



June 2022 Federations Focus

International Naturist Federation Newsletter

The right to be naked

Source: amsterdamaalternativ.nl. 28/4/2022 / Issue #042 / Text: Vilma Strandvik

Thomas Lundy is the creator of the petition "Sta naakt toe in het openbaar zonder beperking" (Allow nudity in public without restriction), where he asks the Dutch parliament to delete article 430a of the criminal code. The article in question is the part of the Dutch law that states that any public nudity outside of areas where nudity is explicitly allowed will be punished with a fine. Lundy believes that this law limits the freedom of choice necessary for individualistic and humanistic ideals, and therefore argues that the freedom to choose to dress or not in public situations should be individual, not governed by the Dutch government.

Lundy highlights the Netherlands as a country known worldwide for being progressive. He calls his project the "Fifth Element", arguing that public nudity could join the four other social elements that the Netherlands is famous for: the legalisation of prostitution, same-sex marriage and euthanasia, along with the policy of tolerance for soft drugs. There is no obvious reason for why public nudity is still prohibited, and Lundy argues that the prohibition stems from when the government's laws were made for its own good, which does not align with the Netherlands' more contemporary, progressive thinking.

He quotes the NFN, the Dutch Federation for Naturism, for proof that only a dozen people are fined under this law per year, which is extremely little for a population of around 16 million inhabitants. It is such a small proportion that Lundy believes the law to have completely lost its purpose, which is why he wants it to be fully removed.

Opposers to Lundy's petition argue that allowing nudity will have several negative side-effects, often claiming that nudity is inherently sexual. Lundy on the other hand, argues that sexual nudity and public nudity are completely different, that they are "like chalk and cheese".

He defines sexual nudity as sexual intercourse or a man ejaculating semen. When asked about flashers, Lundy means that although people often insist that flashing is related to public nudity, they are inherently different. Flashers pick a specific spot, hide, shock and then run, while public nudity is a way of being. The relation between public nudity and exhibitionism is also something Lundy sees as misleading. When it comes down to it, "We are all born naked", there is nothing inherently exhibitionist about the naked human body. Lundy states that people who believe this are "body-phobic people with a shame mentality". Being clothed can be as exhibitionist as being naked according to Lundy, as it is about the desire to be seen, not in what form you are seen.

Critics also tend to think that legalising public nudity would mean that everyone would suddenly go naked everywhere, something that could easily create "awkward" or "embarrassing" situations.

Lundy believes this can be avoided with "house rules within buildings where nudity is not convenient, such as restaurants or shops", but maintains that this does not mean that it is necessary to keep it in the criminal code. Furthermore, just because you have the freedom to do something, doesn't mean that you will, something he accentuates with the example: "One can walk past a coffee shop every day but don't have to buy or smoke marijuana." Changing the law for public nudity will thus not bring a drastic change in practice but will symbolically make a difference for humanistic ideals.

Lundy even states that forbidding public nudity could be seen as a form of body-discrimination. He draws parallels to how people can claim to be offended by for example skin-color or religious practices, and how this is seen as racism and therefore not accepted in Dutch society.

In a similar way, claiming to be offended by nudity should not be acceptable.

To exemplify this further, he brings in the religion of Digambara Jain, that is mostly practiced in India. This religion requires its practitioners to be naked at all times. In this case, Lundy explains that public nudity as a practice of Digambara Jain would be allowed in the Netherlands as it goes against the Dutch constitution to discriminate against religions. Therefore, he doesn't see why non-religious public nudity is still prohibited.

Lundy emphasises the fact that he is more interested in the process of the petition and the cause itself than the final result. Whether the law is in fact successfully removed or not, does not matter as much as whether the petition successfully creates a conversation about this topic and about social norms. Being what he calls "a follower of the humanist movement", he sees the outcome as less important than the process itself. He calls this the "is water wet" question, as the Netherlands is already one of the most nudity-friendly countries on Earth.

Lundy states that the Netherlands has over 70 naturist beaches and over a thousand public saunas where nudity is allowed. He also cites many other examples of public nudity, in both art, TV, and protests.

One example of this is the World Naked Bike Ride. The WNBR is an international movement where participants meet and together bike through cities naked, to protest oil dependency while celebrating both the human body and cycling.

Another example is Spencer Tunick, an American artist who organises big art installations of naked people whose bodies are painted. A third example is the NTR TV show *Gewoon Bloot*, where clothed children are exposed to nude adults in an educational way, so that they can objectively comment on human nudity. Lundy cites these and other examples as not only proof that nudity is not inherently sexual, but also that Dutch society is already progressive enough to not see nudity as a topic of taboo. Therefore public nudity does not deserve the legislation it currently has.

Lundy believes that public nudity is still subject to a fine because of previous social norms. However, social norms are always changing, "otherwise women would not be allowed to wear long pants nor vote". He believes that the Netherlands today is progressive enough to accept public nudity, and encourages you to think about "Why is the peaceful naked body punishable?"

To learn more about Thomas Lundy and his petition, please visit his petition. (<https://stanaakttoe.petities.nl/>)

LE BETULLE Villaggio Naturista

Near the Alps, at 25 km from the center of Turin, 20 minutes from the airport Caselle. Caravans, plots for Recreation Vehicles and tents, completely equipped bungalows, caravans with chalet. Pool, solarium, jacuzzi and sauna. Clubhouse restaurant, petanque, mini-tennis, table tennis, Volleyball. Mountain bike circuits and trails in Park Mandria

Sights: Venaria Royal Palace and Park, St. Michele Abbey, Rivoli Castle, Mole Antonelliana, Egyptian Museum, Piazza S. Carlo, Basilica of Superga.

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Why naturism can save our world

Source: <https://zurueckzurnatuerlichkeit.wordpress.com>

Roman Lasota

Naturism is a way of life that is here to stay as long as humanity exists. Well, precisely, the world needs more naturists. Let's see why.

1. Society thinks our bodies are indecent and must be covered up in shame.

Society has frowned upon naturism due to the negative influences created over the centuries. Once the human body was perceived as innocent, then clothing became nothing more than a symbol of psychological dependence. We need to advocate for positively promoting naturism, then society is not afraid of naturism anymore. Promoting naturism helps to bring a more naturist society. Let's help end the misconceptions and aversion of naturism by the general public!

2. The world has gotten too textile dependent.

Clothing requirements have gotten worse over the last few centuries. This might be due to the high formation of civilizations since the 18th century and people got so used to clothing. It has to do too with materialism and globalization. Religions have taught about being modestly dressed, and such biases are now outdated. The textile industry makes a tremendous amount of money on making clothes, and it has been proven that wearing clothing as the norm causes harm. In this day and age, it's time to get back to the basics and live naked.

3. We can get along better.

Clothing causes more wars and fights. In a textile world, our minds tell us that we're just different. Well, this is true in things like likes and dislikes, destinies, life stories, and personalities, but in terms of how human bodies look like and are, it's not that unique at all. Clothes divide us.

Denoting social class and status by clothing causes a sense of inferiority in social class and status. Therefore, naturism promotes equality. With equality we therefore respect and get along a lot more.

4. It's how we humans were designed to live.

Of all species on Earth, we are the only ones covering up, and in shame. We were born naked, and in the first few years of life it may be no big deal to be naked, but afterwards we're brainwashed to believe that being nude is wrong. We came with nothing in this world and there are people saying they want to leave the world with casual clothes on. What's the point of this? All other animals can freely roam around naked, yet too many governments and jurisdictions criminalize simply being nude in public. Until when do we have to deal with this? Once the whole world was naturist, then as civilization advanced there came more isolation of the natural world. Clothes make us feel superior to other species. We should live naked. It's just makes sense that we were really designed to live without clothes.

5. Atrocities are more accepted than naked bodies.

We live in a society that accepts things like violence, war, rape, abuse, and blood and guts, yet is horrified by the sight of naked human bodies. See how clothing is not for vanity and modesty is not about the clothes? Our bodies are not horrifying. Different body parts have been rendered obscene throughout history, especially the last three centuries in certain societies, while bad stuff like violence gets more acceptable. Children are allowed to play violent video games without supervision yet are not allowed to view wholesome nude images of the human body. Many people don't mind watching violence on TV or movies but don't want to see nudity, however innocent it is. Even children see the violence, without the parents giving a fuss.

Social networks like Instagram and Facebook allow horrific content but the human bodies we all have are banned without clothes. No wonder we have children raised to be violent. How can fighting in wars, watching violent movies, cursing, or abusing others in different ways be something to tolerate more than nudity?

We need a lot more movies, TV shows, video games, and books with nudity. It's unfair to have the human body less acceptable than violence.

6. Naturism is a healthy way to live.

Naturism has been proven to have many health benefits. Health is very important – it's not worth having money without health. Health is a precious gift, too. Swimming, sunbathing, and sleeping nude are more sanitary than doing them clothed. Naturism promotes a healthier lifestyle than being clothed normally.

For example, being naked on a typical summer day outside helps obtain vitamin D from staying some 10 to 20 minutes out in the sun and that is so healthy. The heat is more suitable for nakedness so we don't have excessive sweating in our bodies causing bad-smelling bacteria. Then the body regulates its temperature. Naturism boosts self-esteem. Naturism improves the health and well-being of society. We should promote naturism, with better health among the many reasons to promote the lifestyle.

7. Naturism promote social equality.

Without clothing we can all converse on the same level. Everybody is accepted no matter what in naturism. Conversations are much easier to start. This equality promotes more peace. Clothes denote how rich or poor one is, which causes more fights. Clothing is one of the primary social divisions. Without clothes we are accepted much easier.

8. Life is easier.

There are many ways that being nude facilitates life than being clothed. Swimming clothed is insane and uncomfortable. Why wear clothes if it's not to keep warm? Clothing oversexualizes the body. Sunbathing nude prevents ugly tan lines. We don't have to worry much about laundry, which has been proven to be a waste of time and resources. Public nudity helps society – a lack of it has destroyed careers and severely ruined lives. Naturism promotes family quality time. Naturism promotes emotional, sexual, physical, and mental health. The textile industry wants our money for clothing even when it is not necessary to wear it. Naturism promotes more closeness to humanity. Naturism helps to bring humanity a lot closer together as a species than any religion, nationality, or language can ever do. Clothes are very restricting. Clothing is often uncomfortable. Clothing is made with dangerous chemicals. Forcing clothes on anyone should be a crime and a human rights violation. Too many places, disgracefully, prohibit public nudity, which has been

proven to have negative effects. There are people who are so unhappy with their bodies that they have resorted to dangerous stuff like bulimia and plastic surgery to alter their looks, which is unfair. Clothing is often a symbol of body detestation. Clothing doesn't bring happiness. How can not having anything to wear when not necessary feel like not having anything to eat? Naturism helps us be free. Life sure does facilitate with naturism.

9. Negative influences caused us to believe that our bodies have to be hidden in shame

Too much of society has an aversion of naturism. Negative influences that are huge influences in our lives have done this to us. Our parents, the media, and religion have taught it to us. Even among the most avid naturists, it can negatively affect them too. There are too many prohibitions of public nudity, too strict dress codes, and too many requirements of clothing. If this didn't happen 3000 to 5000 years ago, why does it happen now? Gymnophobia, the fear of nudity, has been normalized and is serious. The fear of nudity is an irrational and excessive fear. We're not born with any shame of nudity or human bodies, just like we're not born with any racism or other bad discrimination in mind. We're taught to not look at nudity and to keep being nude to out of the sight of others. This doesn't significantly interfere with our daily lives but nonetheless should come to an end. Why? Because it has led to other problems like body detestation, a low self-esteem, and vitamin D deficiencies. We need to educate more than ever now about naturism. It's for the good of all of us.

10. It helps with body acceptance and appreciation.

Our bodies are beautiful. We were born naked, so how can being naked be rude and even obscene? With naturism we can see how our bodies look and learn to love them no matter what. We possibly have no perfect bodies. We need to have something done to stop the media from announcing perfect bodies. Only humans find their naked bodies offensive. How unfair! We realize that we're really not that different and each body is uniquely beautiful. The human body is one of the world's most beautiful things, so why hide it?

11. We're in a different time period and now we should freely live nude again

Attitudes towards sex and nudity have been skewing left for centuries, and religious outdated anti-nudity biases no longer affect us. In the 18th

and 19th centuries, clothing fashions covered the whole body, but that shouldn't be so now anymore. In the 21st century, we should be allowed to be nude again with more decriminalizations of public nudity. With the sayings on the changing climate, that's a good reason to allow being nude a lot more too. We've had to deal with problems from a lack of naturism in our lives, and naturism is growing in acceptance, too. In the 21st century, we should be nude to a mainstream level.

12. Naturism doesn't discriminate and indeed is for all.

Naturism is indeed for anyone and everyone to enjoy. The only thing keeping us from being naturists is our clothes. We can be naturists at any age. Naturism is for babies to 100+-year-olds. Naturism is for males and females. Naturism is for all races, ethnicities, and national origins. Naturism is for people with any disability. Naturism is for all heights. Naturism is for all nations and territories. Naturism is for all walks of life. Children aren't harmed by naturism. Naturism is for all nationalities. It doesn't matter who one is, naturism is for everyone!

13. Our bodies weren't made for being covered up.

We weren't made to wear clothes. Apart from physical protection when for cold and inclement weather and performing dangerous activities, clothing serves no purpose. Even less were we designed to cover up in shame. Our parents, the media, religion, customs, and peer pressure tell us to be ashamed of our bodies and cover them up in shame. We're also animals and should be free to be around nude anywhere at any time practical.

14. There are no ugly or bad body parts.

Certain body parts have been designated as "naughty bits". Why? Too much brainwashing. It's no different censoring one body part or another. Body parts get censored in movies, TV shows, and anywhere else such images are in, with certain exceptions by certain cultures. Our buttocks, genitals, and women's breasts get censored and that teaches shame on the body parts. They're natural parts of our bodies, too, like all other body parts, and they are not ugly or bad. Human naked bodies need to be seen a lot more, and have less violence and other cruel and ugly things around.

15. Naturism is fun.

We should wonder how naturism can be fun. Indeed it is! We may be freely allowed to run around naked as toddlers and a lot of us have swam naked at least once too. That really helps us not to be ashamed of our bodies, for body shame always hurts. Everyone should really try naturism at least. Anyone can be a naturist. One day everyone will be nude again, and I am definitely looking forward to that day. Naturism is important to humanity. Being naked is fun and addicting in a good way. Once we try naturism, at least most likely is that we don't ever want to go back to clothes. Everything is better when we're naked.

Let's help promote naturism! The good news is, more and more naturists are around in the world each time. The future may have even fewer clothing than now. Let's promote naturism and many more can try it. Let's have more and more naturists each time until everyone in the world is naturist again!

Naturist Twinning Program

Have you ever imagined a naturist world in which we're all connected with each other, in spite of the distances and differences that sometimes separate us?

The International Naturist Federation is launching its twinning programme, based on the system that already exists between different towns around the world.

Some clubs have already tested it, with a lot of success. Naturists from different countries establish almost family-like connections, along with advantages offered to visitors from their sister club. The exchanges are enriching and open our clubs to an international front.

We're almost all twinned with other towns around the world. You can contact the naturist club in your twin city yourself or, if you're unsure, we will be happy to help you.

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SAY HELLO



Naturism in Portugal

Sun, sea and naked harvest!



Filipa Gouveia Esteves

Naturism in Portugal has its first record in the 20s of the last century, associated with the Portuguese Naturist Society. At that time, nudity was already practiced on the beaches of Costa da Caparica, in the Municipality of Almada, close to Lisbon. With the dictatorial political regime, naturist movements were limited to vegetarian and alternative medicine trends. Nudity was prohibited and associated with the crime of "indecent exposure". It was only after the 25th of April 1974 that the movements linked to the practice of collective nudity (re) began to generate. Three years after the end of the dictatorship, on the 1st of March 1977 the FPN - Portuguese Federation of Naturism was born. But the first Naturist Law appears only on August 13, 1988, Law 92/1988. It was the first manifestation of public, political and official recognition of the naturist practice in Portugal. Here the legalization of the practice of naturism in Portugal was recognized.

The Portuguese coastal zone extends for about 1230 km, of which about 934 km are sandy, with about 16 km of official Naturist sands.

Of the 934 km, many are the beaches where there is a Naturist tradition in communion with the textile way. From North to South of Portugal we can find many beaches that are tolerated or of naturist use and custom, that is, they are not official beaches but are beaches where it is usual to find naturist bathers and textiles together. With different areas of use, the Naturist areas are usually to the south of the beach that gives it its name. There are 9 naturist beaches: www.fpn.pt/praias_naturistas.html

Currently, all the official naturist beaches are located south of the Tagus River. To date, the Municipalities of Almada and Odemira have two official beaches in their geographical area. We hope that others will follow in their footsteps and that others will open their doors to new Naturist beaches, located north of the Tagus River. It is now necessary to provide Naturists in the Center and North of the country with another comfort in naturist practice, as well as the thousands of Naturist tourists who visit us annually. There are several accommodations and campsites that annually receive thousands of Portuguese visitors and the rest of the world. <http://www.fpn.pt/alojamentos.html>

Portugal has several naturist activities that bring together throughout the year naturists from different parts of the country. In the winter months, there are sessions of a naturist pool, naked yoga, meditation or simple socializing and picnics. During the summer, there are several meetings in different campsites that always include great barbecue lunches. Some boat trips have already been carried out and for the first time, in 2021, a naked wine harvest was carried out, which was a real success. This year the harvest activity will take place again during the month of August, on the 20th, promoted by the Clube Naturista do Centro, promising to be a success again. This second edition of the naked harvest is open to all INF-FNI members who want to visit us. You can obtain information here, and register for the only naked wine harvest in Portugal: <https://docs.google.com/forms/d/e/1FAIpQLSdqImRCRmSZR0-TiI2HT5XD9b-K95BJS60yRUu8vkDJUcl3SZQ/viewform>

The Portuguese Federation of Naturism with its 45 years, promotes the union of Portuguese naturists intending to promote and dignify naturism in Portugal. We are Women and Men, families, who daily make Naturism our way of life.

Naturism in Portugal is being alive, it's simplicity. It's the simplest sense of being Human, without prejudice, just natural!

Events

02.09. - 04.09.2022

EuNaT Petanque Tournament



Sonnensee, Hannover, Germany

Registration forms are available in EuNat download:

<https://downloads.inf-fni.org/eunat/>

Infos: <https://www.sonnensee-hannover.de/>

Organised by: EuNat, eu-office@inf-fni.org

24.09. - 02.10.2022

South-European Family Meeting



El Portus, Spain

More info and registration on the website:

<https://naturismo.org/2022/01/portus-2022/>

Organised by: FEN, fen@naturismo.org

Focus August

Deadline to remit articles:
20th July 2022

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