

Let's talk about

Degrowth



Hello!

The following educational process represents a conversation starter on Degrowth. However, given the interest and time availability it could be more than this. It has been created in the context of a workshop facilitated and further developed by Amerissa Giannouli, youth worker and project manager at Inter Alia NGO.

It contains questions and activities designed to stimulate critical thinking, along with resources to help facilitators build their arguments and present key aspects of Degrowth, such as the critique of growth and policy proposals for Degrowth.

Each activity includes example responses provided by participants in previous sessions. Their responses have been influenced by their own realities and lived experiences (eg. the hidden myths for growth and particular examples that challenge the growth imperative). These may be updated periodically as more similar workshops are implemented and do not represent either correct or incorrect answers.

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Feel free to reach out, if you would like to translate the activities into another language, provide comments, or suggest any improvements to this document.




How to use it

You could organize 2-3 workshops, each lasting 3-4 hours, with a group of 15-20 people. In depth analysis of the following step will require more time, even days.

Step 1: Ask participants to engage in pairs and respond to the initial questions regarding the discourse in favor of economic growth and the discourse against economic growth. Then, utilize the “*diagnosis*” cards to link these arguments and reveal the issues associated with economic growth.

Step 2: Introduce Degrowth and link the discussion in Step 1 to the discourse and vision of Degrowth.

Step 3: Encourage participants to consider ideas, lived experiences, and realities that could potentially shape the Degrowth discourse and help construct alternative visions. Connect their responses with existing literature and explore the potential for systemic transformations.




Ongoing struggles and transformative processes are taking place in various parts of the world, including very close to where participants live. As a result, they may feel frustrated and unable to envision how the systems could change. For this reason, it is important to explain that the responsibility for changing oppressive and exploitative systems does not rest solely on them as individuals or a group. These spaces of exchange and critical interactions aim to help them unlearn, build personal and collective power. Then, based on their abilities and diverse positions in the system and social structures, they can think about ways to contribute to meaningful changes.

Step 4: Make it more tangible and relatable to participants' life experiences by asking them to share moments from their daily lives. Then, use the J. K. Gibson-Graham iceberg model on alternative, community economies to illustrate the diverse economic activities that already exist beyond the mainstream pro-profit and pro-growth system and support a significant part of our lives. The objective is to challenge how we understand value and to inspire hope and trust in both personal and collective efforts to build more socio-ecologically caring relationships and structures.

Step 5: Introduce the "prognosis" cards and specific policy proposals for Degrowth. Invite participants to identify and map similar policies currently in place within their local or national context, including current policies that could be replaced or modified easily.

Step 6: Discuss and propose action plans that can be implemented by the group or through connecting with other individuals and organizations in order to promote just, democratic, sustainable, and caring futures.



It is recommended to proceed with Steps 4-6 in a second and third and, if needed, a fourth workshop, depending on the participants' level of expertise and access to information. During the first implementation of the workshop, one participant suggested involving policy makers as participants to directly respond to the issues raised. Another participant asked about the first kind of changes that could be implemented to move toward Degrowth or how the city could embrace a 'Degrowth' approach. These are important questions and points that should be considered when strategically promoting Degrowth in order to make it relevant and tangible to participants. For this reason, a more in-depth approach is being described which could be incorporated in steps 5 and 6.

What are the underlying assumptions, narratives and myths that make economic growth necessary and desirable?

More jobs and money for all, everyone will become rich

Better economic relationships between the countries

Better public services (education, health...)

We need growth to satisfy our unlimited wants

There is no other way... the system will fall into crisis...

Better quality of life, security, power

Successful people, businesses, countries are the ones that grow

More choices and freedom to choose. Have a complete satisfying life.

Economic growth is necessary to invest on green technologies and save the environment

Can you think of examples where economic growth has led to negative consequences for the society and the planet?

Authoritarianism,
non democratic
policies

Inequality is
increasing...
economic crisis..

Intense lifestyle,
busy life with no
free time

Eco-anxiety and
increasing anti-
social behaviors

climate breakdown,
planet has been
trashed

Competition
everywhere, in
work, school,
business...

privatizations
for increasing
profits

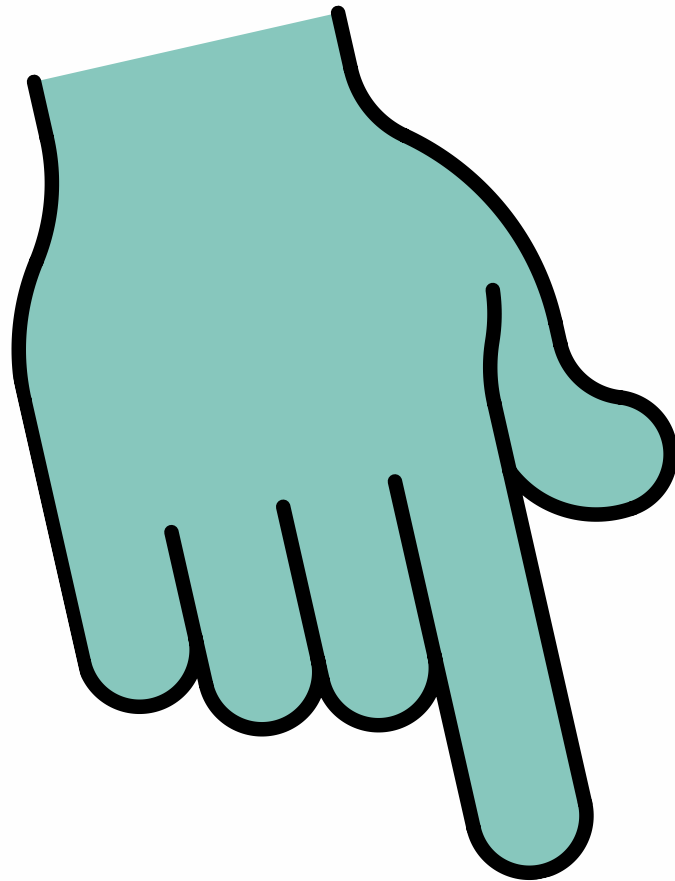
people are
being
exploited

privatizations
for increasing
profits

animals get
harmed,
biodiversity is lost

"DIAGNOSIS"

CARDS



TRICKLE-DOWN ECONOMICS DOESN'T WORK

- Trickle-down economics assumes that concentrating wealth at the top will eventually benefit everyone. In reality, it often leads to greater income inequality and fails to adequately address the needs of the most socio-economically marginalized. Wealth tends to stay concentrated at the top in the hands of a few.
- For example, Thomas Piketty (2014) has argued that wealth tends to accumulate and concentrate in the hands of the rich over time. This has significant social and economic consequences.
- According to the World Inequality Report (2022), global inequalities do not seem to be very different compared to the period of Western imperialism in the early 20th century.
- Inequality is increasing both within countries and between countries despite of economic growth increases (Coscieme et al. 2019).

Sources: Piketty, T. (2014). *Capital in the twenty-first century*. Harvard University Press. | Coscieme, L., Sutton, P., Mortensen, L. F., Kubiszewski, I., Costanza, R., Trebeck, K., ... & Fioramonti, L. (2019). *Overcoming the myths of mainstream economics to enable a new wellbeing economy*. *Sustainability*, 11(16), 4374. | Chancel, L., Piketty, T., Saez, E., & Zucman, G. (Eds.). (2022). *World inequality report 2022*. Harvard University Press.

LIMITS TO GROWTH

- According to "The Limits to Growth" (1972), the earth systems cannot support the present rates of economic and population growth.
- Economies should be analyzed as open systems and in biophysical terms as processes that transform flows of energy and materials into goods and services. These processes are being constrained by the laws of physics (Bonaiuti, 2014).
- There is increased social inequality and conflicts which make growth "uneconomic". Moreover, there are social limits to growth that stem from competition and the positional goods (Kallis, 2014).
- **Important note!** Degrowth recognizes that the issue is not with population growth, but rather an issue of distribution, particularly concerning global justice, (historical) social and economic cost-shifting, and the overconsumption of resources in the Global North. Population growth in industrialized countries seem to have stabilized or even declined. For example, EU's population is expected to decline by 6% by 2100 (Eurostat, 2023).

Sources: Meadows, D. H., Meadows, D. L., Randers, J., & Behrens III, W. W. (1972). *The limits to growth-club of rome*. | Bonaiuti, M. (2014). *Bioeconomics*. In *Degrowth* (pp. 25-28). Routledge. | Kallis, G. (2014). *Social limits of growth*. In *Degrowth* (pp. 137-140). Routledge. | <https://ec.europa.eu/eurostat/web/products-eurostat-news/w/ddn-20230330-1>

THE GREAT ACCELERATION & PLANETARY BOUNDARIES

- It refers to a period of rapid and unprecedented changes in various aspects of the Earth's system that began in the mid-20th century and continues into the present. It signifies an intensification of human impacts on the environment.
- The role of capitalism in shaping the current environmental challenges facing the planet should be examined. It is not just an issue of "human" activity (Moore, 2017).
- The framework of "Planetary Boundaries" identifies and quantifies critical environmental points within which humanity can safely operate to maintain a stable and sustainable Earth system. In 2023, all planetary boundaries mapped out for the first time and indicated that 6 out of 9 have already been crossed.
- Boundaries, similarly to economics, is a socio-political construct (Brand et al. 2021). Collective self-limitation provides an alternative understanding about human nature.

Sources: International Geosphere-Biosphere Programme (IGBP), <https://tinyurl.com/38fyhh2b> | Stockholm Resilience Center, <https://shorturl.at/akyO8> / Moore, J. W. (2017). *The Capitalocene, Part I: on the nature and origins of our ecological crisis*. *The Journal of peasant studies*, 44(3), 594-630. | Brand, U., Muraca, B., Pineault, É., Sahakian, M., Schaffartzik, A., Novy, A., ... & Görg, C. (2021). *From planetary to societal boundaries: an argument for collectively defined self-limitation*. *Sustainability: science, practice and policy*, 17(1), 264-291.

HAPPINESS AND THE EASTERLIN PARADOX

- The Easterlin paradox suggests that increases in a society's income or GDP do not necessarily result in higher levels of happiness or well-being. Empirical studies indicate that more is not always better. In fact, there might be a positive correlation between GDP and quality of life only up to a point. After this point, there are no well-being improvements. On the contrary, socio-ecological costs are being increased (Coscieme et al. 2019).
- In particular, having GDP growth at the center of decision-making has led to the implementation of neoliberal policies, such as privatization and the degradation of social services, which deepen inequalities and negatively affect well-being (Schmelzer, Vetter and Vansintjan, 2022).
- There have been alternative methods of measuring well-being, inequality, and planetary health as responses to GDP growth. Still, it is not just a question of identifying the perfect measurement. No single measurement can capture the full complexity of well-being, sustainability, or societal progress. More holistic approaches to assessing societal progress and success are needed.

Sources: Coscieme, L., Sutton, P., Mortensen, L. F., Kubiszewski, I., Costanza, R., Trebeck, K., ... & Fioramonti, L. (2019). *Overcoming the myths of mainstream economics to enable a new wellbeing economy*. *Sustainability*, 11(16), 4374. | Schmelzer, M., Vetter, A., & Vansintjan, A. (2022). *Critiques of growth. In the future is degrowth: A guide to a world beyond capitalism*. Verso Books.

HIGHER INCOME DOES NOT NECESSARILY IMPLY MORE ENVIRONMENTAL PROTECTION

- The Kuznets Curve suggests that environmental degradation initially worsens as an economy grows, but once it reaches a certain level of income, environmental protection increases. This supports the discourse that the wealthiest countries have the potential to support sustainable development. However, the Kuznets Curve oversimplifies ecological, economic and global issues. It has been disproved (Coscieme, 2019). Moreover, in the case of ecological damage, such as climate change, it may reach irreversible levels.
- There's a misconception that being 'poor' implies caring less about the environment (Anguelovski and Alier, 2014).
- Green growth discourse is also based on the argument that technological innovation and efficiently stimulated by economic growth will address the environmental problems. Empirically, this has not been proven and there are serious doubts that absolute decoupling will happen fast enough in the future (Parrique et al., 2019).

Sources: Coscieme, L., Sutton, P., Mortensen, L. F., Kubiszewski, I., Costanza, R., Trebeck, K., ... & Fioramonti, L. (2019). Overcoming the myths of mainstream economics to enable a new wellbeing economy. *Sustainability*, 11(16), 4374. Anguelovski, I., & Alier, J. M. (2014). The 'Environmentalism of the Poor'revisited: Territory and place in disconnected glocal struggles. *Ecological Economics*, 102, 167-176. | Parrique, T., Barth, J., Briens, F., Kerschner, C., Kraus-Polk, A., Kuokkanen, A., & Spangenberg, J. H. (2019). Decoupling debunked. Evidence and arguments against green growth as a sole strategy for sustainability. A study edited by the European Environment Bureau EEB.

COST-SHIFTING, MARGINALIZED COMMUNITIES AND GLOBAL JUSTICE

- The history of colonialism (Hickel, 2020) has left a legacy of unequal exchange and exploitation, shaping socio-economic and ecological disparities that persist today (Hickel et al., 2022). Efforts to address climate crisis have been accused of reproducing colonial relationships and dependencies due to the risk of unequally distributing the socio-ecological costs of a transition to low-carbon economies. For example, 'green' technologies will require a vast amount of resources to meet increasing energy demands, potentially resulting in the creation of more 'green sacrifice zones' and cost-shifting onto the most vulnerable communities already burdened by the high costs of the climate crisis (Zografos and Robbins, 2020).
- Rich countries may seem to follow a "greener" and more sustainable path but in reality, they do not take into account trade effects throughout the businesses' supply chains, and cost-shifting to other countries (Parrique et al., 2019). "Greenwashing" highlights the problem of misleading sustainability claims by corporations, obscuring their true impact.
- Who gets to participate in (global) economic decision-making? Whose voices are valued?

Sovereignty | Hickel, J. (2020). Part One, Chapter One. In *Less is more: How degrowth will save the world*. Random House. | Hickel, J., Dorninger, C., Wieland, H., & Suwandi, I. (2022). Imperialist appropriation in the world economy: Drain from the global South through unequal exchange, 1990-2015. *Global Environmental Change*, 73, 102467. | Zografos, C., & Robbins, P. (2020). Green sacrifice zones, or why a green new deal cannot ignore the cost shifts of just transitions. *One Earth*, 3(5), 543-546. | Parrique, T., Barth, J., Briens, F., Kerschner, C., Kraus-Polk, A., Kuokkanen, A., & Spangenberg, J. H. (2019). Decoupling debunked. Evidence and arguments against green growth as a sole strategy for sustainability. A study edited by the European Environment Bureau EEB.

FEMINIST PERSPECTIVES

- The concept of Homo economicus, the rational self-interested individual, has shaped economic thinking and policy. It fails to account for the unpaid and undervalued labor, primarily done by (migrant) women, such as caregiving and domestic work, which sustains the economic structure without adequate recognition or compensation, contributing to socio-economic inequalities, reinforcing the gender wage gap and exploitation (Berik and Kongar, 2021).
- Particularly, ecofeminism examines the intersection of environmental and feminist issues, revealing the links between exploitation of reproductive work and nature. When it is convenient for the capitalist system, reproductive work and nature become commodified to internalize the benefits. When it is not convenient, reproductive work and nature remain invisible and bear the costs of socio-ecological exploitation (cost-shifting).
- Economic growth is possible at the expense of “others” and it is linked to colonialism and patriarchal relations (Gregoratti and Raphael, 2019). Also, decolonial feminist critique of the Western-centric models of development argues that these models do not consider the diverse worldviews and knowledge systems of indigenous and local communities.

Sources: Berik, G., & Kongar, E. (2021). *The Social Provisioning Approach in Feminist Economics*. *The Routledge Handbook of Feminist Economics*. | Gregoratti, C., & Raphael, R. (2019). *Maria Mies's and Marilyn Waring's critiques of growth. Towards a political economy of degrowth*, 83-98.

DEGROWTH

A proposal for a radical reorganization of society that **leads to** a drastic reduction in the use of energy and resources. This goes together with the aim to increase well-being **for all** and it should be democratically planned.

Challenge power relations and different forms of oppression and exploitation.

Politicization of social metabolism (society's resources and energy flows)

Reorganisation and creation of new institutions | sustainability, ecological balance, and well-being

Sustainable Degrowth

VS

Sustainable Development & Green Growth

Biophysical intellectual strand

Post-development & decolonial intellectual strand

7 forms of growth critique central to Degrowth

Ecological critique
Socio-economic critique
Cultural critique
Critique of capitalism
Critique of industrialism
South-North critique

Source: Schmelzer, M., Vetter, A., & Vansintjan, A. (2022). *The future is degrowth: A guide to a world beyond capitalism*. Verso Books.

WHAT DOES DEGROWTH LOOK LIKE?



What? After presenting the key ideas behind Degrowth, ask participants to consider what a Degrowth transition may look like. Based on their responses, introduce ideas that have been identified in academic literature.

- Demaria, F., Kallis, G., & Bakker, K. (2019). *Geographies of degrowth: Nowtopias, resurgences and the decolonization of imaginaries and places. Environment and Planning E: Nature and Space, 2(3), 431-450.*
- Kallis, G., Varvarousis, A., & Petridis, P. (2022). *Southern thought, islandness and real-existing degrowth in the Mediterranean. World Development, 157, 105957.*

DIVERSE ECONOMIES

Divide participants in smaller groups and ask them to share moments of their everyday life experiences. Invite them to include socio-economic activities and their characteristics on the iceberg model (Gibson-Graham et al. 2013) to show the diversity of activities and relationships that make life meaningful.

How? Diverse economies invite us to view economic systems not as mere engines for profit and growth but as interconnected webs of social, environmental, and cultural relationships. This perception challenges our conventional notions of 'economy' by emphasizing resilience, sustainability, equity, and community well-being over relentless consumption and GDP growth. It opens up spaces for imagination and experimentation, which could be further supported by specific policy proposals. Moreover, it reveals gendered power relations that should be considered in the context of intersectional justice in order to defend social provisional processes (Power, 2004) that promote socio-ecological sustainability and well-being for all.



Sources: Gibson-Graham, J. K., Cameron, J., & Healy, S. (2013). *Take back the economy: An ethical guide for transforming our communities*. U of Minnesota Press. | Power, M. (2004). *Social provisioning as a starting point for feminist economics*. *Feminist economics*, 10(3), 3-19.

POLICY MAPPING

Use the “prognosis” cards to discuss about policy proposals and instruments to promote and adopt Degrowth agendas.

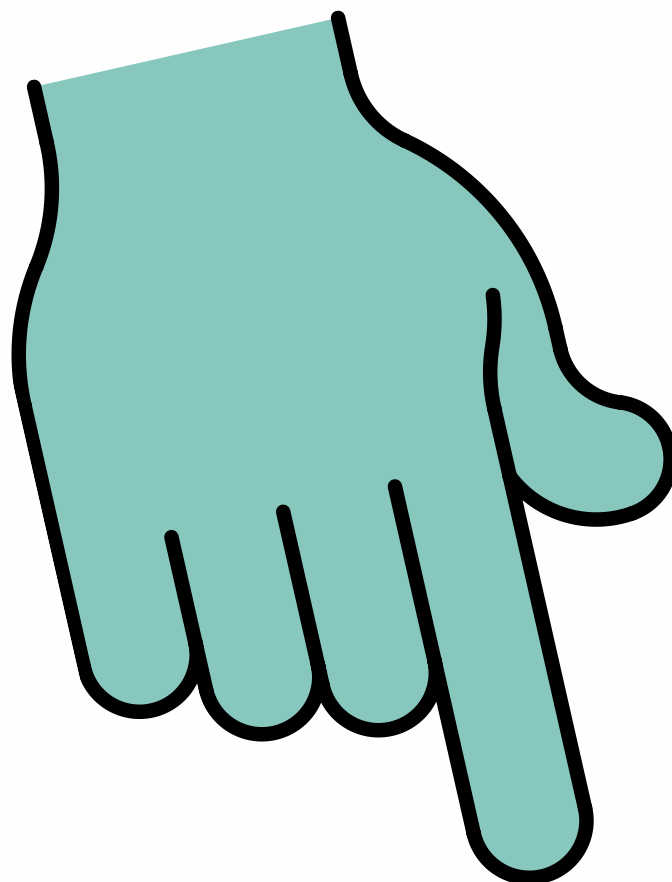
Then, divide participants according to their interest and ask them to look for similar policies and instruments that could be easily changed for implementing Degrowth agendas, including the key institutions and actors that are responsible for these.

Depending on the level of expertise and knowledge of the participants, socio-ecological, economic, political, legal, and technological (**PESTEL**) constraints and opportunities for making shifts to Degrowth-oriented policies and uses of instruments could be also identified. This could be seen as an initial phase of a participatory planning exercise that could be done with diverse members of the community (i.e. stakeholders).

	Local/regional/ national policies	Local/regional/ national instruments	Key actors/institutions
Policy X			
Policy Y			
Policy Z			

"PROGNOSIS"

CARDS



NEEDS-BASED AND SUFFICIENCY- ORIENTED PROVISIONING OF GOODS AND SERVICES

- **Job guarantee:** Reimagining and reshaping work to prioritize sustainability, well-being, and community over perpetual growth.
 - Support localized work opportunities (eg. local businesses, community gardens, and small-scale enterprises).
 - Job creation in sectors that support ecological sustainability (eg. renewable energy communities, public transportation, and ecosystem restoration).
 - Recognize uncommodified community and reproductive work (eg. Universal Care Income).
- **Selective downscaling of industries,** such as arms industry and the military, fossil fuel industry, advertising, fast fashion, and large parts of the financial industry, including the use of private jets and the production of positional goods, lobbying, planned obsolescence, and border security.

Source: SCHMELZER, M., & HOFFERBERTH, E. *Democratic Planning for Degrowth.* | Olk, C., Schneider, C., & Hickel, J. (2023). *How to pay for saving the world: Modern Monetary Theory for a degrowth transition.* *Ecological Economics*, 214, 107968.

ACCESS TO A DECENT STANDARD OF LIVING AND PARTICIPATION IN SOCIETY THROUGH CARE-FULL RADICAL TRANSFORMATIONS

- **Universal Basic Services** (eg. healthcare, education, healthy nutrition, housing, public transportation, etc.):
 - Everyone unconditionally has access to a decent standard of living and can fully participate in society.
 - Social provisioning must be extended to new forms of disaster relief in particular due to climate disasters.
 - It challenges the prevailing consumerist culture by prioritizing access to goods and services over individual ownership. This can help reduce overconsumption and resource depletion.
- **Reduce working hours** for all to make space for leisure, community engagement, and non-market activities. Attention must be paid to just distribution of commodified and uncommodified work (eg. care work)
- **Institutional support and recognition** of provisioning, social and solidarity economies.

Sources: SCHMELZER, M., & HOFFERBERTH, E. *Democratic Planning for Degrowth*. | Panel of the Beyond Growth Conference "[Unlocking a just and sustainable economy through Universal Basic Services](#)" | FaDA (Feminisms and Degrowth Alliance). (2020). *Collaborative Feminist Degrowth: Pandemic as an Opening for a Care-Full Radical Transformation*.

ADDRESS INCOME AND ENERGY INEQUALITY

- **Maximum income and wealth:** Incomes could be capped at x times the minimum income
- **Progressive and ecological taxation** to distribute costs and benefits, and control inflation.
- **Decommodification, democratization, and communalization** of energy production
- Ivan Illich's five core values on **convivial technology**: connectedness, accessibility, adaptability, bio-interaction, and appropriateness.
- Be aware of green extractivism.
- Degrowth should also take into account the effects of policies on people in the Global South.

Sources: Andrea Vetter, "The Matrix of Convivial Technology—Assessing Technologies for Degrowth, *Journal of Cleaner Production, Technology and Degrowth*, 197 (October 2018): 1778-86 | Schmelzer, Vetter, and Vansintjan, *The Future Is Degrowth*. | SCHMELZER, M., & HOFFERBERTH, E. *Democratic Planning for Degrowth*.

FINANCIALIZATION OF SUPPORTIVE MEASURES FOR SOCIO- ECOLOGICAL TRANSFORMATIONS

- **Monetary and financial reform** to increase public spending power and control the power of private finance and financial speculation.
- **eg. Modern Monetary Theory**
 - The state's ability to fund any of these measures is neither constrained by the level of private investment nor of GDP.
 - It could be constrained by inflation, the biophysical and productive capacity of a region, and the arbitrary legal limits that might have put in place (eg. Eurozone). There are also trade dependencies and foreign debt that need to be considered.
 - High-income core economies with relatively high degrees of monetary sovereignty could use tools (eg. qualitative credit regulations, price constraints, etc.) to reduce aggregate demand and inflation.

Source: Oik, C., Schneider, C., & Hickel, J. (2023). How to pay for saving the world: Modern Monetary Theory for a degrowth transition. Ecological Economics, 214, 107968.

DEMOCRATIC PLANNING

There is the need to create more inclusive, transparent, equitable, and possibly more localized decision-making processes that align with the principles of sustainability, social justice, and community well-being for Degrowth transitions.

- This implies involving and empowering marginalized voices to participate equally in the process of the reorganization of the provisioning systems through scientific evidence and public debate.
- Collective management could replace private ownership and governance of important sectors such as health, education, housing, energy, etc.
- Socio-economic practices and processes of commoning that do not fall into traditional market exchange and wage labor could be recognized and upscaled horizontally and vertically.
- Workplace democracy is also an important step for challenging labor exploitation and overconsumption of resources for profit.

Source: SCHMELZER, M., & HOFFERBERTH, E. Democratic Planning for Degrowth.

UNIQUE GEOGRAPHIES AND LOCAL KNOWLEDGE

- Each place possesses distinct characteristics (eg. political, historical, socio-economic, ecological), resources, and cultural aspects that should be considered when developing strategies for Degrowth transitioning.
- Degrowth does not offer blueprint solutions.
- There is no one-size-fits-all solution.
- There are diverse and plural world views, knowledge systems, and ways of living that exist alongside or in contrast to the dominant, growth-oriented paradigm.
- The pluriverse concept emphasizes the importance of diverse worldviews and practices in the quest for a more just, equitable, and sustainable world. Degrowth lies within the pluriverse of alternatives.

Further reading: Demaria, F., & Kothari, A. (2017). The Post-Development Dictionary agenda: paths to the pluriverse. Third World Quarterly, 38(12), 2588-2599.

GLOBAL JUSTICE: REPARATIONS, FREEDOM OF MOVEMENT, AND RESHAPING OF THE INTERNATIONAL ECONOMIC SYSTEM

- People's Agreement of Cochabamba has been already expressing concerns related to degrowth from a Global South perspective (Hickel, 2021). Degrowth in the Global North should be connected with the demands of Global South movements for global justice (Schmelzer and Nowshin, 2023; Schmelzer and Hofferberth).
- Full debt cancellation for the Global South.
- Global unconditional cash transfers.
- Increase Global North's financial support of climate adaptation in the South by sharing of resources, knowledge, technology, and cooperation.
- Reshape trade arrangements
 - limiting trade in goods and services that are problematic from an ecological and human rights perspective (eg. reducing shipping and aviation, restricting the international movement of capital).
 - expansion of beneficial trade (particularly to the Global South), cultural exchange, slow travel, and the freedom of movement of people.

Sources: Hickel, J. (2021). *The anti-colonial politics of degrowth*. *Political Geography*, 88. | Schmelzer, M., & Nowshin, T. (2023). *Ecological Reparations and Degrowth: Towards a Convergence of Alternatives Around World-making After Growth*. *Development*, 1-8. | SCHMELZER, M., & HOFFERBERTH, E. *Democratic Planning for Degrowth*.

WHAT NEXT?

The final part of the process aims to outline the practical steps and measures that can help realize the vision of a more sustainable, equitable, and degrowth-oriented society. This is done through suggested policy proposals or other relevant and feasible ways and strategies for the participants, their communities, and the respective socio-ecological and political contexts in which they live. This could be achieved in a context of a preliminary brainstorming activity and draft of action plans during a workshop. However, it is recommended to engage in a **visioning exercise** as part of a broader transformative process which might take more than one day to be completed.

A visioning exercise aims to offer alternative perspectives and uncover the potential for radical systemic changes that align with degrowth discourses. Using the SOGA project (Pereira et al., 2018) as an example and reframing it through a more critical degrowth lens, combine collectively diverse 'seeds' for change, including initiatives, processes, and policies that could provide radical and plausible narratives for the future. Consult the activity about “what degrowth looks like” to describe the broader context and situation, the “diverse economies” to recognize the supportive systems of the economies, and the “policy mapping” to explicitly define the “seeds” of interest. While we may discuss imaginary and unknowable futures, stories that are rooted in concrete and existing “seeds” have the potential to inspire practical action. Here are the suggested steps to co-create scenario skeletons based on diverse examples of “seeds”:

1. Use Futures Wheels to map out consequences of each “mature seed” in the future (think about **PESTEL**).
2. Identify connections and interactions between the seeds and their consequences. Additional tools that might increase time and complexity: Cross-impact matrix & interaction map of the Futures Wheels.
3. Use the Three Horizon Framework (present, transition, future spaces) to build the storylines (consult “institutions & actors” results of Policy Mapping activity).
4. Creative presentation of the stories (eg. short-movies, theater performance)
5. Compare and contrast to identify concrete actions to realize ideal futures.

Source: Pereira, L. M., Hichert, T., Hamann, M., Preiser, R., & Biggs, R. (2018). Using futures methods to create transformative spaces. Ecology and Society, 23(1).



A final note

What has been described before is by no means perfect and complete. This is both intentional and unintentional, demonstrating the research and author's limitations.

The resources that have been used are based on the author's educational background and experiences, and they are limited to certain intellectual exposure and personal biases.

Any reader, educator, or practitioner interested in working with this document is welcome to use alternative resources, content, and approaches.

In fact, there may be times when it's necessary to improvise, adapt, and change the process according to the needs, characteristics, and reactions of the participants, including the broader socio-economic, political and ecological context the activities take place.

Finally, **the main purpose of these activities is to bring people together to interact, exchange ideas, and create a space for critical thinking, networking, and collective empowerment.**

Amerissa

