

SLOW FESTIVAL 2005

RECLAIM THE PACE OF LIFE!

What is the Slow Festival?

The Slow Festival is a Canberra based event that opens on Saturday 21 October and concludes with a Slow Sunday Community Picnic on 30 October 2005.

Throughout the week many events will be held to celebrate the Slow Movement, Slow Food and other Slow opportunities that Canberra offers. This includes diverse activities such as workshops on slow cooking, local foods and produce; meditation techniques; slow cities and architecture; slow education, parenting and much, much more.

We will also be encouraging people to use this week as an opportunity to explore the many cultural events that showcase our local artists, performers, musicians and dancers.

So grab a friend, your daughter or grandfather, give them an hour or so of your time, and enjoy some of the activities Canberra has to offer.

The Slow Festival is coordinated through The Friends of Blue Gum. This is a not-for-profit incorporated body established to support and promote the objectives of the Blue Gum Community School in Canberra and its uniquely Australian educational philosophy. The festival is also supported by the local Public Relations, Marketing and Event Management company, Adaptions Pty Ltd.

How to participate in the Slow Festival?

A final copy of the program of activities and events will be available in early October. Keep an eye on the local media and on our website

www.canberra-slow-festival.com.au as the Festival approaches for updated information.

If you would like further information on hosting an event as part of the Slow Festival, arranging media interviews for guest speakers, or becoming a Slow Festival sponsor, please contact:

Jodi Hughes

Festival Director

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What is the Slow Movement?

We suffer from time poverty. We are engaged in constant fast-forward motion whereby we are often overscheduled, stressed and rushing towards the next task. Everything comes under this accelerated paradigm - work, eating, family time, even recreation. We no longer take time for the things we consider to be important. We feel driven - to achieve, to have outputs, to appear successful, to be "busy". We have an addiction to speed. We have become a people who are enslaved by speed, mistaking frenzy for efficiency, having succumbed to the Fast Life. The Fast Life disrupts our habits, our home, our families, our diets, and our physical and spiritual wellbeing.

Around the world there is a growing cultural shift toward slowing down. For advocates of the Slow Movement, it is not about rejecting technology or changing our life completely, but rather about finding the balance, the middle path.

It is not an "all or nothing" concept instead it acknowledges the principles of quality before quantity; pleasure over production; depth over breadth; focusing on the journey; questioning speed for speed's sake; honouring and protecting local culture and traditions.

The Slow Movement started in Europe in the mid 1980s with Slow Food and Slow Cities. Slow Food recognises that we can preserve biological and cultural diversity on our plates by supporting local, in-season, often precious-but-obscure produce. Slow Cities encourage walking and more people-interaction.

Slow schools take these principles into the classroom, structuring days for in-depth, time-rich journeys where children discover the wonder and enjoyment of life-long learning. Slow Food programs in schools include a range of garden to table projects that cultivate the senses; teach an ecological approach to food; and commit to awakening a child to the enjoyment and health benefits of quality foods and the principles of land stewardship.

Embracing Slow is as easy as taking the time to enjoy a walk or a meal with friends. It is not about doing everything slowly - it is about intentionally controlling the rhythm of your life.