Utopian Visioning

A workshop of infinite possibilities

Workshop flow?

10:30-10:45 - Introduction - warm up + chain game

(output - word cloud on the board)

10.45 - 10.55 (A) What would you like Tallinn to have more of?
(B) What would you like Tallinn to have less of? (whole group activity)

(output - two columns on the board - MORE of / LESS of)

10.55- 11.10 - What kind of problems emerge from the "More of/ LESS of" table? From the incremental change that are insufficient to an overview of ecological injustice and what can be done to address challenges (show inspiring pictures and tell stories); making it interactive

11.10 - 11.20 - Three areas of ecological injustice - outlines

11.20 - 11.30 - Short intro to utopian visioning

11:30-12:00 - World cafe part I: for 10 minutes in small groups, write down possible solutions to (a) making cities more accessible and walkable for everyone, (b) housing for all, (c) a greener, more biodiverse. Once 10 minutes are up - pass notes around so that other groups can build on the pre-existing ideas

12:00-12:20 - discussion of solutions with whole group

12:20-12:45 - Lunch

12:45-13:30 - Ideating workshop

13:00-13:30 - wrapping up and filling out feedback sheets

Let's meet each other!

Maria Kunevich

Miguel Pascual

Let's meet each other!

- My name is…
- My favorite area in Tallinn is…

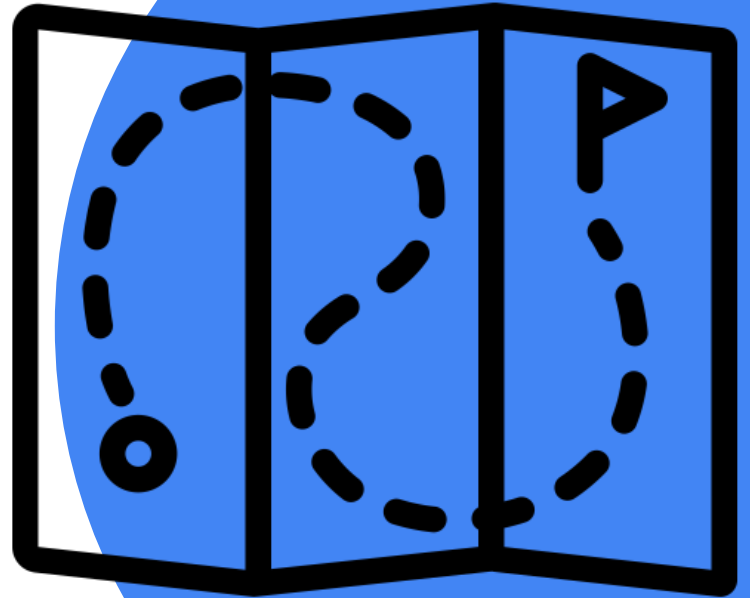Chain-game: name the city

Duration: 15 mins

Workshop roadmap

1) What **problems** do we have with Tallinn?

2) Where are the **overlaps** between all our problems?

3) Lunch time

4) What **solutions** can we come up with? (What has been done before?)

5) Can we commit these solutions to art?

Initial Visualisation Challenge- Brainstorming For Later Art Workshop

- What sorts of **art/colours/images** make you feel **empowered**?

- What images **pop into your mind** while we **discuss our ideas** today?

- How can you **draw/doodle/colour** to best **share your opinion visually**? Create as these ideas come to mind.

- There are **no wrong answers**- every idea is valid in the world of art. Make it as **personal or broad** as you would like it.

Introduce these ideas briefly to keep in mind and act on throughout workshop

Challenges

Introdiction

- **Estimated time: 10 minutes**
- **Work format: Groups of maximum 5 people**

Methods:
(Beginning) Burning questions:

- *Gives each participant the opportunity to ask key questions they hope to cover in the event.*

- *You can use this opportunity to discuss key terminology and scope. Be sure to keep the questions and refer back to them as the event progresses and concludes.*

- *This will help to actualize the participants needs and requests, get them more thoughtful and concentrated.(7 min)*

- *Ask participants to share their questions with other groups. (3-5 min)*

The Concept of Everyday Life

Enjoyment

Having a say

Home and neighbourhood

Making ends meet

Sources of support
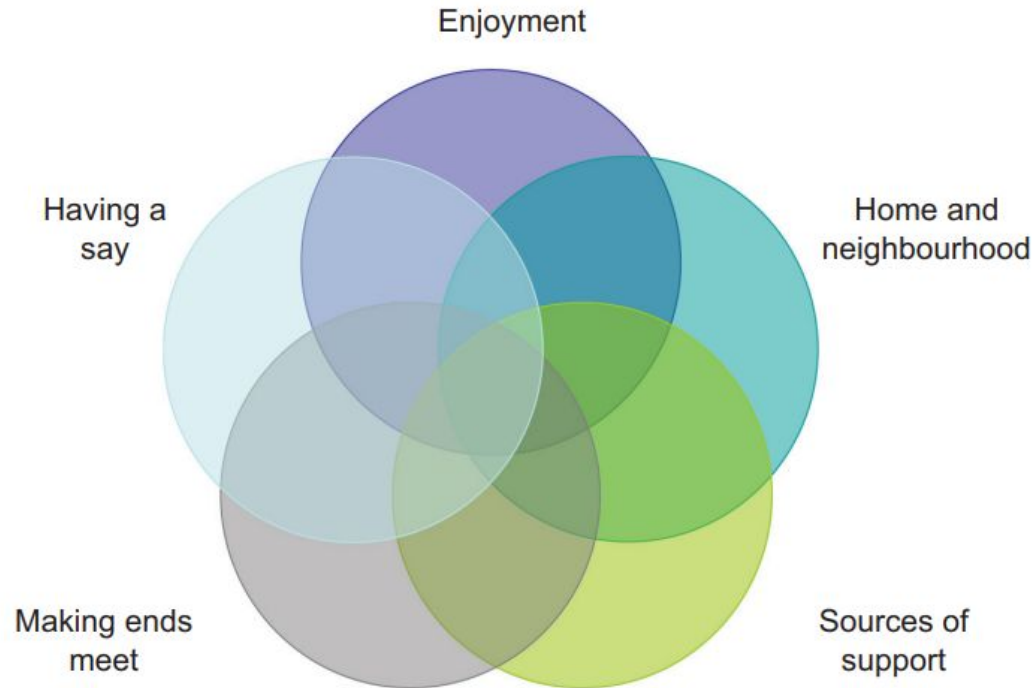
The Concept of Everyday Life

- **Enjoyment**
  sources of and facilities for social interaction, socialising, religion and cultural activity;

- **Home and neighbourhood**
  the dwelling and the surrounding neighbourhood, its environment, facilities and services (e.g. retail, medical services) opportunities for making ends meet;

- **Making ends meet**
  affordable daily life services and goods (e.g. food, transport etc.) income generating opportunities/employment;

- **Sources of support**
  friends and family, social networks, statutory services, voluntary and community groups;

- **Having a say**
  opportunity for voicing desires, preferences, making choices, participation in decisions affecting the individual, household and community.

Mapping Problems

Let's discuss things that Tallinn should have:
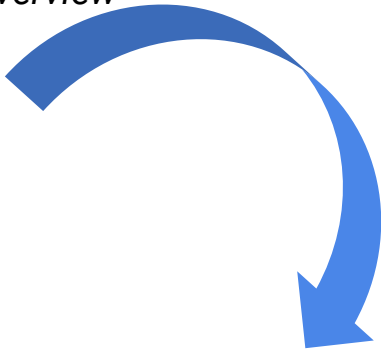   1) More of
    2) Less of

What problems can we address?

Mapping problems

- **Estimated time: 3o minutes**
- **Work format: Groups of maximum 5 people**
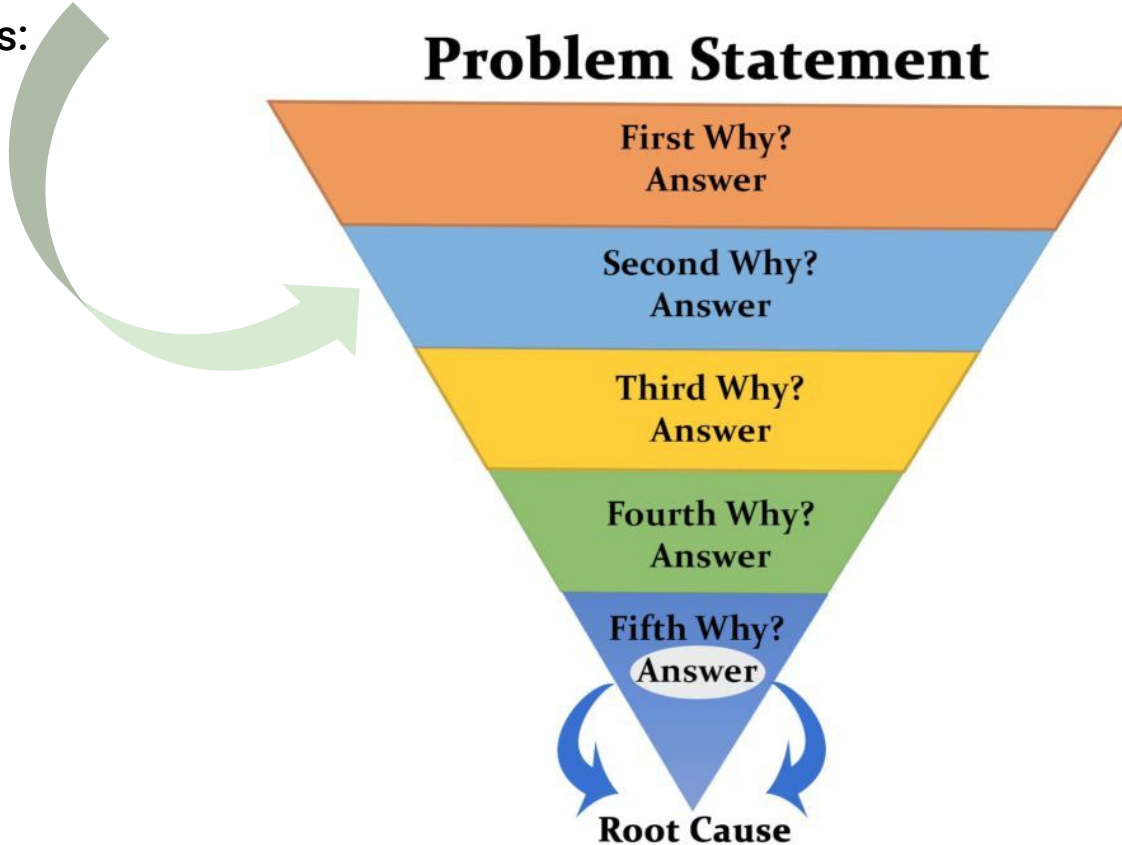
Methods:
Brainstorming

- *Two rounds of 2 minute brainstorming. After each round participants read their ideas out loud to their group*

- *Card sorting: similar ideas are clustered together for a better overview*

- *5 ways:*

Mapping problems
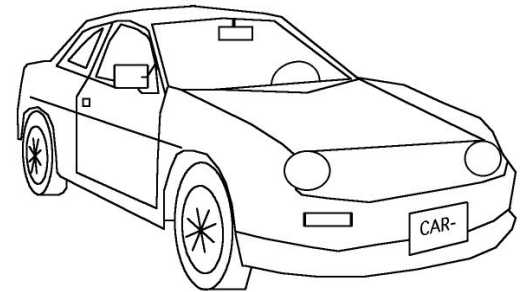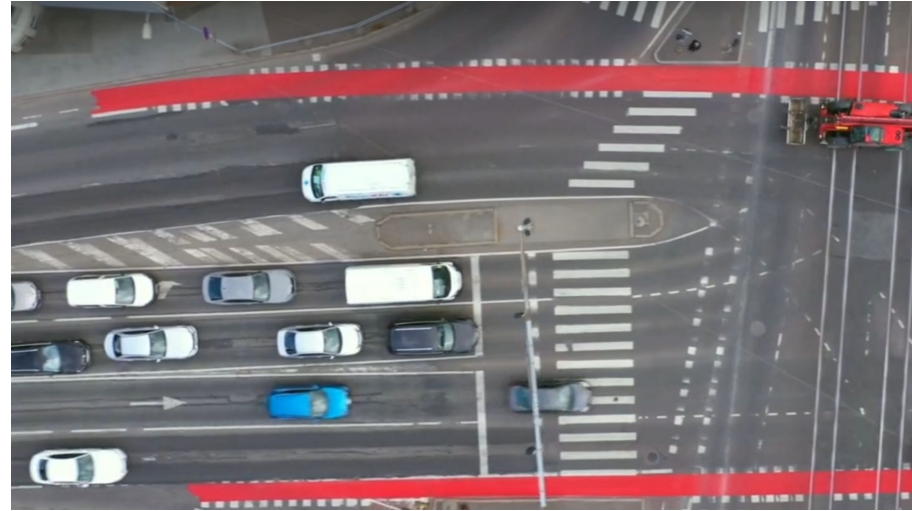
- 5 Ways:

Mobility Injustice

Mobility Injustice

Car Dependency

Has consequences on a **global scale**
- *pollution* - and a **local one**
- *health issues & congestion*

Estonia emitted 2395.75kt worth of CO2 in 2019 -> the aim is to reduce this emission rate to 1700kt.

The current percentage of people who regularly commute via public transport is at 33.9%

Estonia aims to elevate it to 55%.

Homelessness / Poverty

In Tallinn there are 594 homeless individuals - in Estonia in general, it's 1060

The global number of homeless people amounts to 150 million and is expected to grow.

Homeless people are more susceptible to mental illnesses, lack of legal representation and more.

More people are sliding into poverty and homelessness
- the number of food aid recipients in Estonia increased by 65% in June

Now let's look at some radically different alternatives

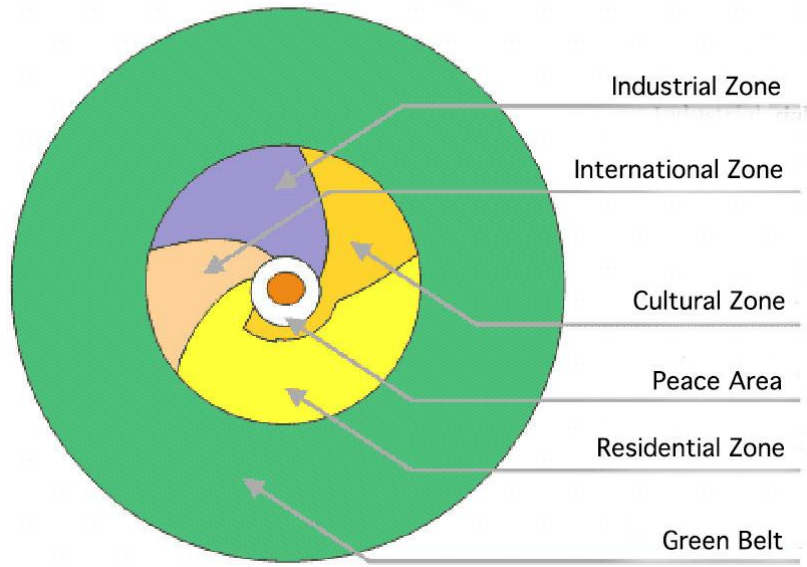The cities that <u>might</u> be

Palmanova, Italy

The "Fortress City"

Auroville, India

Peace Area, City Zones, and Green Belt

Industrial Zone

International Zone

Cultural Zone

Peace Area

Residential Zone

Green Belt

World Cafe - part 1

Separate into groups of three and spend **ten minutes** discussing approaches towards helping solve:

a) **car-dependency**
b) **affordability**
c) **more greenery**
d) **more vibrant culture**

Make notes on your ideas on the provided sheets of paper or your notebooks.

Once ten minutes are up, switch topics and pass your notes to another group.
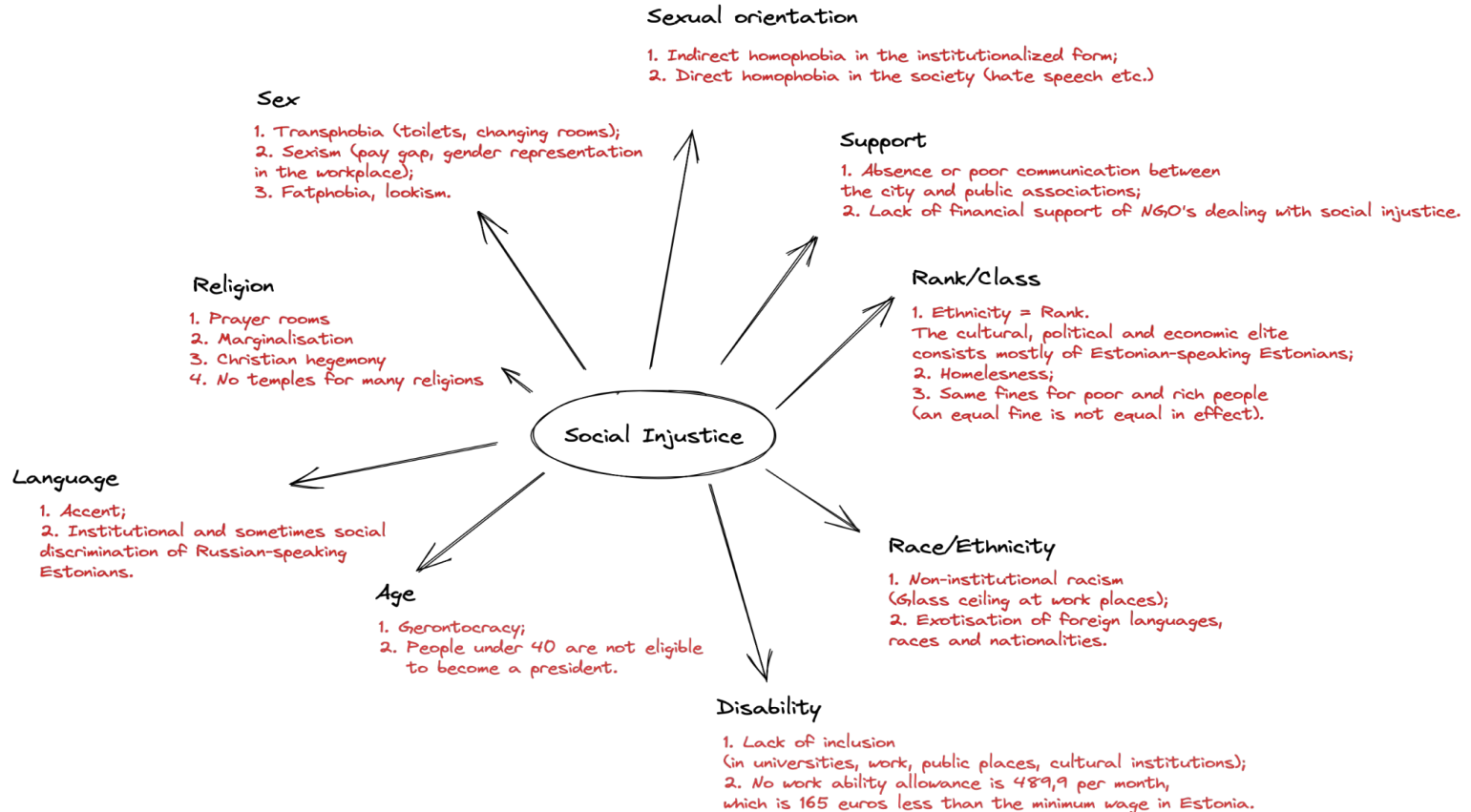
World Cafe - part 2

Discuss your ideas with the group as a whole

See which overlaps can be found between the solutions we've ideated / identified.

Social Injustice

Sexual orientation

1. Indirect homophobia in the institutionalized form;
2. Direct homophobia in the society (hate speech etc.)

Sex

1. Transphobia (toilets, changing rooms);
2. Sexism (pay gap, gender representation in the workplace);
3. Fatphobia, lookism.

Support

1. Absence or poor communication between the city and public associations;
2. Lack of financial support of NGO's dealing with social injustice.

Religion

1. Prayer rooms
2. Marginalisation
3. Christian hegemony
4. No temples for many religions

Rank/Class

1. Ethnicity = Rank.
The cultural, political and economic elite consists mostly of Estonian-speaking Estonians;
2. Homelesness;
3. Same fines for poor and rich people (an equal fine is not equal in effect).

Social Injustice

Language

1. Accent;
2. Institutional and sometimes social discrimination of Russian-speaking Estonians.

Age

1. Gerontocracy;
2. People under 40 are not eligible to become a president.

Race/Ethnicity

1. Non-institutional racism (Glass ceiling at work places);
2. Exotisation of foreign languages, races and nationalities.

Disability

1. Lack of inclusion (in universities, work, public places, cultural institutions);
2. No work ability allowance is 489,9 per month, which is 165 euros less than the minimum wage in Estonia.

Group Discussion and Exercise
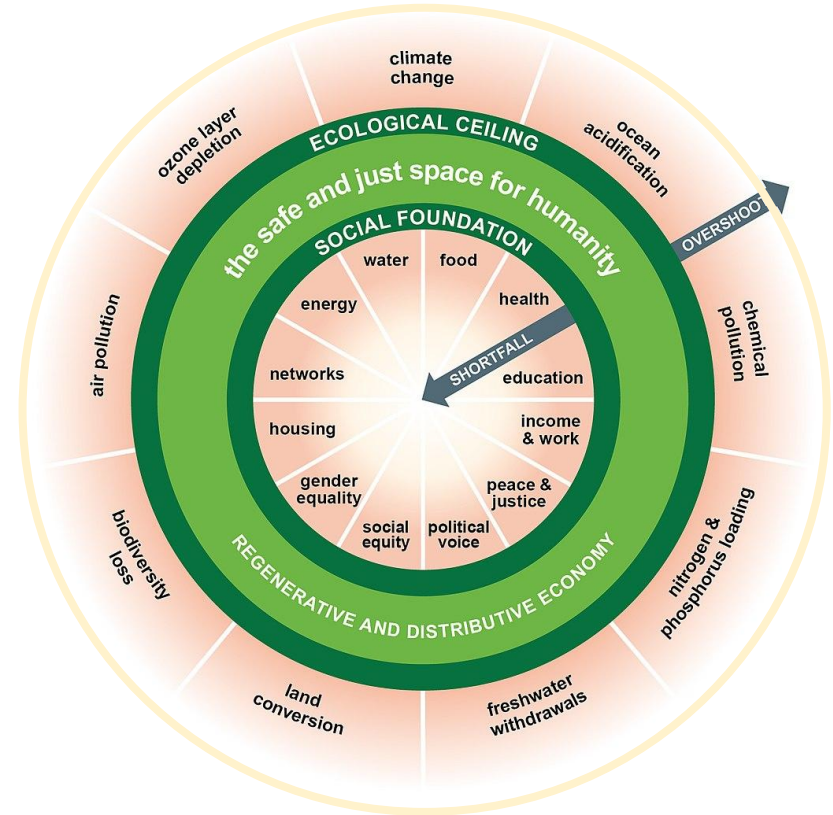
What is Doughnut?

Think of it as a compass for human prosperity in the 21st century, with the aim of meeting the needs of all people within the means of the living planet.

Inner Boundaries
● **Social Foundation**
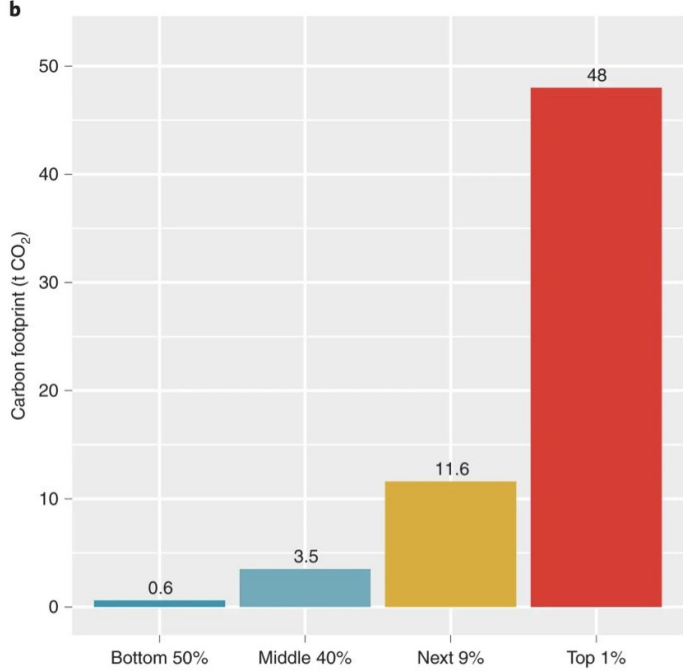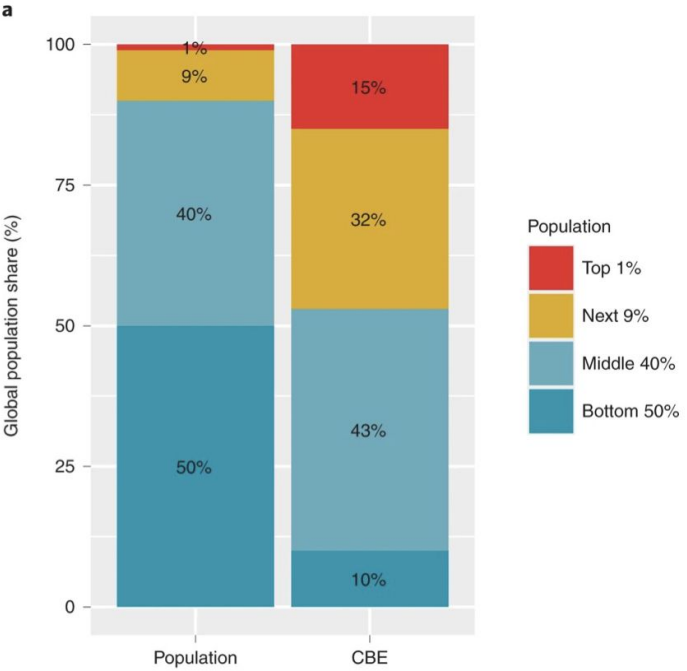minimum standard across multiplies human dimension.

Outer Boundaries
● **Ecological ceiling**
Maximum threshold of environmental degradation

Want to learn more click here

Climate Injustice

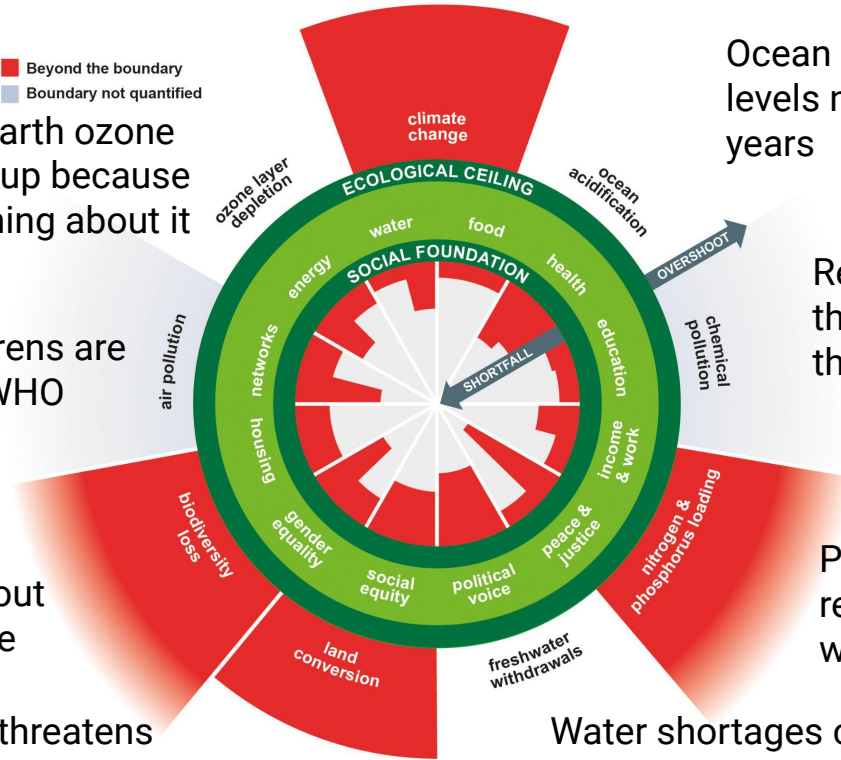Bruckner et al., 2022. Impacts of poverty alleviation on national and global carbon emissions

Economics Doughnut

NASA: Hole in the earth ozone layer finally closing up because humans did something about it

Ocean acidification to hit levels not seen in 14 million years

90% of world's childrens are breathing toxic air. WHO

Research finds humans across the globe have microplastics in their stool

Human have wiped out 60% of animals since 1970, WWF

Land degradation threatens human wellbeing.

Phosphorus pollution reaching dangerous level worldwide

Water shortages could affect 5bn people by 2050

Legend from diagram:
- Beyond the boundary
- Boundary not quantified

Diagram labels: ECOLOGICAL CEILING, SOCIAL FOUNDATION, OVERSHOOT, SHORTFALL, climate change, ocean acidification, chemical pollution, nitrogen & phosphorus loading, freshwater withdrawals, land conversion, biodiversity loss, air pollution, ozone layer depletion, water, food, health, education, income & work, peace & justice, political voice, social equity, gender equality, housing, networks, energy

Connecting the dots

1. How the issues identified connect to one another?

2. Do they stem from the same source?

3. Which of these problems (if any) cause other problems?

4. How have we seen organisations / individuals try solving these problems?
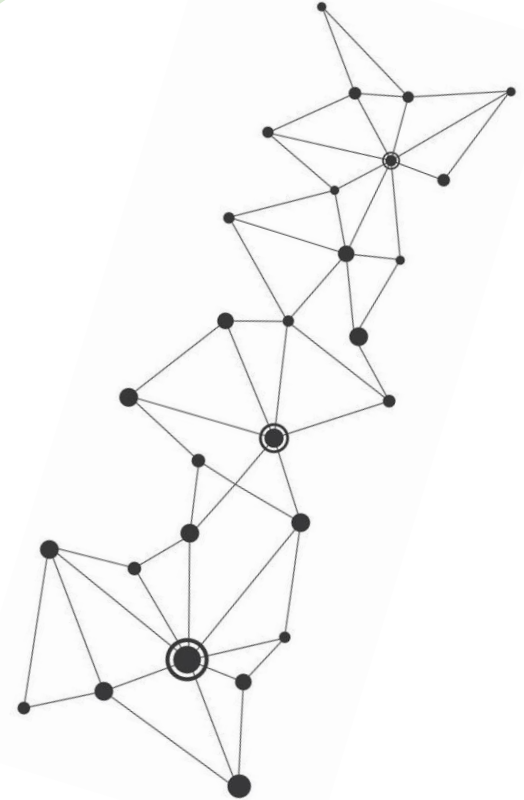
Possibilities

Solution mapping

In groups, discuss the solutions that could address the issues raised

Duration: 30 mins

Mapping possible solutions from participants

Estimated time: 3o minutes
Work format: all participants and groups of maximum 5 people

- *Stage 1. introduction of the session, opening up the discussion (5 min)*

- *Stage 2: mapping possible solutions (15-20min):*
  What if cards -> "What if the city center of Tallinn was a no-car zone?"
  Proposing a solution if you were the major of Tallinn, a startup, an elderly person, a bus driver, etc.
  1 min to brainstorm a solution per perspective

- *Stage 3: discussion of ideas and connecting the issues (input from Design4All team)*
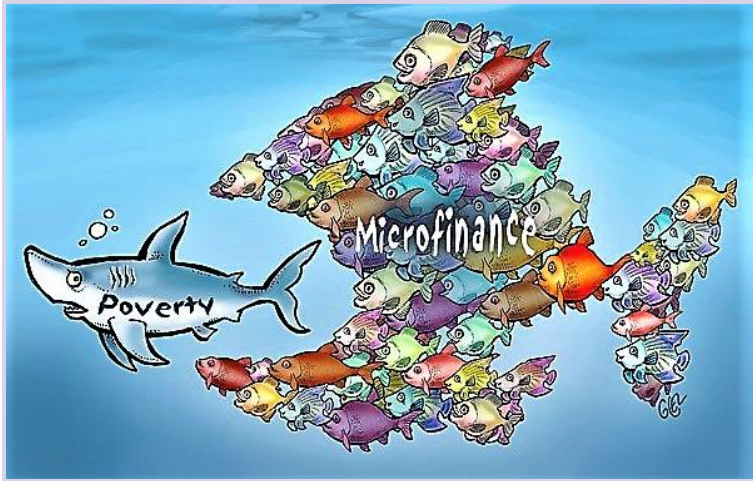
Possibilities

Possible Ways Towards Microfinancing

Microfinancing

PEKKA: Women-Headed Household Empowerment - Economic Advancement in Indonesia
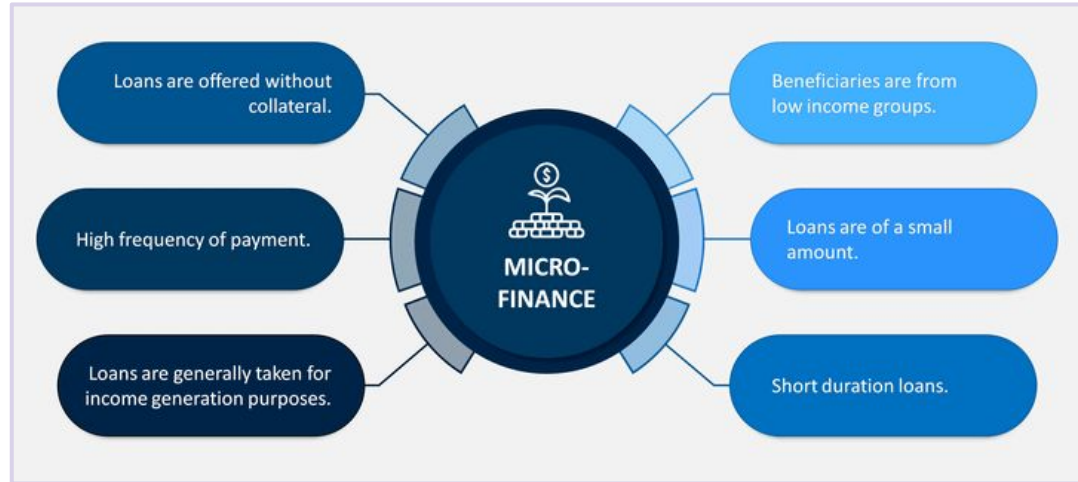
Problems and Purpose

Since 2001, Perempuan Kepala Keluarga (Women-Headed Household Empowerment), also known as PEKKA, has addressed social and economic exclusion of female heads of households in Indonesia. Indonesian marriage law states that the household heads are male, and does not recognize women in this capacity. In Indonesia, women who are heads of households are referred to in the Bahasa language as *janda* – a negative, dismissive term referring to widowed or abandoned women. By naming the organisation PEKKA, it sends a social and political message.

The PEKKA community works proactively as an actor to change formal structures (visible power), values and beliefs (invisible power), and informal structures (hidden power), by promoting access and control over resources and decision-making (change in policy), and internalization of new values (attitude change). As such, it seeks to influence economic, political, juridical, social and cultural dimensions of power.

Where Women Can Get a Support?

Art workshop

Group Discussion and Exercise

- **Brainstorming**: How can all participants be involved in visually expressing the ideas discussed?

- What sort of doodles/sketches/ideas were formed beforehand?

- **Split into groups**: Together, discuss/create ways of combining ideas into larger pictures

- How can we take what was made and combine it into something bigger?

- **Reconvene**: How can the bigger pictures be harmonized together?
- Any recurring ideas, images? Any ideas to combine together?

Duration: 30 Minutes

Group Discussion and Exercise

With the material gathered here, we hope to create a mural to install somewhere in Tallinn. We would like the mural to be:

- impactful, relevant, and relatable

- a collective, community effort

- addressing current issues in the community, and to spark discussion amongst people who see it

Lunch Time

Until 12:45

What might transformative change look like?

**Now let's play and try to visualuse some of our ideas and get
radically different alternatives of Tallinn**

DALL - E 2

DALL·E 2

How to write prompts:
- **Content** describes the motifs you want to get from the AI model
- **Modifier** drives visual features, character, "vibe" of the image

To add the details, describe:

- The type of image (photo, painting, etc.).
- Then the **people, animals, and objects.**
- Followed by t**he landscape**.
- And finally, **the context**

DALL·E 2

- glass domes, lush green, water reflections, futuristic city, sci-fi, hyper-detailed, deep color, fantastical, intricate detail, splash screen, complementary colors, fantasy concept art, trending on Artstation, volumetric lighting, Unreal Engine 5, Octane render

- a space city, photorealistic, god rays, artstation, deviantart, unreal engine, intricate details

- Giant office skyscraper in the shape of a lemon

DALL·E 2

Re-designing the spaces

- Tallinn's ugliest spot

- How can we change it?

Deep design shapes what organisations can be and do in the world

Purpose

Networks

Governance
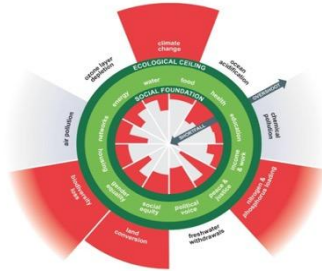
Ownership

Finance

How much value can we extract from this organisation?

How many benefits can we generate through this organisation?

Ecological Economics

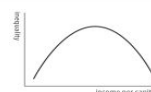| Seven Ways to Think:	From 20th-Century Economics		To 21st-Century Economics	
1. **Change the Goal**		GDP		the Doughnut
2. **See the Big Picture**		self-contained market		embedded economy
3. **Nurture Human Nature**		rational economic man		social adaptable humans
4. **Get Savvy with Systems**		mechanical equilibrium		dynamic complexity
5. **Design to Distribute**		growth will even it up again		distributive by design
6. **Create to Regenerate**		growth will clean it up again		regenerative by design
7. **Be Agnostic about Growth**		growth addicted		growth agnostic
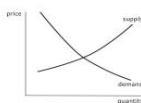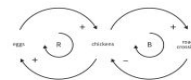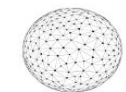
Homelessness and Solution

1. Access to legal representations through mandatory pro-bono work.

2. Reducing the harassment from executive bodies a well as the people themselves

3. Build Permanent Residency and faculties that provide to the homeless the necessary means to return to society

4. Create demands for the aforementioned facilities/housings, which involve rehabilitative activities.

5. The notion of putting pressure on the homeless to use said faculties when they are accessible. By law, by promotion.
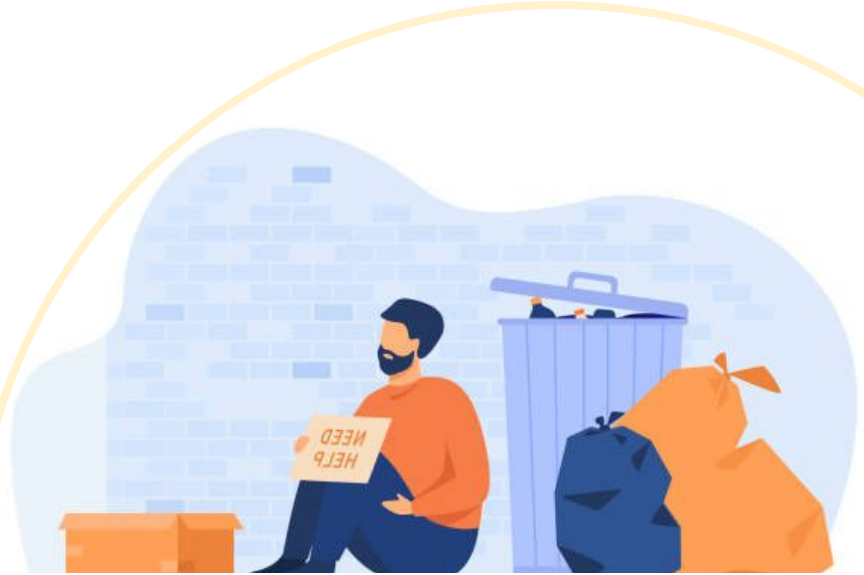
Children Accident Prevention

1. Creation of organizations that focus on highlighting and spotting dangers that surround kids

2. Data collection over incident details can highlight the focus points of what is lacking

3. Connecting joint committees/institutions and focus groups like psychologists, parents, caretakers, architects, planners and designers can improve the quality of preventive measures

4. Providing cheaper and greater accessibility to - Safety equipment, paediatricians, consultants

5. Mandating these changes through regulations and legislation

Brighter Streets and a Prouder Community

1. Evidence has shown that a concern raised by the community inputs a great strain on their local governance to act, that includes the installation of street lights.
2. With more lighting and family friendly environments, such as cafes, could increase community pride, in turn, encourage individuals to care for one another. This also builds confidence in the community
3. Any action, whether community pride or increase in illumination deters the criminal by creating a dilemma of "risk vs reward" on the individual
4. Painter and Farrington, two districts of London, conducted their research with the Local authority and came to a conclusion that by increasing the illumination of their streets have paid off for themselves by 5 to 6 times.
5. Illumination also helps identify suspects, furthering the risk for criminals.
6. The solution is not perfect, as it does not deter burglars, but for that there are other tools.

Nature-based solutions

Nature-based Solutions (NbS) - are defined by the IUCN as "actions to protect, sustainably manage, and restore natural or modified ecosystems that address societal challenges effectively and adaptively, simultaneously providing human well-being and biodiversity benefits." (ref.)
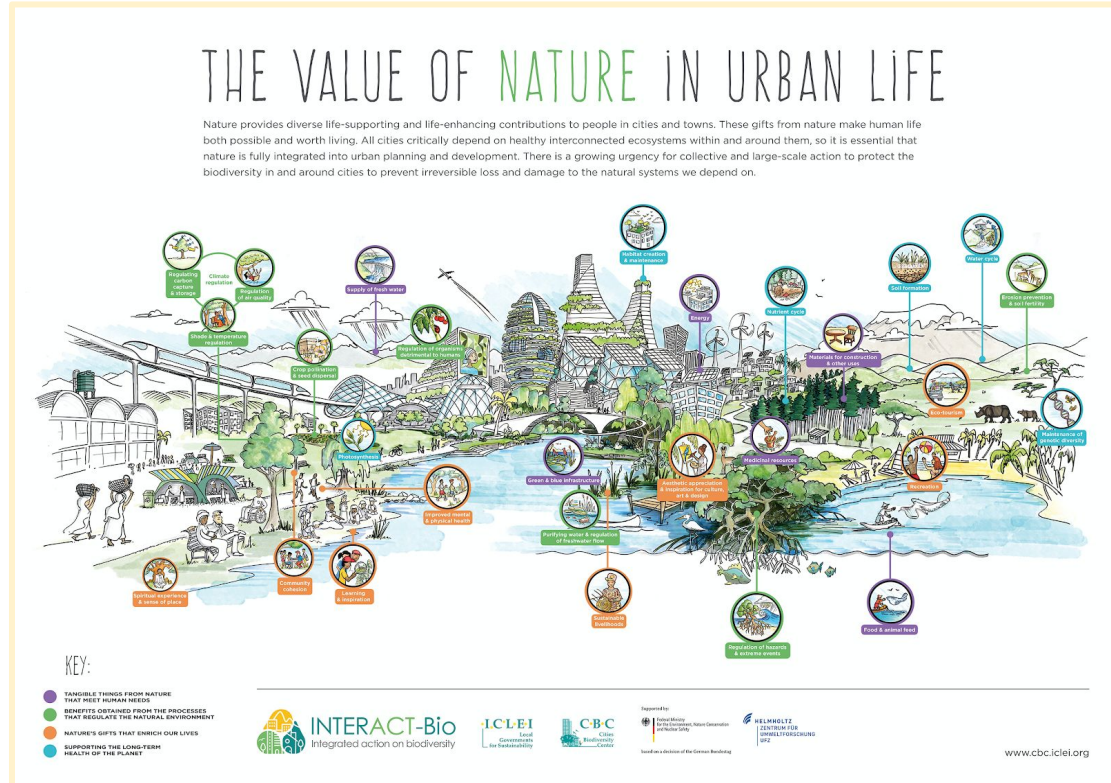
Wrapping up...

In groups, please share **3 main ideas or goals** that you are taking away from our workshop

Duration: 15 mins