



# urbanA

Cities For Change

From Fridays for Future  
to Communities for Future.

How can community-led  
initiatives bring about system  
change?





# INSTRUCTIONS

- (1) Select a breakout room to join
- (2) Choose a person to report back in plenary
- (3) In your group discuss the question in the slide
- (4) Take a few notes in your written slide
- (5) Share key findings with the bigger group

Breakouts last 40 minutes - enjoy :)





# urbanA

## Breakout discussions



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement N° 822357.



URBAN ARENAS  
FOR SUSTAINABLE  
AND JUST CITIES

**Breakout room : SOCIAL**

# Breakout room



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement N° 822357.



## 1. How can we bring regenerative design ideas from ecovillages to our cities, especially when urban injustice continues to grow? (Guests: Global Ecovillage Network & UrbanA)

- Opening Qs/food for thought during introductions:
  - How to reach people that are very “business as usual”?
  - Role of translocal networks in sustainability transitions?
  - How are examples of initiatives in ecovillages shared with urban centres?
- GEN set up in 1995, looks at multiple aspects of sustainability - how to live together, build trust, work together?
  - Tools for doing this? Communication, conflict management, peacebuilding, shared leadership (i.e. decision-taking via consensus, sociocracy)
  - We need to *unlearn* this capitalist model where we live in separate boxes, so **how to create community in a city?**
- In response to last Q: neoliberal turn of 70s has intentionally engineered isolation, individualism, separation in order to make society more ‘manageable’
  - Social centres as typical places to have conversations, create change, but society now has fewer connections like this -> we need a shift in mentality/lifestyle to slow down, connect more







- **Ideas for community building?**

- Community forums (i.e. cork community food forum - person running it is paid by the city -> financial support and formal recognition from local governments is important so that the task of community building isn't a burden placed on those with limited capacity )
  - Make use of digital tools for creating connections (Covid has enhanced possibility for global connection and exchange)
  - Create opportunities for change-making (yes, a small group of people can actually do something! i.e. improve their neighbourhood)
    - This brings in a spirit of community and co-creation (from ecovillages, and cities alike)
    - **“I can do something! I am a part of something!”**
- Covid has presented opportunity for emphasizing/reviving social supports -> more people wanting to live in ecovillages!
  - Especially important to make sure that community building happens outside 'eco-bubbles', helps with financial and social sustainability





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**Breakout room : CULTURAL**

# Breakout room



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## 1. How can we bring about a culture of resistance and regeneration that is accessible to all? (Fridays for Future – Barcelona & Communities for Future)

- Is our culture of resistance a culture of failure? We can't fight a system that is set up to grow, they don't listen
- How to change culture of resistance in the time-frame we have?
- Deep Adaptation 4Rs
- How does it happen within us? Auscultation implies self awareness - globalized north very little space for this exploration.
- Lost capacity of organisation - lack of participation in gatherings, lack of acquaintance or democracy, capacity to mobilise - we put our emphasis too much in the political groups.
- Subtle decolonisation is happening, could be good starting point for
- The power of imagination: moving from problem-solving to potential
- Is our of resistance is a culture of failure?







- - 4 R's
- Resilience: building resilience on the community level
- Relinquishment: what do we need to let go and the ones we don't need?
- Reconciliation
- Stop and really look at the stories that live within me (inner narratives that drive my behaviour)
- The power of imagination: moving from problem-solving to potential
- Is our culture of resistance a culture of failure?..
- Moving out of the cities as a first step for creating resistance
- Demonstrations are loud, but they don't have the capacity to continue to the driving energy that started it
- Little shocks to the system, anticipate the fall
- How to make radical thinking attractive to others?





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**Breakout room : Ecology**

# Breakout room



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## 1. How can we bring our ecological ideas out of the academic and activist ghettos to the streets and everyday social movements? (Degrowth & Transition Network)

- Staying critical while being active - academic AND activist
- How can activism really break the "border" of privilege?
- Addressing how our movements are actually so unconscious on social justice and beyond
  - Recognising how even studying sustainability power dynamics can be ignorant to social justice, race, etc...
- All the combined crises are bringing issues usually kept under the carpet
- What if activism is "part of the problem": us vs them, forcing views...



..





- Creating local fields of care where needed conversations can be had in a truly diverse space
  - Where people from activism go to listen
  - Putting privileged people who take the lead to listen to those in the margins
  - Seeking responses not in the traditional places of power
  - Marginalised people have been facing collapse for a long time and we can learn a lot from them
- Creating such spaces has no blueprint - but they need to create safe spaces where everyone can open up
  - This requires time - not just a one-off event
- Changing the “ivory towers”
  - Recognising that education without context is blind
  - Activist teachers?
  - Getting rid of the feeling that “you have to know”, of making mistakes





## Breakout room : Ecology

- Switching from problem->solution mindset to a more healthy approach:
  - Recognise we have a problem
  - stop, grieve, listen, recognize
  - and then move forward
- White activists feel they “need to know” and paralyze
  - Lack the willingness to listen (especially marginal people)
- Environmental justice and social justice is a marriage of convenience - but they in fact work in different ways







Transition Talks #4 (Room - 4)

Maulik

Maulik

Constança Belch...

Jay Wong

Marie Claire Bris...

Wouter Tebbens

Yuliya Moskvina

Regenerative  
Redistributive

of place - local  
emergent planning

social-ecological  
systems

potential

capital - in many forms

co-op

open source

platform cooperativism

Being

Where is our thinking  
coming from?

field of care

guilds

What does the system  
need from us right  
now?

# out om





## 1. *Imagining an end to capitalism, instead of the end to the world...* How best can community-led initiatives bring about territorial transformation, policy change and system change? (Doughnut Economics & Regenerative Practitioners)

- Responses..
- From a regenerative perspective, it's crucial to define what we're ending and what we're aiming to start - the focus on growth is one that is facing a sunset
- There are other sorts of capital that are currently neglected by those who make economic policy
- Vested interests include the health and vitality for those who are planning and running urban or rural municipalities
- Livelihood work, pro-bono work and invisible work constitute typologies that exist within system - acknowledging the latter is a challenge for a just transition





- Building conversations to mobilise and project system change now
- Go beyond the simplification of human beings as “homo economicus”; instead we understand that humans have diverse motivations, not only monetary.
- Being sensitive to landscape of souls entering conversation from different vantage points involves recognising trauma that individuals have confronted in the recent or distant past
- Need to moderate expectations due to political sensitivity to transformational change - community-led initiatives can show that people can thrive in smaller scale transitions
- Calling out those who are habituated to default BAU mode by finding where a portfolio of opportunities are and piloting these, and leveraging power by amplifying and scaling successes across territories and regions
- Creating participatory spaces allowing for everyone to engage in policy design and active listening







# Breakout room : ECONOMY

The whiteboard content includes:

- Regenerative** (light blue)
- Redistributive** (purple)
- of place - local emergent planning** (orange and purple)
- potential** (blue)
- co-op** (purple)
- open source** (purple)
- platform cooperativism** (orange)
- capital - in many forms** (yellow-green)
- social-ecological systems** (purple)
- Being** (purple)
- Where is our thinking coming from?** (red)
- field of care** (black)
- guilds** (purple)
- UBI** (orange)
- What does the system need from us right now?** (green)
- END?** (red)

The toolbar on the right contains icons for text (T), font color (Aa), fill color (orange square), undo (curved arrow), delete (trash), and save (document with checkmark).

At the bottom, a navigation bar shows: < Slide 1 v > - 100% + ↔ ↗



ENJOY!  
The word 'ENJOY!' is written in a blue, sans-serif font. The 'JOY' portion is replaced by a colorful graphic consisting of several concentric, overlapping curved lines in shades of red, orange, yellow, and teal, with small colored dots at their ends, creating a sense of motion and energy.





# Suggested links and materials

- Guests, please enter links to projects or content you feel is relevant to developing this conversation...
- book <https://fullspectrumresistance.org/the-book/>
- project <https://www.edicitnet.com/>
- “Sand talk” from Tyson Yunkaporta
- Robert Sapolsky, 'Behave'
- “Just Sustainabilities”, development in an unequal world. Julian Agyeman, Robert Bullard and Bob Evans
- <https://globaltapestryofalternatives.org/>
- <https://worldunityweek.org>
- [inspiravillages.com](http://inspiravillages.com)
- Make it accessible and attractive, let all join the adventure... Reconnect with the Andes, with and from Indigenous communities, still fighting to just exist.. solidarity with them: VIVA LA PACHAMAMA
- Put the earth back to the centre of all our economy, work and life.. UBUNTU
- In regenerative development work we talk about three lines of work: engage in personal development, support others and be supported in each others development so that we have the capabilities and capacity to work on systems change
- How to create 'conditions conducive to life'? (Janine Benyus ) In all dimensions
- Activists are always talking about system change, but that change is rarely defined in terms of reform or revolution.



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# Suggested links and materials

- "activism is part of the problem"
- GEN's Regenerative Urban Communities Manual:  
<https://ecovillage.org/resources/market/gen-urban-ecovillages-manual>
- <https://edition.cnn.com/travel/article/cammarata-sicily-1-euro-homes-streetto/index.html>
- GEN Map of Regeneration here: <https://ecovillage.org/projects/map-of-regeneration/>



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# Group Photo

Transition Talks #4 | 122:33

Nontokoza Sabic | Guilherme Serodio

 Duncan Crowley	 Alcides Barbosa	 Ana Margarida E...	 Clara Glachant	 Flor Avelino
 Guilherme Serodio	 Juan del Río	 Laila Vivas	 Maulik	 Moze Jacobs
 Nick Anim	 Nontokoza Sabic	 Nuno Da Silva	 Ricardo	 Roisin Markham
 Sara Silva	 Sophia Silverton	 Susanna	 Taisa Mattos	 Wouter Tebbens

+ | [Microphone] | [Phone] | [Video]

Each Breakout Room explores 1 separate question with 2 guest networks, represented by these activists:

- **Social:** [Taisa Mattos](#) (Rio da Janeiro, Brazil) [Global Ecovillage Network](#), & [Sophia Silverton](#) (Freiburg, Germany), [UrbanA](#)
- **Cultural:** [Laila Vivas](#) (Barcelona, Spain) [Fridays for Future – Barcelona](#) & [Juan Del Rio](#) (Cardedeu, Spain), [Communities for Future](#)
- **Ecology:** [Filka Sekulova](#) (Barcelona, Spain), [Degrowth](#) & [Nick Anim](#) (Brixton, London, UK), [Transition Brixton](#), part of [Transition Network](#)
- **Economy:** [Roisin Markham](#) (Wexford, Ireland), [Doughnut Economics](#) & [Constança Belchior](#) (Tavira, Portugal), [Regenerative Practitioners](#)

Other guests include:

- [Lara Freitas](#) (Sao Paulo, Brazil), [Ecobairro São Paulo](#), [municipalities in transition](#), [video](#)
- [Adolfo Chautón Pérez](#) (Porto Alegre, Portugal) [Doughnut Economics Network Portugal](#)
- [Guilherme Serôdio](#) (Montemor-o-Novo), [Degrowth Portugal](#)
- [Nuno Da Silva](#) (Faro, Portugal) [Regenerative Practitioners](#)
- [Flor Avelino](#) (Amsterdam, Netherlands), [UrbanA](#), [DRIFT](#) & [Vital Cities & Citizens](#).
- [Ana Margarida Esteves](#), Brussels, [Communities for Future](#), [ECOLISE](#), [CEI-IUL](#)

The event is co-facilitated by [Nonty Sabic](#) and [Duncan Crowley](#), Co-presidents of ECOLISE council 2021.





# Further Reading

- Communities for Future, Resources <https://communitiesforfuture.org/get-resources/>
- Status Report on Community-led Action on Sustainability Climate Change In Europe (ECOLISE, 2019) <https://www.ecolise.eu/wp-content/uploads/2016/02/Status-Report-on-Community-led-Action-on-Sustainability-Climate-Change-in-Europe-2019.pdf>
- Could Amsterdam's Radical New Economic Theory Replace Capitalism? (Time / Doughnut Economics)
- <https://time.com/5930093/amsterdam-doughnut-economics/>
- Collecting building blocks for sustainable and just cities — Insights from the “Berlin” Arena (UrbanA) <https://medium.com/urban-arenas-for-sustainable-and-just-cities/collecting-building-blocks-for-sustainable-and-just-cities-insights-from-the-berlin-arena-6ce9b69839a2>
- Towards a necessary regenerative urban planning. Insights from community-led initiatives for ecocity transformation [https://www.researchgate.net/publication/350903100\\_Towards\\_a\\_necessary\\_regenerative\\_urban\\_planning\\_Insights\\_from\\_community-led\\_initiatives\\_for\\_ecocity\\_transformation](https://www.researchgate.net/publication/350903100_Towards_a_necessary_regenerative_urban_planning_Insights_from_community-led_initiatives_for_ecocity_transformation)
- From #FridaysForFuture to #CommunitiesForFuture <https://duncan-crowley.medium.com/from-fridaysforfuture-to-communitiesforfuture-dbcd0d65ede5>
- Communities of Practice, leveraging impact by learning together <https://medium.com/communities-for-future/communities-of-practice-leveraging-impact-by-learning-together-621a27410ca5>







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# Further Reading

- Just Transitions: Explorations of Sustainability in an Unfair World
- Robert Sapolsky, 'Behave'
- <https://fullspectrumresistance.org/the-book/>



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- Wiki on just and sustainable cities [https://wiki.urban-arena.eu/index.php?title=Main\\_Page](https://wiki.urban-arena.eu/index.php?title=Main_Page)  
(Content such as: Database of approaches - Database of drivers of injustice - Database of governance arrangements - Database of projects & initiatives - Database of people)
- UrbanA CoCos [https://wiki.urban-arena.eu/index.php?title=UrbanA\\_Community\\_Conversations](https://wiki.urban-arena.eu/index.php?title=UrbanA_Community_Conversations)
- UrbanA Community of Practice  
[https://wiki.urban-arena.eu/index.php?title=UrbanA\\_Community\\_of\\_Practice](https://wiki.urban-arena.eu/index.php?title=UrbanA_Community_of_Practice)
- Blog <https://medium.com/urban-arenas-for-sustainable-and-just-cities>
- Twitter [https://twitter.com/arena\\_urban](https://twitter.com/arena_urban)
- Hashtag #SustainableJustCities
- Instagram [https://www.instagram.com/arena\\_urbana/](https://www.instagram.com/arena_urbana/)
- Facebook <https://www.facebook.com/UrbanArena.project>
- Podcasts on Spotify <https://open.spotify.com/show/7L5lI3Tqv65HLSl3MI6Grz>
- Podcasts on UrbanA Site <https://urban-arena.eu/resources/#podcast>
- Contact email: [info@urban-arena.eu](mailto:info@urban-arena.eu)
- UrbanA Community Conversation: Planning Eco-inclusive Districts  
<https://urban-arena.eu/event/urbana-community-conversation-planning-eco-sustainable-districts/>

