

Audio collage #1

"Good morning, 2034"

I wake up in our beautiful, solidarity-based housing project in Altona, and I feel safe and secure.

Warm, safe, secure. My breathing is calm.

My hot coffee smells wonderful. I go out onto the balcony. And sit down in my comfortable armchair, which fits my body perfectly.

We can hear the birds in the garden.

Many, many different ones have settled in our street since we decided together to remove the tar and paving.

All the smelly cruise ships and cars have been removed.

For some time now, it has smelled so wonderfully of forest and spice in our house.

The roses and other flower mixtures are fragrant, sweetening my mood.

I take a deep breath, walk barefoot across the lawn and feel the earth carrying me. The grass is still damp from the dew and my feet enjoy the coolness and the prickle of the grass.

I'm all there now. Awake. And ready to meet my fellow human beings.

I stretch out with pleasure. My body feels refreshed, I've been sleeping so much better for a while. I decide to go for a little walk and check on our raised beds. We have been growing vegetables together in our farm community for some time now.

We garden, cook, look after children and the elderly, those in need of care. We look after each other.

We all know each other by name now, especially the children. They play everywhere because there are hardly any cars or very fast means of transportation around here. I can hear them cheering - and arguing. Sometimes they are on the road for hours. The people seem peaceful and friendly to me. I feel very relaxed.

The doorbell is loud and gives me the kick I need to jump out of the house.

My neighbors show up and we greet each other happily. The morning group.

"Go!" Wohlers Park is waiting for us. In all shapes and curves, we neighbors walk briskly towards the park to open up our bodies and souls.

Strutting through the grass, standing on one leg like a stork - we are silly and laugh, contribute our ideas and everyone joins in. The crowning glory: the hula hoops. - What fun!

I take some children and older people to our forest. I help out a bit there. I play with the children. We learn together and discover our fellow creatures.

We don't work so much anymore and we don't work so much for money, because we don't need so much money either. We do a lot of swapping and we contribute what we can with joy.

Because I lose out on the Schnick, Schnack, Schnuck, it's my job to go to the hardware store and buy a new rake. But since we have the little house for the bikes in front of the house, it's so easy. Lock up, get on and go.

I whizz off to Ottensen and feel the breeze. It's just fun to ride on the wide roads. And I feel safe and free.

Our mobility is primarily characterized by bicycles, including cargo bikes for children and the elderly. And on foot. There is plenty of space on the roads and very few eco-cars.

When I look around me here, I feel so happy. The people are so different and their laughter and soft gait tell me that they feel at home.

"Oh, 3pm already!". All the children rush out of the Baui. Parents are waiting outside, chatting with their neighbors. "A party? When? - Oh, here?" What should I bring?

And we no longer separate living and dying. It goes without saying that living well and dying well belong together. And there are enough carers who look after the elderly and children. There are enough doctors, palliative care units, bereavement counselors ...

Our walk now takes us to our small district clinic. Here, everyone receives medical and therapeutic support. Those who need it.

„Come and help us." Today is Saturday. We're eating together. Barbara has cooked and takes the pot of soup out. Mmm, it smells delicious. I'm really hungry;

A 30-meter-long table divides the street on Sunday. Neighbors, big and small, sit and eat together. And talk about important and light things.

In front of the clinic is a quiet, deep pond. A place so quiet that it invites people who need peace and comfort.

I sometimes sit here and feel into my own stillness. It feels so refreshing and so nourishing.

I sit in the middle of it. And all around, oh, I can't and don't want to decide where to sit. And yet: I am part of the whole.