

Degrowth Primer – for use in advance of the Degrowth Thematic Solution Ideation Workshop, 21 November, 2025

The aim of the Degrowth Thematic Solution is to discuss and research degrowth strategies, and to make research knowledge about degrowth more widely available within and beyond UCPH. And at this Ideation workshop, we invite you to arrive with ideas on two questions: 1) *What could this thematic solution provide, and 2) How might you contribute?* As noted in the invitation, we assume participants also arrive informed about the understandings of degrowth that underpin this Thematic Solution, as we will not have time to both provide a thorough introduction and address misconceptions, as well as collaboratively plan our future steps. We prefer to focus with you on the latter!

If you are uncertain about degrowth, and aware that the term is often misconstrued, we invite you to look at a few (of many) available resources, to help align your understanding of degrowth with that underpinning this Thematic Solution:

- A recent (2022) article in Nature, entitled ‘Degrowth can work — here’s how science can help’, by Jason Hickel, Giorgos Kallis, Tim Jackson, Daniel W. O’Neill, Juliet B. Schor, Julia Steinberger, Peter A. Victor & Diana Ürge-Vorsatz. <https://www.nature.com/articles/d41586-022-04412-x>
- A 2023 video entitled ‘Pathways towards Post-Growth’, featuring scholars Julia Steinberger, Jason Hickel, & Giorgos Kallis. https://www.youtube.com/watch?v=umg2pGadrc8&ab_channel=MetabolismofCities
- A 2023 video interview organized by the UCPH Degrowth Network Online Seminar Series, entitled ‘Degrowth 101 - A critical introduction to green growth and transformation’, feat. Dr. Matthias Schmelzer from the University of Jena, Germany. <https://video.ku.dk/video/85159910/degrowth-online-seminar-series>
- A 2023 video organized by the UCPH Degrowth Network, entitled, ‘Caring for Future: Feminist Perspectives on Degrowth’, feat. Dr. Corinna Dengler from Vienna University of Economics and Business. <https://video.ku.dk/video/86486060/the-degrowth-online-seminar-series-1>
- A 2023 video interview organized by the UCPH Degrowth Network, entitled ‘Degrowth & Strategy - How to enable strategic thinking in theory and practice’ feat. Dr. Ekaterina Chertkovskaya from Lund University, Sweden. <https://video.ku.dk/video/89950752/the-degrowth-online-seminar-series-2>
- A 2022 podcast entitled, ‘It's either degrowth for the rich or climate disaster’, feat. Jason Hickel from London School of Economics. <https://podcast.dissenspodcast.de/172-degrowth>
- Look around the Research & Degrowth International ‘think-and-act-tank’ website: <https://degrowth.org/about/>
- Look around the Degrowth.org website, perhaps especially their library <https://degrowth.info/en/library>

We look forward to seeing you on the 21st!