

Challenging and embracing everyday life for transition towards degrowth

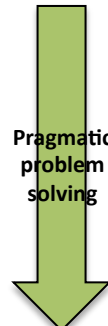
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Everyday life: Experience, Thinking, Acting

Food IT mobility

Everyday life assumptions: things taken for granted/unreflected



- Everyday life assumptions**
1. Values, Factual beliefs and acceptance of institutions based on them
 2. Enable everyday life: fixed values, beliefs and institutions define problems: allow pragmatic problem solving, without reflection about problems
 3. Constrain everyday life: what is good and real is fixed
 4. Some values, beliefs and institutions facilitate **growth based** everyday life

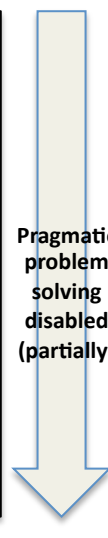
Transcendence of everyday life

Institutions: agricultural/food industry, regulations

Values: professional job (money for consumption) VS household/subsistence

Beliefs: efficiency and stability of professionalized, specialized, industrialized society

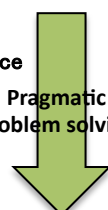
Community gardening, community supported agriculture



- Transcendence**
1. Reflecting everyday life values, beliefs, institutions.
 2. Challenging **growth based** everyday life and its assumptions. Buying food in supermarket: (1) values: professional job (money for consumption) VS household/subsistence. (2) beliefs: efficiency and stability of society. (3) institutions: agricultural/food industry, regulations
 3. Reconsidering values, Exploring new facts, institutions, alternative everyday lives
 4. Disabled problem solving causes cost of transcendence. It limits: (1) Extent in time → need to go back to everyday life. (2) Amount of assumptions reflected at once → need for renewed transcendence to address different areas of everyday life

Modified everyday life

Renewed transcendence



- Modified everyday life assumptions**
1. Enable and constrain modified everyday life
 2. Modified problem definitions and solutions
 3. Facilitate **less growth based everyday life**

Types of transcendence	Strength	Weakness	Facilitation
Free reflection individual introspection or interactive	Transcends institutional constrains	Not building on established/ institutionalized knowledge →reinventing wheels	Create social space for free reflection
Scientific transcendence institutionalized realm of everyday life transcendence	Transcends perspective of individuals	Constrained by scientific trends and historically grown institutions (disciplines)	Support scientific disciplines transcending growth
Transformative action and experience Action not addressing pragmatic issues	Transcends intellectual and rational ways to understand the world	Transcendence of time and space limited	Explore other everyday lives
Externally forced Social coercion or environmental disaster	breaks all assumptions at once	No humane everyday life possible	undesired

- Conclusions for transition towards degrowth**
1. Dialect of pragmatic problem solving in everyday life and transcendence needed to change towards a degrowth society
 2. Three complementary types of transcendence are needed: free reflection, science and transformative action and experience

Main reference for conceptual inspiration: Schütz, A., T. Luckmann. 2003. *Strukturen der Lebenswelt*. UVK Darmstadt.
Photographs by: Irfan Nasir, Velela, JakeLM, Johannes Timaeus