

A photograph of a small, rustic wooden structure with a gabled roof, situated on the peak of a grassy hill. The sky is a warm, golden-orange color, suggesting a sunset or sunrise. The structure is made of vertical wooden planks and has a few windows or openings. The overall mood is serene and contemplative.

POLYMONDI

A BOARD GAME ABOUT POST-GROWTH

Project Leader: Anna Maria Orrù – www.polymundi.org



ABSTRACT

Brief Project Summary - English

Polymundi is a creative design-research project exploring how cities and communities would be beyond capitalism and endless growth. Developed as a board game and online platform, it invites participants to imagine post-growth futures centered on wellbeing, care, and cohabitation. Through gameplay, players address contemporary challenges by constructing alternate post-growth visions. The platform extends the learning by providing additional resources and visionary ideas from experts across design, architecture, economics, philosophy and more.

ABSTRACT

Projektsammanfattning - Svenska

Polymundi är ett kreativt designforskningsprojekt som utforskar hur städer och gemenskaper kan fungera bortom kapitalism och ständig tillväxt. Projektet finns både som brädspel och digital plattform och bjuder in deltagare att föreställa sig framtider där fokus ligger på välmående, omsorg och samlevnad. Genom spelet får deltagarna arbeta med nutida utmaningar genom att skapa alternativa bilder av hur ett samhälle utan tillväxt kan se ut. Plattformen fördjupar lärandet genom att erbjuda fler resurser och visionära idéer från experter inom design, arkitektur, ekonomi, filosofi och andra områden.

SUMMARY

Extended Summary

How do we create cities and lifeworlds that recognize the limits of ‘growth’? Polymundi — ‘many worlds’ — is a creative design-research project that invites participants to imagine what cities, communities, and everyday life could be in a world beyond capitalism. Developed as both a board game and an online platform, Polymundi explores the principles of post-growth: an approach that moves beyond economic growth as the primary measure of prosperity, and instead centres wellbeing, happiness, health, and community as paradigms for resilience.

Through gameplay, participants engage with real-world challenges and collaboratively build visions for post-growth futures, experimenting with new systems of care, value, and cohabitation between human and non-human life. The Polymundi board game operates as a participatory and speculative tool through which players collaboratively construct and negotiate visions for post-growth futures, responding to a series of urban, economic, social and ecological challenges. The board game serves as a physical artefact for collective imaginations and dialogues, while the online platform - www.polymundi.org - extends the experience by providing additional learning resources and sharing a collection of post-growth visions gathered from interviews and workshops conducted during the project.

Both the board game and the online platform were publicly launched in November 2025, contributing to ongoing transdisciplinary dialogues in design, urban studies, architecture and ecological economics, providing both a tangible playful artefact and a digital resource that support collective imaginations and inquiry into alternative futures beyond capitalism.

CONTENTS

- 2 **ABSTRACT** - *Brief project summary EN / Projektsammanfattning SE*
SUMMARY - *Extended summary*
- 3 **Contents**
- 4 **INTRODUCTION** - *Polymundi*
- 5 **CONTEXT & PLATFORM** - *What is Post-growth?*
Home Page - platform
Page - Post-growth
Page - Visions
Page - Board game
Page - About
- 12 **PROCESS** - *Developing Polymundi*
- 13 **RESOURCES** - *Research and reading Courses Page Layout*
- 14 **BOARD GAME** - *Design and Mechanics*
Who has played so far
How does Polymundi work?
Design and Packaging
- 25 **VISIONS** - *An archive of visionary thinkers Post-growth?*
Alf Hornborg / Anitra Nelson
Antonio Ferreira / Åsa Ståhl
Ashish Kothari / Carole Collet
Carolyn Steel / Chris Luebke
Dougald Hine / Federico Savini
Ferne Edwards / Fredrik Moberg
Giorgos Kallis / Justin Lewis
Jennifer Hinton / Kate Soper
Lorentz Keyßer / Louise Hård af Segerstad
Luca Bertolini / Maja Kuzmanovic
Martin Avila / Michael Pawlyn
Miriam Meisser / Rob Hopkins
Ruurd Priester / Silvia Mugnaini
Team A-connection / Vincent Liegey
Carolyn Steel / Chris Luebke
- 41 **NEXT STEPS** - *Ideas and intentions*

'Post growth [sic] is an umbrella term for this emerging perspective: for a way of seeing and being in the world that comes after the growth story. Just as there are many ways of living now in a growth-oriented society, a multitude of post growth futures are possible and many ways of living post growth already exist today. What these futures hold in common is a desire to separate good growth from bad, and to develop human potential and happiness within, and in relation to, a physically finite earth. A post growth economy puts life and everything needed to maintain it at the center of economic and social activity as opposed to the never-ending accumulation of money, and the pursuit of growth of all kinds without regard for its consequences.'

Post Growth Institute

INTRODUCTION Polymundi

Polymundi is a board game designed to help people explore and imagine the transition to a post-growth city through a playful, tangible, knowledge-sharing and artistic experience. How will we create this city, and how we live in it?

This game is about creating and envisioning new stories of living. The one thing you need to play is your 'life', an open mind and the will for deep and meaningful discussions (and debates!) while having fun.

Polymundi aims to spread knowledge around the topic of Post-growth and create awareness of post-growth and degrowth strategies plus other opportunities in city making and living through the lens of post-growth, degrowth, wellbeing and nature. Our aim was to create a board game and this web platform to learn what are ingredients for transitioning to a post-growth city and living from the experts. Playfully, we will learn, imagine, empower and envision a variety of strategies for post-growth and degrowth narratives.

POLY {'many'}
MUNDI {'worlds'}

CONTEXT & PLATFORM

What is Post-Growth?

WHAT DOES IT MEAN TO LIVE A GOODLIFE?

One of the critical causes of climate breakdown is our relationship and addiction to economic growth and capitalism.

With the board game Polymundi, we explore what would city living and our everyday lives look like if we followed a post-growth mindset.

Grounded in collected research, the game helps to create and envision new stories of living beyond capitalism together with an archive of expert voices and visions.

Post-growth is a term heard often. It is usually in solidarity with degrowth. An important aspect of both movements and visions is that there is a limit to growth. There are limits to how much we can grow, extract, throw away. There are limits to reckless blind growth, and in response we have been seeing a number of new indicators being used that go beyond measuring just GDP. We now measure happiness, wellbeing, health and not just money. For instance, check out 'the better life index', 'the index of sustainable economic welfare' and 'the genuine progress indicator').

In a post-growth world we see a shift towards a care economics that benefits livelihoods, life, and life worlds. Perhaps the most important aim with 'Polymundi' is to play and find the answers to: what does it mean to live well? It is a game where we are world building, creating different scenarios for a post-growth city. In fact, it is a game where we are creating a renewed narrative for our own wellbeing, as well as the planet's .

It brings us to ask – What is wellbeing? We see wellbeing as a means of staying healthy, about attaining good balance, about forming connections, creating meaning and having purpose in our lives. It is about aspiring to 'the good life'. Polymundi extends the good life to include the symbiosis of living together with other organisms, human and non-human.

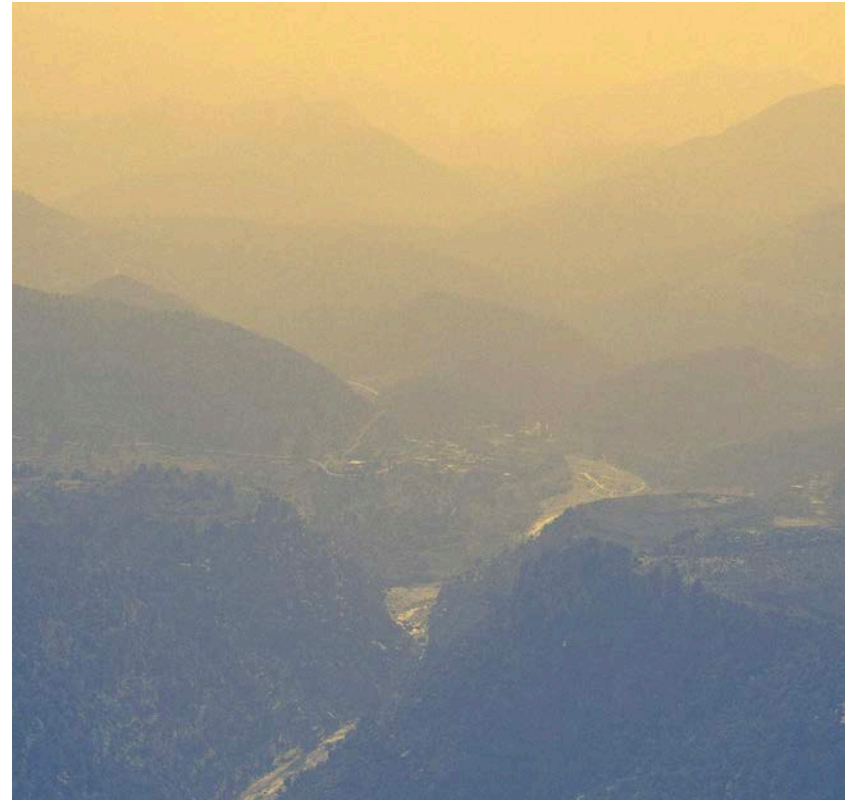


Photo: Andrea García Portolés

**'THERE IS NO GROWTH
ON A DEAD PLANET'**
Tim Jackson

Transitioning to a sustainable society requires us to look into the effects of capitalism and its continuous desire for growth in cities. Author, British ecological economist and professor of sustainable development Tim Jackson (2021) appeals to us to understand this finite resourced planet as he urges us to understand that ‘there is no growth on a dead planet’. There are several authors, researchers, organizations and others now joining his plea in reminding us that ‘the relentless pursuit of eternal growth has delivered ecological destruction, financial fragility, and social instability’. This understanding also needs to extend to the way we live in cities and the way they are designed.

In the early 2000’s in France, the concept of degrowth entered activism as a slogan (‘Décroissance’) to push against consumerism and commodification. Since then, it has developed primarily within the field of ecological economics, even initiating a conference that started in 2008. Degrowth now operates as a starting point for envisaging new worlds that can provide better lives with less, in which sustainability goes hand in hand with equity and a pluriverse of alternative substitutes to the growth “machine” that characterizes contemporary society.

To transition from a consumer-driven society into a regenerative and restorative one, we need to look at the ill-effects of capitalism and what alternatives are available for degrowth in a post-growth city and society. Degrowth needs to be designed into the making and living in our cities or near them. This obligates us to think differently as designers, as businesses & entrepreneurs, and as citizens. We have a finite planet with limited resources; we cannot continue growth indefinitely.

**‘WHAT I PROPOSE IS VERY SIMPLE,
IT IS NOTHING MORE THAN
TO THINK WHAT WE ARE DOING?’
Hannah Arendt – ‘Vita Activa’**



Photo: Andrea García Portolés

Polymundi creates a moment to reflect. We follow Arendt’s proposal to rethink how we live? how we spend our time? how we work? how we ascribe value? how we spend time together with others?

Polymundi urges us to think and play critically on how to proceed and live everyday lives with a sense of prudence and simplicity which is the ability to act wisely in the face of an uncertain future.

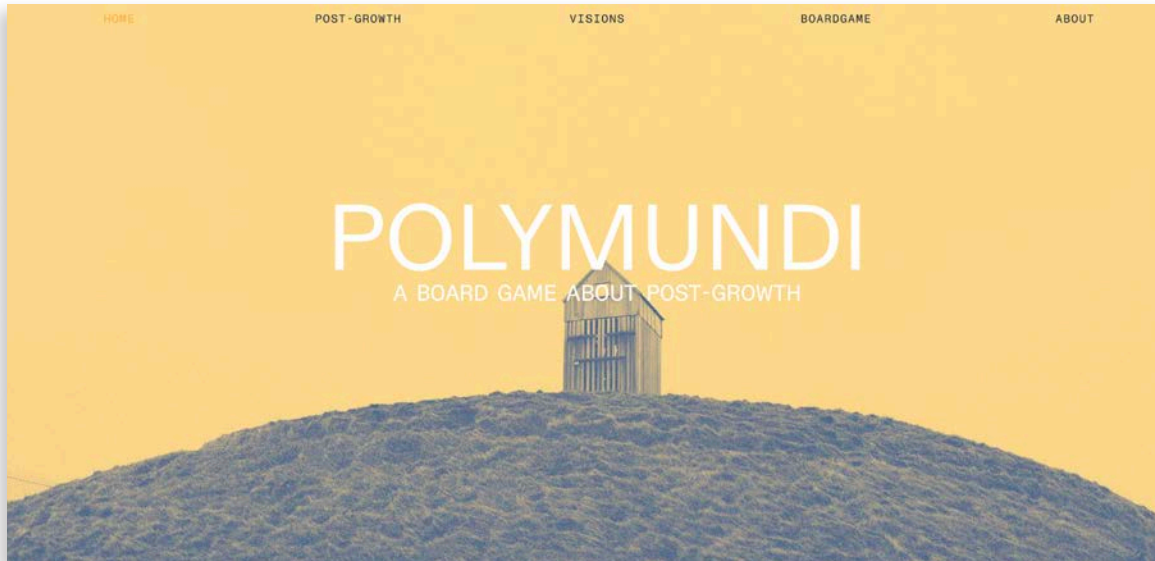
It is about freeing ourselves from cravings and mindless habits.

Polymundi gives us food for thought in how to proceed.

PLATFORM - Home Page

MAIN MENU:

HOME - ON POST GROWTH - ARCHIVE OF EXPERTS - THE Board game - ABOUT & CONTACT



At the bottom of each page we provide a link to contact information.

→→→ GET IN TOUCH

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HOME PAGE CONTENT:

HOME
POST-GROWTH
VISIONS
BOARDGAME
ABOUT

POLYMONDI

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POST-GROWTH

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'WHAT I PROPOSE IS VERY SIMPLE, IT IS NOTHING MORE THAN TO THINK WHAT WE ARE DOING?'
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[→ LEARN MORE](#)

7

PLATFORM - Post-Growth Page

Post-growth is not obvious to all readers, especially those unfamiliar with the term. This page provides a brief description, as well as the home page, including an explanation to the differences between post-growth and degrowth which are often confusing.



BRIEF DESCRIPTION

Transitioning to a sustainable society requires us to look into the effects of capitalism and its continuous desire for growth in cities. Author, British ecological economist and professor of sustainable development Tim Jackson (2002) appeals to us to understand this finite resource planet as he urges us to understand that "there is no growth on a dead planet". There are several authors, researchers, organizations and others now joining his plea in reminding us that "the relentless pursuit of eternal growth has delivered ecological destruction, financial fragility, and social instability". This understanding also needs to extend to the way we live in cities and the way they are designed.

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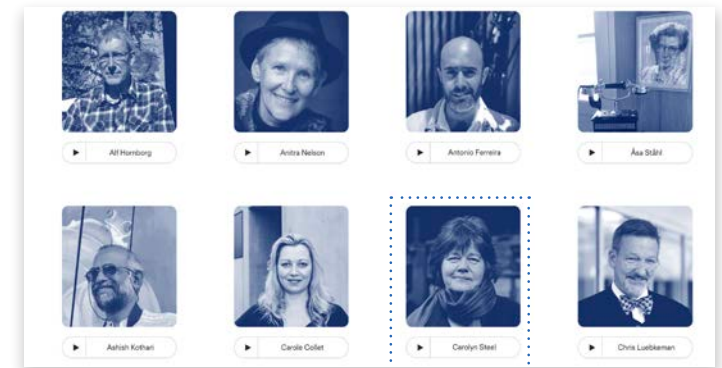
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RESOURCES

- HOME POST-GROWTH VISIONS BOARDGAME ABOUT
- RESOURCES ON POST-GROWTH
- Degrowth - Website
 - Postgrowth - Website
 - How to start - Website
 - The 2016 Degrowth Platform - Website
 - Resilient network - Research on Degrowth - Website
 - LAMPING - Utrecht university - Website
 - Postgrowth Design - Website
 - Postgrowth Cities - Website
 - Institutional Environmentalism 2016
 - The Institute - Munich Project - Academy of Systems Change: The History of the Limits of growth
 - Local Futures - Helene Werborg blog
 - Degrowth Copenhagen
 - International Degrowth Network
 - International Network for Ecological Economics 2008
 - The better life index - Website
 - The Limits of sustainable economic welfare - Wikipedia
 - Happy planet index

- BOOKS
- Post Growth planning cities beyond the market economy - Federico Bacci, Antonio Parrera, Kim van Bommelfeld etc (Urban books 2020)
 - Post Growth living: for an alternative modernity - Kate Super (Urban books 2020)
 - Enlightening degrowth: a critical guide - Anita Wilson and Vincent Lippert (Urban books 2020)
 - Post growth: a contraindustrial strategy - Anita Wilson (Urban books 2022)
 - Post growth: practices and principles - Anita Wilson (Architecture 2021)
 - The green imperative: social functions of cities and alternative economic - Bartjan Lange, Martin Hill, Benedikt Nebenz, Christian Schulz (eds) (Transcript Verlag 2022)
 - Let's go green: how degrowth will save the world - Joost Nijal (Springer random house 2020)
 - The Middle - a brief guide to global inequality and its solutions - Jean Michel (Interactivum 2020)
 - The Future of Degrowth: a guide to a world beyond capitalism - Mathieu Wibo, Andrea Valleri, Adam Vancostenon (Urban Books 2022)
 - The Newdegrowth Manifesto of Degrowth - Anita Wilson and Vincent Lippert (Urban books 2022)
 - Post-growth life after capitalism - Tim Jackson (Polity 2021)
 - The New Economy - Ian Jackson (Polity 2021)
 - The Case for Degrowth - Giorgio Kallis, Ewan Pearson, Giacomo d'Alisa, Federico Demaria (Polity press 2020)
 - Degrowth: a necessary step to a new era - Giacomo d'Alisa, Federico Demaria, Giorgio Kallis (eds) (Architecture 2021)
 - Degrowth - Giorgio Kallis (Urban Pub 2020)
 - How to earth: flourishing in a real four-world world by 2028 - Jennifer Heinen, Daniela Neuberger (2020)
 - Doughnut Economics: seven ways to think like a 21st century economist - Kate Raworth (Penguin random house 2019)

PLATFORM - Visions, Archive of Experts Page



Each visionary expert and figure can be clicked on to find out more about and see more links about their work, books or institutes. Under the image is the audio recording that is taken from an interview with the visionary.



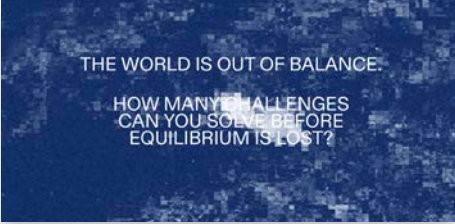
As the game progresses, we will collect the post-growth 'world-building' narratives here at the bottom of the page. These will be a snapshot sent in from players around the globe.



PLATFORM - The Board Game Page

This page introduces you to the board game and the first prototype. We also have added images of the finished board game artefact and board game.

Included is a link to the historical inspiration. We dedicate Polymundi to the feminist work of Elizabeth Magie and may her original intention to design a board game against capitalism, emerge again in manifolds. Find out more about her board game 'The Landlord's Game' and the dirty underbelly of game Monopoly.



WHAT IS POLYMUUNDI?

Let's play polymundi. A game that envisions a post-growth everyday living city. Many of us can't envision a world beyond growth and capitalism but here we can start to play these many worlds of possibilities. Poly 'many' mundi 'worlds. Use your imagination, creativity and curiosity to build a city life in equilibrium.

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HISTORICAL INSPIRATION

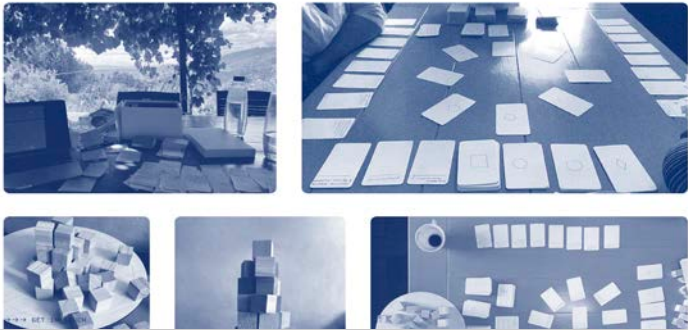
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→FIND OUT MORE HERE

PROTOTYPING

PROTOTYPING



PROCESS

Developing Polymundi

The project officially began in the Fall of 2023 and completed in the Fall of 2025. There were several phases leading up to the resulting board game and platform which included:

Phase 1- Research: Research phase for the literature reviews and expertise in the field of post-growth and degrowth

Phase 2- Interviews: A collection of online interviews with key players in the post-growth field which became the 'visions archive'

Phase 3- Artefact Design: 'Polymundi – the Post-Growth City': The board game includes a platform & board game with sets of diverse cards

Phase 4- Virtual Design: The design of a webpage platform collecting all the findings, introducing postgrowth, the board game and the visions archive

Phase 5- Publication: Dissemination and publication of the Polymundi board game and platform

To even begin to grasp the concept we started to map out the different areas of post-growth resources in literature, findings and experts. Simultaneously, we read and listened to various forms of published work - papers, articles, books, pamphlets, essays, podcasts - which could help us start to build our post-growth world of thinking. A framework started to emerge from all the research that fell into the following categories: Economics, Design & Arts, Urbanism / Architecture, Food & water systems, Tourism / Leisure, Philosophy / Behaviour / Wellbeing / Ethics, Politics / Governance / Activism / Justice, Mobility, and Ecology. These categories represent key themes that are 'leverage' points in the design of post-growth lifestyles, cities and futures. They have create the scaffolding for the research, visions, ideas, and main themes that overlap with sustainable urban design principles. Mapping and ideas have been captured and structure in Miro while the project was ongoing.

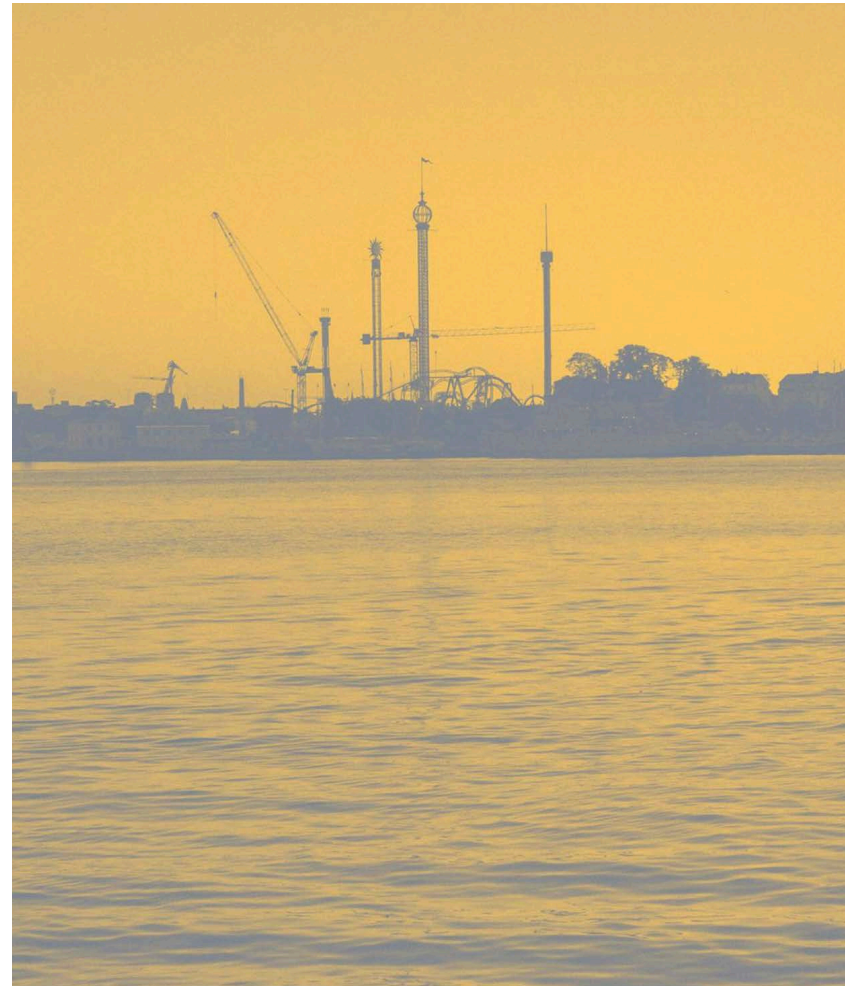


Photo: Andrea García Portolés

RESOURCES

Research and Reading

BOOKS

Post Growth planning: cities beyond the market economy - Federico Savini, António Ferreira, Kim von Schönfeld eds (Verso books 2020)

Post Growth living: for an alternative hedonism - Kate Soper (Verso books 2020)

Exploring degrowth: a critical guide – Anitra Nelson and Vincent Liegey (Pluto Press, 2020)

Beyond money: a postcapitalist strategy – Anitra Nelson (pluto press 2022)

Food for degrowth: perspectives and practices – Anitra Nelson (Routledge 2021)

Post-growth geographies: spatial relations of diverse and alternative economies – Bastian Lange, Martin Hülz, Benedikt Schmid, Christian Schulz (eds) (Transcript Verlag 2022)

Less is more: how degrowth will save the world - Jason Hickel (penguin random house 2020)

The Divide: a brief guide to global inequality and its solutions- Jason Hickel (cornerstone 2018)

The future is degrowth: a guide to a world beyond capitalism – Matthias Schmelzer, Andrea Vetter, Aaron Vansintjan (Verso Books 2022)

The Routledge Handbook of Degrowth - Anitra Nelson and Vincent Liegey eds. (Routledge 2025)

Post-growth: life after capitalism – Tim Jackson (Polity 2021)

The Care Economy– Tim Jackson (Polity 2025)

The Case for Degrowth – Giorgos Kallis, Susan Paulson, Giacomo d’Alisa, Federico Demaria (Polity press 2020)

Degrowth: a vocabulary for a new era – Giacomo D’Alisa, Federico Demaria, Giorgos Kallis eds. (Routledge 2014)

Degrowth – Giorgos Kallis (Agenda Pub 2018)

How on earth: flourishing in a not-for-profit world by 2050 - Jennifer Hinton, Donnie Maclurcan (2016)

Doughnut Economics: seven ways to think like a 21st century economist – Kate Raworth (Penguin random house 2018)

Slow Down: how degrowth communism can save the earth – Kohei Saito (Weidenfeld & Nicolson 2024)

Housing for degrowth: principles, models, challenges and opportunities - Anitra Nelson and François Schneider

Towards a society of degrowth - Onofrio Romano (Routledge 2021)

Post-growth economics and society: exploring the paths of a social and ecological transition – Isabelle Cassiers, Kevin Meréchal, Dominique Méda (Routledge 2018)

RESOURCES ON POST-GROWTH

Degrowth - Website

Postgrowth INSTITUTE - Website

How on Earth - Website

Ontgroeï. The Dutch Degrowth Platform - Website

Becoming network. Research on Degrowth- Website

UNMAKING. Utrecht University - Website

Postgrowth Design - Website

Postgrowth Cities - Website

Undisciplined Environments Org

Tim Jackson - Website

The Donella Meadows Project - Academy of Systems Change.

Local Futures - Helena Norberg Hodge

Degrowth Copenhagen

International Degrowth Network

International Society for Ecological Economics ISEE

The better life index - Website

The index of sustainable economic welfare - Wikipedia

Happy planet index

This is just a fraction of the literature and sources review we have done and we have chosen these particular sources that we believe can guide you initially.

Board game Design and Mechanics

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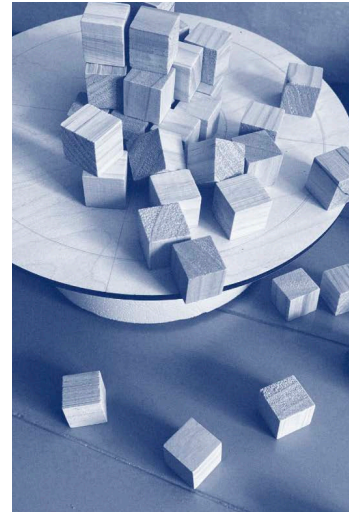
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WHO IS POLYMUNDI FOR?

Polymundi can be played by experts in the field of city-making, but it is also for all of us citizens who want to learn more about post-growth. The game is also for academics, educators, learners, changemakers, policy makers, families and community members of all ages and abilities to learn about the concepts of degrowth and postgrowth in their perspective fields. And of course, we hope Polymundi will give you the ingredients and ideas to be part of the transformation to a post-growth world.



*Photos: prototype images of first version of Polymundi
credit: Anna Maria Orru*

WHO HAS PLAYED SO FAR?

Throughout the summer of 2025 we had demo-sessions of Polymundi at the Montepreti Nature Academy in Tuscany while we were developing and sharpening the game mechanics. Amongst invited participants were philosophers Mats and Cecilia Rosengren, Neighbouring artists and farmers, and the poet Morten Søndergaard. The aim was to develop a version by mid-august with the first critical demo-session on 21 August 2025 with ecologists from Albaeco and the Stockholm Resilience Centre. The team included Anna Steorn, Adam Stuber, Marika Hoeggman, Louise Hård af Segerstad, and Fredrik Moberg. Players invited included a game mechanics specialist Anders from Ekbon, Rebecka Carlsson an entrepreneur and phd-candidate Emilio Brandao from the Department of Architecture at KTH. The players were so engaged that the game lasted for 4.5 hours. After a couple adjustments due to concluding remarks from the players, we ran a second demo-session on 24 August at the Stockholm School of Entrepreneurship with MA, PhD students and young entrepreneurs from their 6 affiliated universities in Stockholm. The players were also joined by Dr. Jonathan Geib, who is associated professor in design at DIS-Stockholm. The team included: Sebastin Yunes, Emile Lemaitre, Francisca Leonardo, Julian Gasson, Jonathan Berglund, and Woj Kozuch. Both demo-sessions were moderated by Anna Maria with Andrea.

New demo-sessions are already being programmed at DIS Copenhagen and IED Torino throughout the Autumn 2025. The DIS copenhagen session is scheduled with 20 Faculty for 26 november. The IED torino session is scheduled for mid-December in Torino. We will also run another demo session in Stockholm in the spring of 2026 for the completion of the project.



Photos: demo sessions with Polymundi prototype in Stockholm (August 2025)

credit: Anna Maria Orru

HOW DOES POLYUMUNDI WORK ?

Welcome to Polymundi, Where the world as you know it, can change

Bring things back to an equilibrium again using your wisdom, your time, your connections, and your wellbeing. Because afterall, you are worldbuilding 'the good life'. The 'play' is driven by the idea of 'balancing life', finding simplicity, finding visions, and creating the essence of what a good life can be.

Polymundi can be played by anyone between 2-8 players, but there are instances where more players will be collectively playing especially in situations like a course or workshop for students and/or faculty. In instances of many players (ie: 8 and above), we form teams that play their set of cards as a group and can decide together.

First, choose a guide amongst you that can help make the game run along smoothly. You can switch at anytime, but it helps to have someone who gently facilitates. The role for your guide is to make sure cards get handed out and refreshed, remind players to place blocks on the balancing disc, and most importantly, the worldbuilding final element when the game is finished, to lay out the cards that you have constructed in your polymundi version of Post-growth city living. The facilitator also keeps time in a loose manner not to stop the conversations, but to make certain that not too much time is spent on one vision card. It could help to keep a timer. For instance, 1-3 minutes per vision card. The guide can also use the resources online at polymundi website from expert interviews to help spur ideas or guide conversations.

Next, lets choose who starts first. Think up a question. For example, what year were you born, and let the youngest start. Or, just role the dice and decide which side starts first. Be creative from the start.

The mechanics of the game are centered around one key motive:

THE WORLD IS OUT OF BALANCE.
WHAT VISIONS ARE NEEDED?
HOW MANY CHALLENGES CAN YOU SOLVE
BEFORE EQUILIBRIUM IS LOST?

To begin, cards are laid out on the table in preparation. The game includes the following components:

- 1 tablecloth playing 'board'
- 1x half-sphere ceramic bowl
- 1x balancing wooden disc
- 4 vision card sets: Wellbeing, Time, Connect, Wisdom
- 1 set of challenge cards
- 4 sets 'roll the dice' cards in each vision set
- 160 Colour coded wooden 2.5cm cubes
- 1 set of dice

The mechanics of the game come out of the transformational and extended Maslow's pyramid of needs, in which the game is played with 4 sets of vision cards under the following categories:

Wellbeing (represented by the symbol of a map with a home)

Time (represented by the symbol of tree rings to represent age)

Connect (represented by a mycellium network)

Wisdom (represented by the symbol of a crown of laurel leaves)

These sets are matched against the set of challenges like mass consumption, biodiversity loss, over-excessive innovation etc. As players play the game on the tablecloth board, they create a narrative for post-growth living and city making. They become agents for transformational worldbuilding solving as many challenges as they can (at least 5 challenges).

To prepare:

1. Lay the tablecloth on your surface facing up
2. Place the following elements according to the blueprint queues on the cloth: 4 vision cards stacks, 1 challenge cards stack, ceramic bowl (top down), bag of blocks, and dice.
3. Place the wooden disc face-up on the top of the bowl top. Line up the hole to the dot on the bowl
4. Shuffle and place the stack of challenge cards with the titles facing down in the correct place on the cloth.
5. Shuffle each vision cards set, and place them in the correct place on the cloth. Text facing down once again

Number of players:

Polymundi can be played anywhere between 2-8 players, but there are instances where more players will be collectively playing, especially in situations like a course or workshop for students and/or faculty. In instances when we have 8 players, we make groups of 2 persons to represent 4 groups. We believe the optimal playing conditions are 2, 4 or 8 players. (then: 12, 16, etc.) The aim is always to calculate 2 or 4 groups playing the game for optimal conditions.

How to start:

You begin once all the components of Polymundi are in place and groups are made. All cards are shuffled and ready. You deal out 8 vision cards to each player (group) face down, 2 from each category. Remember to shuffle each vision card set.

How to play:

A challenge will be presented in the centre of the circle on the cloth. With your vision cards, you decide which vision helps counteract the challenge. For example, if the challenge is about mass consumption, you could pick a vision card that renders a slowing down and more contact with the community or soil for example. Once you have decided on your vision, you must justify your vision card to the other players. Explain why and how you think this vision card helps solve the challenge? Give a real-life example to help illustrate your vision to the others. Polymundi is a collective game in this sense. The conversations are crucial to building the balance, and in the 'worldbuilding task'. The other players are also involved in your visions, either to help you decide that the vision you have chosen is strong enough. Or, to help you see that the vision is not catering to the challenge at hand. Ask for advice from others at any time. This is a game of the commons. The role of the facilitator here is to help keep some sort of time so that players do not spend too long on one vision. For example, you could set a minute time limit for each vision if you wish. Overall, the game is separated into 2 playing 'boards': the table cloth 'board' and the round balancing wooden disc 'board'. The blocks create the bridge between the tablecloth board where the cards are played, and the balancing wooden disc board where the blocks are played and ultimately the 'balancing' fun.

How to play the blocks:

In your set you have a total of 160 wooden blocks that are colour coded. The colour code is as follows:

- 10x wooden coloured blocks
- 120x wooden coloured blocks for each vision set (30x4)
- 30x red blocks

Each vision card has a colour which is linked to its colour block (2 blue tones, 2 yellow tones).

- Wellbeing (blue 1)
- Time (blue 2)
- Connect (yellow 1)
- Wisdom (yellow 2)

The completed challenges are linked to a plain wooden block

The 'roll the dice' joker cards are linked to a red block which is triggered by the dice.

Every time you play a vision card, the correlated colour coded wooden cube is placed on the balancing wooden disk that sits atop the ceramic bowl turned with its top down. As you play each vision card, you place the block on the balancing disc in the centre within the outline of the white circle. Note that the block must be placed touching on the inner perimeter of the circle, not in the centre. See images for clarification. A challenge card will be completed when 8 visions have been placed in the circle on the cloth and all 4 players (or groups) have had their turn. This means that there are usually 2 rounds for each challenge which means you place down 2 visions for each challenge. These are 2 rounds for 4 groups or players. However, in the instance that you are 2 players, you will play 4 rounds.

This feels simple enough, but where is the unbalancing on the disc? This is where the dice starts to make it tricky. In each vision set there are 'roll the dice' joker cards which will appear randomly within each vision card set.

There will be occasions when one of your vision cards is a 'roll the dice' card. If you have one of these cards in the set of 8 cards dealt out to you, it must be the first card you play when your turn comes. However, immediately after you roll the dice and place the red block in the 'red-toned arcs' area on the wooden disc, you can still take your turn to play a vision card. Simply take a new card from the same vision set to refresh your cards, and continue playing.

About the red blocks and dice. The dice has a set of categories on each side:

- I - ignorance
- V - corporate villains
- E - economic disaster
- P - political disaster
- C - climate disaster
- ♥ - all is good (this means that you dont need to place the red block)

When you get a joker card for 'roll the dice', the card will indicate the number 1, 2, or 3, which indicates the number of red blocks you have to place in the indicated red-toned arc. See image for clarification. For example, you get a vision card that says 'roll the dice / #3'. You proceed to roll the dice and it lands on 'C' (climate disaster). You will then need to place 3 red blocks in the arc on the balancing disc that is for climate disaster. If you had a card saying 'roll the dice / #1', you would only need to place 1 red block. Refer to the image to see how the red-toned arcs are distributed and indicate where your red block is placed according to the category you roll on the dice. If your dice lands on the heart, then you do not need to place the red blocks. You are 'off the hook' and 'all is good'.

Finally, you get rewarded for completing a challenge. The natural wood blocks are rewards and ways to keep the balance if you have too many red blocks. When you complete the challenge, you can take 1 block and place it anywhere within the natural wood area on the balancing disc. This is your chance to counter balance the red blocks if needed. You will also counter balance the red blocks in the way you stack your vision blocks, so there are a variety of ways in the game to counter the imbalance created by the red blocks. In this way, your visions and a completed challenge are a way to put the world in balance.

How to play the cards:

You first start by taking a challenge card and the facilitator reads it out loud to the players and then places it in the area on the tablecloth indicated with a circle.

Next, each player is dealt their set of 8 vision cards by the facilitator, 2 cards from each of the 4 sets (Wellbeing, Time, Connect, Wisdom). As the game proceeds, each player or group (total 2 or 4) places their vision card with the title up around the challenge card in a circle in the space indicated on the tablecloth 'board' that they think could be a way to solve this challenge. At the same time, you place the colour coded wooden cube that matches your vision card onto the wooden disc in the area indicated (the white circle). Ofcourse,



*Images: mood board elements inspiring the tablecloth as 'blueprints'
credit mood board: Andrea García Portolés
copyright: free open source images*

a discussion will ensue where each player must say why they think their vision card will solve the particular challenge. Feel free to give examples that relate to your vision. Once each player has put down their vision cards, you must restore your vision card by taking a fresh card from the same category. For instance, if you played a vision from the wellbeing set, then draw a new wellbeing card to complete your set of vision cards. The aim is to always have 8 vision cards in total laid out in front of you.

When a challenge is completed, you may either refresh all the 8 vision cards for each player / group, or choose to keep refreshing the played vision cards. The more visions you come across, the more you learn.

How to end the game:

You can choose to end the game if you have played 5 challenge cards, but you can always continue past 5 if you wish and if your balancing disc has not toppled over. The game can also end if all the blocks have been used up or the balancing disc topples over because too many red blocks occurred and not enough well-placed visions.

Either way, there are no losers in this game.

The fun is working together towards creating balance, and the conversations you will have along the way. Players have to work together. Use their imaginations. Be visionary. Decide together what is the best way forward and how to place the wooden cubes. Be creative and be curious.

When a challenge is complete, you take the challenge card and 8 visions cards and park them in the completed cards set. Be sure to keep track of which visions are attached to which challenge. This is important for the end of the game and when you build your 'post-growth world'.

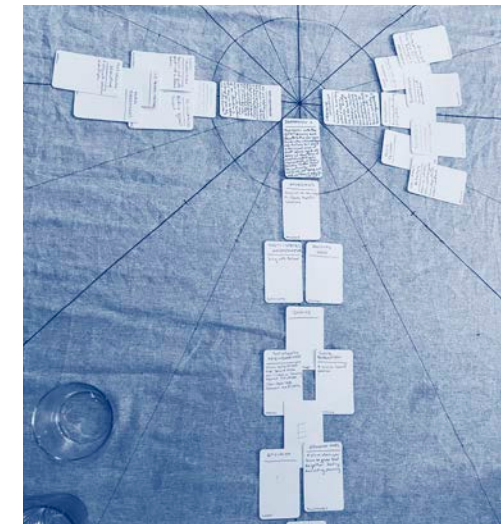
How to do post-growth worldbuilding:

Now is the moment to create your post-growth world narrative. When you reach the end of the game then you can create your narrative. Go to your completed stack of challenge cards with their associated vision cards and lay them out on the table cloth board. You may choose to organise them around the circle. See image for clarification.

We would love to collect your narratives. As Polymundi is played around the world, we begin to collect narratives. These are place-based, for each player has their place, community and environment that they have considered. Email us photographs of your played challenge and vision cards, and if you choose, a voice recording or transcript of your new post growth city narrative (2-5 minutes max), in this way we can start to archive your post-growth world-building narrative in the vision archive online at polymundi.org

Our hope for the game:

We hope you will walk away from Polymundi a little more curious and knowledgeable about what post-growth and degrowth movements are about, and what their influences on the city, living, and society can be. Play the change. Make the change.



Photos: laying out the world-building narrative during the demo-sessions
credit: Anna Maria Orru

DESIGN AND PACKAGING

What's unique about Polymundi?

Polymundi has 'no waste' packaging. Notice, it does not come in a box. Every component in the game is used in playing the game. The game folds up and stores neatly into itself. Meaning that the ceramic bowl holds all the components of the game including the cards, dice and blocks. The round wooden disk acts as the lid on the bowl. And the tablecloth becomes the carrying case, as in the Japanese tradition of wrapping and carrying items in cloth. This ancient practice is called 'Furoshiki' in which you use the cloth to wrap, carry and store Polymundi. Furoshiki is a practical method of carrying things but also a sustainable and artistic practice. It is important how you fold, so please refer to the folding instructions below because how you tie the ribbon in the end can indicate a funeral gift or other. We provide instructions.

The design Process

Every part of Polymundi has had a careful and critical design process, with a meaning behind each element from the colours chosen to the symbols for the cards. We will briefly explain these aspects.

For materials chosen - the material palette is all natural materials spanning from wood, textile and ceramics. There was an active choice not to use any plastic in the making of the game.

For the colour scheme - we have a scheme that includes tones of colours from a range of blues, yellows and reds. We also include the natural colour of the wood. The colours come from Ed Hawkins colour scheme for interpreting colours of climate change, along with Cynthia Brewer's 'colorbrewer' palette used often in cartography but also widely used for representing scientific knowledge because of its accessibility. See images for clarification.



Image: Final Polymundi colour template

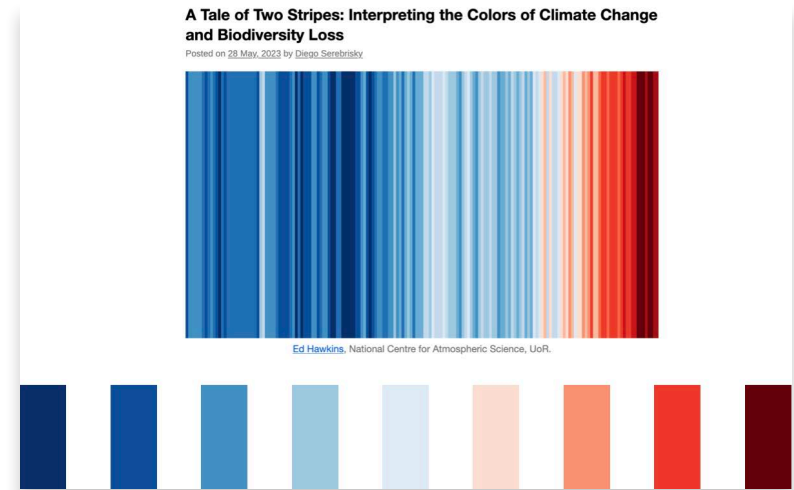


Image: Ed Hawkin's colour scheme for interpreting colours of climate change -Creativecommons.org

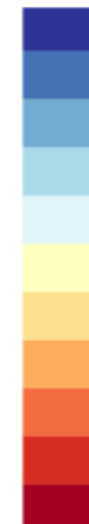
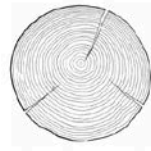


Image: Cynthia Brewer's 'colorbrewer' copyright: Apache License-2.0

VISION CARDS



Wellbeing



Time



Connect



Wisdom



Image: vision card colour and symbol

CHALLENGE CARDS



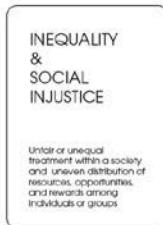
Image: challenge cards

VISION CARDS

Solid colors with the different illustrations on them



Wellbeing



Time



Connect



Wisdom

Image: vision cards

JOKER CARDS

Reverse will look like any of the vision cards but the front will be hidden locker card



Wellbeing



Time



Connect



Wisdom

Image: Joker cards
credit: Andrea García Portolés

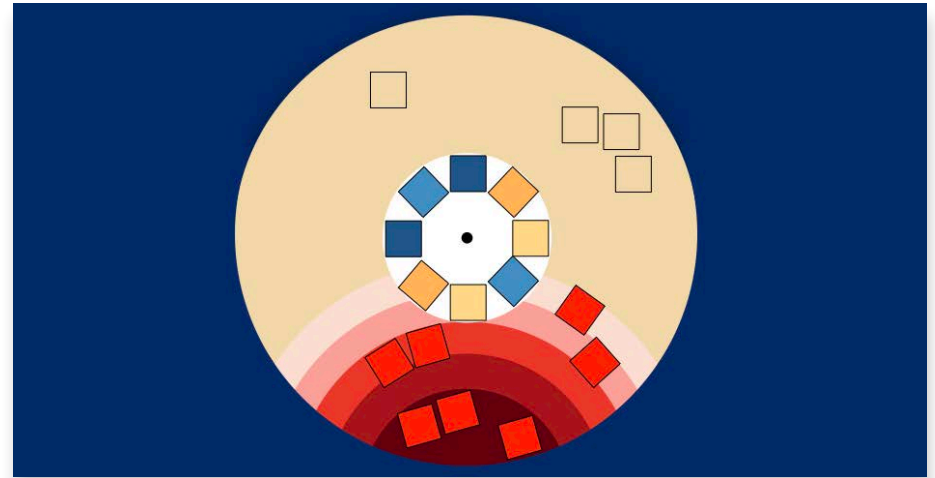


Image: the wooden balancing disc (Left: blank / Right: with wooden balancing components)

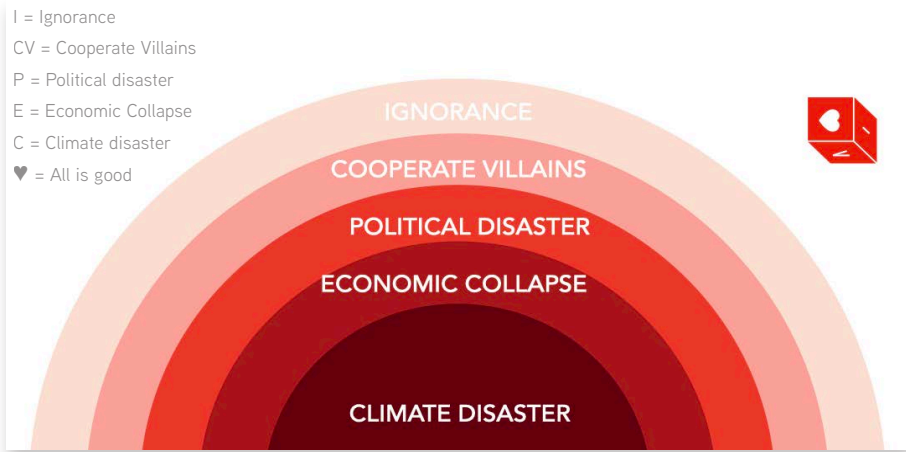
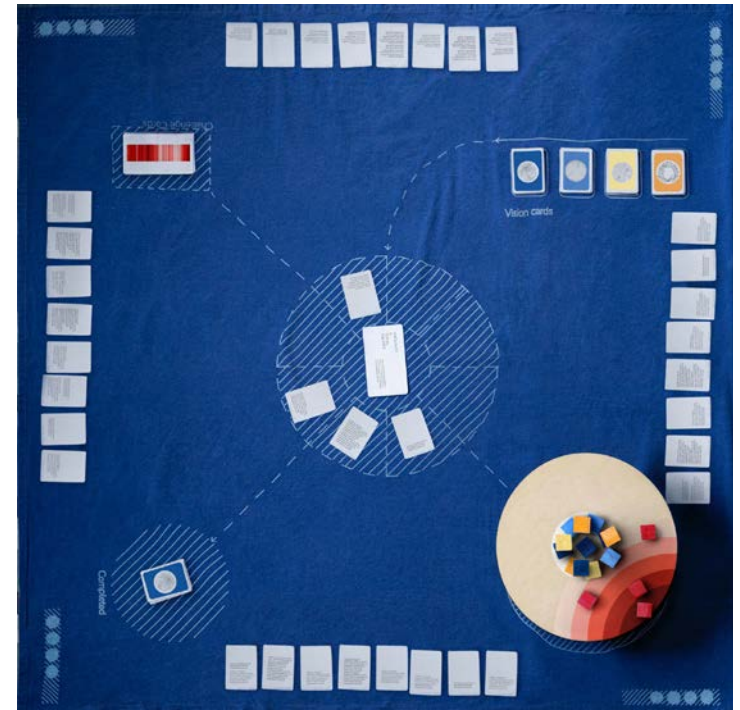


Image: Dice categories with their placing on the wooden balancing disc

THE DISC

DISC BECOME A DIRECT REPRESENTATION OF THE CARD GAME

Photo: prototype illustration of wooden balancing board
credit: Andrea García Portolés



Photos: Furoshiki packaging - clothing (left & centre)
Tablecloth with all playing components laid out (right)
credit: Andrea García Portolés'

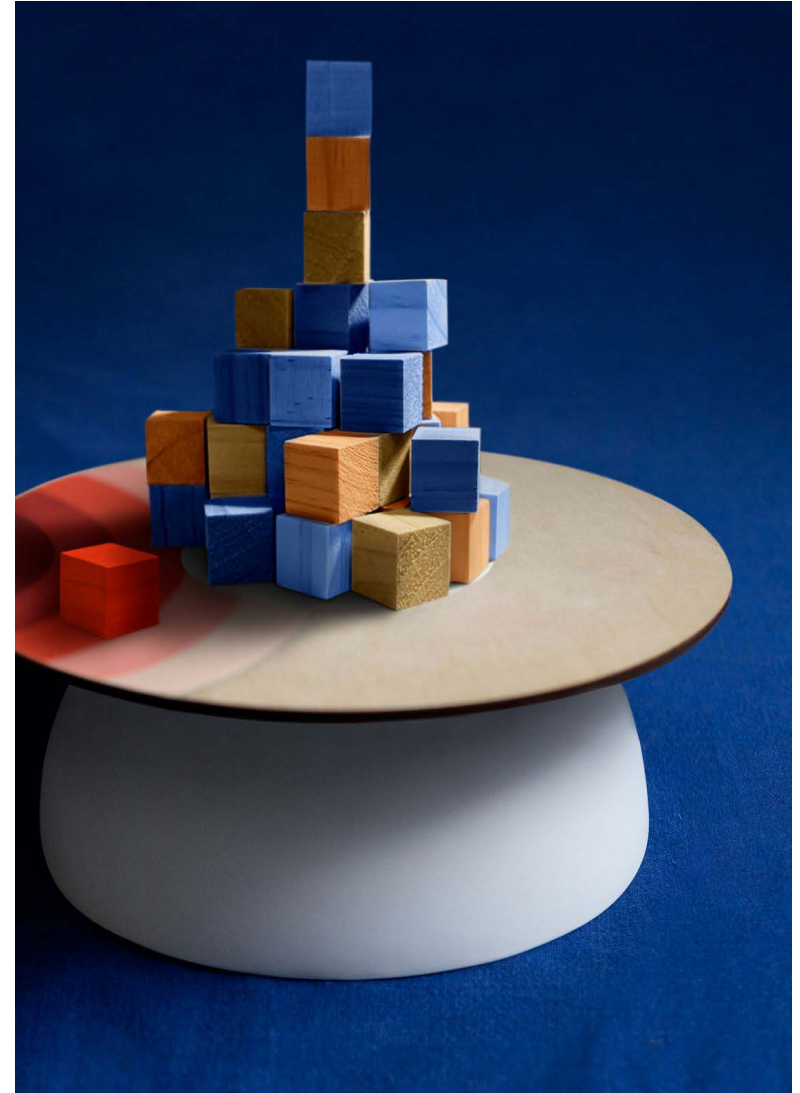
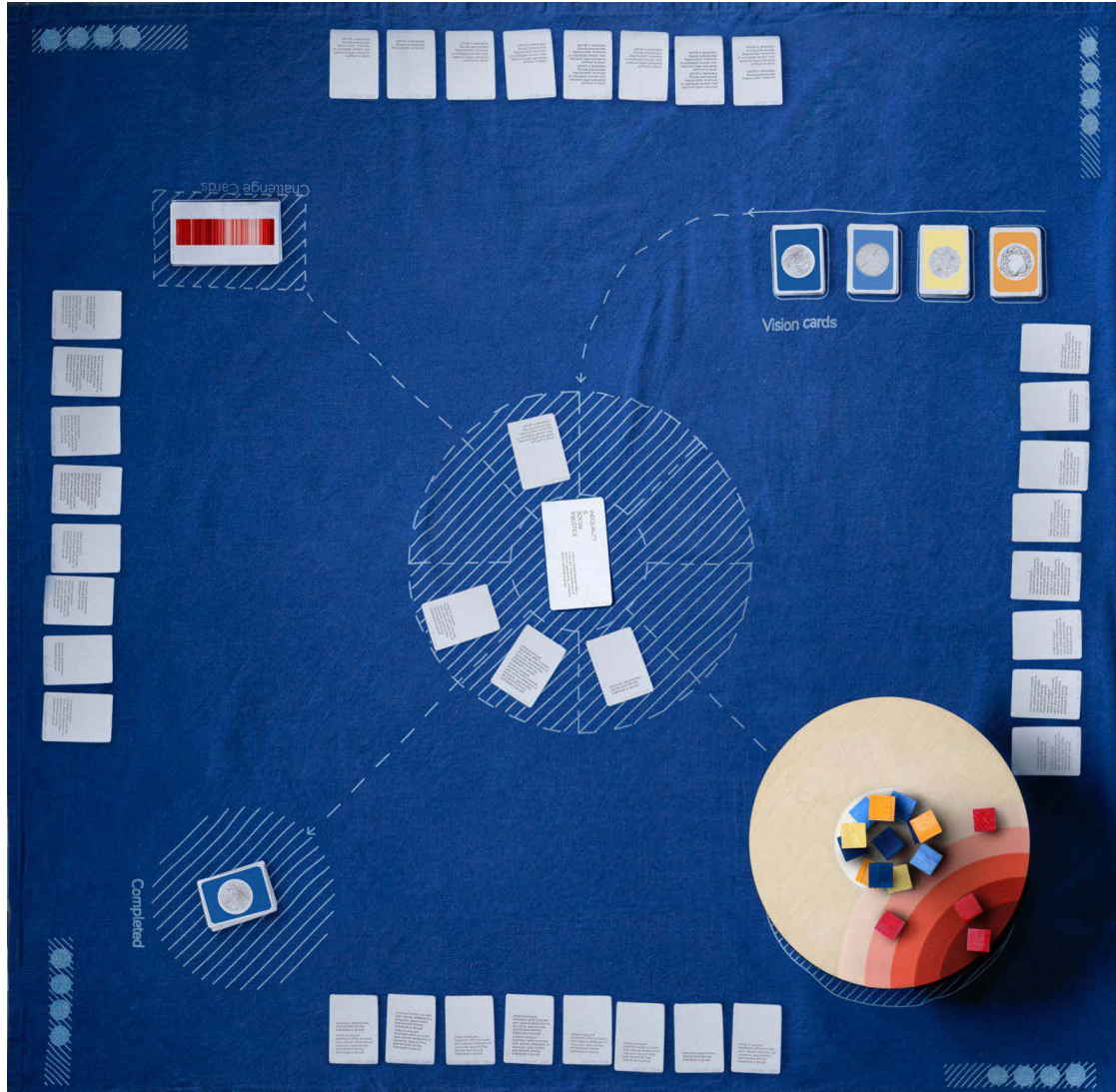


Photo: Polymundi Finished Prototype
credit: Andrea García Portolés

VISIONS

An archive of visionary thinkers

For two years we dived into degrowth and postgrowth literature, collected visions spanning architecture, urbanism, ecological economics, food systems, politics and governance, arts, design, philosophy, mobility, ecology and more.

We reached out to many experts in the field; authors, academics, activists, researchers, and practitioners to invite them to contribute a short voice recording. Each has answered a set of simple yet critical questions:

'What do you think a Post-Growth City needs or would be like?

**What are the most important ingredients? and,
what is needed to make this happen?'**

To accompany the game, we have built this 'Visions' archive in the online platform.

Their voices are included in the vision card sets in the game which include their ideas for a post-growth narrative. Together, their voices speak to the transformations needed from different perspectives.

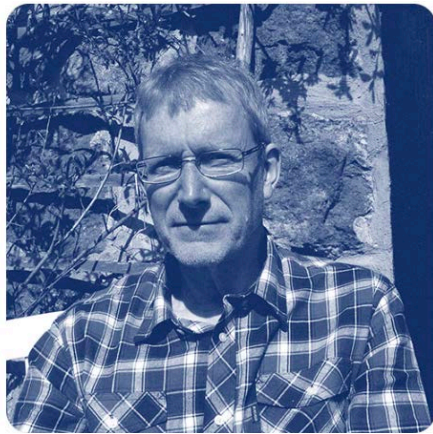
Their insights spark new conversations and possibilities around post-growth futures and what a degrowth society, living and city-making could be.

This collection is just the beginning, and we will continue to add voices as the game is played. If you have a vision, please get in touch with us.

NOTE: The visions are in alphabetical order, name first. The following pages are the archive till September 2025. The intention is to keep contacting critical thinkers in the field and add them to the platform. All photo credits lie with the person's shown in the photo and have been permissively given to Polymundi for use in this report.



Photo: Andrea García Portolés



ALF HORNBERG

Alf Hornborg is an anthropologist and Professor Emeritus of Human Ecology at Lund University, Sweden.

His research has focused on human-environmental relations in various societies through history, viewed through the lenses of political ecology, ecological economics, and world-system analysis.

He is the author of *The Power of the Machine* (2001), *Global Ecology and Unequal Exchange* (2011), *Global Magic* (2016), *Nature, Society and Justice in the Anthropocene* (2019), *The Magic of Technology* (2023), and *Liquidate: How Money is Dissolving the World* (2025).

https://sv.wikipedia.org/wiki/Alf_Hornborg



ANITRA NELSON

Anitra Nelson is an activist-scholar affiliated with the Informal Urbanism Research Hub (InfUr-) at University of Melbourne, Australia. Her research interests focus on degrowth, prefiguration, and non-monetary futures. She has edited numbers of books including, the *Routledge Handbook of Degrowth*, (2025). Sole authored work includes two that are available open access as well as in print:

Beyond Money: A Postcapitalist Strategy (2022) and *Small is Necessary: Shared Living on a Shared Planet* (2028). See more publications [here](#).

The Routledge Handbook of Degrowth
Book: Beyond Money: A postcapitalist Strategy
Book: Small is Necessary
<https://anitranelson.info>



ANTONIO FERREIRA

António Ferreira works at CITTA - Research Centre for Territory, Transports and Environment of the Faculty of Engineering, University of Porto, Portugal.

He is an eclectic researcher with a great curiosity for new topics, having published on a variety of fields, ranging from urban and transport governance to planning education, from emotions in the workplace to mindfulness, from planning theory to economic appraisal.

At the moment, his key research interests are focused on child-friendly futures and post-growth planning, the governance of the digital transition and of “smart” (or not so smart) cities. António is also a Yoga and Meditation teacher and Personal Trainer and actively uses insights from these embodied disciplines to inspire his work.

<https://citta.fe.up.pt/research-team/ferreira-antonio>



ÅSA STÅHL

Åsa is a design researcher and a senior lecturer in design at Linnaeus University, Sweden. Her work combines participatory design with feminist technoscience and environmental posthumanities in explorations and speculations of how to make and know liveable worlds.

Ståhl leads the research project Holding Surplus House where the team explores change starting from multispecies interconnected households. Ståhl also leads the 6-year research environment Design after Progress: Reimagining Design Histories and Futures with Kristina Lindström and Li Jönsson.

Across four universities and beyond, the team explores histories that are haunting us in design practices and design educations and how things could be otherwise. Ståhl and Lindström started the Un/Making Studio as part of a research project on design in the aftermath. The studio is built on two decades of collaborations between the two of them and others.

Ståhl is also part of the research team in the Earth Logic Design project where they explore cultural entrepreneurship and collaborations.

<https://lnu.se/personal/asa.stahl/%E2%80%A8>



ASHISH KOTHARI

A founder & ex-member, Kalpavriksh; involved in many people's movements. Taught, Indian Institute of Public Administration; coordinated India's National Biodiversity Strategy & Action Plan, served on boards of Greenpeace International & India, ICCA Consortium; judge on International Tribunal on Rights of Nature. Co-founder of Vikalp Sangam, Global Tapestry of Alternatives, & Radical Ecological Democracy.

Co-author/co-editor, Churning the Earth, Alternative Futures, and Pluriverse: A Post-Development Dictionary.

He is the Member n. 218 of the Portuguese Association of Urbanists.

<https://ashishkothari.in>
<https://www.globaltapestryofalternatives.org>
<https://vikalpsangam.org>
<https://radicalecologicaldemocracy.org>



CAROLE COLLET

Carole Collet is Professor in Design for Sustainable Futures at Central Saint Martins UAL in London where she holds two catalyst roles. She is Director of Maison/0, a platform for regenerative luxury co-developed with the LVMH group to leverage creativity at the service of ecosystem regeneration. She is also co-director of the Living Systems Lab, a research group dedicated to the exploration of living systems thinking as an inquiry into new ecological knowledge for the creative sector.

She is recognised for her leadership in ecological design centered on living systems thinking. She operates across fundamental and applied research, curation and education. She has pioneered the integration of ecological values in the design curriculum over twenty years by founding radical new courses such as MA Textile Futures (2001), MA Biodesign (2019), and MA Regenerative Design (2022). Her own design work has been featured in international exhibitions such as the ICA, the V&A and the Pompidou Centre. She regularly contributes to international conferences and publications on the subjects of living systems design, biodesign, and regenerative futures.

She was awarded a Design For Planet Fellowship at the Design Council UK in 2022.

<https://researchers.arts.ac.uk/207-carole-collet>
<https://www.arts.ac.uk/colleges/central-saint-martins/sustainability/maison0>
<https://www.arts.ac.uk/colleges/central-saint-martins/research-at-csm/-and-living-systems-lab-research-group>



CAROLYN STEEL

Carolyn Steel is a leading thinker on food and cities.

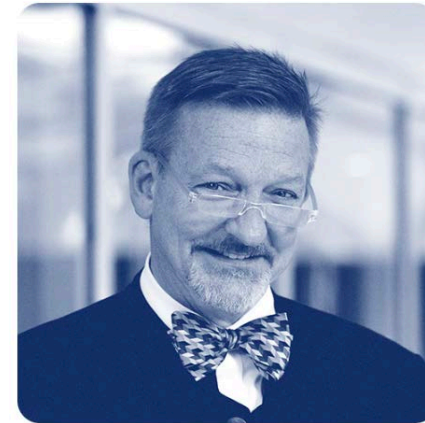
A London-based architect and academic, she is the author of the award-winning books *Hungry City: How Food Shapes Our Lives* (2008) and *Sitopia: How Food Can Save the World* (2020).

Her concept of sitopia, or food-place (from the Greek sitos, food + topos, place) has gained international recognition across a broad range of fields in design, ecology, academia and the arts.

Carolyn studied architecture at Cambridge University and has since taught at Cambridge, London Metropolitan University, Wageningen University, The University of Science and Gastronomy in Pollenzo and at the London School of Economics, where from 1998-9 she was the inaugural studio director of the Cities Programme.

Her lecture series *Food and the City*, delivered at Cambridge between 2002-12, was the first of its kind. Carolyn is a non-executive director of Kilburn Nightingale Architects in London and a trustee of the Oxford Food Symposium. She writes and broadcasts regularly about food, cities and culture and is in international demand as a speaker. Her 2009 TEDGlobal talk has received more than one million views. He is the Member n. 218 of the Portuguese Association of Urbanists.

<https://www.carolynsteel.com/about-me>



CHRIS LUEBKEMAN

Educated as geologist, engineer and architect. Former Professor at: Swiss Federal Institute of Technology, Zurich; University of Oregon; Chinese University of Hong Kong; Massachusetts Institute of Technology.

In 1999, invited to join the Arup Group as Director, R&D; became an corporate intreprenuer and in 2002, founded the Foresight, Innovation + Incubation team; has led hundreds of workshops and strategy sessions exploring the potential impact of key drivers of change within cities and sectors, including mobility, hospitality, retail, leisure, energy...etc.

Author, facilitator, international speaker, futurist, strategist and commentator on contemporary global change.

<https://chris-luebke.com>



DOUGALD HINE

Dougald Hine is a social thinker, writer and speaker.

After an early career as a BBC journalist, he co-founded organisations including the Dark Mountain Project and a school called HOME. He has collaborated with scientists, artists and activists, serving as a leader of artistic development at Riksteatern (Sweden's national theatre) and as an associate of the Centre for Environment and Development Studies at Uppsala University.

His latest book is *At Work in the Ruins: Finding Our Place in the Time of Science, Climate Change, Pandemics & All the Other Emergencies* (2023).

He co-hosts *The Great Humbling* podcast and publishes a Substack called *Writing Home*.

<https://dougald.nu>



FEDERICO SAVINI

Federico Savini is associate professor in environmental planning, institutions and politics. He is coordinator of a wide research network on postgrowth urbanization, the Postgrowth City Coalition.

He does research on urbanization and the social metabolism.

<https://www.postgrowthcities.com>



FERNE EDWARDS

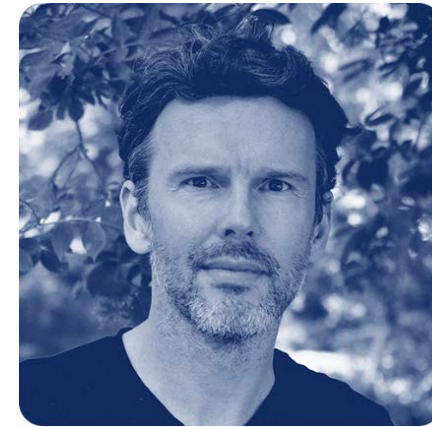
Ferne is an interdisciplinary social scientist based at the Centre for Food Policy, City University London.

Her work explores the justice, politics and sustainability of diverse food economies in city-regions. Ferne has conducted ethnographies on food waste, urban beekeeping, alternative food economies, food sharing and food policy in Australia, Venezuela, Spain, Norway and the UK, contributing knowledge to urban natures, conservation, design, and healthy and resilient cities.

As a Research Fellow on FixOurFood, Ferne is part of a work package that examines and contributes towards developing the policies, governance structures, and decision-making processes that are necessary to transform the UK's food systems.

Ferne holds a PhD in cultural anthropology from the Australian National University. She has been involved in a wide range of international research projects, including SHARECITY, EdiCitNet and FoodCLIC. She is the editor of three books: *Food for Degrowth: Perspectives and Practices* (with Nelson, Routledge, 2021); *Food, Senses and the City* (with Gerritsen and Wesser, Routledge, 2021) and *Urban Natures: Living the More-than-Human City* (with Popartan and Pettersen, Berghahn, 2023). Her monograph based on almost twenty years of field research, *Food Resistance Movements: Journeying through Alternative Food Networks*, was published in 2023 (Palgrave).

<https://www.citystgeorges.ac.uk/about/people/academics/ferne-edwards#:~:text=Ferne%20is%20an%20interdisciplinary%20social,food%20economies%20in%20city%2Dregions>



FREDRIK MOBERG

Dr. Fredrik Moberg is author of a popular science book on Biomimicry called 'Den uppfinningsrika planeten – Biomimikry och naturens lösningar på vår tids utmaningar' (2021).

He holds a PhD in systems ecology and is co-founder and co-director of Albaeco, an independent organisation communicating the latest in sustainability science. He is also a senior communications advisor and researcher at Stockholm Resilience Centre, Stockholm University.

As an advisor in the fields of sustainable innovation and sustainable business strategies; member of the strategic council of RE:Source (Sweden's leading research and innovation investment within the resource and waste area); and member of the Adjudication Committee for the Nordic Council Nature and Environment Prize.

Author, facilitator, international speaker, futurist, strategist and commentator on contemporary global change.

<https://www.albaeco.se/team-1>

<https://www.nok.se/titlar/a7/den-uppfinningsrika-planeten/21a97033-9488-4f9e-a8b6-6e894b279b9d>

<https://www.nordicbiomimicry.org>



GIORGOS KALLIS

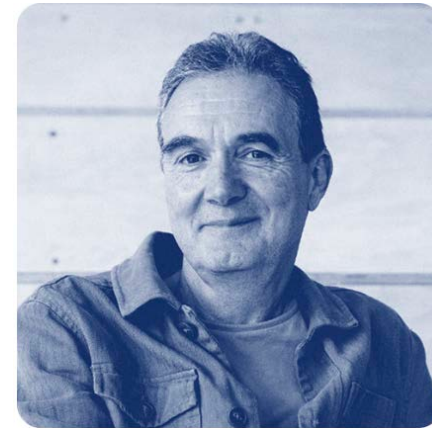
Giorgos Kallis is a political ecologist and one of the main pioneers of degrowth research. He is an ICREA professor at ICTA, Autonomous University of Barcelona.

Kallis completed a Marie Curie Fellowship at UC Berkeley in 2008 and holds a PhD in environmental policy from the University of the Aegean, as well as degrees from Imperial College London.

He has published widely on degrowth and is now researching the political conditions and social movements necessary to bring about a radical socio-ecological transformation.

Kallis is the author of *The Case for Degrowth and Limits: Why Malthus Was Wrong, And Why Environmentalists Should Care*.

<https://housmans.com/product/the-case-for-degrowth/>
<https://www.sup.org/books/politics/limits>
<https://www.icrea.cat/community/icreas/17610/giorgos-kallis/>



JUSTIN LEWIS

Justin Lewis is Professor of Communication and Creative Industries at the Cardiff School of Journalism, Media and Culture. He is Director of Clwstwr, an R&D innovation centre for the screen and news sectors funded by the AHRC and Welsh Government, and Director of media.cymru, a £50 million collaboration of 23 partners aimed at boosting inclusive, sustainable media innovation in Wales. As former Head of School and Dean of Research, he helped establish both Creative Cardiff and the Centre for Community Journalism.

From 2019 to 2022, he chaired the UK Research Excellence Framework (REF) Panel for Communication, Cultural and Media Studies, Library and Information Management. His academic work explores media, politics, culture, and public engagement. His books include *Constructing Public Opinion* (2001), *Citizens or Consumers?* (2005), *Shoot First and Ask Questions Later* (2006), *Climate Change and the Media* (2009), and *Beyond Consumer Capitalism* (2013), among others.

Professor Lewis is Chief Field Editor for *Frontiers in Communication* and has contributed to numerous academic journals, including *Nature Reviews Immunology*, *Journalism Studies*, *Digital Journalism*, *Sustainability*, *Media, Culture & Society*, and *Theory, Culture & Society*.

<https://profiles.cardiff.ac.uk/staff/lewisj2>
https://www.politybooks.com/bookdetail?book_slug=beyond-consumer-capitalism-media-and-the-limits-to-imagination--9780745650234



JENNIFER HINTON

Jennifer Hinton is an ecological economist, systems researcher, educator and activist in the field of sustainable economy.

Her work focuses on how societies relate to profit and how this relationship affects global sustainability challenges.

She developed relationship-to-profit theory, which explains how key aspects of business and markets drive social and ecological sustainability outcomes.

In her forthcoming book, she offers a vision of a sustainable economy that is entirely not-for-profit.

As an activist, she collaborates with civil society organizations, businesses, and policy makers to transform the economy so that it can work for everyone within the ecological limits of the planet.

<https://jenniferhinton.org>



KATE SOPER

Kate Soper is Emerita Professor of Philosophy and a former researcher with the Institute for the Study of European Transformations at London Metropolitan University. She was an editor with *Radical Philosophy* and *New Left Review*, and a columnist for the US journal, *Capitalism, Nature, Socialism*. She was active in the peace movement in the 1980s and a Chair of the European Nuclear Disarmament movement.

She is a translator, among others, of Sebastiano Timpanaro, Norberto Bobbio, Michel Foucault, Cornelius Castoriadis and Carlo Ginsburg.

Her own books include: *On Human Needs: open and closed theories in a Marxist Perspective*; *Humanism and Anti-Humanism*; *Troubled Pleasures: Writings on Politics, Gender and Hedonism*; *What is Nature? Culture, Politics and the Non-Human*; *To Relish the Sublime? Culture and Self-Realisation in Postmodern Times* (with Martin Ryle); *Citizenship and Consumption* (co-edited); *The Politics and Pleasures of Consuming Differently* (co-edited).

She was lead researcher in the research project on 'Alternative Hedonism, and the theory and politics of consumption' funded in the ESRC/AHRC Cultures of Consumption project, 2004-6. She has since been involved in a number of research projects on climate change and sustainable consumption, including as a Visiting Fellow at the Pufendorf Institute, Lund University, Sweden. Her latest book, *Post-Growth Living: for an Alternative Hedonism* was published with Verso in 2020.

https://en.wikipedia.org/wiki/Kate_Soper



LORENTZ KEßER

Lorenz Keyßer is a PhD candidate at the Institute of geography and sustainability, University of Lausanne.

He conducts research on economic growth imperatives and dependencies in the context of degrowth and post-growth theories. He has an interest in climate justice, post- and degrowth, anarchism as well as plural economics. Earlier research focused on modelling degrowth and post-growth climate mitigation scenarios.

Lorenz grew up in Halle (Saale), Germany, and is a member of the association Degrowth Switzerland.

<https://www.researchgate.net/profile/Lorenz-Keysser>
<https://kolektiva.social/@loke>
<https://scholar.google.de/citations?user=mKh8CxEAAAAJ&hl=fr>



LOUISE HÅRD AF SEGERESTAD

Louise Hård af Segerstad, is a resilience expert and communication strategist with 20 years' experience of working as a bridge between research and practitioners in the sustainability field.

She is the co-director of Albaeco, an independent, non-profit organization, with the principal partner Stockholm Resilience Center at Stockholm University and their extensive international network of transdisciplinary researchers.

Albaeco works with co-learning processes with many actors: companies, municipalities, regions, and authorities around planetary boundaries, sustainability and resilience.

<https://www.albaeco.se/team-1-2>



LUCA BERTOLINI

Luca Bertolini's research and teaching focus on the integration of transport and urban planning for humane, sustainable and just cities, concepts and practices to enable transformative urban and mobility change, and ways of enhancing collaboration across different academic disciplines and between academia and society.

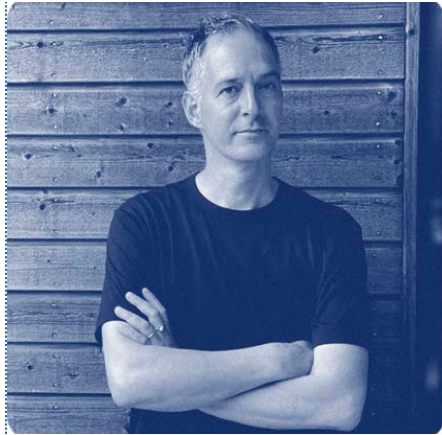


MAJA KUZMANOVIC

Maja is a transdisciplinary artist, experience designer, writer, speaker & process facilitator with a fondness for contemplation, cultivation and futurecrafting. She founded FoAM in 2000 as a Dept. of the Belgian blue-sky research institute Starlab & several FoAM studios. She currently operates nomadically in FoAM Earth & acts as a steward of the FoAM network. Maja's particular approach to people and technology has been recognised by the MIT's Technology Review and the World Economic Forum, awarding her the titles of Top 100 Young Innovator and Young Global Leader. Maja was a researcher & designer at GMD (Fraunhofer) and the Dutch Institute for Mathematics & Computer Science (CWI). She lectured & developed the curriculum for Design Technology at the Univ. of the Arts Utrecht. Her academic background includes art theory and design, design futures, interactive media and public leadership. She studied at the Accademia di belle Arti Venezia, Utrecht School of the Arts, Faculty of Art, Media & Technology, Univ. of Portsmouth and Harvard Univ. / Kennedy School of Government. Maja spends most of her time in between fields and cultures, on the lookout for emergent patterns of change. She is intrigued by transitions and moments when time stands still-peak experiences, rituals and convivial gatherings. In recent years, living with uncertainty became the core of her creative practice. Whether working with environmental turbulence, re-imagining possible futures or hosting participatory events, Maja's work is grounded in care. Care for animate, inanimate and partially animate matter.

<https://fo.am>

<https://www.uva.nl/profiel/b/e/l.bertolini/l.bertolini.html?search=bertolini&origin=PTFMCziOT0Seb0NkngB4UQ>
<https://www.postgrowthplanning.com/podcast/becoming-a-post-growth-planner-4-luca-bertolini/>
<https://www.tandfonline.com/doi/full/10.1080/09654313.2023.2217855>



MARTIN ÁVILA

Martín Ávila is a designer, researcher, and Professor of Design at Konstfack, the University of Arts, Crafts and Design in Stockholm, Sweden, where he is artistic leader for Design. His PhD work (Devices.

On Hospitality, Hostility and Design), was awarded the 2012 prize for design research by The Swedish Faculty for Design Research and Research Education. His postdoctoral project Symbiotic tactics (2013-2016) has been the first of its kind to be financed by the Swedish Research Council.

Martin's research is design-driven and addresses tensions in interspecies cohabitation. He is currently working on a collaborative project entitled "Material Cultures for Interspecies Cohabitation", also financed by the Swedish Research Council (2023-2026).

His latest book Designing for Interdependence: A Poetics of Relating was published by Bloomsbury in October 2022.

<https://www.martinavila.com>



MICHAEL PAWLYN

Michael Pawlyn established Exploration in 2007 and has built a reputation as a thought leader in regenerative design and the circular economy.

He has lectured internationally and, in 2011, became one of only a small handful of architects to have a talk posted on TED.com which has since had over 1.8 million views. His book Biomimicry in Architecture has been the publisher's best-selling title.

Prior to setting up the company Michael Pawlyn worked with Grimshaw for ten years and was central to the team that radically re-invented horticultural architecture for the Eden Project.

He was responsible for leading the design of the Warm Temperate and Humid Tropics Biomes and the subsequent phases. He initiated the Grimshaw environmental management system resulting in the company becoming the first firm of European architects to achieve certification to ISO14001.

<http://www.exploration-architecture.com/studio/team>



MIRIAM MEISSER

Her research bridges cultural studies and political ecology, focusing on how popular culture responds to complex economic and ecological challenges. She examines how film, literature, and lifestyle movements engage with—or at times obscure—the political dimensions of capitalist accumulation and its resulting crises.

While her PhD explored urban imaginaries of the 2008 Global Financial Crisis, her current work addresses the cultural challenge of transitioning from an economic-growth-based hegemony to one grounded in postgrowth principles.

One recent project investigates the rise of minimalist self-help, arguing that it depoliticizes middle-class discontent with capitalist exploitation, while also exploring how minimalist desires might be redirected toward more radical postgrowth politics.

Another strand of her research, conducted collaboratively, investigates regenerative urbanism. Building on critiques that circular economy initiatives often repackage ineffective green growth strategies without addressing power, governance, and justice, we ask: what comes after the circular city?

She is a member of the Dutch degrowth network Ontgroeï, a participant in the Postgrowth Cities Coalition, and co-organizer of the 2021 International Degrowth Conference.

<https://journals.librarypublishing.arizona.edu/jpe/article/id/2972/>
<https://www.tandfonline.com/doi/full/10.1080/17530350.2019.1570962>



ROB HOPKINS

Rob Hopkins is the co-founder of Transition Network and of Transition Town Totnes, and author of several books including 'The Transition Handbook' and most recently, 'From What Is to What If: unleashing the power of imagination to create the future we want'.

He is an Ashoka Fellow, has spoken at TED Global and at several TEDx events, and appears in the French film phenomenon 'Demain'.

He holds a PhD from the University of Plymouth as well as 2 Honoris Causas, and hosted 100 episodes of his podcast 'From What If to What Next'.

In November 2022 he was made an Honorary Citizen of Liège in Belgium. His collaborative music project with artist Mr Kit, 'Field Recordings from the Future', released in May 2025, the same time as his new book 'How to Fall in Love with the Future'.

In his spare time, he draws and makes drypoint etchings

<https://www.robhopkins.net>
<https://transitionnetwork.org>
<https://www.transitiontowntotnes.org>
<https://www.robhopkins.net/the-book/>



RUURD PRIESTER

Ruurd is a systems thinker/doer, designer and a social entrepreneur, with many years in digital design, marketing, innovation and strategy. He is co-founder and strategist of Groundforce Studio, partner in the development of the Doughnut Economics Action Lab website .

Ruurd is co-founder and former chair of the Amsterdam Donut Coalitie, co-founder and board member of Climate Cleanup, and a former Research Fellow at the Amsterdam University of Applied Science – where he also led the sustainability program Re-set.

Currently, Ruurd is mainly active as a designer for DEAL and as a lecturer for the School for Change and the Bio Leadership Fellowship.

Ruurd's favourite motto is from Charles Eames: 'eventually everything connects'.

<https://ruurdpriester.nl>



SILVIA MUGNAINI

Silvia Mugnaini obtained a Bachelor's degree in Economic Development and International Socio-Health Cooperation and Conflict Management at the University of Florence, and then specialised with an MSc in Environmental Studies and Sustainability Science at the University of Lund (Sweden).

Subsequently, she obtained a PhD in Education Science and Psychology at the University of Florence, where she conducted participatory action research in collaboration with the social enterprise and training agency Proforma. The aim of the research was to reflect on and analyse Proforma's practices and operating culture from a sustainability perspective.

Silvia is an expert in the use of collaborative and participatory methods to foster stakeholder engagement and embed learning processes in the workplace.

At ARCO, she supports the Social Economy and Sustainability Management Unit, dealing mainly with the drafting of social and sustainability reports, impact evaluations and organisational consulting".

https://www.linkedin.com/in/silvia-mugnaini-2b5865173/?msgControlName=view_message_button&msgConversationId=2-NmY0Njk4ZWY1NTAzNy000TcxLWJlZTAiMjI0WQIMjUjZTczXzEwMA%3D%3D&msgOverlay=true



TEAM A-CONNECTION

CAMILLA SPERIANI + LORENZO COSTANZO

A-Connection is a nature-connection lab empowering people and professionals to embrace interdependent-ecosystemic thinking and drive meaningful changes in their lives, work, and communities.

The lab is led by two passionate individuals, Lorenzo Costanzo and Camilla Speriani, who both provide a holistic and integrative approach to fostering a deeper connection with nature.

Lorenzo Costanzo is a creative and visionary material scientist, deeply committed to reducing our impact on the planet, driven by a background in innovation, biomimicry, and eco-friendly technologies, he combines his talent for connecting diverse fields with a passion for practical solutions that promote sustainability. His dedication to teaching and simplifying complex concepts ensures his work inspires curiosity and action.

Camilla Speriani, an economist devoted to sustainability, transitioned from driving corporate transformations to focusing on intersectional studies and exploring post-growth economic models. Her work reflects a deep commitment to equitable and regenerative systems, offering a fresh perspective on creating sustainable futures. Together, they cultivate a space for learning, collaboration, and reimagining how we live and work within Earth's boundaries.

<https://www.aconnection.it>



VINCENT LIEGEY

Vincent Liegey is an engineer, interdisciplinary researcher, consultant and lecturer on degrowth, post-growth, ecological economics, and related topics. He is the co-author of several books on Degrowth including *The Routledge Handbook of Degrowth* (2025), *Exploring Degrowth: A Critical Guide* (Plutot Press, 2020) and in French *Sobriété (La Vraie): Mode d'emploi* (Tana Editions, 2023), *Décroissance, Fake or Not* (Tana Editions, 2022), and *Un Projet de Décroissance* (Editions Utopia, 2013).

He is also the coordinator of Cargonomia — a center for research and experimentation on degrowth and social cooperative for sustainable logistical solutions and local food distribution using cargo-bikes in Budapest.

He is the coordinator of the International Degrowth Conferences and the French Observatory on Degrowth and Post-Growth.

<https://www.projet-decroissance.net>
<https://cargonomia.hu/join-us-new/>
<https://www.linkedin.com/in/vincent-liegey-6070a1154/>

NEXT STEPS

Ideas and intentions

This has been a challenging project to complete, partially because the research landscape in the topic of post-growth is so dynamic. When I embarked on this journey, there were few resources that were being offered. However, during the project many new sources, books, experts and conferences or workshops have occurred. The other challenge has been to portray post-growth from the many various perspectives and disciplines we wish to represent, from both a macro and micro level. It has been a very enriching and learning path, and I am so content to have traversed it.

As for the next phase of Polymundi, there are several pathways we would like to follow:

- continued interviews with experts and adding their recordings to our visions archive online
- continue to add world-building narratives to the visions archive collected from players of Polymundi
- include the game as a pedagogic instrument with students, faculty, architects, planners and others that would be interested.
- continued talks, sessions and workshops
- presenting at a conference on degrowth, or at universities that specialise in the subject as part of the curriculum (ie: University of Amsterdam Dep. of Geo, Planning and Int. Development studies | Center for Urban Studies - upcoming conference 2026 "Degrowth and the Politics of Space: Tools for Thought and Action")
- making additional Polymundi game sets and distributing them to the network we have created in these years

All of these intentions will require further funding and support, but it has been clear that the project has been well received and our network has widened because of the visions archive.



Photo: David Relan



POLYMONDI

A BOARD GAME ABOUT POST-GROWTH

Project Leader: Anna Maria Orrù
www.polymundi.org

Polymundi is a creative design-research project exploring how cities and communities would be beyond capitalism and endless growth. Developed as a board game and online platform, it invites participants to imagine post-growth futures centered on wellbeing, care, and cohabitation. Through gameplay, players address contemporary challenges by constructing alternate post-growth visions. The platform extends the learning by providing additional resources and visionary ideas from experts across design, architecture, economics, philosophy and more.

Polymundi är ett kreativt designforskningsprojekt som utforskar hur städer och gemenskaper kan fungera bortom kapitalism och ständig tillväxt. Projektet finns både som brädspel och digital plattform och bjuder in deltagare att föreställa sig framtider där fokus ligger på välmående, omsorg och samlevnad. Genom spelet får deltagarna arbeta med nutida utmaningar genom att skapa alternativa bilder av hur ett samhälle utan tillväxt kan se ut. Plattformen fördjupar lärandet genom att erbjuda fler resurser och visionära idéer från experter inom design, arkitektur, ekonomi, filosofi och andra områden.