

Slow Life as a Stepping Stone to Low-Carbon Communities

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Slow Life

The living and working environment has a huge impact on vitality and well-being of people.

Slow life means a balanced, stress-free way of living. It is an emerging trend as a contrast to a hectic lifestyle.

Slow movement originated from the concept of slow food, and it is turning into a global movement.

Slow food
Slow food
Slow design
Slow design
Slow housing
Slow housing
Slow cities
Slow cities
Slow life
Slow life

Slow home
Slow home
Slow office
Slow office
Slow company
Slow company
Slow travel
Slow travel
Slow thinking
Slow thinking



Low-Carbon

The goal of building low-carbon communities is an imperative for combating climate change. How could slow life promote this common goal?

Through conscious choice of a slower way of living people can gain more quality in their life and less carbon load to their environment. Slow life can motivate people towards low-carbon behaviour.

Sustainable development
Sustainable development
Eco-sufficiency
Eco-sufficiency
Eco-efficiency
Eco-efficiency

Eco-regions
Eco-regions
Green cities
Green cities
Low-carbon communities
Low-carbon communities

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The concept of slow design is a functional approach to slow life. It means eco-wise, small-scale local production, and networks of artisans sharing ideas and expertise. Slow design emphasizes the user experience and involvement in the design process.

Slow housing means individual, non-standardised homes and buildings in aesthetically valuable and safe living environments. It aims at healthy, sustainable and functional housing, which provides a basement for a balanced way of living of its inhabitants

Slow cities movement aims to improve living conditions with the use of new technological devices without forgetting the heritage of the past. It concerns urban planning, environment, energy, transport, tourism, agriculture and education. There is also a strong emphasis on the bond between citizens, city and environment.

Slow life means doing things - working, caring, playing, eating etc. - at the right speed and having the possibility to decide one's own speed. Slow does not mean doing everything at snail's pace or being lazy and unproductive. Technology should do the busy and routine parts leaving quality time for social life and creative activities.



Climate change and work-related stress are two major phenomena calling for a revolution in rhythms of life. Slow movement takes up this challenge and means slowing down. It puts limits to unnecessary speeding in producing carbon emissions on one hand and in exhausting human resources on the other hand.

Slow life has several interconnections with energy-efficiency and renewable energy sources. Low carbon potential of slow life can be detected e.g. in the use of local production, fuel savings by lower speed, pedestrian and cycling orientation, emphasis on high-quality materials and life-cycles, as well as decentralised user-production of renewable energy.

The manifold links between slow life and low-carbon communities can give rise to innovative solutions, which can change collective human behaviour to a more sustainable direction. These solutions should be created and tested with wide participation of people and not dictated from top to bottom. Through empowerment better solutions and wider engagement to the results can be obtained. The combination of slow life and low-carbon can pave the way to eco-wise and happy communities.

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