

Defamiliarizing experiences in a center for degrowth as one way to promote change

Long paper
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0. Human Ecology

Human Ecology research is about humans and their relations to the rest of nature.

1. The idea

We need change in mental and physical infrastructures

decolonization – defamiliarization - reimagination – ideological
change

But how?

2. The case

Can Decreix

Degrowing (the possibilities for) exploitation of people and nature

3. The study

Understanding defamiliarizing experiences made in Can Deceix

7 humans and their experiences

4. Experiences (1)

“I saw in Can Decreix that one can live really radically. Things which I did not think about before. [. . .]. Like when I wanted to throw away a piece of plastic somebody came and said: Nooooooo, why do you throw this away?

That was so self-evident for me before. I never questioned that in this way. Through the radicalism you actually see that there are so many more possibilities than you had thought before. [. . .]”

4. Experiences (2)

“But when I came back here [to Barcelona] and that was much more difficult because then you realize of many things, which usually you get used to it – like I don't know flushing the toilet. It's like, seriously, we need to put so much water just for going to the toilet, what for? It's like good water. I could drink that water, no?

[. . .] [It is] sort of like some sort of habits, no? They are not good for the planet and probably not good for you either, but just end up doing them, you get used to them and then you forget about them. They are actually not necessary, and I don't know, that's like many other accessory things, that I don't think we really need.”

Experience of being in an alternative normality, which is radically different to their everyday environment

Experience of belonging, being in company with thoughts and ideas which the interviewees didn't find resonance with in their everyday surroundings

Experiences of discovering possibilities, unthought possibilities

Defamiliarizing of the familiar

5. Theory

Persons – society – norms

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Persons – society – norms

Frame of possibilities

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Persons – society – norms

Frame of possibilities

Island of different normality

5. Theory

Persons – society – norms

Frame of possibilities

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Experience and subjectivity

5. Theory

Persons – society – norms

Frame of possibilities

Island of different normality

Experience and subjectivity

Cross-normality experience

5. Theory

Persons – society – norms

Frame of possibilities

Island of different normality

Experience and subjectivity

Cross-normality experience

Theoretical and practical defamiliarization

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Cross-normality experience

Theoretical and **practical defamiliarization**

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Persons – society – norms

Frame of possibilities

Island of different normality

Experience and subjectivity

Theoretical and practical defamiliarization

Power of norms

6. Outcomes

Places where alternative normalities are lived can provoke defamiliarizing experiences, which provoke change of perception, subjectivity

A disruption of habits through experiencing a different normality

Breaking norms means exclusion - To change we need company, to free one self from habits is easier if one is not called crazy by others – places of change can help

The practical experience of alternative ways of acting rather than only an intellectual confrontation with theoretical possibilities helps to unlearn habits.

Thank you!

The paper is based on my Master thesis “Who says what is absurd?
- A case study on being(s) in an alternative normality”, download:

<http://www.lunduniversity.lu.se/o.o.i.s?id=24923&postid=3800314>