

Annex B (EN) Bibliography and resources by module

1. Care & Democracy

Core materials

- **Video: My Town in Transition: Rob Hopkins at TEDxExeter** (*18 minutes, Spanish subtitles available*)
[Watch on YouTube](#)
This story of Totnes in the UK clearly demonstrates how a local town can initiate a transition and what that looks like in practice. It illustrates the enthusiasm such initiatives can inspire and highlights their social dimension. The project remains vibrant today and recently celebrated its twentieth anniversary.
- **Institutional Diversity for Resilient Societies** (*article, 8 min read, English + Croatian, Spanish, Dutch, others*)
[Read the article](#)
Post-growth solutions involve a more diverse approach to organising society. This article shows that, in addition to expecting solutions from either the state or the market, self-organised citizens (the commons) can play a crucial role. By enhancing institutional diversity in this way, cities become much more resilient.
- **The Case for a 4-Day Work Week | Juliet Schor | TED** (*11 minutes, subtitles in many languages*)
[Watch on YouTube](#)
Care is always about time – a real issue today where people have to work many hours to earn a living. This talk explains why time to care, rest, and contribute to society is essential, and why a four-day working week deserves attention.
- **Contesting Cannibal Capitalism – Interview with Nancy Fraser** (*11 min read, also in German*)
[Read the interview](#)
Nancy Fraser describes contemporary capitalism as inherently self-destructive, consuming its own foundational supports—nature, care work, racialized labor, and democratic institutions.
- **Manifesto for a Caring Economy – Commons Network** (*15 min read*)
[Read the manifesto](#)
A plea for caring as an antidote to neoliberalism, this manifesto argues for a

regenerative and provisioning economy where caring communities are the foundation of a democratic and sustainable society. It asks: *How do we want to live, and who do we want to care for?*

Deliberative Democracy – Core Materials

- **Podcast: Deliberative democracy: Is it time to let citizens decide policy?** (English, 31 minutes)

[Listen to the podcast](#)

This discussion explores the possibilities and challenges of deliberative democracy. In the words of the podcast itself:

“Are the right people making the right decisions about your future? How do politicians really know what you are thinking about the big questions facing the country? And is a tick in a box once every half a decade really a good enough way to tell our politicians what you want them to do? Maybe not.”

- **Article: Brussels Citizens’ Assembly on Climate** (English, 10 min read)

[Read the article](#)

This article examines the world’s first permanent citizens’ assembly on climate, which has been running for several years in Brussels. It describes how the assembly is organised, the challenges it faces, and how these can be addressed.

- **Podcast: Eva Rovers over een burgerberaad voor klimaat** (Dutch, 53 minutes)

[Listen to the podcast \(Dutch\)](#)

In deze aflevering spreekt Annick van Rinsum met Eva Rovers — auteur, biograaf en cultuurhistoricus, en voorvechter van een burgerberaad voor klimaat. Ze bespreken wat burgerberaden onze democratie te bieden hebben, wat de vereisten zijn om ze succesvol te maken, hoe een burgerberaad voor klimaat in Nederland eruit zou kunnen zien, en de kennis en betrokkenheid die schuilgaan achter de “boze burger”.

Further reading/viewing

Public policies & practice examples

- **Report: The results are in – The UK’s four-day week pilot**

[Read the report](#)

This pilot report shows that reducing work hours to four days at full pay maintained or increased productivity while significantly improving employee well-being, retention, and job satisfaction. It provides robust, evidence-based support for shorter workweeks without harming business outcomes.

- **Report: Social Cooperatives – A Democratic Co-production Agenda for Care Services in the UK**

[Read the report](#)

This report outlines a democratic agenda for developing social cooperatives in the UK, especially in care and health services. It emphasises collaboration and the potential of social cooperatives to transform care provision.

- **The Caring City? A Critical Reflection on Barcelona's Municipal Experiments in Care and the Commons**

[Read the article](#)

This paper critically analyses how Barcelona en Comú has reframed care as a collective, democratic responsibility. It highlights feminist and solidarity-based alternatives to market-driven and state-centric care models, while also pointing out challenges of funding, scalability, and systemic change.

- **Publication: Living Well on a Finite Planet – Building a Caring World Beyond Growth**

[Read the publication](#)

This publication introduces the key features of the degrowth narrative and explores what we can learn from self-organising caring citizen collectives (commons). It shows how degrowth visions are already materialising in flourishing commoning practices.

- **Six ways to democratise city planning - Enabling thriving and healthy cities**

[Read the publication](#)

Who makes these decisions, and how they are made matter greatly. We argue that the 'who' and the 'how' of urban planning decision making need to change. To live in thriving and healthy cities, we propose six possible ways to instigate systemic changes that can democratise the governance of urban planning decisions through Citizens' Assemblies and connected participatory approaches.

Deep dive: Academic articles & books

- **Scientific article: Commoning Care – Feminist Degrowth Visions for a Socio-Ecological Transformation**

By Corinna Dengler & Miriam Lang

[Read the article](#)

This article debates how care can be organised in degrowth societies that pursue both gender justice and ecological sustainability. It proposes an intersectional framework considering gender, race, class, nature relations, and coloniality. It warns that poorly designed decommodification of care could increase unpaid labour for women.

- **Book: Dare to Care**

[Download the booklet \(free PDF/EPUB, multiple languages\)](#)

This booklet offers a concise introduction to ecofeminism, drawing inspiration from global movements. It presents lessons for building an “economy of care” in Europe and beyond.

Democracy

Public policies & practice examples

- **Video: Climate Citizens’ Assembly**

[Watch the video](#)

A short explainer on what a climate citizens’ assembly is and how it works.

- **News article: ‘Transparency and fairness’: Irish readers on why the Citizens’ Assembly worked**

[Read the article in The Guardian](#)

This article shares experiences from Ireland on why the Citizens’ Assembly succeeded.

- **Federation for Democracy and Innovation (FIDE)**

[Explore FIDE’s research library](#)

FIDE curates research and documentation on deliberative democracy and civic lotteries, and publishes its own papers, policy briefs, and resources.

- **Knowledge Network on Climate Assemblies (KNOCA)**

[Visit the KNOCA website](#)

This European network shares best practices on designing and implementing climate assemblies, offering briefings, case studies, and webinars.

- **Article: Community Economies – Reframing Wealth Building**

[Read the article](#)

Thomas Klaffke argues that community-based wealth building embeds resources and decisions in local communities, strengthening solidarity and enabling citizens to shape economic priorities collectively.

Deep dive: Academic articles, books & other resources

- **Scientific article: Citizens’ Assembly Members Call for Sufficiency and Regulation**

[Read the article](#)

Jonas Lage et al. compare national climate plans with Citizens’ Assembly proposals, concluding that citizens tend to support more ambitious and sufficiency-oriented policies than governments.

- **Essay: End Times Fascism – Naomi Klein & Astra Taylor**

[Read the essay in The Guardian](#)

This essay identifies a new authoritarian ideology blending far-right populism,

religious fundamentalism, and techno-libertarianism. It argues for collective resistance rooted in solidarity, human rights, and environmental stewardship.

[Watch Naomi Klein explain these ideas on Democracy Now](#)

- **Book: Against Elections – David Van Reybrouck**

This book challenges the assumption that elections are the cornerstone of democracy. Van Reybrouck argues for sortition (lot-based selection of representatives) as a way to reinvigorate democratic participation.

- **Boek: Nu is het aan ons! – Eva Rovers (Dutch)**

This short book explains the problems facing modern democracy and why deliberative democracy is a promising innovation. Her 2025 follow-up, *Waarom we politiek niet alleen aan politici kunnen overlaten: Pleidooi voor een Derde Kamer*, continues the argument.

2. Energy

Core materials

- **Report: Building Public Power: An Agenda for Best Practice in Municipal Energy Transition**

This report sets out an agenda for best practice in municipal energy transition, focusing on the following tools: municipal coordination; democratic public ownership; participatory governance; public-community collaborations; collective knowledge production; municipal capacity building; cooperation and rebuilding across scales; and just transition from the rural to the urban.

[Read the report \(20 minutes\)](#)

- **Video: Fostering Innovation Through Sufficiency – Yamina Saheb**

This video introduces the concept of sufficiency, as defined by contributors to the IPCC reports, and explores how it provides pathways to living within planetary boundaries while meeting human needs. It highlights how sufficiency can address inequalities and support an inclusive energy transition.

[Watch the video \(25 minutes\)](#)

- **Podcast: “Doing the Right Things the Right Way” – Planning for Sufficiency and Renewable Energy**

Guest: Mashael Yazdanie

This interview with engineer and researcher Mashael Yazdanie explores her career and research in renewable energy and energy system design. Starting at 60 minutes, she discusses sufficiency as an approach that goes beyond efficiency, offering a holistic way to design systems that provide high wellbeing while respecting planetary boundaries.

[Listen to the podcast \(1.5 hours\)](#)

- **Video: Brussels' Path to Cutting Emissions**

A look at how the city of Brussels is working to reduce both direct and indirect emissions.

[Watch the video \(17 minutes\)](#)

Further reading/viewing

- **Video:** Get inspired by groups across the US that are building cooperative energy futures from the ground up.

[Watch the video \(2 minutes\)](#)

- **Article: 'The key role of sufficiency for low demand-based carbon neutrality and energy security across Europe'** (Wiese et al, 2024)

This article lays out a concise argument for the benefits of a sufficiency approach to the energy transition. The authors highlight that sufficiency measures will deliver a much higher reduction in overall energy demand, making it easier and faster to achieve the energy transition. They also note that without such action, the energy transition is at risk.

[Read the article \(10 minutes\)](#)

- **Video:** This coastal city of Burgas is lowering energy use and working with residents to tackle energy poverty by retrofitting their housing stock.

[Watch the video \(16 minutes\)](#)

- **Article: 'Increasing wellbeing through energy demand reduction for net zero: Citizen perceptions of co-benefits of local measures'** (Mininni et al, 2024)

This article outlines how reducing energy demand can have great impacts for citizen wellbeing, and how these approaches to emission reduction are perceived by the public. This article is a useful baseline for supporting arguments for the importance of post growth.

[Read the article \(15 minutes\)](#)

- **Article: 'Providing decent living with minimum energy: A global scenario'** (Millward-Hopkins et al, 2020)

A comprehensive article that outlines how energy sufficiency could be delivered globally.

[Read the article \(10 minutes\)](#)

- **Report: 'Reclaiming Energy'**

This report outlines what an integrated public energy system might look like, and how such coordination can manage the energy transition in ways that are rooted in justice and equity. The report brings together case studies from all over the world to show how democratic energy transitions are being delivered

all over the world.

[Read the report \(long read\)](#)

Additional resources in Spanish

- **Article:** [Pablo Cotarelo – “Comunidades energéticas: desarrollo de una alternativa real”](#)
Papeles de relaciones ecosociales y cambio global, nº 159, pp. 123–135, 2022.
Resumen: Las comunidades energéticas representan una herramienta muy útil para ampliar la sostenibilidad energética debido a la combinación de actores diversos que desarrollan proyectos en distintos sectores energéticos. Todavía están a tiempo de convertirse en una alternativa real en términos de equilibrio territorial y redistribución de la riqueza.
- **[ARTICLE]** [Jorge Riechmann – “Autolimitarnos para que pueda existir el otro. Sobre energía y transiciones ecosociales”](#)
Papeles de relaciones ecosociales y cambio global, nº 156, pp. 11–25.
Resumen: El artículo revisa datos sobre el consumo de energía y materiales para las energías renovables, y las proyecciones necesarias para reemplazar los combustibles fósiles. El resultado cuestiona tanto las previsiones institucionales excesivamente optimistas como las imágenes ilusorias desde la izquierda, mostrando que una contracción de la esfera material es inevitable para afrontar la crisis ecosocial.
- **[PODCAST]** [Energía y comunidades autosuficientes – Carne Cruda / Amigos de la Tierra](#)
Este podcast, en colaboración con la ONG Amigos de la Tierra, explica qué son las comunidades energéticas y cómo podemos organizarnos para tomar el control de nuestras facturas de electricidad. Incluye información sobre la Coalición por la Energía Comunitaria y la iniciativa “Enciende la Energía Comunitaria” en España, así como proyectos concretos que buscan esta independencia energética.

Additional Resources in Czech

- **[ARTICLE]** [Energetická komunita jako řešení energetické chudoby \(Energy communities as a solution to energy poverty\)](#)
Text se věnuje významu energetických komunit nejen pro řešení energetické chudoby. Je to dobrý úvod do tématu v českém kontextu, připravený organizací Re-set.
- **[ARTICLE]** [Energetická družstva: budoucnost udržitelné a sociální energetiky? \(Energy cooperatives: the future of sustainable and social energy?\)](#)
Příklady úspěšných energetických družstev ve Španělsku.

- **[REPORT]** [Teplo v našich rukou \(Heat in our hands\)](#)

Text se zaměřuje na význam veřejného a komunitního vlastnictví při řešení bytové krize a energetické chudoby. Ukazuje, jak můžeme prostřednictvím demokratické a solidární ekonomiky řešit environmentální i sociální problémy současně.

3. Housing

Core materials

- **Urban housing: An overview of strategies for social-ecological transformation in the field of urban housing**

Book chapter: [Urban housing: An overview of strategies for social-ecological transformation in the field of urban housing \(In: Degrowth & Strategy\)](#), p.

219–233: This article explores a range of strategies including densification, refurbishing, decapitalising and commoning for applying post-growth principles to housing affordability and sustainability as well as looking to what we can learn from concrete historical experiences such as Red Vienna's progressive social democratic housing politics of the interwar years (1919–1934).

Further reading/viewing

Public Policies

- **Report: Housing in a Climate-Neutral Europe (pp. 17–20)**

[\[Read the report\]](#)

This section provides a partial mapping of policies that enable equitable, 1.5-degree-compatible lifestyles in housing. It highlights the need for systemic policy coherence to align climate goals with social justice.

- **Report: A Societal Transformation Scenario for Staying Below 1.5 °C (pp. 47–50)**

[\[Read the report\]](#)

Outlines key housing-related policies within a broader societal transformation framework designed to keep global heating below 1.5 °C. Emphasises sufficiency, redistribution, and governance innovation.

- **Article: Retrofit Our Homes to Tackle Multiple Crises / Retrofitting Homes for Net Zero**

[\[Read the article\]](#)

Argues that large-scale retrofitting—rather than new construction—is essential to lower emissions, reduce energy costs, and improve health outcomes. Includes [findings from a UK parliamentary inquiry](#) on achieving net-zero housing.

Specific Examples from Practice

- **Podcast: ‘Degrowth’ Gains a Foothold in Barcelona and Support Internationally** (47 min)
[\[Listen to the podcast\]](#)
Explores how post-growth principles are being implemented in Barcelona. Offers grounded examples of municipal experimentation and a rich discussion on narratives for systemic transformation.
- **Video: Vienna’s Radical Idea? Affordable Housing for All (13 min) The Social Housing Secret: How Vienna Became the World’s Most Livable City** (*The Guardian*)
[\[Watch the video\]](#) / [\[Read article\]](#)
Shows how Vienna’s long-standing commitment to public housing delivers affordability, quality, and social inclusion. Demonstrates the city’s cooperative model as a successful alternative to market-driven housing.
- **Article: Vienna Launched a Public Housing Revolution in the 1920s**
[\[Read the article\]](#)
Provides historical context for Vienna’s housing revolution, tracing the roots of its social housing system and its continued influence on equitable urban development.
- **Website: Housing Commons**
[\[Visit the website\]](#)
Presents inspiring examples of **non-extractivist** and **commons-based** housing models that prioritise collective ownership and democratic management over profit.
- **Journal Article: The Community Land Trust (Stadtbodenstiftung) in Berlin – Turning Land into Commons**
[\[Read the article\]](#)
Introduces the community land trust (CLT) principle through Berlin’s Stadtbodenstiftung initiative, showing how land can be removed from speculation and managed as a shared resource.
- **Webinar & Video: [Municipal–CLT Partnerships that Produce and Preserve Affordable Homeownership](#)** (63 min)
[\[Watch the video\]](#)
Details practical experiences of collaboration between municipalities and CLTs that secure affordability and foster community control in housing.
- **Report: The Future is Public – Towards Democratic Ownership of Public Services (Executive Summary, pp. 11–26)**
[\[Read the report\]](#)
Explores the benefits of **remunicipalisation** and public ownership for democratic, socially just, and ecologically sustainable services—housing included.

Deep Dive: Academic Articles

- **Article: A Home for All Within Planetary Boundaries**
[\[Read the article\]](#)
Analyses how England's housing needs could be met without breaching climate and biodiversity limits. Challenges the growth-oriented housing paradigm and argues for sufficiency-based planning.
- **Article: Capital Sequestration – Degrowth through Investing in Community-Led Transformations of Provisioning Systems**
[\[Read the article\]](#)
Proposes community-led housing as a key degrowth strategy that redirects financial flows from extraction toward social and ecological well-being.
- **Article: Breaking the Housing–Finance Cycle – Macroeconomic Policy Reforms for More Affordable Homes**
[\[Read the article\]](#)
Examines how financialisation fuels housing unaffordability and presents macroeconomic reforms to realign housing with public purpose rather than speculative gain.

Additional Resources in Spanish

- **Video: Barcelona Housing Cooperative – *La Borda***
[\[Watch the video\]](#)
Presents the pioneering La Borda cooperative in Barcelona — a collectively owned, democratically managed housing project that provides affordable living while challenging speculative real estate dynamics. (Subtitled in EN, FR, and ES)
- **Journal Article: Irene Escorihuela Blasco – “El derecho a la vivienda frente a la financierización y el turismo masivo: experiencias internacionales”**
[\[Read the article\]](#)
Explores how financialisation and mass tourism threaten the right to housing by transforming it into a lucrative financial asset. Analyses global rent-extraction processes that inflate housing costs and displace long-term residents.
Papeles de relaciones ecosociales y cambio global, n.º, pp. 61–70, 2019.
- **Journal Article: Plataforma de Afectados por la Hipoteca (PAH) – “Resistencia y esperanza frente a la crisis de la vivienda”**
[\[Read the article\]](#)
Describes how Spain's mortgage and eviction crisis gave rise to the PAH, a grassroots movement of resistance and mutual aid. Highlights the transformative potential of collective action in reclaiming housing as a social

right.

Papeles de relaciones ecosociales y cambio global, n° 168, 2024, pp. 98–107.

- **Podcast: Entrepatrios – Collective Housing in Madrid**

[\[Listen to the podcast\]](#)

Presents the story of *Entrepatrios*, a non-speculative housing cooperative in Madrid where 17 families co-own and manage their homes collectively, paying below-market prices and fostering shared spaces and community well-being.

Additional Resources in Czech

- **Text: 7 mýtů o bydlení**

[\[Read the text\]](#)

Examines widespread Czech myths about housing that dominate public discourse despite lacking factual grounding, encouraging a data-driven understanding of housing realities.

- **Report: Dostupné a dekomodifikované bydlení ve Vídni**

[\[Read the report\]](#)

Summarises the key benefits of Vienna's housing model for post-growth urban policy — demonstrating how decommodified, affordable housing can support social and ecological sustainability.

- **Article: Vídeň – systém bydlení, který obdivuje celý svět, berou místní jako něco úplně normálního**

[\[Read the article\]](#)

A journalistic overview with infographics that illustrates why Vienna's housing system is globally admired yet locally perceived as a normal, everyday reality — highlighting its long-term social housing success.

- **Website: Web o participativním bydlení**

[\[Visit the website\]](#)

Explores participatory and community-based housing models in the Czech context, offering insights into how collaboration and collective ownership can enhance affordability and sustainability.

4. Food

Core materials

- **Journal article:** Giuseppe Feola, “Postgrowth food systems: critique, visions, pathways”, *Degrowth Journal*, Volume 3 (2025), 00278, <https://www.degrowthjournal.org/publications/2025-01-27-postgrowth-food-systems-critique-visions-pathways/>

Although this article does not focus exclusively on urban contexts, it provides

key conceptual frameworks for rethinking food systems in cities beyond growth. First, it offers a thorough critique of productivist food systems, highlighting their ecological and social impacts. Second, it offers alternative visions that prioritise sufficiency, environmental justice and food sovereignty within planetary boundaries. Third, it proposes concrete transition pathways, including not only grassroots initiatives (such as urban agriculture, CSA, food sovereignty) but also the participation of diverse actors (citizens, communities, governments) and highlights the need to democratize provision systems.

Further reading/viewing

Public policies

- **[Report]** Manual on the Integration of Cultivated Biodiversity in Local Organic and Agroecology oriented Food Policies, Deliverable 6.2 from EU project LiveSeeding, 2005.

<https://zenodo.org/records/15914176>

The manual provides European municipal officers and policymakers with guidance to foster sustainable, healthy, and equitable local food systems through transformative policies grounded in agroecology and cultivated biodiversity. Structured in three chapters, it addresses the negative impacts of globalized food systems, the role of municipalities in agroecological transitions, and 32 practical examples from the EU Project LiveSeeding.

- **[Video]** How can we change our food systems? Integrated Food Policy (2 minutes)

<https://www.youtube.com/watch?v=Np1Vo88313I>

This video sums up the main social and environmental costs related with food systems and the key problem of contradictions between the policies affecting food systems. In contrast, it proposed the need for integrated food policymaking in order to achieve sustainable food systems.

- **[Video]** ¿What is agroecology? (subs en ES, 2 minutes)

https://www.youtube.com/watch?v=JuL8cM_jhWQ&list=PL0pDKBoKM0cIMLP_EGrCSJdcji89JE7bbv&index=7

This short video summarizes the idea of agroecology as an alternative way of organizing food systems versus global intensive farming; farming with nature, not against it, and based in local communities and diversity, as a manner of creating local resilience.

- **[Journal article]** Sanz-Cañada, J.; Sánchez-Hernández, J.L.; López-García, D., "Reflecting on the Concept of Local Agroecological Food Systems". Land 2023, 12, 1147.

<https://www.mdpi.com/2073-445X/12/6/1147>

This article analyses the concept of local agroecological food systems from a

theoretical and political perspective, exploring their potential to relocalise food, strengthen social networks and move towards more sustainable and democratic models. It is useful for understanding how agroecology can serve as a basis for post-growth alternatives in urban and peri-urban settings.

- **[Report]** MUFPP (2025), WATER AND FOOD NEXUS. A key nexus for urban food policies

<https://www.milanurbanfoodpolicypact.org/wp-content/uploads/2025/03/2603-MUFPP-REPORT-ACQUA.pdf>

This report highlights water as a critical resource for sustainable urban food systems, linking access, health, equity, and climate resilience. It stresses that cities face growing challenges—such as pollution, overuse, and climate variability—that demand integrated governance of water and food. The report calls for inclusive policies, efficient and equitable water use, sustainable urban agriculture, and nature-based solutions to secure resilient and just urban food systems.

- **[Article]** Carolina Yacamán, “Tres claves para la transición agroalimentaria: decrecimiento, agroecología y políticas urbanas alimentarias”, Papeles de relaciones ecosociales y cambio global, nº 161, 2023, pp. 67-78.

https://www.fuhem.es/papeles_articulo/tres-claves-para-la-transicion-agroalimentaria-decrecimiento-agroecologia-y-politicas-urbanas-alimentarias/

El texto identifica los impactos que causa el actual sistema industrial agroalimentario, principalmente sobre el medioambiente y su importante contribución al cambio climático. Repasa las principales ideas teóricas para realizar la transición a otro modelo sostenible y justo que asegure la soberanía alimentaria, así como las políticas públicas necesarias y las prácticas acordes, algunas de ellas ya implantadas desde la ciudadanía.

- **[Video]** Carolyn Steel at TEDxDanubia (2011), “Sitopia: Thinking Through Food”

<https://www.youtube.com/watch?v=aLOHsc86lkc&t=1s>

In this TED Talk, Carolyn Steel explains how the history of cities is linked to agriculture, but industrialization and the global market have disrupted the balance between rural and urban areas, externalizing the true costs of food. Faced with this unsustainable model, we propose that, instead of thinking only about how to feed the world, we consider what kind of society we want to build through our food systems.

Specific examples from practice

- **[Video]** Agroecology Grassroots Solutions to Global Crises (7 minutes, subs in EN, ES, FR)

<https://www.youtube.com/watch?v=uqflnrTfs-U>

In this Agroecology Fund video, farmers from around the world share how

agroecology is at once a science, a practice, and a movement that fosters food sovereignty, social justice, and resilience in the face of global crises. Their testimonies highlight how this approach defends rights, protects biodiversity, and builds fairer, more inclusive food systems, with women and youth playing a central role in driving change.

- **[Journal article]** Tanya Zerbian, Daniel López-García. 2024. Navigating agroecological urbanism: examining linkages and interdependencies within alternative food networks. *Frontiers in Sustainable Food Systems*.
<https://www.frontiersin.org/journals/sustainable-food-systems/articles/10.3389/fsufs.2024.1375128/full>

This article explores the specific cases of Preston (UK) and Vitoria-Gasteiz (Spain) to examine the challenges that alternative food networks face articulating themselves under a common framework of "agroecological urbanism." It identifies three main barriers: divergent visions between initiatives focused on food access and those oriented toward ecological sustainability, limited use of education as a link, and precarious economic resources that hinder cooperation. It concludes that overcoming these divides requires integrative socio-ecological narratives and greater institutional support to foster collaboration and resilience at the urban scale.

- **[Video]** Raj Patel: Food sovereignty A critical dialogue (7 minutes)
<https://www.youtube.com/watch?v=BPWdIkvvJgA>
Here Raj Patel explains his view on food sovereignty, its meaning and levels, and discusses with other scholars about the term and its political dimension, particularly through the case of Via Campesina, in a debate organized by the Yale University Agrarian Studies Program together with various organizations, Transnational Institute among them.
- **[Video - Spanish]** Webinar 'El papel de las organizaciones sociales en las políticas alimentarias locales. Red de Municipios por el Agroecología: (112 minutes)

<https://www.municipiosagroeco.red/webinario-cos-mar24/>

This is a webinar (the first of three editions) designed to inform about the entities of the Council of Social Organizations and the projects they develop to the entire Network of Cities for Agroecology, as well as their relevant role in promoting local food policies.

- **[Journal article]** Fresh, free and beautiful': the rise of urban gardening.
<https://www.theguardian.com/world/2018/jun/07/fresh-free-and-beautiful-the-rise-of-urban-gardening>

This journal article is about how an urban farms project in Dallas and a fellowship garden in Connecticut are helping their communities to regenerate unused spaces and urban food-growing projects.

- **[Video - Catalan (subs in EN and ES)]** Espigoladors: second chances for ugly fruits and vegetables and amazing people:
<https://www.youtube.com/watch?v=Z7MRncIDIAk>
 This video shows in a nutshell the Espigoladors project based in Catalonia (Spain), which recovers fruits and vegetables discarded for aesthetic reasons, overproduction, or market surplus, redistributing them to social organizations and transforming part of them into products such as jams, creams, and sauces. It also involves people at risk of social exclusion throughout the process and promotes awareness, research, and workshops to foster a fairer and more sustainable food system.
- **[Video - Spanish]** Interview with Food Coop's director, Thomas Boothe, MARES Madrid:
<https://www.youtube.com/watch?v=jWcnggRzxjw&t=1s>
 In this short interview, Thomas Boothe, director of Food Coop, explains how the Park Slope model in New York inspired him to launch La Louve in Paris, a cooperative supermarket where members work a few hours in exchange for access to high-quality food at lower prices. He highlights the key conditions for success—reaching sufficient scale, learning from past failures, and keeping the project open and inclusive—so that the initiative becomes a collective resource for the neighborhood.
- **[Factsheets - Multiple languages]** Urban Gardens Fact Sheets
<https://www.urbanallotments.eu/fact-sheets.html>
 This is a set of 14 factsheets on urban gardens with easy to read and use information on how to deal with relevant challenges of urban gardening in cities, best practices and useful links to websites and literature. They are the result of a study on urban Allotment Gardens and their relevance for urban sustainable development, in the pan-European intergovernmental framework of COST (European Cooperation in Science and Technology).

Deep dive academic articles and reports

- **[Journal article]** Campbell BM, Beare DJ, Bennet EM, Hall-Spencer JM, Ingram JSI, Jaramillo F, Ortiz R, Ramakutty N, Sayer JA, Shindell D., "Agriculture production as a major driver of the Earth system exceeding planetary boundaries", *Ecology and Society* 22(4):8, 2017.
<https://cgspace.cgiar.org/items/be4b7df4-5c31-46d5-9c19-e76ae6dad1b8>
 This text highlights how industrial agriculture is one of the main forces pushing the Earth system beyond planetary boundaries, affecting key ecological functions. It is critical for students to understand the urgency of transforming urban food systems in an ecological and post-growth way.
- **[Journal article]** Ambikapathi, R., Schneider, K.R., Davis, B. *et al*, "Global food systems transitions have enabled affordable diets but had less

favourable outcomes for nutrition, environmental health, inclusion and equity”, *Nature Food*, 3, 764–779, 2022,

<https://www.nature.com/articles/s43016-022-00588-7>

This study assesses how transitions towards more affordable diets on a global scale have had negative side effects in terms of nutritional health, equity and ecological impacts. It offers a useful comparative approach to discuss the limits and contradictions of the globalised food system from a critical perspective applicable to urban contexts.

- **[Report]** IPES-Food, 2023. Who’s Tipping the Scales? The growing influence of corporations on the governance of food systems, and how to counter it <https://ipes-food.org/report/whos-tipping-the-scales/> (also in Spanish and French)

This report denounces the growing influence of large corporations in the governance of food systems and proposes mechanisms to democratise decision-making. It provides key policy tools to reflect on the role of cities and local actors in resisting the concentration of power and moving towards fairer systems.

- **[Dossier - Spanish]** FUHEM, El presente y el futuro de la seguridad alimentaria en el contexto de la multicrisis, 2024, <https://www.fuhem.es/2024/06/24/el-presente-y-el-futuro-de-la-seguridad-alimentaria-en-el-contexto-de-la-multicrisis/>

This dossier warns that food security is increasingly threatened by a multi-crisis marked by climate change, environmental degradation, dependence on global supply chains, and economic and geopolitical instability. In response, it proposes the need to transition toward agroecological systems, relocalise production, and strengthen public policies that integrate sustainability, social justice, and food sovereignty.

- **[Report]** Report of the Special Rapporteur on the human rights to safe drinking water and sanitation, Pedro Arrojo Agudo. “The water/food nexus: a human rights perspective”. <https://www.ohchr.org/en/documents/thematic-reports/a79190-report-special-rapporteur-human-rights-safe-drinking-water-and> (Available in different official languages)

The report frames the connection between water and food not just in ecological or economic terms but as fundamentally about human rights, emphasizing that access to safe water is essential for food security, nutrition, and health. It calls on States to adopt integrated policies that protect water sources, regulate water use in agriculture, and ensure that marginalized communities are not deprived of their rights to water or food.

- **[Article]** Antonio Roman-Alcalá, “Looking to food sovereignty movements for post-growth theory”. *Ephemera journal*, 2017,

<https://ephemerajournal.org/sites/default/files/2022-01/17-1romanalcala.pdf>

This paper analyzes 'food sovereignty' and the movements that work for it at local, national, and supranational levels and at the intersection of markets, governments, and civil society. The goal is to illuminate potential aspects of post-growth socio-ecological systems management regimes.

- **[Video - Spanish]** Sobrevivir al Descalabro, Entrevista a Marta Rivera Farre (Soberanía Alimentaria y modelos agroecológicos alternativos): [Marta Rivera Ferre | Sobrevivir al Descalabro](#)

In this video, Marta Rivera Farre talks about the relationship between climate change and food security and sovereignty. She also addresses topics such as peasant knowledge, the role of women, agroecology and local food policies.

- **[Podcast - Spanish]** Alimentta Think Tank, CÓMO COMEMOS: ALIMENTOS KMÉTRICOS: [T2 E8: Alimentos kilométricos | Alimentta, think tank para la transición alimentaria](#)

In this podcast, we find reflections from experts on the impacts of food chains and their connections to climate change, as well as from one farmer who shares his experience in building initiatives to prevent these environmental impacts.

- **[Podcast - Spanish]** Alimentta Think Tank, Cómo contribuir a la adaptación al cambio climático con nuestra alimentación: [T4 E4: Cómo contribuir a la adaptación al cambio climático con nuestra alimentación | Alimentta, think tank para la transición alimentaria](#)

We know that the food system, from production to consumption, has a significant impact on greenhouse gas emissions. However, the transition to new food models could turn food production into a solution for climate change mitigation rather than a problem. This episode emphasizes how agroecology holds the keys to transitioning towards sustainable food production, resilient to climate change, but also mitigating global warming.

- **[Video - Spanish]** El impacto de los pesticidas en nuestra salud. Entrevista a Nicolás Olea, 2023, FUHEM: [El impacto de los pesticidas en nuestra salud. Entrevista a Nicolás Olea – FUHEM](#)

The purpose of this interview is to analyze and reflect on the negative effects of exposure to pesticides and other toxic substances on human and environmental health through their presence on food.

- **[Article - Spanish]** Katty Cascante, "El sistema agroalimentario industrial global es parte del problema", *Papeles de relaciones ecosociales y cambio global*, nº 161, 2023, pp. 67-78.

https://www.fuhem.es/papeles_articulo/el-sistema-agroalimentario-industrial-global-es-parte-del-problema/

The global food system has become globalized, reproducing the interests of the most industrialized countries and accepting the dictates of the market as

the only productive logic. Governments in other countries have lost control over their resources, and agro-industrial corporations have monopolized them. The result is a food security that fails to guarantee sufficient or adequate food and is, at the same time, unsustainable.

5. Urban Mobility

Core materials

- **Szabo, J., Smith, T., Leuser, L., Drut, M. (2022). *Degrowth & Strategy: Chapter 15 - Mobility and Transport.***
https://www.researchgate.net/publication/362279101_Degrowth_Strategy_Chapter_15_-_Mobility_and_Transport
Book chapter: discusses strategies to reconfigure the unsustainable transportation system that is currently prevalent. Through examples, it shows how the dominant system can be dismantled and alternative systems developed based on existing practices.
- **Podcast: “She drives mobility”**
<https://katja-diehl.de/how-to-degrowth-the-transport-sector-and-regain-liveable-cities-and-regions/>
Episode discussing this book chapter and the four approaches of degrowth in mobility and transport: taming, dismantling, resisting, and escaping transportation (34 min).
- **Cattaneo, C. et al. (2022). *A degrowth approach to urban mobility options.* Local Environment, 27(4), 459–486.**
<https://doi.org/10.1080/13549839.2022.2025769>
Journal article: Applies the degrowth paradigm to urban mobility, deriving principles for just and sustainable mobility, including institutional, energy, infrastructure, and social dimensions.

Further reading/viewing

- **Avramović T., Momčilović P. (2025). *A story from the future: How we created a sustainable and low-carbon transportation system without using lithium.***
https://ipe.hr/wp-content/uploads/2025/03/POSTGROWTH-FUTURE-S_web.pdf
Book chapter: presents a vision of a transformative pathway for urban mobility in Serbia, relying on citizen agency and strong public investment in infrastructure.

- **Kuhnhen K., Pinnow A., Schmelzer M., Treu N. (2024). *Future for all: A vision for 2048 – Chapter 12 – Mobility and Transport.***
https://mayflybooks.org/wp-content/uploads/2024/08/Future_for_all_Final.pdf
 Book chapter: envisions a future where, instead of a culture of acceleration and infrastructure promoting fast individual transport, a world of short distances has been created based on environmentally friendly means of transport accessible to everyone.
- **Pulido-Sánchez D., Capellán-Pérez I., de Castro C., Frechoso F. (2022). *Material and energy requirements of transport electrification.***
<https://pubs.rsc.org/en/content/articlehtml/2022/ee/d2ee00802e>
 Journal article: develops a dynamic modelling framework exploring different decarbonisation strategies to propose a degrowth scenario for transport that reduces material and energy use.

Additional Resources in Czech

- [Publication] [SBORNÍK UDRŽITELNÉ MOBILITY: dopravní plánování v souvislostech](#)
 A multidimensional publication focused on describing problems and possible solutions in the field of sustainable mobility in the Czech context.
- [Článek] [Patnáctiminutové město v rukou konspírátorů: Proč je jeho myšlenka tak kontroverzní?](#)
 Why has the concept of cities where everything you need is within 15 minutes' reach become the subject of heated debate, controversy, and conspiracy theories?
- [Článek] [Áron Tkadleček: Každý kilometr nově postavené dálnice nám dláždí cestu do klimatického pekla](#)
 Transportation is having an increasingly negative impact on the environment. What policies are available to promote sustainability in transportation? A critical text on car culture and its impact.
- [Článek] [Autobusový 'teror', závislost na rodičích a techno. Čtvrtinu Čechů ohrožuje dopravní chudoba](#)
 More than a tenth of Czechs are often or almost never able to access basic services and activities as needed. At least occasionally, more than a quarter of Czechs have difficulty traveling to school, work, or the doctor. This is according to new research, which we are publishing exclusively in collaboration with the 2050 Institute. Among the most vulnerable are low-income people from remote communities with fewer than 5,000 inhabitants. Perhaps surprisingly, these are mainly younger or middle-aged people.

6. Democratic Technology

Core materials

- **[SHORT READ] Digital Commons, Democratic Practices**
Concise explainer (5 pages) introducing the building blocks of Digital Commons and Digital Public Infrastructure, with examples of collective democratic practice.
[Read here \(PDF\)](#)
- **[SHORT READ] Digitale Gemeenschapsgoederen, Democratische Praktijk**
Dutch-language version of the same explainer by Commons Network.
[Read here \(PDF\)](#)
- **[BOOK] Digitalización Democrática – Soberanía digital para las personas** (Simona Levi)
A reflection on digital sovereignty, democracy, and citizen control over digital infrastructures.
[Read here](#)
- **[ARTICLE] Jon Barnes a několik příkladů demokratizace demokracie**
Article in Czech on examples of democratization and collective governance.
[Read here](#)

Further Reading and Viewing

- **[White Paper] Roadmap Towards a Sovereign and Resilient Digital Ecosystem**
From page 3–17.
[Read here \(PDF\)](#)
Dutch version: [Routekaart op naar een soeverein en weerbaar digitaal ecosysteem](#)
- **Dulong de Rosnay, Mélanie & Stalder, Felix (2020).** “Digital commons.” *Internet Policy Review*.
- **[Short Read] Digital Commons, the Basics**
[Read here \(PDF\)](#)
- **[Short Read] Digital Commons, Collective Ownership**
[Read here \(PDF\)](#)
- **[Short Read] Digital Commons, Collaborative Culture**
[Read here \(PDF\)](#)
- **[Short Read] Digital Commons, Diverse and Resilient**
[Read here \(PDF\)](#)
- **[Short Read] Digital Commons, Caring Practices**
[Read here \(PDF\)](#)

- **[Article]** Vasilis Kostakis, Kostas Latoufis, Minas Liarokapis, Michel Bauwens, *The convergence of digital commons with local manufacturing from a degrowth perspective: Two illustrative cases*, *Journal of Cleaner Production*, 197(2), 2018.
[Read here](#)
- **[Blog]** Digital Transition in a Postgrowth World
[Read here](#)
- **[Podcast]** Tech Won't Save Us
[Listen here](#)
- **[Article]** Učebnice digitální demokracie od Nesta Foundation
[Read here](#)