Heart-Centered
Awareness**



Heart-Centered Awareness

Love For Life cultivates a heart-centered consciousness that honors the sacredness and interconnectedness of all life. .

In order to heal the outer landscapes of our Earth, we are invited to turn to the inner landscapes of our being. By listening to the voice of the heart, we open spaces for healing – and for transformation that works from within into the world.

We practice heart-centered communication. This means that we speak from and to the inner dimensions and mechanisms of regenerative change and connect to the core of our being that connects us to the core of all life, in recognition of the interrelatedness of all life.

We create experiential spaces to explore our relationship with ourselves, with others and with Nature. These spaces are valuable for unfolding relational intelligence, developing awareness, and doing the inner work necessary to bring about effective change on the outside. Spaces of presence and connectedness allow for deeper insights and an understanding of the emergent nature and the infinite unfolding potential of Life.

An essential part of our mission is to cultivate a conscious relationship with the Earth. With the heart, we can hear the often forgotten language of the earth and create a *Conscious Earth Culture* in which humanity is in deep and mindful connection with the natural world and all Life can fully unfold.

Key Impacts in 2024

A heart-centered consciousness shapes our work, serving as an inner attitude that strengthens our connectedness and focuses our attention on our relationships with ourselves, others, and with the living Earth.

In 2024, this inner compass also became more visible externally. In collaboration with the creative studio Studio Airport, we translated our philosophy into a new visual identity and developed a new website. This rebranding clarifies our values, vision and approach underscoring our commitment to regenerative living and heart-centered collaboration.

For us, working in a heart-centered way means being mindful, holistic and relationship-oriented. It means creating spaces in which encounters, reflection, and joint learning are possible – not only in our project regions, but also in the way we communicate, cooperate and grow.

In 2025, we look forward to further cultivating and deepening this orientation, among other things, through innovative partnerships, with creative, forward-thinking individuals and organizations, as well as new formats that combine inner growth and outer change. Our goal is to open new perspectives on regenerative action and help create a culture of connectedness and a living Earth.



Where we work

Rainforest territories in Latin America

Costa Rica
Panama
Ecuador
Peru
Colombia



- La Amistad International Park
- Darien Rainforest
- Amazon Rainforest



Team & Values

Our core Team

Meet the Team



Cristina Arau
Founder & Executive Director



Rosemary Alvarez
Regional Director Latin America



Thomas Hilker
Program Manager



Andrea Stöcker
Finance & Controlling



Iva Alvarado
Communications Coordinator



Nonie Alexandersen
Fundraising Coordinator



Jemima Wulf
Program Coordinator

Values that Guide Us

-
- **Rooted in Reverence**
Reverence for life is an attitude of honoring and holding all life as sacred. We believe that reverence arises from a heart-centered consciousness that enables us to awaken to, feel and experience that all life is fundamentally interconnected. Living with reverence means challenging modern cultural values and re-examining our relationships with self, each other, and the living Earth.
 - **Awakening Intuition**
Intuition awakens as heart and mind come into coherence and our understanding is informed within us from a seemingly intangible source. We see intuition as access to inner wisdom that is connected to the greater Whole, guiding our lives and from which we develop authentic power. Beyond rationality, it can be felt by everyone as a sense of inner knowing.
 - **Igniting Imagination**
Igniting our imagination allows the mind to transcend the limitations of the past, embrace the potential of the present moment and nurture the blossoming of a new future that our heart knows is possible. Imagining includes holding space for the pain, destruction and injustices in today's world, while seeing and amplifying the wonder, love and beauty that is equally present.
 - **Cultivating Courage**
Cultivating courage for us means being true to who we are, living from the heart and embarking on a journey into the unknown, where new possibilities arise, while embracing the risks of uncertainty, difficulty and resistance. Derived from the Latin root ,cor', meaning heart, courage is the inner strength expressed when we allow the wisdom of the heart to guide our actions.
 - **Weaving Connections**
Weaving connections is both a practice and an invitation to embody the interwoven nature of life. It involves engaging as equals in shared power models, facing challenges together, and exploring the possibilities of our interconnectedness. When diverse people collaborate for a common purpose, they forge outcomes and paths that did not exist before unleashing our collective potential..



Our Local Partners

Together with our ecosystem of people and partners
we bring our work to life.

Local Partners



Asociación de Mujeres Indígenas
Kábata Kōnana



Coordinadora de Mujeres Líderesas
Territoriales de Mesoamérica



Asociación de Mujeres Artesanas
Indígenas Emberá



Alianza Ceibo



Clinica Ambiental



Amisacho Lab



Asociación de Desarrollo Integral
del Territorio Indígena
Talamanca Cabécar

Strategic Partners



Alianza Mesoamericana de Pueblos y
Bosques (AMPB)



Agrosintrópica Consultoría



Asociación de Comunidades Forestales
de Petén (ACOFOP)



Amazon Frontlines



YAKUM



Red Indígena Bribri y Cabécar (RIBCA)



Area of Impact

Solar Energy Program



Energy Justice



For over 10 years, Love For Life has been successfully implementing holistic, community-led and culturally sensitive solar energy projects in the most remote rainforest regions of Latin America by building local capacity and strategic partnerships for long-term sustainability, self-determined development and empowerment.

As part of our solar energy program, we work with nine Indigenous peoples and numerous Indigenous organizations and alliances to build local and regional infrastructure, including regional learning and training centers, as well as workshops and storage facilities. By creating a „learning cascade“, we train Indigenous solar technicians as multipliers. These solar experts and trainers in turn train and mentor technicians from the respective rainforest communities and enable them to professionally install and maintain the solar systems, which have been specially developed for the tropical context on site, as well as to train all end-user families on the safe and sustainable use of the solar systems.

We are also scaling the multi-level capacity building program through our South-South cooperation with our Indigenous partner organizations in South and Central America. With steadily growing numbers, we have already installed almost 700 solar home systems and thus decentralized solar electrification to over 60 rainforest communities in 12 Indigenous territories in five Latin American countries (Costa Rica, Ecuador, Panama, Peru, Colombia).

Access to clean, independent and renewable solar energy is a crucial catalyst for diverse self-determined development opportunities and the protection of rights, land, forests, biological and cultural diversity and the livelihoods of us all.



Solar energy creates

more
than light

Area of Impact

Access to Energy as a Catalyst for Self-Determined & Sustainable Development

-
- **Work & Income**
Access to electricity opens up many new opportunities for income-generating activities that are in line with a self-determined way of life and economic sovereignty. New employment opportunities and traditional income-generating activities such as handicrafts are easier to realize. The use of electrical equipment and light also increases productivity, flexibility and increases the time available.
 - **Empowering Women & Education for Children**
Women and children benefit disproportionately from access to clean electricity. These gender-specific impacts are partly related to the traditional role of women, who are mostly responsible for domestic tasks and spend more time with household chores. Studies show that additional hours of light a day significantly increase children's educational opportunities, which benefits the entire community in the long term.
 - **Health & Nutrition**
Clean energy replaces dangerous and harmful kerosene lamps and candles, as well as expensive and polluting diesel generators. This significantly improves air quality and health. Night births can be performed in light, which increases the life expectancy of both mother and child. The income saved can be used to buy life-saving medicines that can be stored in a refrigerated place. Families can use kitchen appliances such as blenders and refrigerators.
 - **Indigenous Rights & Environment**
Off-grid solar energy helps to strengthen the self-determination of Indigenous peoples, who are the best custodians of the forests and protectors of the environment. The rainforests are their livelihood and their „life insurance“. The forest is their home, their supermarket, their university, their pharmacy – it is their life. Empowering Indigenous peoples is also the most effective form of rainforest protection, which is fundamental to the preservation of one of the most important stabilizers of the global climate.



Lead Trainer & Regional Solar Coordinator, La Amistad & Darien Rainforest

„Every day, families spend many hours on the road to earn a living. To reach them, we travel long distances. We cross raging rivers, steep slopes and muddy paths. We hike through the habitat of wild animals such as jaguars and mountain tigers. We walk for hours through pouring rain and then, when you least expect it, the rain stops, the sky opens up and the sun burns with scorching heat into the dense jungle slopes. But sometimes it's the other way around. We hike in blazing sun and heat, sweat and suddenly the sky darkens and it rains in torrents. Uphill, downhill, hill after hill. Every step we take with our heavy equipment is a tremendous effort. When we arrive on the other side of a deep valley, we feel great and exhausted at the same time. After all the tiredness, mud and obstacles we had to overcome, it is an incredible satisfaction to have finally reached our destination. The most beautiful moment is when we see the beaming and happy faces of the families, when they turn on the lights for the first time thanks to the installed solar systems and the dark jungle night lights up.“

Regenerative Agriculture Program



Food Sovereignty



Through our regenerative agriculture program in Panama, Costa Rica and Ecuador, we are strengthening the revival of traditional, ecological farming practices and food systems. Our goals are food sovereignty, local value creation, and disseminating traditional knowledge of regenerative practices through local multipliers.

Through a participatory process with our partner network, we identified agricultural challenges and existing knowledge in the communities. One focus is on the regeneration of the agroecological models of the Cabécar and Emberá peoples. Indigenous multipliers, „artesanas“, and „tejedoras del conocimiento“ (weavers of knowledge), organize workshops, accompany planting cycles and document traditional practices with community elders.

In Costa Rica, we are implementing the Cabécar agroforestry system with our partner organization, Kabata Könana. In Panama, women are collaborating with the AMARIE organization to rebuild the Emberá traditional system, which follows the lunar cycle for planting.

In both countries, we are creating agroecological systems that combine traditional techniques with innovative methods and marketing, with the support of local agricultural technicians and the Agrosintropía team, which adapts syntropic approaches locally.

In Ecuador, we support local and Indigenous communities in developing regenerative cultivation methods, processing and marketing organic products to promote food sovereignty, protect ecosystems, and independently create new and added value. To us, regenerative agriculture is both an agroecological practice and an expression of cultural identity, spiritual connection, and ecological care. It protects forests, strengthens resilience, and recognizes traditional knowledge in harmony with Nature.



Regenerative
agriculture

follows

the rhythm
of Nature

Area of Impact

Traditional Agriculture as the key to Food Sovereignty

-
- **Food Sovereignty & Health**
Regenerative agriculture strengthens the right to self-determined food and protects traditional seed varieties, which are the basis for cultural diversity and resilient ecosystems. Avoiding chemical inputs improves access to nutrient-rich foods, strengthens health, and helps prevent diet-related diseases.
 - **Work & Gender Equality**
Increased soil productivity and resilience in regenerative agricultural systems create self-determined work opportunities, such as processing and marketing organic products. The education of Indigenous women in particular leads to fair jobs in harmony with land and forest. They assume leadership roles, share knowledge, and reinforce the social, economic, and environmental resilience of their communities through their work.
 - **Environment & Rainforest Protection**
Regenerative agriculture and agroforestry promote soil health and rainforest protection. These practices increase the soil's water storage capacity and make it more resistant to extreme weather conditions. Increasing the proportion of organic matter sequesters carbon in the soil and promotes biodiversity. Regenerative agriculture is based on care and reciprocity. Nutrients are returned to the soil instead of being depleted, thus bringing ecological cycles back into balance.
 - **Culture & Rights of Indigenous Peoples**
At the same time, regenerative agriculture offers a viable alternative to extractive and post-colonial industries. It strengthens the autonomy and way of life of Indigenous peoples, preserving their culture, rights, and connection to their land. Preserving and transmitting traditional knowledge strengthens the cultural identity, ecological values, and connection to the land of current and future generations.

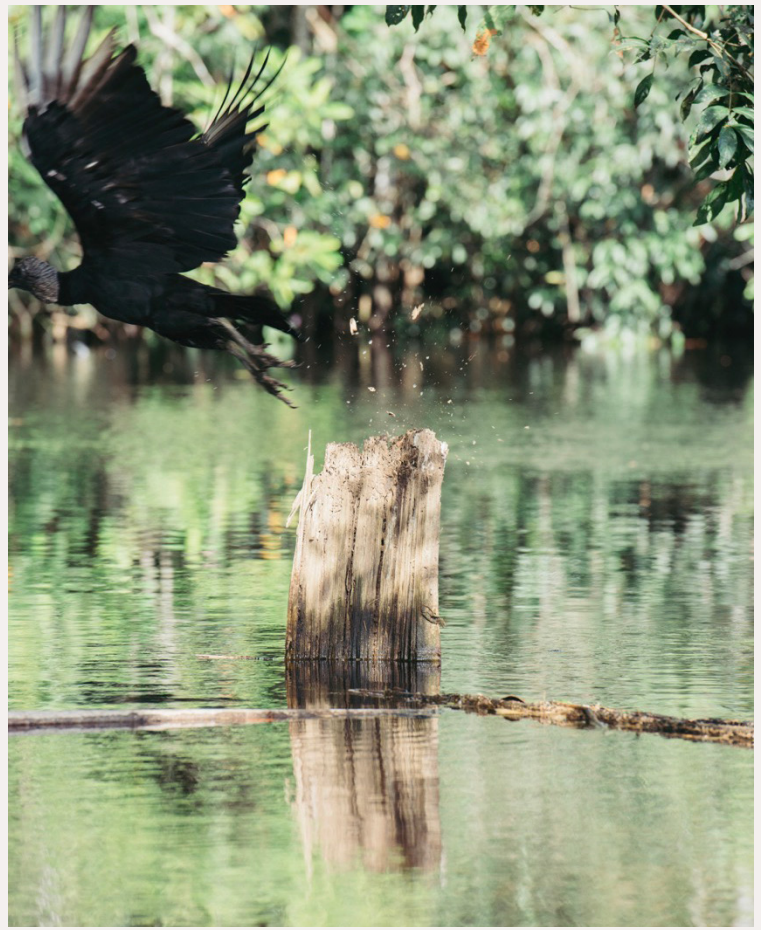


Agricultural Technician, Indigenous Cabécar Women's Association
Kábata Kōnana, La Amistad Rainforest

"Our cultural farming traditions are deeply rooted in our identity. However, monoculture farming, especially the cultivation of bananas, has destroyed these practices and had a profound negative impact on our region.

Since Love For Life began supporting us, many families have returned to our traditional farming methods. They are embracing organic farming and reviving the practices handed down by our ancestors. These changes have been significant and positive. These families now produce their own food, earn an income by selling their products, and strengthen their resilience through seed exchange." _Patricia

"I am personally very happy that there are more seeds now than a few years ago, and that producers are exchanging or selling them among themselves. This is a great benefit for the region. The cohesion and teamwork that come with returning to the traditional „mano-vuelta“ principle bring back memories of how our grandparents farmed together. Back then, the focus was not on money, but on supporting and standing in solidarity with one another so that everyone had enough to eat and their fields were always cultivated." _Elizabeth



Through the heart we can hear
the
(forgotten)
language of the
Earth.

695

Off-grid solar home systems
installed

+500

Families transitioning to regenerative
agriculture

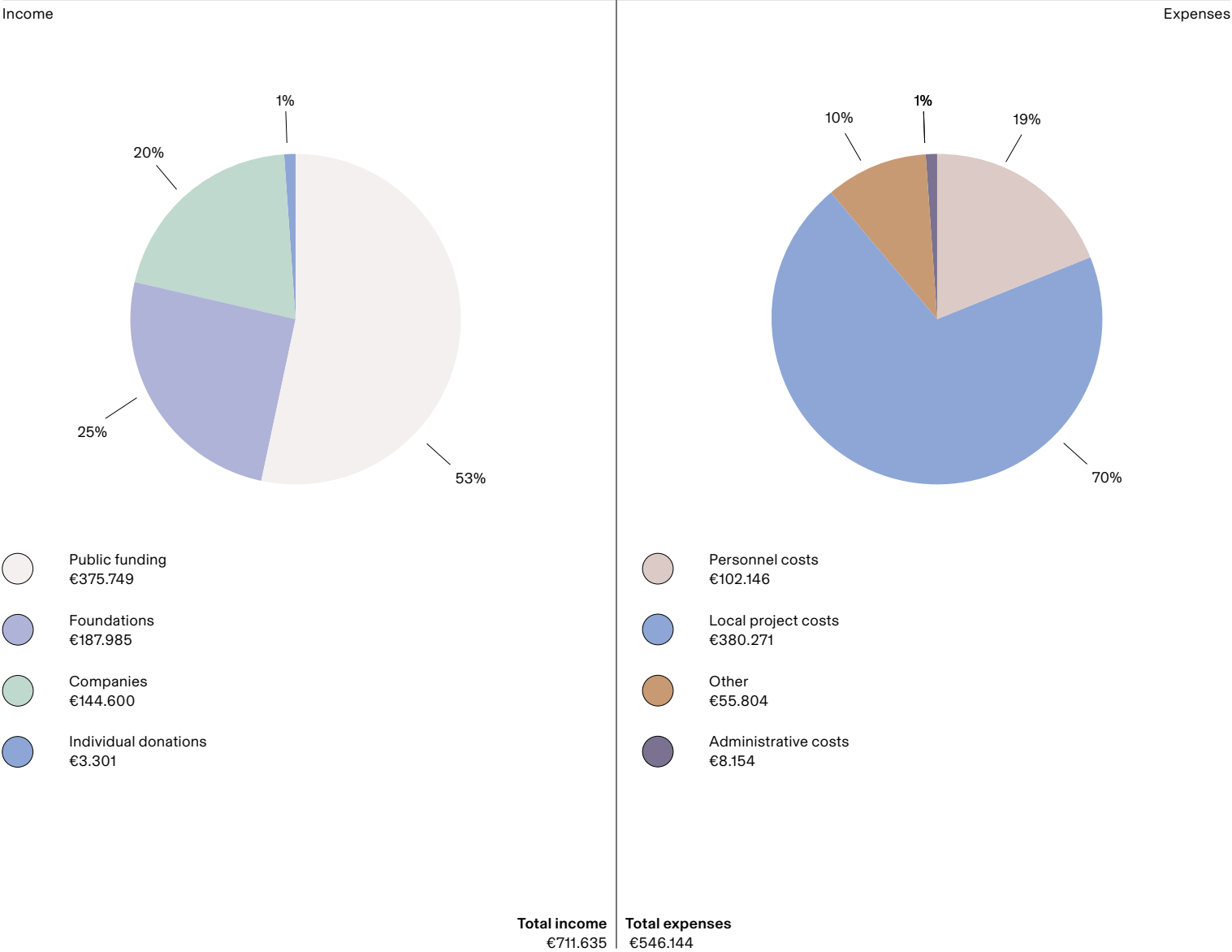
4,5 M Ha

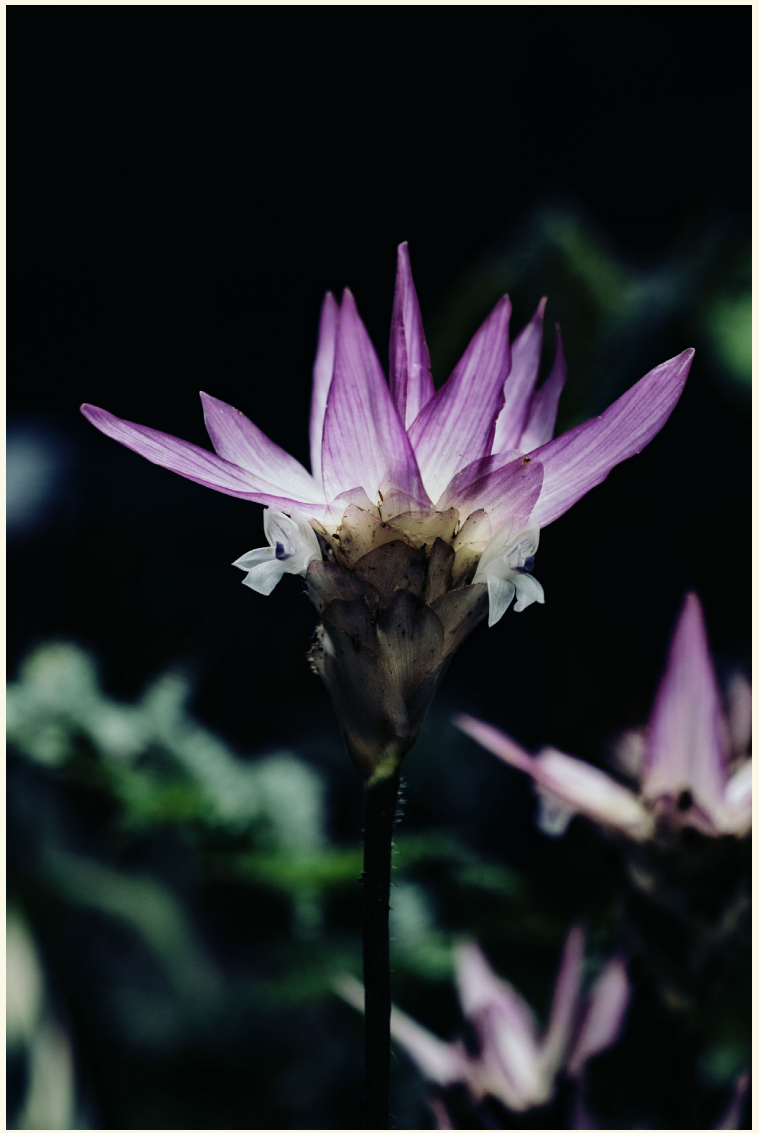
Protected rainforest hectares



Finances

We are grateful to our many generous partners and donors who make it possible to sustain, grow and evolve our work.





Partner Testimonials

Maricela Fernández
Founder & President, Asociación de Mujeres
Indígenas Kábata Kōnana

Our partnership with Love For Life over the years has been a school for us, a cultural school, instrumental in remembering and honoring our cultural heritage while addressing the needs of our people in our territory. Our cultural practices were disappearing, and our work together has played a crucial role in reviving and celebrating our cultural identity. We have been able to strengthen our community life, learn from our elders, initiate knowledge exchanges, revive our cultural practices, rescue our spiritual values and live our connection with Mother Earth. We have instilled and revitalized our cultural knowledge of agriculture in our communities, creating food sovereignty – and all of this has been done by women. We have empowered women to become solar technicians, create more dynamism, more opportunities, both in community and individual development and in political advocacy to defend our rights, our culture and our territories. We have achieved a lot and I really appreciate the way we work together. Thanks to our partnership with Love For Life, we now have a headquarters, we are a strong women's association, with our own leadership, with our own decision-making, and with a very strong institutional framework.

Levi Sucre
Director, Mesoamerican Alliance of Peoples
and Forests (AMPB)

“My collaboration with Love For Life is hugely meaningful to me, both personally and in regard to the Indigenous communities we serve. LFL arrived at a crucial time, especially in Alto Telire, where communities were facing major cultural, social, and health challenges. The introduction of solar panels was more than just a technical solution—it became a lifeline that improved physical and psychological well-being. Access to light provides access to information, connectivity, and dignity. Together with government institutions such as ICE, LFL raised awareness of renewable energy at the local and national levels, mobilized resources, and achieved long-overdue recognition of Indigenous realities. Women were included not just symbolically but also as leaders and bearers of cultural knowledge. For instance, they participated in initiatives such as the Kabata Könana Feria Estanco. LFL distinguishes itself through its adaptability. They respond to emergencies and cultural contexts, thereby strengthening the self-governance of Indigenous communities. As a result, Indigenous families’ lives have improved in terms of health, nutrition, and well-being without endangering their culture. I see great potential in expanding this alliance. Many speak of the value of Indigenous knowledge for climate protection, but LFL is one of the few organizations that truly invests in it. This is where the future lies.”



In Deep Gratitude

What we were able to achieve together in 2024 was possible only thanks to the trust, generosity and assistance of many wonderful people. Every contribution is a valuable part of this movement toward a fairer, more regenerative, and more beautiful world.

We thank you from the bottom of our hearts for your support. With it we strengthen our partnerships with Indigenous organizations, protect forests and cultures, and promote self-determination and empowerment – both locally and globally.

Donation Account

Love For Life e.V.

GLS Bank

IBAN: DE81 4306 0967 1166 8401 02

BIC: GENODEM1 GLS





„The natural world demands an answer beyond scientific knowledge. The natural world demands an answer that springs from the wild, unconscious depths of the human soul.“

Thomas Berry



Ecology,

Culture,

Action.

