



# THEME COMMONS

**SUB-THEME:**

***LIFE STYLES***

**TITLE OF WORKSHOP**

**From theory to practice: how to monitor the  
change in lifestyle**



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## **METHODOLOGY: THE INSTRUMENT USED BY BILANCI DI GIUSTIZIA (BALANCES OF JUSTICE) TO MONITOR THEIR CONSUMPTION.**

A family network for consuming less and living better.

### **ABSTRACT**

Heinrich Boell writes of a tourist who is telling a sailor what are the advantages of working more. If you go out in the sea twice or three times a day, the tourist says, you might get more fishes, and get an unstoppable growth going. First a boat, then two boats, then several; a factory for freezing fishes, smoking them and perhaps an helicopter to find the fish schools. "And so what?", asks the sailor. "And so", the tourist remarks with a triumphant smile, "you could sit quietly on the beach, relax under the sun, and contemplate the ocean". The sailor looks at him and says: "That's precisely what I was doing before you arrived".

This little story makes us smile and leaves us puzzled. This is because it points out in a simple way that economic growth is paradoxical. Today many people acknowledge this paradox: yet, it seems difficult to leave it behind. It seems necessary to work hard in order to get the goods and products we need for living. This is so even if working so hard might leave us no time for staying with friends, our husband or wife, our children, reading what we like and cultivate our passions. That is, this is so even if working hard prevents us from living.

The fact that about thousand families joined the proposal of "Bilanci di Giustizia" (Balances of Justice) shows that one can get out of this vicious circle, and be a romantic sailor on the beach. It shows that one can have a high quality life, not so far from the life the sailor hints to. A life which incorporates justice. A life which takes into account the well-being of humanity as a whole.

The balancers (in Italian, 'bilancisti'), as we call those who join the Balances of Justice campaign, really ask themselves the question faced by our sailor. They wonder what sense does it have to work, how they want to do it, for how long and what meaning they want it to have. These questions are connected to the collective research that they have been doing for years. This research is focused on how to change consumer choices.

The story of the balancers contains personal changes and political choices. Every year we reflect on the data we collect in our monthly budgets.



## **Social capital, alternative economy and measurement**

**C. Conti, L. Quattrocioni, A. Righi, E. Segre, GB Sgritta, ISTAT**

### **ABSTRACT**

Wellbeing is a multidimensional concept which changes according to time, places and cultures. Identify dimensions and indicators to measure such a concept is always an exercise that reflects norms, values and priorities of those who participate in the selection process

In Italy ISTAT adopted a complex approach to share all decision at every steps not only with the experts but with the civil society at large

Only a shared approach can guarantee legitimacy to the measures of wellbeing

“the depth of social relationships and the social network where one lives affect psychological and physical well-being of individuals and, at the same time, represent a form of investment that can increase the effects of human and social capital. The household is a privileged observation of relationships but there are other important forms of relationships such as friendship, work, neighborhood, public and private commitment and volunteering. The indicators in this domain will also concern interpersonal trust.”

Relations are considered an important asset that contribute to the formation of social capital (Putnam 1993) and that make possible the attainment, by reducing the transaction costs, of objectives that would not otherwise be achievable (Coleman 1990)

Operationalize the concept: Institutions (State), Civil society, Social economics and Family as drivers of the relational well-being of individuals, families and social groups

**Evaluation of good practices impacts at the small to medium scale: the Friuli Venezia Giulia experience.**

**Stefania Del Frate ARPA FVG — Regional Centre for Environmental Modelling.**



## ABSTRACT

For the evaluation of environmental impacts due to human activities, lifestyles or plans and programs it is essential the identification of measurable indicators that allow to link the activities we're talking about with the effects we're studying. The best choice of the index depends on the type of the impact we want to analyze. The starting point for the evaluation of the efficacy of carried out actions consists in the quantitative assessment of selected indicators and of the identification of relations. These ones link indicators on the one hand with the processes and on the other hand with environmental effects, whatever it is the target (reduction of air pollution, reduction of energy wastes, reduction of ecological footprint etc.). In fact, if we are not able to measure, we've no possibility to act and, on the other hand, if we are not able to identify which of the indicators is best to use and give a sense to collected data, we've no possibility to start specific and effective actions. Therefore, to face in an easy and synthetic way the problem of impacts' quantification, we can consider the equation introduced by Ehrlich and Holdren in 1971 ( $I = P \times A \times T$ ) to determine the human impact on nature. This approach gives us a perfect synthesis and a starting point for our discussion.

The impact of human being on the biosphere (I) is considered equivalent to three variables: P that represents population, A that represents “affluence” (opulence, comfort or goods' use) a term that refers to the amount of goods materials used by each individual for a certain period of time and T that represents technology, that is the technical quality of products (for example amount of polluting agents linked to production and to consumption of a certain quantity of goods material). For the aim of this discussion the following formulation is useful:

Environmental impact = f(Population x Consumption pro capita x Impact per consumption's unit or emission factor). This equation has the advantage to identify the three big macro-areas of action in which the analysis for the impacts' evaluation and the efforts for the reduction of impacts fall.

## TACKLED ISSUES

- Use of monitoring methodologies to evaluate the impacts of lifestyle change.
- Demonstrate statistically the impact of lifestyle changes on different contexts
- Support the transition and the change choices, showing results and creating “stepping stone” objectives



- Life quality and working rhythms reduction
- Pollution reduction and life quality
- Individuation of consumption categories at reduced impact, such as culture
- Good practises and replication opportunities
- Change of attitudes, priorities and freedom to make different choices
- Quality of life for children
- “BES” New categories to define “wellbeing”

## GIVEN ANSWERS

1. It's a question of mentality not of money
2. Useful links where to deepen “BES” and wellbeing measurements → statistics

[www.misuredelbenessere.it](http://www.misuredelbenessere.it)

[www.sbilanciamoci.org](http://www.sbilanciamoci.org)

[www.sbilanciamoci.info](http://www.sbilanciamoci.info)

3. Bibliographies of reference at the end of the papers you can find on

[www.venice2012.it](http://www.venice2012.it)

[www.arpa.fvg.it](http://www.arpa.fvg.it)

## UNANSWERED QUESTIONS, MESSAGES AND COMMENTS

Change demonstrated impacts and statistics/data based studies on the topic . which impact on governments?