Visualising degrowth: strategies for a transformative way forward

AG2129 Project Sustainable Urban Planning —
Strategies for Urban and Regional Development HT2024

Christofer Håkansson, Julia Nordenvall,
Petra Rosenius, Cecilia Sundström,
Jakob Svensson, Valur Elli Valsson

1. Table of contents

2. Abstract

Economic growth and technological innovation have dominated global ideas of societal development for the past centuries. However, in the face of ecological crisis, uneven distribution of resources and structures of social injustice, the growth-centric paradigm needs to be challenged. With the opportunity of envisioning a future Järfälla, this report suggests an alternate vision based on degrowth principles. Degrowth offers a future which prioritises social and ecological sustainability, focusing on social wellbeing and resource-consumption within ecological limits. This report aims at exploring how alternate theory of degrowth can contribute with tools and solutions to complex sustainability issues and as such broaden the operational horizon of Järfälla municipality. To achieve this, the report formulates a future degrowth vision for Järfälla for 2050 together with necessary measures to reach this vision. By conducting a SWOT analysis, identifying current unsustainable conditions and practises in Järfälla, goals of a degrowth 2050 future are formulated. These goals are then incorporated into a backcasting study, where measures to reach these goals are determined. The measures fall into five categories: Land use and zoning adjustments, sustainable local food production and agriculture, circular economy and resource efficiency, shared and communal living spaces, and lastly, public and communal infrastructure. The report determines that these measures will substantially improve social and environmental sustainability in Järfälla. However, the report also identifies challenges amongst these measures. These concern barriers within current legislation and plans, stakeholder willingness to early-stage investments, uncertainty in self-sufficency as well as citizen acceptance towards a degrowth transition. Nevertheless, if these challenges are overcome, the proposal offers a future Järfälla with increased priority towards social wellbeing and ecological limits.

Front page: AI-generated image using promts describing Järfälla in 2050 with degrowth principles from this proposal such as urban gardening and converted office buildings to residential

3. Introduction

Järfälla has ambitious climate targets, aiming to be climate neutral by 2030 – all while continuing to grow and develop expansively (Järfälla kommun, 2024 September 10, personal communication). Järfälla's comprehensive plan for 2050, currently under public consultation, identifies innovation, technological solutions and increased efficiency measures to address the climate crisis (Järfälla kommun, 2024a). It could be argued that the sustainability discourse in Järfälla's policy and planning strategy is largely characterised by what Hagbert et al. (2020) calls an institutionalisation of ecological modernisation, or eco-modern imaginary. Based on neoliberal principles, this predominant belief suggests the solution to the climate crisis is through green technology and innovation; a green model of continuous growth that asserts increased efficiency induced by financial and market-based incentives. Yet recent research (Savini, 2023a; Hagbert et al., 2020) is increasingly sceptic towards the viability of technology as a sufficient measure to mitigate climate change, arguing that more radical measures are needed.

Reports speak clearly: the correlation between economic growth and an increasing planetary footprint is undeniable (see Figure 1). If we are to live within planetary limits, something must change – radically and immediately. In line with recent research, the authors of this report believe fundamental system and behavioural changes are not only possible but essential to mitigate the climate emergency, requiring economical, societal and cultural change. The report will point to the benefits of a shift in values. It will argue that alignment to degrowth principles will result in improved wellbeing of residents when economic development is no longer top priority. The models currently used in evaluating the success of planning actions may impact the value attributed to their outcome. A strictly economic and technological growth-based model may thus neglect the impact of assets that promote non-monetary values. Promoting alternative thinking and metrics enables planners to highlight these otherwise neglected non-monetary values.

While ecological degradation is linear to economic growth, wellbeing is not. As Figure 2 (p.6) demonstrates, in countries who gain a higher GDP the wellbeing also increases – to a certain point. At a certain economic level, the wellbeing curve starts to point downwards. Endless economic growth is not, as such, the key to wellbeing and happiness.

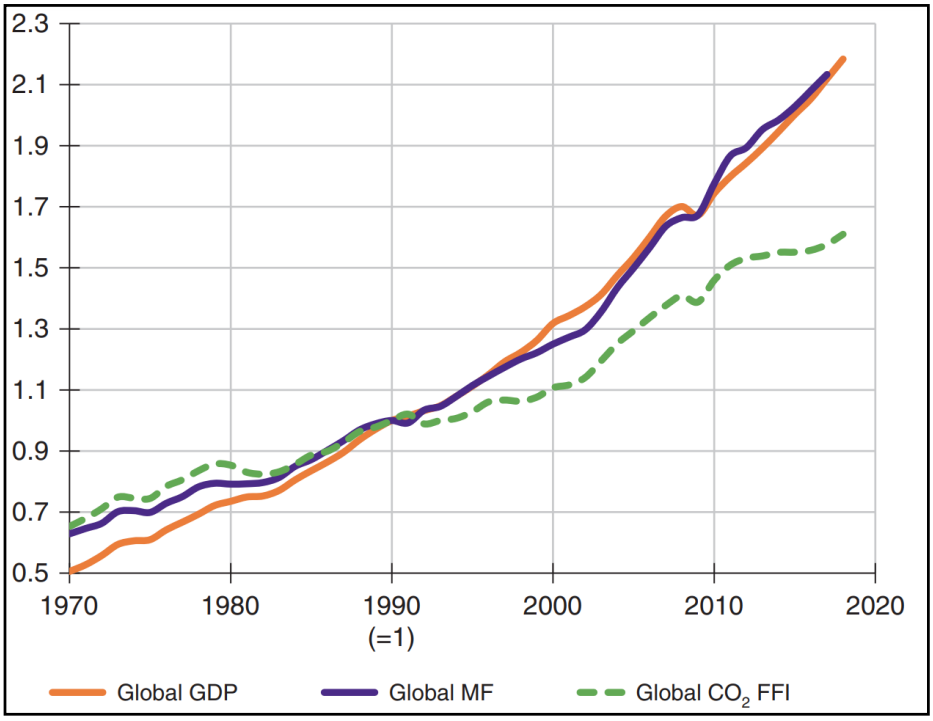


Figure 1: Material footprint and global GDP as outlined in Savini (2023b).

This report will argue that the current planning model with a heavy expansion rate has put Järfälla in a precarious position, vulnerable to global financial fluctuations and with little opportunity to reach the climate targets. We firmly believe that this presents an opportunity for the municipality to rethink and try a new model: recasting sustainable living and implementing a novel approach that better caters to future and planetary needs, and resilience. In adopting degrowth principles, we imagine a major challenge will be changing the mindset. The predominance of growth and its wide acceptance means the antithesis may be difficult to imagine in practice or it may come across as 'unrealistic' or 'dopey' (Hagbert et al., 2021). Degrowth has simply not been considered a viable option by practitioners. How can we create conditions of an openness for a transformative pathway?

While this proposal outlines suggested implementations, ultimately the goal is for Järfälla's residents to take greater role and responsibility in shaping a future vision for sustainable living together. Starting with small initiatives, using what is already there and ensuring everyone is on board will help a successful transformation, as outlined in Figure 3 (overleaf). Figure 3 was made by the authors of this report, inspired by the City of Amsterdam's planned strategies for circular transformation (Raworth, et al., 2020). It outlines steps to be taken when formulating contextualised implementation measures for degrowth.

Visualise – a future Järfälla within the planetary boundaries and just sustainability

Identify – existing projects and initiatives with degrowth principles

Connect – with interest groups, residents and businesses ensuring broad participation

Explore – future visions with residents, actors and stakeholders together

Establish – new parametres for success beyond economic means and with wellbeing at its centre

Promote – new values and ambitions, attracting support, participation and enthusiasm

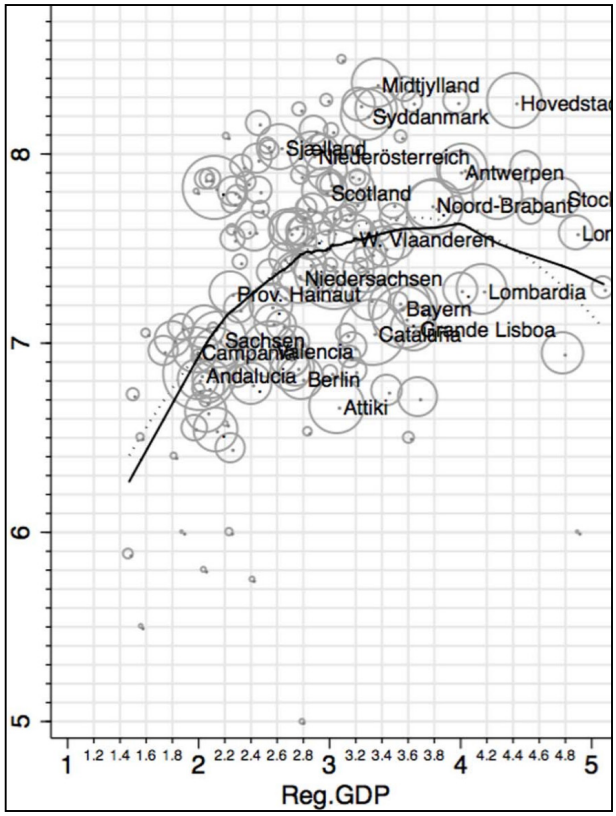
Acknowledge – that change happens incrementally and start with small-scale projects as testing ground for larger projects, encouraging a slow cultural shift

Evaluate – whether small-scale projects work well and are suitable for upscaling

Implement – successful test projects on a larger scale and with support from residents

Figure 3 (above): A roadmap for implementation of transformative visions outlines steps for transformative change. Created by the authors with inspiration from Amsterdam (Raworth et al, 2020). Background image: Aerial view over Barkarby (Järfälla kommun, 2023c)

Figure 2 (right): The correlation between the wellbeing index and regional GDP (Savini, 2023c).



3.1 Aim

This report shows a new vision for Järfälla 2050 based on principles of degrowth and putting wellbeing rather than economy at the forefront of Järfälla's planning policies. The report identifies five sectors within which steps can be taken for practical implementation. The sectors are identified from a comprehensive SWOT analysis, informed by site visits, personal communication with experts and a literature study. From the SWOT we derived areas where degrowth implementation is strong, areas that needs development and some challenges both internal and external. These insights lead to the formulation of goals for degrowth in Järfälla 2050, from which we have formulated a transformative normative vision. Backcasting is then used to identify needed changes and measures for realising the vision.

By including a radically different model, this report helps to expand the vision of sustainable planning and create better adaptability in the imminent future where exponential growth reaches its limits. This report suggests a complete overhaul of Järfälla's current economic structure and aims to explore ways that an alternate sustainability theory can be applied as tools and solutions to complex sustainability issues to broaden the operational horizon of Järfälla municipality. A strictly economic and technological planning model may have led Järfälla to neglect the impact of some of its assets which promote non-monetary values. Planning actions may therefore, consciously or unconsciously, have been left out of the sphere of discussion entirely. Adopting a degrowth view of sustainability may provide the municipality with greater room for action.

4. Contexualizing degrowth

Post growth thinking is a varied and at times contested doctrine that can be viewed as an umbrella term for several different theories. Although the different theories disagree on how a post growth system should be constructed, they all agree that current growth is unsustainable, and that focus should be put on ecological and social justice (Schmidt, 2021). One of these theories is degrowth (Hickle & Hallegatte, 2021). Degrowth is an economic theory, political ideology and social movement which was created with the purpose of challenging todays capitalistic growth-based economy and society (Busch-Hansen, 2018; Savini, 2021).

The capitalist growth-based economy has dominated both the Swedish and global economy for centuries, but lately governing bodies are forced to grapple with the consequences of depleted resources, unevenly distributed markets and structural injustices (Savini, 2021; Xue & Kębłowski, 2022). Degrowth aims to change the economy through democratic means into a system that works within the capacity of nature (Busch-Hansen, 2018). This builds into what Savini (2021) argues to be degrowth's four principles.

—Production and consumption should be reduced
—Society should operate within its ecological limits
—Human wellbeing and quality of life should be prioritised
—Enhancement of both ecological and social justice and equity

The principles are equal and must all be implemented for a system to achieve the goals of degrowth theory. To decrease the strain on local ecosystems and for society to operate within the ecological boundaries of our planet, less production is needed. Intense production of commodities often requires consumption of natural resources at higher levels than can be naturally regenerated. Consequently, to reduce production, consumption would have to decrease as well (Savini, 2021). This may not be such a drastic change for many people around the globe since nearly half of private emissions are connected to the richest 10% of the population (Lehtinen, 2018).

Degrowth encourages a slower, more sustainable pace of living and combats social inequalities through prioritising social values and redistributing resources (Ruiz-Alejos & Prats,

2022). Decreasing production would result in decreased work hours, leaving more room for leisure (Research & Degrowth, 2010). Less work could for many mean less stress, contributing to a reduction in burnouts and other stress-related diagnoses. Voglino et al. (2022). synthesises several studies on health and work hours. They conclude that decreased workhours with retained monthly salary provided significant health benefits to employees, especially related to sleep and stress disorders. In the UK's first pilot study of a four-day work week, results showed that employee productivity paradoxically increased, along with wellbeing and self-reported physical and mental health (Autonomy, 2023).

Sustainable Development Goal number 8 Decent Work and Economic Growth is as the name suggest heavily focused on growth which is presented as "a positive force for the whole planet" (United Nations, n.d.-a). This showcases how deeply rooted economic growth is in today's world order. Degrowth being a direct criticism of growth therefore faces resistance against its implementation. Politicians are one group that often directly oppose degrowth due to the loss of the economy (van den Bergh, 2011). Other actors criticise degrowth as potentially negative for critical societal development, which they argue was only possible thanks to economic growth (Research & Degrowth, 2010). It is important to distinguish between degrowth and economic recession. Degrowth will lead to diminished capital flows and therefore causes a decrease in the traditional economic market. However, the process is argued to be an intentional and regulated one which significantly differs from the uncontrolled fluctuations of market recessions. It is worth bringing attention to the fact that no lasting large scale degrowth trial has been carried out. Thus, economic degrowth have only been studied in practise during short periods of economic recession. Longer periods of study are needed for conclusive answers about the correlation between growth and societal development (Büsch & Koch, 2019).

One of degrowth's key implementations in planning strategy is increased localisation and regional autonomy. To reduce environmental impact and promote both greater social collaboration and equality, there is a need to transition away from globalised, growth-driven economies (Xue, 2022). Localisation often entails enhanced public participation and bottom-up initiatives. It also prioritises shared and collectively managed resources over private profit-driven ownerships in a concept known as "the economies of the common". This also mean that public participation should play an important

role in decision making processes, allowing for the public to influence planning and management of spaces (Lehtinen, 2018). It is also crucial to get actors, apart from those taking part in bottom-up initiatives, like governments, municipalities, policymakers, planners, and the private sector to take part in creating and implementing frameworks that support localised economies, prioritise resource sharing, and ensure sustainable urban development that aligns with degrowth principles.

4.1 Localisation and regional autonomy

Localisation and regional autonomy, as mentioned previously, are key principles within the degrowth ideology that can be applied to urban and physical planning. These principles correlate to each other as they both promote self-sufficiency.

Localisation efforts often play into and build on each other. For example, an important aspect of this is the development of a slow, sustainable transportation network that limits travel distance. Shorter commutes, especially commutes in the form of walking or biking, align with the degrowth ideology as they improve ecological qualities, have less environmental impact, as well as improving physical and mental health, promoting a planning framework that prioritizes wellbeing (Shitova, 2024).

To establish a slow-transportation network, it is essential to also have enough local or sustainably connected employment opportunities. Xue (2022) advocates for the creation of spaces like local markets, small businesses, and other diverse service facilities to enhance self-sufficiency. Scholars argue for revitalisation and densification which involves reducing wasted materials by utilising existing spaces within existing settlements that are either unused or underused to improve land use efficiency (Wächter, 2013). Rescaling is an alternative that instead refers to restructuring the urban fabric to focus on local needs rather than global economic demands and prioritizes spaces for local production and consumption (Xue, 2022). Additionally, relocating agricultural and industrial production closer to urban areas could also decrease travel length and car dependency (Ruiz-Alejos & Prats, 2022).

Authors critical of densification as a measure for degrowth argue that even though localisation may result in decreases

within some sectors, overall consumption and resulting carbon emissions per capita tend to rise in dense environments, which foster high levels of material consumption (Lehtinen, 2018). Therefore, degrowth needs to foster a societal change relating to consumption patterns, to make consumption more responsible.

Although dense urban land use reduces physical expansion, the pressure to accommodate a growing population could none the less result in loss of green spaces, due to limited available land. There is also the question of space and resource efficiency over other values. For example, old or historical buildings could be in danger of being demolished to make space for the urban landscape (Lehtinen, 2018). The construction and demolition phases are often some of the most resource heavy in a building's life cycle. Densification projects could lead to gentrification, leading to issues of social injustice and spatial inequalities (Ruiz-Alejos & Prats, 2022). It would therefore be important for Järfälla to utilise its existing urban fabric to avoid unnecessary resource use.

5. Background: Contextualising Järfälla

Järfälla municipality is made up of four main districts: Barkarby, Viksjö, Jakobsberg, and Kallhäll, forming a polycentric structure. Politically the municipality is currently governed by a coalition between Social Democrats and Moderates, which together make up the majority in the municipal council. This majority was formed during the third quartile of 2024 after the previous majority coalition broke down. In a press release that followed, the current focus was announced to be taking responsibility for the municipality's finances, streamlining its organization and to create long-term financial sustainability (Järfälla kommun, 2024b). Other goals of the political majority include improving schools and healthcare, taking necessary measures against gang related activity and avoid tax raises.

5.1 Challenges and potentials

The following section outlines some of the municipality's qualities to gain insight into local challenges and potentials for adopting degrowth principles. Between 2020-2023 Järfälla had the 5th highest growth rate in Sweden (Ekonomifakta, n.d.). Its population is young with an average age of 39 in 2023. The demography is expected to change with a significant increase of 27.3% in the population aged 80 and above for 2033 (Sveriges Kommuner och Regioner, 2024). Furthermore, Järfälla has an ethnically diverse population with 35% of its more than 87 thousand inhabitants having been born outside of Sweden. At present there are over 60 nationalities, with more than 100 foreign-born residents each. There is a significant segregation issue related to socioeconomic status within Järfälla (Boverket, 2022; Järfälla kommun, 2024b).

In Järfälla's last comprehensive plan from 2014, the municipality describes conditions and challenges in the area (Järfälla kommun, 2014). Regarding policies, Järfälla points to trends of increased globalised investment as main consideration factors when making plans for the future. Järfälla aims to increase its regional and global competitiveness, striving for growth in business life and quality of living. Furthermore, Järfälla aims to follow the Stockholm County directives found

in RUFS 2010 to make Stockholm Europe's most attractive region for investment and living. RUFS 2010 highlights Järfälla as one of the regional cores of Stockholm County, emphasising its importance for local business life and the importance for future development (Järfälla kommun, 2014). This includes a new metro line connecting Järfälla to central Stockholm.

A precondition for the new metro is the construction of large quantities of housing in vicinity to the underground stations in Barkarbystaden (Järfälla kommun, 11 September 2024, personal communication). To satisfy high housing demand in Järfälla and the wider Stockholm region, the municipality has invested heavily in Barkarbystaden's housing and infrastructure (Järfälla kommun, 2024a). Because of the precarious global financial situation, many of these projects are now halted and the municipality is left with high dept, paused construction and no new residents (Lindstedt, 2024). Given the increased costs of living and mortgage rates, for projects that are built, the unaffordability of new homes risks resulting in empty, unsold housing, despite an urgent need (Letmark, 2024; Järfälla kommun, 2024c). As such, construction of new housing can have limited effect on the housing crisis if households are unable to afford the supply, or the supply offered does not match the demand (Järfälla kommun, 2024a) . This shows some of the vulnerabilities of the present system relying on a traditional model of speculative transactions and private developers' growth incentive.

In addressing the housing question, the municipality lists the quantitative housing targets in combination with complex needs and an instable financial market, with affordability, overcrowding and socioeconomic segregation and, as previously mentioned, planned renovations of the public housing stock. (Järfälla kommun, 10 September 2024, personal communication). Many of these are relevant for degrowth ideas to tackle, however economy remain at the heart of many of Järfälla's problems. Following years of investment in growing and expansion, the municipality is now in a financially precarious situation. Planning-wise, the economy is the primary driving force behind Järfälla's policies, promoting growth and leaving aspects such as ecological sustainability and social wellbeing second (Blomquist & Fagerberg Lewenhaupt, 29 October 2024, personal communication). Changing this hierarchy will require a complete rethink, placing social and ecological values first.

While the social and ecological aspects remain important to the municipality, the strong focus on economic growth

means there is a constant risk of compromise, according to the consulted planning officers. The hierarchy asserts itself as important elements of the two are being put at risk or pushed back in the timeline. In our conversation with two of Järfälla's planners, they expressed a duality towards the prioritisation, quoting that its extent has been put into question. It appears the strong growth-orientation of Järfälla is starting to wear out, yet reducing the scale of development is not deemed as feasible. According to the planners, the cost of investments and infrastructure remains more or less the same for new development of high- and low-density areas and so naturally higher-density means higher investment value.

Conventional planning relies on population growth generating tax revenues which funds the welfare state (Hagbert, 2019). As discussed, Järfälla's demography is expected to change with a significant increase in the older population, aged 80 and above. An ageing population means less of a tax base and less disposable income for its inhabitants. Demographic changes pose questions for the surrounding infrastructures of Järfälla's housing developments. Järfälla needs flexible, adaptable and affordable housing catering to a variety of ages and household circumstances in the future.

Degrowth measures would entail greater resilience in adapting to demographic changes and less vulnerability to global impact by challenging conventional notions of housing. Degrowth initiatives can explore new ideas with less predetermination of what a home should be – open for residents to shape as needed. There are already calls for such initiatives coming from inside Järfälla. Take the private initiative for coliving for young adults in Barkarbystaden, which tries to challenge conventional housing models in favour of more communal and flexible living (Colive, n.d.). The municipality has not explored any alternative models on its own, such as e.g. co-ownership but relies on private initiatives and developers for such (Blomquist & Fagerberg Lewenhaupt, 29 October 2024, personal communication).

Whilst the municipally owned Järfällahus provides rental accommodation, the municipality also relies heavily on private developers for housing provision. This arguably appears counterintuitive for making affordable housing since the private companies relies on profit margins for securing their continued existence. Järfälla municipality also does not use land leasing agreements instead relying on selling land which favours short-term boost of income. Järfälla with its protected areas has a finite amount of developable land. Accord-

ing to the planners, this is not an issue due to the sufficient amount of land still available to sell (Blomquist & Fagerberg Lewenhaupt, 29 October 2024, personal communication). Yet, as housing relies on the market's supply and demand principles, the result of the present situation is less leverage for the municipality.

Land allocation agreements include fewer conditions during recessions than they would during times of high economic value on the land. The planers argue that too much regulation could risk decreasing the interest of investors and jeopardising the potential income (Blomquist & Fagerberg Lewenhaupt, 29 October 2024, personal communication). In terms of green areas, Järfälla's new comprehensive plan will focus on increased preservation of agricultural and green areas (Järfälla kommun, 2024a). Public parks are seen by the planners as non-consumption spaces for interactions, forming a tool for integrating various social groups, and not a gentrifying space that contributes to higher housing costs through increased market value (Blomquist & Fagerberg Lewenhaupt, 29 October 2024 personal communication),. The municipality also points out that the many green structures hold important recreational and ecological values for the area and citizens quality of life. However, the green spaces compete with other essential interests like housing, schools, services and transportation. Infrastructure which is necessary to accommodate a growing population.

Apart from challenges stated in official planning documents, Järfälla expressed concerns in meeting the needs of the growing population and at the same time managing its limited funds. As presented by the municipality, housing development has proven less profitable than expected. At the same time old building stock is in need of renovations (Järfälla, 2024c and Blomquist & Fagerberg Lewenhaupt, 29 October 2024, personal communication).

Furthermore, the municipality has concerns in regard to a 'success paradox'. The paradox entails that increased socio-economical status allows individuals with purchasing power to seek out values which are not provided within Järfälla, in other municipalities. This may cause inhabitants to spend money outside the municipality or even move away to more attractive regions. As such, the would-be returns from strategic initiatives which increases inhabitants' socio-economic status are diverted to other municipalities (Järfälla kommun, 2024 September 10, personal communication).

6. Methodologies

In the following chapter, we introduce the methods used to analyse current conditions of and opportunities for degrowth in Järfälla. Qualitative methodologies like the ones used are common in exploratory and detailed descriptive research. The methods aim to explore the potential implementation of degrowth strategies in Järfälla. They do so by contributing insights into possible pathways to achieve the vision constructed for a degrowth focused Järfälla in 2050.

Qualitative studies are preferred when forming understandings of situated contexts (Groat & Wang, 2013) in this case, the particular context is Järfälla municipality. Four qualitative methods where thus employed: a literature study with subsequent place visit, personal communication, a SWOT-analysis, and backcasting. Multiple methods help to triangulate the studied issue – degrowth in Järfälla – and strengthens the reliability of the results (MacCallum et al., 2019). The input from the literature study, the site visit, and the occasions of personal communication, were used to inform the SWOT-analysis. From the SWOT-results we performed the backcasting study, containing goals, a future vision of Järfälla, and a number of implementations who aid in getting there. For the methods and their relations, see Figure 4.

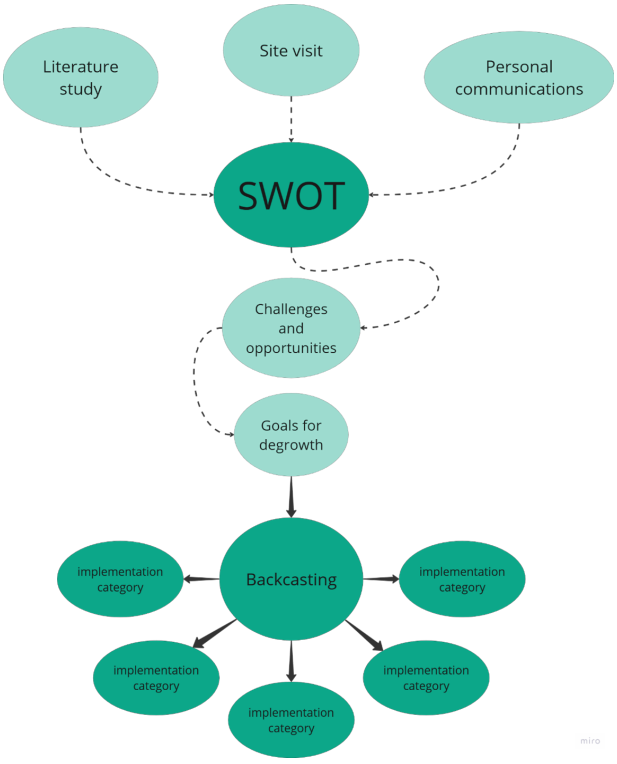


Figure 4: Methodology of the study.
Source: authors' own.

6.1 Literature study

A literature study was conducted to understand the case of Järfälla, to provide insights to challenges and opportunities within degrowth, and to anchor the proposals into current theory. The first part of the literature study focused on Järfälla and included relevant municipal documents such as the comprehensive plan. The second part of the literature study focused on the phenomena of degrowth. The initial search was based on different subtopics within degrowth aligning with the scope of the report: degrowth in relation to post-growth, implementations, challenges, housing, self-sufficiency, and urban gardening. It is important to realise the impact of research focus. If other subtopics had been chosen, focus for the methods and the implementation proposals might have been different.

To make the literature study more objective a structured search was performed with set evaluation criteria (Svanberg, 2024). This was done through critically evaluating the sources and intentions of the literature. Peer reviewed content was prioritised and place and time of publication considered. Newer sources provide a good overview of the current state of degrowth discord and Järfälla's current situation. They are therefore of higher value for contextualising the current opportunities for the Järfälla case.

6.2 Personal communication

During the study three opportunities for personal communication with experts on degrowth or planners at Järfälla arose. Firstly, a presentation followed by a Q and A session with employees at Järfälla's planning department on the 10th of September, through which an understanding of general planning challenges in the municipality was gained. Secondly, a discussion session with two physical planners at the planning department was carried out on Zoom, to get an inside view on degrowth thoughts from within the municipality. Lastly, a conversation was held with a researcher at KTH who has been working with degrowth, to get a deeper understanding of degrowth implementation possibilities.

Personal communication has advantages and disadvantages. The combination of a predetermined structure and still having flexibility for the different parties communicating was used to make the most out of the occasions. However, questions, answers, and comments can be interpreted differently from person to person, but this issue can according to Eriksson-Zetterquist & Ahrne (2015) be controlled for by using multiple methods as has been done in this report.

6.3 SWOT-analysis

SWOT-analysis is a helpful tool used in evaluating organisations, formulating strategic options and business development. The tool has become an important strategic asset and is widely used in planning and informing strategic decision-making (Benzaghta et al., 2021; Plesnicar & Zaletel-Kragelj, 2013). Due to its prevalence and usefulness in evaluating organisations and strategic actions the tool was deemed a suitable method for discerning Järfälla's ability to implement degrowth strategies.

The model is based on an approach where factors within the system are assessed and assigned the property of Strength, Weakness, Opportunity and Threat in relation to the suggested strategic action or the organisation in general. Strengths and weaknesses are identified as they relate to, and are impacted by, the internal qualities of the organisation while opportunities and threats tend to be influenced by external factors. The analysis produces lists of factors in each category with the aim to then produce strategic action which benefits and adds to strengths and opportunities while mitigating weaknesses and minimising threats. Sammut-Bonnici & Galea (2015) highlights that long detailed lists are not always conducive to strategic analysis. By limiting included factors to those related to the context it aims to develop, the analysis becomes more concise and focused. Plesnicar & Zaletel-Kragelj (2013) state that no more than ten factors should be included per category.

However, since the analysis is based around both internal and external factors it should be performed by actors with insight into the strategic area and or organisation. Here the literature study, personal communication and site visit proved vital. The method can benefit from being performed

by different stakeholders and compiled in order to provide insight to different perspectives and provide a more nuanced picture. As Sammut-Bonnici & Galea (2015) mention, SWOT as a method is highly impacted by the knowledge base of the analysing party and therefore the analysis may be limited by cognitive inertia or the analysists perspective. Emphasis must be placed on expanding information and perspectives included in the analysis. A follow up to this report should therefore be carried out with local stakeholders to increase the validity of the proposals.

A drawback of the analysis of SWOT is its simplicity and that it reduces elements of the organisation to a surface level interpretation. SWOT analysis does not provide insight into what elements should be prioritised, which is instead left to the analysing party and subsequent suggested strategic options. No formal weight has been assigned to the Järfälla's identified qualities. Moments of personal communication was also used to introduce insider perspectives, but the report should be regarded as one made by an external party.

6.4 Backcasting

Backcasting was utilised for vision formulation and to aid in developing proposals for degrowth implementation in the municipality, and it was based on the results of the SWOT-analysis. Authors such as Ruiz-Alejos and Prats (2022), Spanier and Feola, (2022) and Xue (2022) propose backcasting as a useful tool when working with degrowth. While there are different categories of future scenarios in backcasting, we have chosen to produce a transformative normative approach. A normative scenario describes a future scenario and the interventions and courses of actions that are necessary to achieve it. The "norms" needed to achieve the scenario can serve as goals or suggested actions and therefore is an attractive scenario-type for planners.

Normative scenarios are regarded as transformative if they require significant systematic change and a radical departure from what could be considered "business as usual" (Börjeson et al., 2006). More specifically, the process of backcasting includes starting with a long-term goal or formulating a future vision, about 25-50 years in the future, and then systematically working backwards to identify steps and resources

needed to fulfil the goal. This can result in more radical ideas than looking forwards from the current event horizon (Berg Mårtensson et al., 2023). Since radical systematic change is needed for Järfälla to reach its climate goals, and even more so to achieve a degrowth society backcasting was deemed a suitable method. A 25-year transformation period was assumed a reasonable amount of time for Järfälla to make many of these changes and align well with the backcasting method.

However, a critique against backcasting is that the system's conditions can change radically over time, which can render the original visions and make pathways irrelevant (Börjeson et al., 2006) Therefore, backcasting should well informed and result in multiple measures and strategies that account for some levels of uncertainty in the system.

7. Results

In the following chapter, the results from the three methods are showcased. These are used as a basis for our proposed implementation measures. The first section highlights insights from the SWOT-analysis while the second describes the results from the literature study and the opportunities of personal communication.

7.1 SWOT results

The strengths, weaknesses, opportunities and threats in Järfälla municipality were identified through the lens of degrowth theory, see Figure 5.

Figure 5: Strengths, weaknesses, opportunities and threats in Järfälla with regards to degrowth. Source: authors' own.

7.1.1 Strengths

The municipality's perceived strengths as related to degrowth can be divided into physical recourses and social resources. Physically the municipality has access to natural resources such as drinking water, greenspace and agricultural land. Biodiversity is able to prosper due to well-connected green spaces and there are active local and national measures to preserve them.

A key factor in degrowth is the concept of self-sufficiency. With roughly 7% of land areas being dedicated to agriculture Järfälla has the opportunity to provide local food production although the current use of the agricultural land may not be food related (SCB, 2020). Järfälla during the inauguration of the current comprehensive plan consumed half of the national mean for energy and has continued efforts to lower consumption. The municipality has a small-scale energy and heat production, while fossil-based energy production is being phased out in preference to buying CO2 neutral energy the municipality aims to secure some local production through the heat plant and increased solar energy. There is as such a basis for local energy production.

Despite planners' expressed worry of overcrowding, the mean living space per person is quite uneven amongst the different districts of Järfälla. The districts of Viksjö and Västra Jakobsberg has a high mean living area per person compared to the municipal average (Järfälla kommun, 2022). Building on this fact, the uneven distribution of living space opens up for certain potential. Viksjö and Västra Jakobsberg may have a larger degree of people living in large homes. As such, this leaves room towards densified living, such as co-living and generational housing in these districts.

Degrowth theory highlights the grassroot level as a main stage for establishing strategies as much of the implementation relies on individuals' participation in the new economic system. However large corporations benefit monetarily from the status quo and therefore levels of government must still assist the process through intervention. Land use and land allocation are two underused resources which allow the municipality to place requirements on developers. The worry that strict allocations and follow-ups would devalue the grounds actually benefit degrowth in the long term as it preserves the strategic influence over the land and promotes alternate value systems.

From a degrowth perspective Järfälla municipality has a lot of strengths socially. For example, there is already an established focus on local planning and an awareness of small-scale initiatives' potential impact on large scale issues. There is also a deep understanding of social issues like segregation and socioeconomic factors. This lends itself to making social equity a main motivator in planning decisions; a staple in degrowth theory. Lastly the municipality holds itself to ambitious climate goals. The awareness of ecological impacts, the need for decreased climate impact and low emissions is an important strength in degrowth implementation. Thus, large parts of the already established sustainability strategies are already aligned with or supported by a transition into degrowth.

7.1.2 Weaknesses

Physically there is a limit to the municipality's resources both in the space available, land owned by the municipality and access to water, energy sources, food, greenery, material et cetera. With a growing population and, given that a lowered consumption may take time to set in after a degrowth transition, there may not be enough resources to produce all necessities locally. There is also a long history of settlements in the area with some infrastructure being difficult and/or resource consuming to alter. For example, the E18 is a robust part of an infrastructure that takes up space and creates a multitude of emissions. The highway also serves as a physical boundary that creates separation between areas and may increase segregation. Some areas are also in need of resource intensive renovations.

Despite also being where many of Järfälla's degrowth strengths are found, a major source of weaknesses is the social climate. While existing sustainability initiatives are strengths, one part of Järfälla's view on sustainability that is weakening degrowth is the aim for monetary gain. The economically driven agenda is not only part of the internally dominant sustainability discourse but also part of the neoliberal governing methods employed by Järfälla municipality. It is seen as a fundamental part of the municipality's activity and enables most of the services the organisation provides. Due to high levels of investments without returns and a con-

struction industry in crisis, the municipality's finances are in a poor state. The regression makes the municipality particularly susceptible to economic growth politics. One of the municipality's main incomes, other than taxes is the selling of land. However, the private acquisition of land lessens the municipality's control over how its utilised. Although provided with the tool of land allocation agreements the municipality acknowledges that few reinforcements or follow-ups of such agreements are being done.

There is also a clearly demonstrated view of sustainability and innovative technology as interconnected which can be seen in the experimental initiatives surrounding smart city solutions in Barkarbystaden. The municipality and its collaborative partners showcase a competing sustainability thinking more in line with decoupling than degrowth.

Social issues like segregation makes the starting points and capabilities of areas very different, and a lot of work has to be put into equipping the right areas with the right tools before major changes can be achieved. Unless participants are on equal footing there is significant risk of inequalities being introduced to degrowth due to resource distribution. There is also a reported lack of bottom-up initiatives and cross-community building. Unless properly handled, degrowth initiatives may be viewed as a top-down form of control, weakening its real impact. One of the goals of degrowth is to instil change in the everyday life of citizens. When citizens take on the responsibility of providing each other services and collaborating, then the municipality can step away from the processes and thus save resources which can be redistributed.

There is also a possible weakness in projected demographic changes, since despite growing Järfälla also has an ageing population. While this may be positive to degrowth as elderly generally have less disposable income but more free time, it may also limit the ability to participate in the degrowth initiatives, alienate younger groups from the initiatives and increase expenses for the municipality.

7.1.3 Opportunities

As outlined in the comprehensive plan, there is a need for public meeting places in vicinity to housing. With the new comprehensive plan comes an opportunity to introduce both new physical changes and strategic ones. The slowed markets around house building also gives the opportunity to change the plans for Barkarby and Veddesta in ways that better fit the degrowth model. This opens for non-commercial public spaces, reuse facilities or other innovative uses.

The global political landscape has changed during the early 2020's with climate change, a pandemic and armed conflicts putting pressure on nations' defence and self-sufficiency. The EU is seeking ways to be less dependent on resources from countries with large monopolies (von der Leyen, 2022). The internal production in Järfälla could thus be seen as fulfilling political goals as well as degrowth values.

Some sustainability research has criticised the inequity in how resource extraction has been placed in less wealthy regions, by extension displacing the unpleasant parts of production onto vulnerable areas. Another argument for self-sufficiency can therefore be found in social justice discourse, arguing that a wider distribution of production and a local responsibility for the resources production leads to better resilience and a more just distribution of production sites.

Although mentioned occasionally, self-sufficency as a strategy is clearly lacking in both national and international discourse (Regeringen, 2024; United Nations, n.d.-b). Instead, renewability and efficiency in resource use are more prominent strategies. As such, there is opportunity to utilize self-sufficency as a sustainability strategy. By increasing local production of food, energy and services, Järfälla has the opportunity to increase equality by not displacing related emissions, to increase resource security in the face of crisis and to supply meaningful occupations for citizens.

With an increase in climate awareness, interest in circular solutions is increasing. As Järfälla's industrial sector is going through reconfiguration after the recession and move of large employers like Saab, there are opportunities to invite investments by industries that contribute to a degrowth and circular economy. A slowed down building sector leaves room to reinvent the spaces left by shifting industry.

Järfälla is largely a commuter municipality, both in the sense that many are employed elsewhere and that the municipality is a throughway for transportation between Stockholm city and Enköping. Studies find that less time spent commuting produces an increase in life satisfaction (Shitova, 2024). This may be achieved through more effective commuting means or a reduced need for commuting as a whole. By providing jobs locally and increasing information and communications technology [ICT] solutions, Järfälla may decrease commuter related emissions and increase life satisfaction, thus fulfilling both external and local goals.

The municipality wants to work with diverse actors and development projects. Innovative forms of housing are already encouraged, and attitudes to housing forms are changing. The social shift can be observed in increased cohousing initiatives or the emergence of tiny houses and van lifers. The eco-village ideas of degrowth encourages housing on a personal scale, which aligns with small hose initiatives currently in the works within the municipality. A few of the processes that may have contributed to lower consumption and alternate living arrangements are recent recessions and the cost-of-living crisis. This has also led to a nationwide construction crisis with slowed progression in Järfälla's building development. It provides opportunities to reassess the need for increased consumption and strengthens the argument for alternate development.

7.1.4 Threats

The threats to Järfälla's degrowth strategies are varied and often contradictory in nature. As discussed in opportunities, external factors that echo the internal degrowth and sustainability goals strengthen the viability of degrowth strategies, but the opposite is true of external policies that contradict these interests.

There is a national push for affordable housing while there is a heavy focus on the rights of the private market. While the interest in eco-housing and net zero buildings is high in some circles these often entail large investments and are expensive for developers. Therefore, it is hard to find developers who are interested in constructing such projects in areas where the expected return is low. There is a high external population pressure, as seen in Järfälla's growth rate. However,

the largest growing population groups are youth and elderly. The demand for housing from both the national level and the growing population thus does not align with the high cost of ecofriendly housing development.

There are also national and international sustainability goals that impact development in Järfälla. As with degrowth in general, Järfälla is faced with the current state of sustainability discourse which includes economic sustainability as equal to that of ecological and social sustainability. The EU's Natura 2000 demands that areas are supposed to be reserved for biodiversity and ecological interests, and recently further protections have been approved within the EU. This puts higher demand on the unprotected areas to supply resources and may lead to more dense construction in cities. While often promoted as more sustainable, density in cities have also been connected to increased consumption and lessened self-sufficiency. There is also contention between the densification efforts of the Stockholm region and eco-village ideas of degrowth where housing should be on a more personal scale (Lehtinen, 2018).

The increase in population also creates pressure on other infrastructures like preschools, schools, public transport and hospitals. In order to provide upkeep of these infrastructures Järfälla depends on collaboration with other levels of government. For example, Järfälla has committed to providing a certain number of homes in exchange for an expanded metro line connection. This counteracts degrowth both in the development of new buildings, a focus on economic exchange between governmental bodies and in the top-down regulation of development. Degrowth scholars discourage top-down governance. It is argued that the approach fails to create non-commercial spaces where inhabitants participate in providing social services.

The region's current goals (Region Stockholm, 2018) evoke the neoliberal idea of place marketing and aims at becoming Europe's most attractive urban region. This implies attracting investment and economic growth, which conflicts with the principles of degrowth. Current interpretations of the 'urban' and the positioning of the rural as the opposite of the urban, could also be negative to degrowth initiatives (Spanier & Feola, 2022). Furthermore, some definitions of urbanity make consumption an essential quality of the urban landscape.

Degrowth requires sustainable and localised infrastructure, see for example Xue and Kębłowski (2022). If implementations are not sufficiently rooted in the local population's in-

terests, then initiatives may face resistance from inhabitants or political groups, similar to not-in-my-backyard [NIMBY] groups. Oftentimes actors and population groups with high financial status has more means to both initiate and oppose initiatives, whether municipal or private.

8. Vision for 2050

In the backcasting session, a set of goals (see Figure 6) and a descriptive vision (chapter 8.1) were created to imagine how a degrowth-oriented Järfälla can look like in year 2050. An AI-generated visual illustrated our ideas (figure 7)

Figure 6: Degrowth goals for Järfälla in 2050. Source: authors' own.

Figure 7: AI-generated vision of Järfälla in 2050 after 25 years if degrowth, as seen on the cover.

8.1 Imagining 2050

Järfälla is a bustling community where people spend their time as much in the welcoming public living rooms as they do in their own homes. The air and waters are clean and home to a multitude of species. Diversity is the name of the game, both in species, origins and spaces. Community driven initiatives are plentiful and make use of both private and municipally funded public spaces such as the year around bathing spots along Mälaren, the canopied centre plazas with their weekly farmers markets or the open kitchens in the community hubs. Residents engage in the development of their neighbourhoods and in the making of their homes, actively taking part in shaping their environment and building a Järfälla together from grassroot level. The participation enables a sense of control, connection to place and people, as well as a creative outlet. Many people are employed locally in restaurants, agriculture and the repurposing industry who have established a tight knit network where services are exchanged and interlinked. There is still some commuting present but thanks to ICT solutions, expanded active transportation and public transport, trips are shorter, more infrequent and vehicle sharing is commonplace. The travel habits are also made different by the multi central character of the 2050 Stockholm region which no longer has a singular commercial core.

Järfälla is a prime example of an area that turned against the early 2020's resource hungry economical system and through collaboration with local communities provided services that allowed locals to live high-quality lives despite the financial constraints of the time. Increased self-sufficiency had made the community more resistant to recessions and resource shortages due to external factors like international conflicts. By clever use of space and local knowledge, small scale initiatives could also serve as educational sites where citizen share experience, culture and gain knowledge; be it in the form of literature, handcraft, discussion or taking part in the production of food and produce.

By investing in circular economy Järfälla made itself a leading figure in the circular building sector. It decreased its impact on the environment through repurposing existing housing stock instead of increasing urban sprawl, which had threatened some of the sensitive green structures in the Stockholm region. By shortening travel times and supplying alternate ways of providing for households, lowering average work-

hours, the people of Järfälla has gained the valuable resource of time. Time that is now spent on self-actualisation, socialisation, creative endeavours and care for the community.

Through the more varied household structures that was encouraged in the 2030's grew a culture of co-living across generations that have provided social security for both young and elderly. Early childcare is mostly privatised through at home education programs supplied by members of the private- or a connected household. Senior care keeps a high standard as many live at home within household partnerships that provide social interaction and mental stimulation, proven to benefit health significantly. Quality control of such social care, and supplementary services are still supported by the municipality.

Social networks serve as safe havens and provide career opportunities that has helped decrease the influence of criminal networks. With widespread participation in public associations, people are better equipped to recognize signs of social isolation, which has led to a significant drop in youth involvement in crime. Social facilities like the new outdoor swimming areas have become popular gathering spots for young people, further fostering positive interactions. Many social and physical networks have developed, which increased exchange between what was previously a rather segregated landscape; and produced the overlapping collage of communities that make up Järfälla today.

One of the perceived problems in Järfälla's past was what early 20's planners had coined the success paradox: people who "succeeded", in the capitalist sense in that they acquired a higher socio-economic status, left impoverished areas. When areas lost attractiveness the "successful" individuals were often replaced with new inhabitants of equal or lower socioeconomic status. While the reductionist valuing of human individuals by their economic status should be right fully critiqued, Järfälla managed to work around the phenomenon by shifting its value system to one where wellbeing was the primary measure of success. By providing citizens with non-monetary benefits and services, they increased both the life standards of the people of Järfälla but also increased the attractiveness of less well of areas. When monetary gain was no longer a prime motivator, risks such as buy-outs by large companies or high earning individuals became obsolete as wellbeing of the citizens became the tool by which decision-making was guided.

9. Implementations

To realise the vision of a degrown Järfälla in 2050 we have formulated several measures to be implemented along the transition into a degrowth society. These measures should be used to inspire and guide potential initiatives but are not “the be-all and end-all” of Järfälla’s degrowth initiatives. The final implementations should be cocreated in participatory processes with local actors. The public interest should be a main guide in decision making, but there should also be an active learning and development of the municipality's ability to generate public interest for its initiatives.

In this section implementation measures are presented with a brief analysis of intended consequences, potential impact and some involved actors. Initiatives like the proposals are referenced where available to further provide recourses and inspiration for the municipality. The measures are assigned an implementation time or period according to when we estimate that the municipality will have developed the prerequisites for effective implementation. To show some of the main sectors where we have identified potential for degrowth initiatives, the measures have been divided into five strategic categories, see Figure 8.

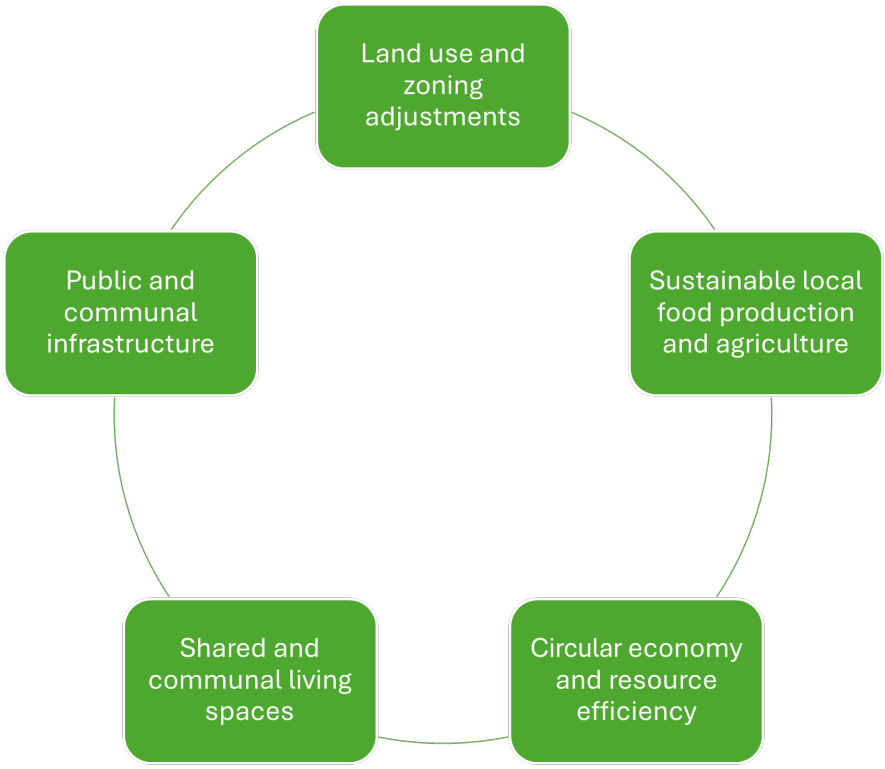


Figure 8: The five implementation categories. Source: authors own.

9.1 Land use and zoning adjustments

How would the future built environment with degrowth principles look? Researchers differ in their opinions on the ideal urban structure for a degrowth society. Some advocate for urban density, while others favour a more personal-scaled approach. Savini (2021) mentions the southern European village mentality as a role model, family- and community focused, however this kind of semi-rural small-scale model is hard to implement in Järfälla with increasing competition of land and a growing population.

Therefore, there must be some land use and zoning adjustments made within Järfälla to make it possible for the municipality to degrow. The adjustments focus on slowing down the current new development within the municipality, utilize the existing housing stock, and plan Järfälla for the people.

Utilize land use through detailed planning (2025)

Description: Change zoning and development codes in legal planning documents, such as the detailed development plan(s) for, for example the SAAB factory to allow for housing, public space, commerce, et cetera in the future. This will help to utilise already planned land instead of planning new land.

Aim: To prepare for future development of the municipality by changing law-binding documents such as current detailed development plans to align with desired changes.

Consequences: Allowing future desired changes to be legal to carry out. Less investment opportunities for companies. Devaluation of land. Areas might need sanitation. Long detail planning processes that must be approved by impacted actors.

Main actors: Järfälla municipality is the actor with the power to carry out the change in planning documents in accordance with the planning monopoly. Property owners within planned areas will be affected by changes to their area. Therefore, it is important to involve them in the process for a democratic and just system, something degrowth emphasises.

Car free neighbourhoods (2030)

Description: Ban private car use within some neighbourhoods of Järfälla where alternate transportation options are sufficient. Some public transport may have access within the areas, but speed limits would be stricter there, as these areas are for the people.

Aim: The measure aims to promote a decrease of emissions. As such, contribute to the climate goals of the municipality. The measure also focuses on making neighbourhoods safer, and more people friendly.

Consequences: The measure improves the quality of air, noise, and traffic safety in Järfälla. Opposition from citizens might be expected. Increased vehicle sharing. Increased pressure on other means of transport. Less incentives to use the private car within Järfälla.

Main actors: The municipality has the power of implementing car restrictions. Car owners will be affected. The regional transport agency and SL might have to adjust as well.

Figure 9 (top): Visualisation of a car-free city. Source: Possible (no date)

Figure 10 (right): Project example. A superblock in Barcelona, designed to encourage green streets for walking and cycling – no cars. Source: Landezine International Landscape Award (no date).

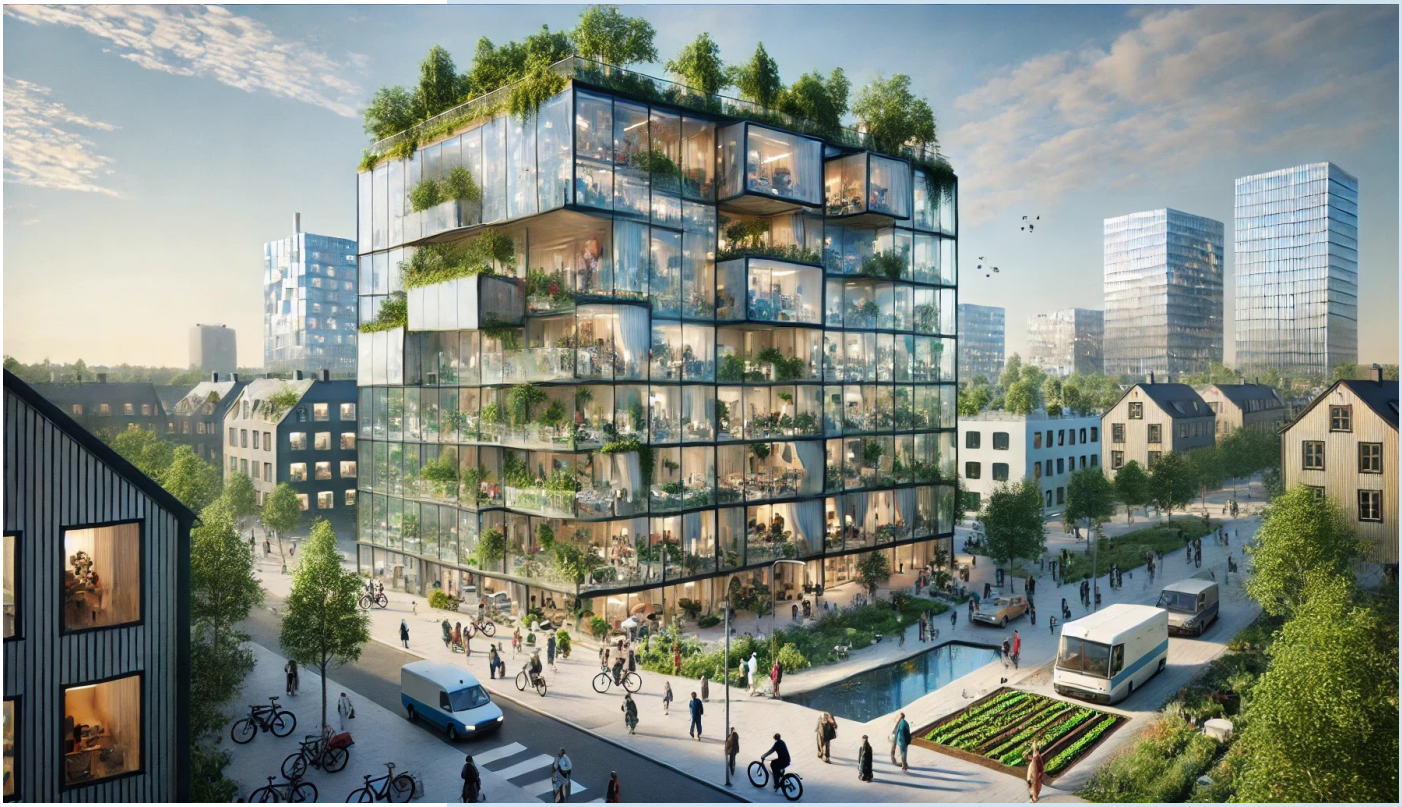


Figure 11: An AI-generated image of Järfälla 2050 where offices have been converted into homes. Prompts for this image included a 25-year urban planning strategy based on degrowth principles and office conversions. Source: authors own.

Convert empty office spaces (2035)

Description: Developers, individuals, and the municipality could convert empty office housing into homes or as indoor public spaces. Later, pre-emptive rights of the municipality could ensure that empty office buildings are put to better use – as homes or as indoor public spaces.

Aim: Save resources and optimise use of space for collaborative rather than commercial purposes. This will contribute to the climate goals of the municipality.

Consequences: Developers will lose money and investment. Empty buildings will have new life and income.

Actors: Developers, municipality, neighbourhood groups.

No-build zoning policy (2030)

Description: The municipality introduces bans to new housing constructions within certain zones in the municipality. Those bans are not indefinite but should be in act for either 5 or 10 years with possible extensions. In 2050, this policy would cover the whole municipality.

Aim: The main goal of this intervention is to encourage actors to retrofit and utilize the existing housing stock as much as possible to meet current needs, instead of constantly building new housing options.

Consequences: Land development within the zones would be minimised, and innovative ideas for utilizing the housing stock could emerge. These measures reduce environmental impacts and provide more stability within communities. Retrofitting could also be a cheaper alternative to building new housing. These measures could however meet some resistance from investors and developers.

Main actors: The main actors of this intervention would be the municipality and its planning department, having the power to implement these measures. The residents and those who would be retrofitting the existing housing stock (most likely developers and construction firms) would be involved in this process.

Pre-emptive rights (2040)

Description: The municipality will gain a pre-emptive right to buy every unit of housing, both private, communal, manufacturing, and commercial. When these housing units would go for sale, the municipality would be notified and have one week to decide if it wants to buy the housing unit at market price or let it go for sale on the public market.

Aim: The municipality could gain more control of the housing market within the municipality. Municipal land ownership could be increased, these measures could promote housing options for co-building groups and social housing, as well as not making housing an investment, but as home.

Consequences: These measures could possibly stabilise housing prices in the municipality as well as increasing the share of social housing.

Main actors: The main actors would be the municipality and its politicians, which could choose what kind of housing the municipality should focus on with these kinds of measures. It would be harder for investors to buy housing units, which would possibly not make housing seen as an investment. EU legislation controls competition in market.

9.2 Sustainable local food production and agriculture

Based on Järfälla's focus on self-sufficiency and circular economy, local food production and agriculture can be a way towards reaching the municipality's sustainability goals. In what follows, important aspects of urban agriculture are described, and after that, implementation proposals for a sustainable food production in Järfälla.

In seeing the garden as a communal space, which success in food production lies in the hands of cooperation, there are challenges to address. As Véron (2024) argues, success in the creation of communal spaces lies in an understanding of place and context. General frameworks for construction and operation of communal spaces are not likely to succeed. Building on Véron, a top-down, municipal, organization of urban gardens in Järfälla is not appropriate. A solution could instead be to scale down and allow for smaller garden structures that work as neighbourhood-gardens. As such, the amount of people involved in a specific garden will be smaller, allowing for more room to create trust amongst each other and willingness to cooperate in working towards food production. However, the gardens should be placed so that they do not increase segregation between different neighbourhoods but encourage interaction. Rogge et al. (2020) points out that engagement between different societal groups takes place where heterogeneity is higher.

Continuing with the topic of urban gardening, efforts of localisation could bring positive effects on the demand of participating in urban gardening. As shown by Kacprzak & Szczepańska (2024), demand for allotment gardening can increase in times of decreased daily commuting, such as it did during the pandemic. From an opportunity viewpoint, urban gardening would perhaps become more of a common demand amongst people and as such change the norms surrounding it. As such, the project aim of localising citizens within Järfälla could have an incidental effect on the culture of gardening.

Lastly, research by Li & Long (2024) suggests that those with previous knowledge in gardening are more likely to engage in urban gardening. As such, the authors argue that citizen education should be conducted if policies aim to reach a broad citizen group. This could be relevant in the case of Järfälla as well, where it is likely that a substantial degree of citizens is not familiar with gardening.

Despite being done in an adequate way, community-led food initiatives can be criticised. Firstly, it can be claimed that it is not radical enough and cannot not lead to a systematic change, due to its difficulties in upscaling (Buhr et al., 2018; Revilla & Essbai, 2022a & Xue, 2022). Secondly, there is a risk that volunteering hours become unequally distributed (Revilla & Essbai, 2022a). In the food cooperative FoodCoopNoord in Amsterdam for instance, women engage more than men. Such effects can however be mitigated by using internal credit systems or time-baking systems, and by requiring a minimum number of volunteering hours conducted by members.

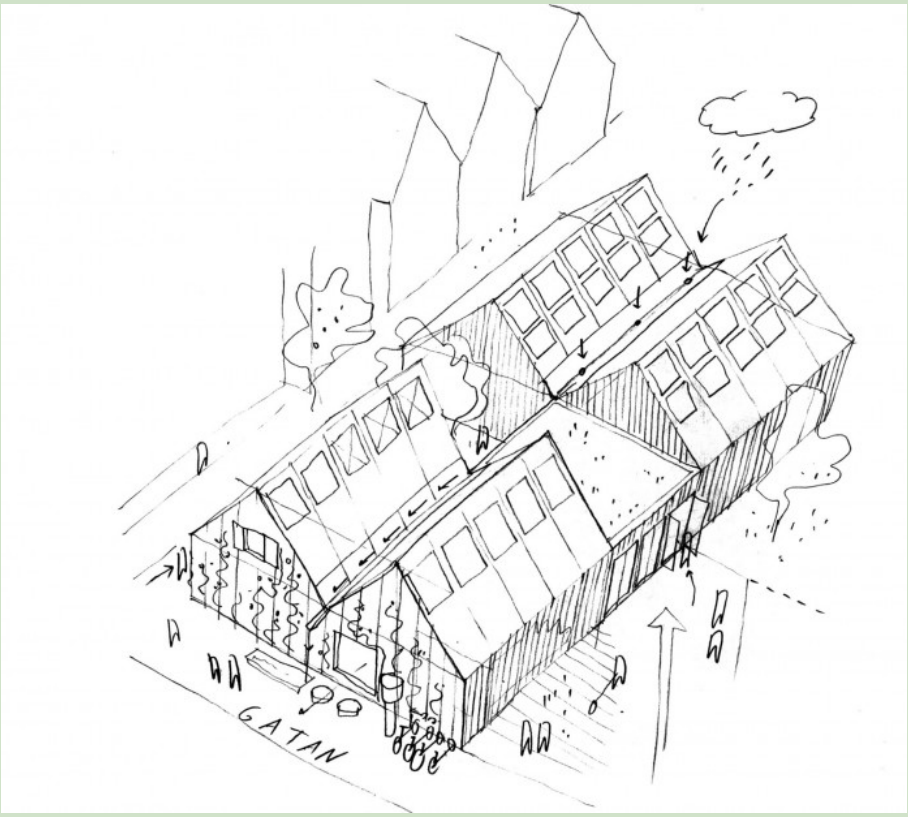


Figure 12. Sketch of greenhouses in Vallastaden, Linköping. Source: Witte Sundell (no date)

Urban gardening (2025)

Description: A particularly important type of local agriculture production. Urban gardening allows for gardening on a neighbourhood scale, where cooperation and trust is stronger than in a plain public setting. Communality is important in the success of local gardening. Furthermore, the “no-cost” aspect of accessing food through urban gardening is another incentive for people to partake. An example of urban gardening can be seen in figure 13.

Aim: The measure aims to contribute to food production in Järfälla and offer spaces of communal interaction.

Consequences: The measure contributes to self-sufficiency in Järfälla, as it provides food production. Furthermore, urban gardening contributes to physical and mental wellbeing amongst citizens. Lastly, urban gardening are spaces of communal interaction where cooperation and trust can be facilitated. However, in initial stages of the establishment of urban gardening, this might be an activity that is mostly plausible for middle-class citizens since they have more time to engage (Buhr et al., 2018; Revilla & Essbai, 2022a).

Main actors: Municipal legislation must allow for the plotting of urban gardening. Furthermore, the municipality should encourage citizens in initiating and running of the gardening. Urban gardening is only successful as a communal activity if citizens are taking initiatives and running the activates, as suggested in the discussion on urban gardening theory. Lastly, the municipality might have to provide initial education programs on gardening, together with for instance plant schools and gardeners, to draw a broad citizen group.

Figure 13: Community Gardening Projects (Soil for Life, 2024).

Greenhouses (2025)

Description: Construction of local greenhouses within neighbourhoods across Järfälla.

Aim: The measure increases yield of local agriculture by prolonging the season. Furthermore, it adds spaces for communal interaction. Inspiration can be taken from Vallastaden in Linköping, where each housing block has a greenhouse in which the residents can cultivate and hang out (East Sweden, n.d.)

Consequences: The presence of urban gardening improves physical and mental health, and communal interaction. Furthermore, it adds to Järfälla's rate of self-sufficiency of food production. Depending on greenhouses being heated or non-heated, the measure might require energy consumption, but this can also incentivise innovative construction and material use.

Main actors: Municipal legislation must allow for the construction of local greenhouses. Furthermore, the municipality should encourage citizens in initiating construction and running of the greenhouses. Urban gardening is only successful as a communal activity if citizens are taking initiatives and running the activates, as suggested in the discussion on urban gardening theory. Lastly, the municipality might have to provide initial education programs on gardening, together with for instance plant schools and gardeners, to draw a broad citizen group.

Food subscription services (2025)

Description: Citizens can sign up for buying food directly from farmers in the region, which benefits both the farmers and the citizens (Revilla & Essbai, 2022a). The citizens place orders, and the farmers bring the products to a certain place in the municipality on a weekly basis, where customers pick them up. The delivery can preferentially take place in roofed multi-use public spaces.

Aim: The main goal is to increase local/regional food production in relation to more distant food production. In addition, the community feeling can be strengthened.

Consequences: Food subscription services will compete with conventional supermarkets, but that will hopefully decrease the strive for economic growth and instead increase local production and consumption.

Main actors: Grassroot movements such as the already existing local associations within gardening, small-scale farming, and fishing (Järfälla kommun, n.d.-a) could organise the subscription, with initial help from the municipality and the region to find appropriate farmers. Other parts that might be interested in the idea can be LRF (The Federation of Swedish Farmers), agricultural research facilities such as SLU (Swedish University of Agricultural Sciences), and Jordbruksverket (The Swedish Board of Agriculture).

New farmland (2030)

Description: Based on the municipal document Analysis of agricultural land (see Järfälla kommun (n.d.-b)) a long-term agricultural strategy will be developed, and new areas designated for farmland will be introduced in the comprehensive plan of 2025. The strategy, the location and usage of the farmland areas will be decided upon in participative planning sessions with farmers and citizens. Inspiration to the strategy can be taken from Södertälje municipality's Cultivation Plan, as described in Ruiz-Alejos and Prats (2022). After the planning, some of the suggested areas will be driven by farmers, and some of the areas will be driven by citizens or local organisations.

Aim: The main goal is to increase the self-sufficiency with regards to food production within the municipality, and to contribute to higher ecological and social values.

Consequences: The areas will be blocked from developing new housing, other kinds of public space et cetera, but hopefully, the wellbeing of humans and more-than-humans will increase. The areas could segregate areas physically, while at the same time possibly increase mental integration among citizens. The cultivation might need fertilisers, which can be eco-friendly.

Main actors: The municipal planning department, farmers, citizens, and local organisations. Other parts that might be involved in for example funding can be Jordbruksverket (The Swedish Board of Agriculture), Naturvårdsverket (The Swedish Environmental Protection Agency), LRF (The Federation of Swedish Farmers), agricultural research facilities such as SLU (Swedish University of Agricultural Sciences), Landsbygds- och infrastrukturdepartementet (Ministry of Rural Affairs and Infrastructure), and the European Union.

Figure 14: Field cultivated by the Community Supported Agriculture group Pluk! in Amsterdam (Revilla & Essbai, 2022b).

Agricultural land use in detailed design plans (2035)

Description: Meaning of codes in detailed design plans can be changed so that other codes than agricultural ones can be allowed to include some part of agricultural activity. After the participative planning sessions with farmers and citizens regarding the agricultural strategy (see point New farmland), the municipal planning department will change the codes, possibly with legal support and in collaboration with other authorities such as Landsbygds- och infrastrukturdepartementet (Ministry of Rural Affairs and Infrastructure), Jordbruksverket (The Swedish Board of Agriculture), and agricultural research facilities such as SLU (Swedish University of Agricultural Sciences).

Aim: The main goal is to increase the self-sufficiency with regards to food, and to contribute to a circular economy.

Consequences: This can lead to other municipalities going in the same direction, which can contribute to national self-sufficiency. However, the impact of the changes might be small on the local scale.

Main actors: The municipal planning department together with grassroot movements and citizens.

Figure 15: Vegetables as part of a new agricultural strategy. Source: Gardening know how (2023).

Incentives for Alternative Food Networks (2040)

Description: The municipality encourages Alternative Food Networks, which for instance include food subscription collaboratives and Community Supported Agriculture to emerge and remain, through for example subsidies and cheaper leasing of land on certain conditions of land use and organisation, such as cooperative owning. Inspiration can be taken from Amsterdam, where the municipality provides multiple policy instruments to foster food-related community projects (Revilla & Essbai, 2022a)

Aim: The main goal is to encourage a circular economy, and to increase active participation in the local society.

Consequences: Subsidies and other economic means provided by the municipality will be a cost in the short-term, but hopefully a gain in the long-term, with more healthy and happier citizens, who also contribute to hinder climate change.

Main actors: Other parts than the municipality that might be involved in funding and information can be Jordbruksverket (The Swedish Board of Agriculture), Naturvårdsverket (The Swedish Environmental Protection Agency), LRF (The Federation of Swedish Farmers), agricultural research facilities such as SLU (Swedish University of Agricultural Sciences), Landsbygds- och infrastrukturdepartementet (Ministry of Rural Affairs and Infrastructure), and the European Union. Grassroot movements such as the already existing local associations within gardening, small-scale farming, and fishing (Järfälla kommun, n.d.-a) could organise the agricultural networks.

9.3 Circular economy and resource efficiency

A circular use of resources within Järfälla would contribute to ecological benefits, both locally and on a global scale. Targeted activities include housing construction and urban husbandry. The focus on circularity ties into two of Savini's' (2021) principles of degrowth, as discussed in the theoretical chapter of this report. The two principles are that production and consumption should be reduced, and society should operate within its ecological limits. In the case of Järfälla, a municipal focus on circularity would contribute to keeping societal activities within the ecological limits of society.

The circularity suggested by us is also closely tied to the idea of localization as a form of spatialising degrowth. We suggest that resources are, to a larger degree, be created, used and re-used within the municipality. As the UN has shown, the construction industry is one of the sectors which contributes to the largest CO2 emissions globally (United Nations, 2023). As such, one of our main measures is to increase circularity within the construction sector of Järfälla. To home in on the sustainable qualities of localisation, we suggest that transportation in and out of the municipality should decrease. As mentioned in the theoretical chapter of the report, the creation of spaces like local markets, small businesses, and other diverse service facilities are important in the enhancement of self-sufficiency (Xue, 2022). As such, we suggest that the municipality should incentivise local workplaces to decrease the need of transportation.

Figure 16: Example of reuse material library. Source: Archdaily (2020).

Urban husbandry (2025)

Description: Villa owners will be offered chickens and knowledge about how to take care of them, from start to end of the chickens' lifecycles. Condominiums and rental associations can also apply for this if they have proper space and devotion to jointly take care of the chickens. The knowledge provision will also include information about which kinds of leftovers from human food is appropriate to feed the chickens with, and how to harness the faeces for manure. As time goes on, a wider selection of animals might be incorporated into this measure.

Aim: The main aims are to contribute to an increased self-sufficiency with regards to food, and reduce waste in accordance with Järfälla's waste plan (SÖRAB, n.d.).

Consequences: Citizens can be empowered by a feeling of contribution and knowledge, and in case neighbours interact over this, the social cohesion might be enhanced. Mental health can also be increased by spending time with animals and being outdoors. However, problems can occur when residents are moving out or cease having the possibility or will to take care of the animals.

Main actors: Local associations such as the existing small-scale animal farming Kallhäll 4H-gård (Järfälla kommun, n.d.-c) could arrange the initial provision of chickens and knowledge, with funding from the municipality.

Figure 17: Community-owned, free-ranging chickens in an urban environment in Reimersholme, Södermalm. Source: authors' own.

Reuse material library and material passports (2030)

Description: Work with the prioritised municipal document. Identification of need of land for circular construction and energy supply (see Järfälla kommun, 2023a) will be initiated, and from that, sites for leaving and collecting construction material will be established, where material from local retrofitting projects will be sorted into different categories and classified according to condition, for example through the usage of material passports. Material passports are lists of every component in a building, what material they are made of and so on, so that the parts can be easily sorted when retrofitting. The passport is updated when the condition of the material changes and is a tool for encouraging circularity.

Aim: The main goal is to save resources and mitigate emissions by increasing reuse of construction material and to shorten transport routes for material. As such, the intervention will contribute to the climate goals of the municipality. The intervention will also provide an alternate industry that creates employment while being conducive to degrowth.

Consequences: The site will take up space for developing new housing, public space etc., but the sites will most likely be small and not placed on virgin land, to save the environment. Possibly, these reuse facilities can be placed in empty office buildings.

Main actors: The municipal planning department invites commercial retrofitting developers and cooperative retrofitting groups to jointly decide on where the material libraries will be located and how they will be used.

Incentivise local workplaces (2035)

Description: Create incentives for the opening of restaurants, cafes, stores, offices, and other businesses for Järfälla's' inhabitants. Especially circular business models, favouring maintenance and repair before new production, and those using local renewable resources and municipal food supply.

Aim: A reduction in resource consumption by reducing travel distance and changing travel needs as well as means of transport, which will contribute to the climate goals of Järfälla.

Consequences: Reduced travel by car, reduced travel outside the municipality, increase in walk and bike rides, risk of increased influx of outside workforce.

Actors: Residents are impacted and involved. The municipality would be involved with its incentives. Local and non-local businesses will be affected as business opportunities in Järfälla would increase.

9.4 Shared and communal living spaces

Looking beyond private ownership and profit-making, a primary aspect of our vision is the increased sharing of spaces and resources. Collaborative projects, such as the sharing of working and living spaces, can build communities that are ecologically, socially and economically resilient (Hagbert & Bradley, 2017). While this requires, to some extent, a reorganisation of society and norms around living, new collective organisations can provide better social support-structures, practical know-how skills and new competencies with increased self-sufficiency and sense of ownership. In shaping their own environments, residents get an increased connection to place and each other. This vision challenges the top-down decision-making model and acknowledges residents as active makers and shapers of their own lives and living conditions. Inspired by Hagbert et al. (2020) traditional relationships of power imbalance and speculative transactions, such as tenant–landlord or housing developer–home buyer, are replaced with more collective forms of decision-making.

Degrowth principles require a re-imagining of our concept of a home, challenging conventional Western practices and ideas. In a Swedish study by Hagbert (2019) 40% of

Figure 18: Building retrofitted by the co-living initiative Baugruppen (Straub, 2022).

Figure 19: Modern eco-village and co-housing with shared spaces and intergenerational initiatives in Denmark. Source: Vandkunsten Architects (no date).

respondents would accept a lower living standard to save the environment. Many frame living on less resources as a positive challenge, adding a sense of personal meaning and motivation. Two thirds said they would be happy to live in smaller-sized homes. Collective living had a negative association for respondents, yet they welcomed various degrees of sharing. Initiatives such as co-living and intergenerational housing can minimise loneliness among elders and contribute to solving the "life puzzle" (Hagbert, 2019, p.55). There are considerations, however in the application for Järfälla. Overcrowding is already regarded as an issue in areas with low economic standard, making homes smaller could worsen the situation. It is imperative that experimental living practices include situated consideration and provide a diversity of accommodation that ensures quality of life. Hagbert's study (2019) shows that there is an openness and willingness to explore new alternatives to the contemporary housing market, and to try new forms of living, however this is conditioned on norms around good living and comfort. The study also points to an increased sense of meaning in responding to the climate crisis. It is worth pointing out that the Covid pandemic has shown that society can adapt in mitigating a crisis, suddenly for example accepting working from home. Norms can change and behavioural changes were possible which could also lead to better life quality.

An exemplifying case study is the Geneva-based housing cooperative Codha, which works as a connection point for residents interested in co-housing and helps building multifamily houses with ample shared space (UR, 2021). In 2021, the cooperative had 2,000 members spread across several buildings. In an interview, its residents speak of social infrastructure. A

mother-of-two highlights help with childcare and the sharing of kitchen tools. A lonely elderly woman speaks of a renewed sense of place and engagement with the children. While acknowledging that such living forms require a different mentality, several of the residents describe that once you have lived there, it is hard to go back to conventional living. One resident also emphasises the necessity to respect levels of privacy and remain attentive to the different needs of people. Codha favours eco-solutions, often with renewable energy such as solar panels incorporated on the roof, or passive design principles that make use of Switzerland's climate conditions and reduce bills for residents. While the Swiss housing and legal system are different from Järfälla, the Codha examples show how tight budgets can still produce buildings that are ecologically, socially and economically friendly, allowing also socioeconomically disadvantaged groups to access good quality housing.

Intergenerational housing (2030)

Description: Encourage mix of home sizes and facilitate spatial structures addressing needs of various ages (e.g. accessibility and passive participation of elderly) and introduce apartments with various levels of sharing. Such spatial structures are missing today. The municipality could encourage conversion of garages in Viksjö residential area for example, or combine facilities for elder- and childcare, increasing flexibility for changing demographics.

Aim: To facilitate social contact across ages, encourage wellbeing, save planetary resources and increase resilience for changing demographics.

Consequences: New spatial structures of sharing and increased mixing across ages. Less car dependency due to infrastructure changes. Risk of conflict between different age groups and their needs and desires.

Actors: Eldercare homes, childcare facilities, municipality, coordinator for conversion projects, volunteers for pioneering programme, property owners.

Multiple-tenant rental contracts (2030)

Description: housing rental contracts can include multiple people, meaning a home with several rooms can have several tenants. An example of this initiative has been done in the municipality of Botkyrka, Kompisbo, where youth aged 18-30 can live with 2-3 people together with individual rental contracts (Samuelsson, 2012). The same concept has been proposed for seniors to reduce loneliness and make better, more affordable use of large apartments (Samuelsson, 2015).

Aim: The measure facilitates collective living and shared resources with flexibility and circulation on the rental market, making move in and out of co-living situations easier.

Consequences: It is especially beneficial for young people who get a chance to legally live together (Bradley, personal communication, 5 November 2024), instead of being subject to illegal subcontracts without rights. It must be monitored to ensure no criminal activities take advantage of the contracts.

Main actors: Järfällahus will pilot contracts, which private property owners and tenants could adopt.

Co-working hubs (2030)

Description: The municipality would create and utilize indoor spaces where the residents can come to either work or study. These spaces would have desks, meeting rooms, printers and other useful things for people to work or study. It should also include workshops and studios for other types of professions. To begin with, the municipality could focus on finding underused spaces that could be utilized for this purpose. Later, the municipality can create and retrofit spaces for this specific purpose. By collaborating with businesses, both local and outside of Järfälla, the use of these hubs can be ensured.

Aim: The main goal of this intervention is to provide a space for people that either live in small apartments, or alone, to have a place to go to and be able to work or study and being able to meet other people, fostering community feeling. In addition, these spaces could reduce travelling outside the municipality. It also alleviates the need for private ownership of computers and office and studio materiel and fosters a culture of sharing.

Consequences: These spaces will reduce isolation as well as promoting social equity. These spaces will be a good platform for creating ideas and having community meetings, but initially the municipality will be responsible for the operations and costs of these spaces.

Main actors: The municipality and its planning department, having the power to implement these measures. The residents will be those who will use these spaces, and therefore be the affected actors. Local businesses and non-local.

Co-building/co-retrofitting groups (2040)

Description: Encouraging and supporting grassroot initiatives from residents to self-organise co-habitation through building or repurposing existing stock. An example of this is the German Baugruppen.

Aim: The measure aims at sharing resources, converting existing building stock and fostering community amongst residents.

Consequences: Existing building stock such as empty offices are converted into housing, residents practice self-expression in leading their own home projects – together, which also builds trust and neighbourly engagement. Increased feelings of ownership often lead to better upkeep of buildings and feelings of safety.

Actors: Residents, Järfälla planning office with the establishment of a new role coordinating cobuilding initiatives, with access to architect and municipal infrastructure. Other actors include building owners selling empty buildings to municipality, which has pre-emptive rights. Less profit for developers is a problem in the transition period.

Figure 20: The US-based project Operation Tiny Home is an inspiration. It enables residents to self-build. Source: Operation Tiny Home (no date).

Compact, small-scale single-family homes: Tiny houses (2040)

Description: Densification of housing utilizing small house units in areas where housing already exists.

Aim: The implementation supplies new housing to mitigate housing demand. Although this implementation does claim new land, it does so for land that is already used as areas of housing. It could be especially relevant in the villa areas of Järfälla. As such, the implementation does not claim undeveloped land.

Consequences: The intervention can mitigate the need for housing in Järfälla. The limits of the intervention lie in the limitation of appropriate land area. Less sqm per person. More informal types of housing.

Main actors: The power of implementation lie in both municipal and national legislation. Legislation must allow the construction of additional housing units on existing housing land.

9.5 Public and communal infrastructure for wellbeing

As already established, sharing spaces can foster resilience in communities (Hagbert & Bradley, 2017). Establishing facilities which provide possibilities for improving the inhabitants' wellbeing is important in our vision. The target group of the facilities might differ depending on several factors such as ownership, location, purpose of the facility etcetera. It is important to ensure that these facilities remain safe and accessible to everyone inside their target group. This includes ensuring cleanliness, opportunities for booking and entering facilities as well as keeping criminality away. The last point is of particular importance to not having more unsafe areas established in the municipality.

To ensure proper long-term benefit in line with degrowth values, it is important that the facilities are not created and maintained by the municipality. Instead, they should be under the control of community serving organizations which aim not for profit but rather service. This can also imply increased co-operation within communities as a collective together can manage a facility for their own use. This co-ownership would foster the resilience that would create a community which trusts its members and help each other.

Below will be several implementations that create or support the creation of facilities made for communal sharing. Together they form a sort of infrastructure for the inhabitants in the municipality that is not used for neither transport nor electricity or water but rather places for improving wellbeing and foster community creation.

Figure 21: Swimming pool in Grenivík, Iceland. Source: Grýtubakkahreppur (no date).

Roofed multi-use spaces (2025)

Description: Outdoors communal spaces with roofs, exemplified in figure 22, which works to protect from the elements. Locally initiated by neighbourhoods. The spaces are of multi-use, e.g. farmers markets or open kitchens.

Aim: Contributes to the availability of communal spaces in both summer and winter months. They are cheap to construct. Easy to construct and good for bottom-up initiatives.

Consequences: The measure works as spaces of communal interaction. Furthermore, it contributes to the municipal self-sufficiency as citizens can help each other, share and create in these spaces. Furthermore, these spaces entail a decrease of resource use compared to contemporary commercial spaces, with innovative material use and perpetual upkeep.

Main actors: The municipality must allow for the construction of these roofed spaces. Appropriately, permits can be given within or in proximity to property lines. Citizens should be encouraged in construction and running of the roofed spaces. Communal spaces are only successful if citizens are taking initiatives and running the activities, as suggested in the discussion on urban gardening theory. Property owners most allow for changes to their properties.

Figure 22: Roofed multi-used space in New Guabuliga Market (University of Applied Arts Vienna, 2020).

Multi-use communal spaces (2025)

Description: Flexible “non-scripted” places such as pavilions, open green fields that can house various activities as shaped by residents, such as yoga and other exercise.

Aim: Contributes to the availability of communal spaces. Furthermore, it offers flexibility in decision of activates. As such, citizens are in control of deciding what to do in these spaces. Non-gendered areas can increase equality.

Consequences: The measure contributes to communal interaction and physical and mental wellbeing amongst citizens in Järfälla.

Main actors: The municipality together with local associations oversee planning and constructing these spaces. Users of the spaces continually create the space.

Swimming pool facilities (2030)

Description: The municipality will open swimming pools within walking distance for residents. These pools will be small-scale, offering for example saunas, steam rooms, cold plunge pools, hot tubs, and wading pools for children.

Aim: The main goal of these swimming pools is to create a meeting place for people of all ages to relax, feel well, and socialize. Special focus would be on the youth population of Järfälla, having these swimming pools as a healthy place to be at in the evenings.

Consequences: These swimming pools would need some resources, regarding material, land, water, heat, and electricity. However, the benefits of these swimming pools are substantial, with regards to mental and physical health and hygiene, as well as fostering increased feelings of community.

Main actors: The main actors of these interventions would be the municipality and its planning department, being the actors to plan the swimming pools. The pools would be open to everyone, regardless of where they live, with no entry fee for children under the age of 18. Swimming pool associations, competition associations will build and maintain the swimming pools.

Saunas (2030)

Description: Public saunas, usable year-round. Placed close to natural bodies of water, where people can take dips in-between. Regulation can be put on fuel types. Mobile saunas and private initiatives.

Aim: The measure adds public spaces for public and communal activities to Järfälla. Public health and well-being would improve with increased public usage of saunas.

Consequences: The measure introduces outdoor activities, suitable for all seasons. The measure contributes to good physical and mental health. Sauna is a cultural staple in many northern societies and may encourage social interaction across nationalities.

Main actors: The measure lies in the hands of the municipality, who will be responsible for the planning of saunas. Construction and maintenance could be in the hands of the sauna associations.

Figure 23: An existing initiative: proposed sauna in Kallhäll. Source: Folkbastu (no date).

Shared indoor living rooms (2030)

Description: Indoor public spaces solve the availability of non-consumption public spaces which requires indoor space, such as assisted homework and board game nights. These spaces are first and foremost to be constructed by retrofitting existing facilities, such as vacant office space. Appropriate premises are bottom floors of buildings to ensure accessibility. An example of an already existing facility is Huset på höjden (The House on the Hill) which is run by the municipality. Huset på höjden offers a wide variety of activities and space to be used in a flexible way for everything from birthdays to dance classes (Järfälla kommun, n.d.-d).

Aim: The measure targets the demand of public spaces particularly in the winter months where activities might be limited to the indoors.

Consequences: The measure aims to offer spaces of public activity and communal interaction – helping, sharing and creating. Also, as such, contributing to physical and mental wellbeing amongst citizens. There is a risk that these forgotten and misused (criminal gang recruitment for example), but this risk can be mitigated by these places being semi-public, for example belonging to a certain association.

Main actors: The municipality should encourage co-living groups and private facility owners to implement indoor spaces.

Figure 24: Huset på höjden (Järfälla kommun, n.d.-d).

9.6 Implementation—Timeline diagram

As mentioned, each intervention is assigned an implementation time or period. In addition, the feasibility of the implementations has been estimated, where low feasibility within current framework can mean for example that current legislation is hindering the implementation, or that a vast change of mindset among people is needed. High feasibility can thus for example mean that the implementation only requires a small effort with regards to money, labour, and other resources. The estimations are however arbitrary and shall not be seen as scientifically proven. For a summary of the measures and their feasibility, see Figure 25.

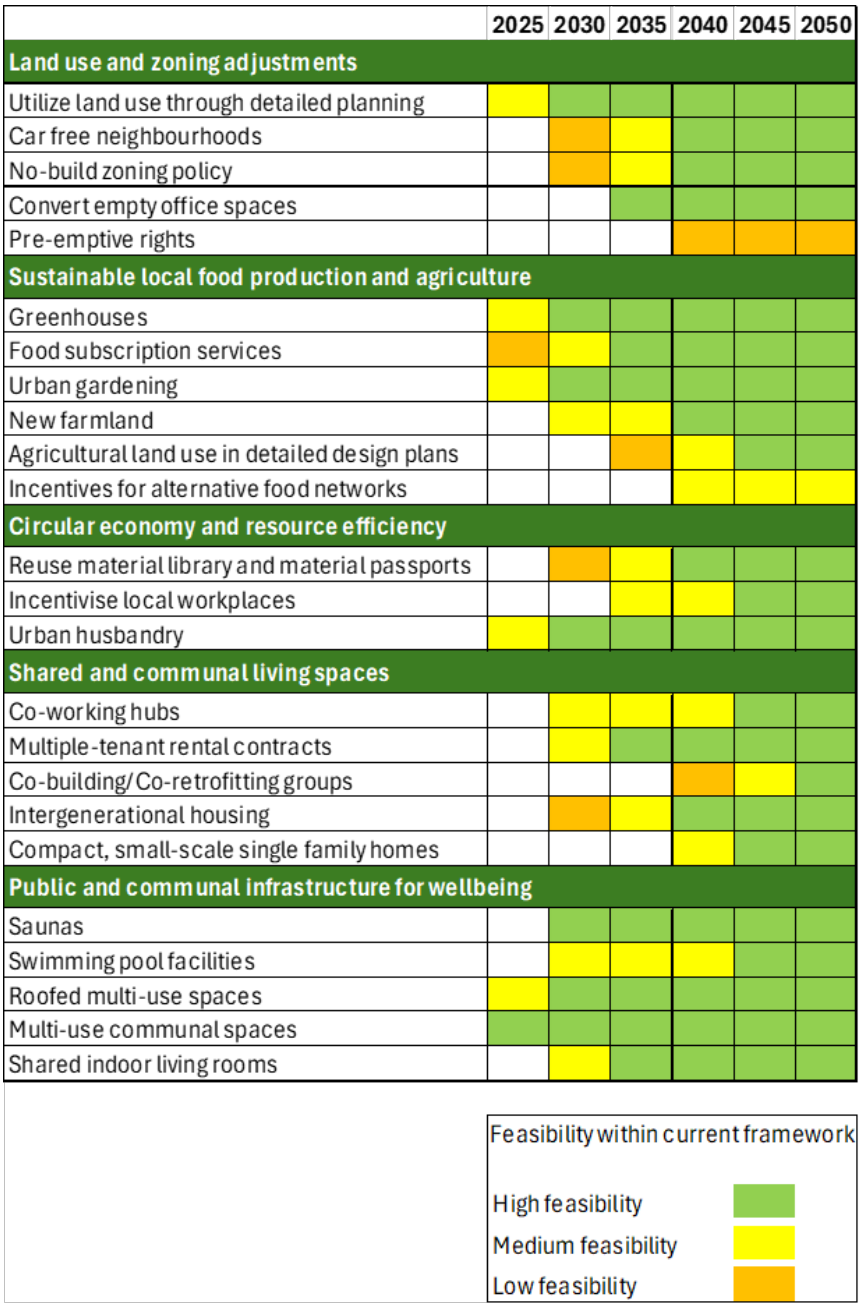


Figure 25: Implementation timeline.
Source: authors' own.

10. Actors

All actors from the implementation points above are listed by category below. Dependent on the actors involved in each implementation the municipality or other responsible party has to make a situated impact assessment for each implementation. As the involvement and exact conditions of our proposed implementations is yet to be settled, this chapter highlights some identified potential actors without assigning them any weighted value. There after the chapter provides additional insights into how to approach actors and their forms of participation based on interest level, power and scale.

Municipality and Municipal Departments
—Municipal Departments (e.g. planning department, environment and climate department, energy, school, economy etc.)
—Municipal Politicians
—Municipal businesses (e.g. Järfällahus, huset på höjden)

Planning and Legislation Entities
—National Government (through legislation such as PBL or climate goals like Agenda 2030)
—Regional government
—EU Legislation and directives
—Government agencies (e.g. Jordbruksverket, Naturvårdsverket)
—Government departments
—UN

Property Owners and Developers
—Property Owners
—Developers
—Construction Firms

Citizens, Residents, and Community Groups
—Residents
—Community and Grassroots Groups

Industry and Business Owners
—Local Business Owners (e.g. farmers or store owners)
—Material and Vehicle Industries
—Petrol industry
—Repurposing industry

Educational and Research Institutions
—Agricultural Universities and Research Centers (e.g., SLU)
—Gardening Experts, Farmers
—Participatory planning theory
—Green technology

Associations and Cooperative Organizations
—Sauna Associations
—Swimming Pool and Competition Associations
—Local Agriculture Cooperatives and Food Networks
—Construction and Retrofitting Cooperatives
—Climate activists

Non-human actors
—Climate (through heat island effects, flooding etc)
—Ecosystem services
—Cultural heritage sites

There are a number of actors involved with each implementation but it is important to realize that implementations do not only engage active parties but there are many other related actors who are not so evident. Everyone impacted by a planning decision are to be regarded as actors. This may include non-human actors such as local ecosystems or embodiments of past and present culture. The need to involve actors may vary depending on the impact of a planning decision, the actor's interest and power to influence. Some actors will see very limited impact on their everyday lives but in accordance with transparency legislation, information should still be made available for them at their request. Some actors that are not impacted much by an implementation may show little interest but have a large amount of power in the actualization of the implementation. Such actors should not be overlooked as they can create major hurdles after resources have already been invested in a project. If the actors do see some impact on their way of life then there is an obligation to actively inform the parties. This has to be done in an accessible way and should aim to have a 100% coverage of impacted actors. If the impact on non-human actors are noticeable then this must be made abundantly clear in impact statements and if impacts are of larger extent representatives of the given non-human actor should be invited to produce additional impact assessments.

For most instances of Swedish planning there has to be an open invitation to samråd or a consultancy period (Boverket, 2024). This allows impacted actors with interest to inform the planning actions. However there is also an important aspect

of power. If the information provided to impacted actors was not sufficient then there may be less participation from groups who did not access the information. There is also a question of power through knowledge as many private citizens lack the know-how on what rights and opportunities they have to share their expertise and opinions. Powerful actors like government bodies and large-scale private companies are often requested to leave input on planning. In the degrowth proposal one of the primary interests of the planning should be citizen wellbeing and therefore such invites should be made to local actors and individuals. Knowing how power relations play into who is able to voice their opinion, major efforts have to be made to create a trustful environment for communal planning and to lower the barrier of entry as much as possible.

Other than power, impact level and interest, actors also operate on the local, municipal, regional, national, EU and global scales. This further complicates things when it comes to degrowth. For example, the EU has frameworks to ensure fair markets and avoid monopolies. In assessing the Swedish economy, the EU has recommended market-based rents (Lopez, 2023) which have come into conflict with national ideas around a welfare state rent control and can often be contradictory to a regulated shrinkage of the commercial sector.

A singular implementation proposal may therefore be impacted by varied actors' interests and geographical levels. Take for instance car restricted areas: At a global scale you have major petrol and car producers lobbying against reduced trade, on the other side of the scale the UN has produced ambitious climate goals in Agenda 2030, which permeate into EU law and goals. These goals are at times opposed by the same government body's economic goals. The regulations in turn inform Swedish laws and goals who adopt a similar contradictory balancing act of less car transport versus the need for transport in a global trade and travel network. Regionally many growth strategies include providing citizens with car-access and amenities. Locally a municipality may decide to initiate a car restricted area, however relatively fast there will be local car owners who oppose the idea. Sometimes these super local actors join car-owners associations with regional or national networks, potentially supported by actors that stand to gain from continued car usage. Thus, the same individual can act at a local and national level simultaneously. Of course the same often happens with the actors who support the initiatives which in this case could be made

up of bike enthusiasts and climate fighters who engage with their national equivalents.

As seen in the recent attempt at introducing class 3 environment zones in Stockholm there are also many parties in the public sector who play a role at different levels. The municipality of Stockholm, supported by the planning monopoly, has been stopped by the region who regulates traffic. The municipality has appealed the inhibition put on the project by Länsstyrelsen to the national agency for traffic, but has been dismissed. Thus, the project is put on hold until further notice (Trafikkontoret, 2024). In the background of this there is also a political process where different public entities are given slightly different focus and opportunities based on the current political configurations at each level.

All of the implementations should take place at a local or super local level. However, to avoid conflict at higher levels there is a need to understand the juridical frameworks and goals at higher levels. One way to work with the neoliberal focus of EU legislation, which promotes a free market, is to engage with private initiatives. This, as presented in our no-build zoning policy does not necessarily mean that the land used cannot be municipally owned. By creating transparent, responsible and interactive initiatives the municipality and citizens can co-create an environment of trust and mutual benefit. Small scale initiatives are less likely to come into conflict with higher levels of government and therefore implementation with little apparent impact can start to create necessary actor networks and lower the threshold for participation as previously mentioned. It also builds embodied competency in citizens and the municipality. The municipality should initially be an instigator and enabler, providing ideas and opportunities. Local small-scale initiatives are confounded with private actors, daily maintenance should pass onto private associations while the municipality provides support, quality control and mediation. Larger scale projects may need more municipal input both in doing the implementations, helping private networks to organise, in order to take on large scale initiatives or to be a spokesperson for the initiatives at higher political levels and towards other agencies.

By establishing implementations and systems with a focus on minimal consumption of new resources there may be opposition formed by actors who prioritize economic growth. These actors are both public and private, local, national and international. A big company who has intended to buy land for housing development may oppose some initiatives or

new land allocation practices but may in reality not be detrimentally impacted. A local business however might be more severely impacted by a car ban or less disposable monetary income among the average citizens. Local businesses then must be given the opportunity to sustainably transform into a part of the degrowth framework. There are some indications that degrowth could become more important at other scales, as demonstrated by discussions in the EU.

The degrowth approach aims to foster strong local wellness and cohesion but will limit the monetary capital, and power of its citizens and can be seen as a risk. Given that the transition is successful and there is more circularity, limited consumption and a large service economy which provides the necessities of everyday life, there should only be an increase in local actors wellbeing, but if other regions and municipalities do not follow suit, then the citizens of Järfälla may have decreased their status in a capital driven society.

The municipality shoulders a somewhat new role in the degrowth system. Instead of regarding its citizens and potential development companies as customers to service, degrowth employs the municipality to become a co-creator in an alternate market with less consumption and more exchange of services. It allows the municipality to look inwards and see what needs can be met within the already available resources instead of catering to external demand.

Initially the transformation may be slow, and commitments made prior to the degrowth strategy may linger and impact the economic ability of the municipality. Funding can be sought at the EU level by some of the climate positive initiatives to supplement the initial transition, but as costs for social services diminish and the upkeep of social infrastructure and housing stock is taken over by private collaboratives, there will be less of a financial burden on the municipality. Income, though diminished, will be achieved through residual taxes, land rents, limited land sales and at times selling excess energy. If other municipalities adopt degrowth, services such as energy and/ or food production could be traded instead of sold, in order to further expand the degrowth market.

11. Outcomes

There are several possible outcomes of the proposed implementations, positive as well as negative. Different actors can face different consequences, and the effects also differ depending on the perspective used. In the following sections, some potential outcomes from an economic, environmental, and social lens are described.

11.1 Economic outcomes

When talking about degrowth, one of the first thought that comes to mind is the economic feasibility of this shift. From the implementation measures that have been discussed here, the municipality of Järfälla was one of the key actors in most of them. Transitioning, and implementing, these measures may entail some, often significant, costs for the municipality. However, these measures can foster sustainability and resilience, which in the long term can enhance economic stability, as well as community well-being in Järfälla. The economic effects will therefore be multivarious, both positive and negative.

There are many economic benefits that could follow from the degrowth transition. First, the retrofitting and repurposing of the existing housing stock would lead to significant cost savings. These savings would not only relate to construction savings, but also infrastructure savings, as less infrastructure would need to be built. Second, the car-free neighbourhoods would lead to significant road maintenance savings, as cars, compared to bicycles or pedestrian, wear and tear road surfaces way more. Third, by localising economic growth with agriculture initiatives, retrofitting projects, and other municipal jobs, the municipality promotes economic and employment stability and resilience within Järfälla. Fourth, following the housing and land use policies, the affordability and stability of the housing market should increase. Fifth, the public health benefits that come from the degrowth ideology will lead to improved public health, consequently public health costs should reduce. Sixth, increased localisation leads to less transportation needs, and costs regarding transportation should decrease.

Of course, there are also economic downsides of degrowth, otherwise it would be more widespread than it is. First, the land use policies will lead to less housing investment, which consequently leads to less potential tax base revenues. Second, implementing the degrowth measures can have high initial costs for the municipality, hindering them from committing to degrowth. Third, as degrowth focuses on stability and equity, economic growth would not be as much as in capitalistic economy but could be positive non the less. Fourth, many of the degrowth implementations would need ongoing municipal support and maintenance, leading to increased expenses for the municipality.

The local economic effects mostly relate to expenses or savings for the municipality, like lower construction costs through retrofitting and more stability and affordability in the housing market. Expenses in public health and transportation would hopefully also decrease, whereas expenses related to the implementation of the degrowth policies would be significant. On a regional level, neighbouring municipalities could follow Järfälla's initiative, fostering collaboration for a bigger area following the degrowth ideology. That way, increased efficiency in industries supporting self-sufficiency could lead to increased yield in agriculture and other sectors. However, our overall proposal will not contribute to the regional goal of Stockholm becoming Europe's most attractive region for investment, since it can be assumed that global housing and infrastructure companies will not be very interested in investing in Järfälla. On a global level, these initiatives would probably gain much attention, leading to big funding opportunities from organizations such as the EU or the UN. Increased self-sufficiency would also reduce the need for imports and other global supply chains.

This summary of positive and negative economic effects is in no way exhaustive and should be considered a starting point for further analysis and discussion. There are also no values or estimated numbers presented with regards to these effects. So we cannot estimate whether degrowth could be economically feasible for Järfälla. This summary however gives us some idea, or sense, that degrowth can be sustained within a municipality, it will always be a challenge, but could non the less be achieved.

11.2 Environmental outcomes

As earlier explained, economic degrowth goes well together with environmental sustainability. Considering Järfälla's overarching goal about becoming carbon neutral in 2030 and the subgoals regarding for example circularity and sustainable consumption (Järfälla kommun, n.d.-a; Järfälla kommun, 2019; Järfälla kommun, 2023b), the degrowth implementations proposed should be of great value. Positive outcomes can be an increased rate of self-sufficiency with regards to food, and an increased resilience to climate change. In the long term, the implementations can also increase biodiversity, since a greater variation of vegetation can attract a greater variation of animals, insects, and mushrooms. However, negative consequences can occur if implementations are not carefully carried out. To exemplify, if unsustainable fertilisers are used, emissions of particles damaging flora and fauna can increase, and if citizens take longer ways driving around the car-free zones than they did before the introduction of the zones, emissions can rise.

In the short term, the construction of public spaces such as saunas, swimming pool facilities, and outdoor roofs will demand material and energy, but reused material should be used to an as large extent as possible, and in the long term, these spaces can contribute to citizens adapting a more sustainable lifestyle by for example travelling less. Since our proposed localised transport strategy dismisses the regional plan of expanding the metro to Järfälla, the huge environmental impacts of drilling tunnels and so on, will not be realised. However, if the citizens still choose to commute to and from the municipality to a large extent, by car because of the non-existent metro, the greenhouse gas emissions from transport will be large.

The implementations are feasible on the suggested small scale, but there will be difficulties in upscaling the food production, considering the high population density and the land available for agriculture. As one of the five major proposal categories regards local food production, the difficulties create uncertainty for the degree of self-sufficiency in the proposal as a whole. However, efforts of increasing the self-sufficiency within other areas such as energy supply, can be made simultaneously to increase the overall resilience. Adding on to the discussion on scale, the environmental outcomes of our proposals could contribute to the Stockholm

County goal of becoming Europe's most attractive region for living, if the citizens feel pride in contributing to environmental goals. However, since economic growth is well-rooted in today's global world order, through for example the Sustainable Development Goal number 8, the positive environmental effects of our suggestions might not be as large as hoped, since the growth-paradigm might make people resistant to engaging in for example co-living and co-farming.

11.3 Social outcomes

The eco-modern perspective is widespread in Swedish policy and practice (Hagbert et al., 2020) and not everyone is willing to embrace new degrowth principles, fundamentally challenging societal norms on living. This will be a great social challenge. New shared forms of living will require a rethink from the individualist approach we are used to, challenging practices, behaviour and norms around living (Hagbert & Bradley, 2017). Instead of being slotted into prefab, pre-thought apartment buildings, residents are given greater agency and responsibility in shaping their own environment, making collective decisions about their homes and ways of living. While requiring adjustments, the proposal envisions this will create a greater sense of place, control and community as well as better catering to the specific needs of Järfälla, as its development is informed by grassroot participation.

The vision for 2050 requires new habits of collaboration and navigating new social situations. Inspired by the Swiss housing cooperative Codha (see p.41), our proposal sees the role of the municipality to encourage these changes and provide initial infrastructure for sharing, encouraging a new mentality. This can be done through an own agency for connecting residents interested in co-living or through private or collective initiatives. Such an agency could provide existing structures for repurposing into housing, making use of empty office spaces and enable resident groups to retrofit their future homes. Sharing cultures can be a response to the fatigue of the consumerist society and a longing for participation in society and social belonging (Hult & Bradley, 2017). As such, it can respond to social issues such as loneliness, especially among elders, and foster a sense of place. We also imagine this participation and active engagement against the climate crisis will create a greater sense of meaning (inspired by Hagbert, 2019). We believe the proposal is relevant in address-

ing most of the housing challenges Järfälla kommun (2024b) expressed to us (see p.13).

In a long-term perspective, shared housing solutions at smaller scales could provide more flexibility and greater resilience to the fluctuations of the global financial market that Järfälla is currently facing. The issue of complexity in needs and not supplying for the demand would seem to ease if residents themselves had a say (and do) in what they want and need. Providing a variety of home configurations and the flexibility when making use of shared spatial infrastructures put less pressure on private apartments to accommodate all of life's activities. Järfälla currently has an issue with overcrowding and so it is important to emphasise that this proposal, with small, self-built compact houses and families co-living, suggests a reduction of private space in favour of more public – as such not a reduction of overall living space, but home situations with greater variation of various levels of privacy. It would mean greater flexibility in spaces and accommodating more people using less resources. The Swiss example – while operating in a different legislative, political and cultural context – shows it is also possible to do ecologically and on a tight budget, providing better access to groups of varying socioeconomic needs who otherwise would not have access to a private, speculative housing market. The role of the public housing company is vital here: co-living projects risk becoming "the exclusive domain of affluent households" (Madden & Marcuse, 2016, p. 211). In Zurich, where 35% of dwellings belong to housing cooperatives, they are often criticised for being middle-class (Nelson & Chatterton, 2022, p.55). The housing typology has proven popular and a maximum income cap had to be set by local authorities, ensuring the dwellings were used by those in need. The city has also reinforced a policy to ensure a social mix, with housing rules ensuring quotas reflect Switzerland's wider population demographics based on age and wage for example (Nelson & Chatterton, 2022). As such, cohousing initiatives are not per se immune to the same commodification principles as the private market and require municipal involvement to maintain social equity.

There is also the question of equity. In radically changing social, cultural and economic models, the transition must be just. Some of criticism towards degrowth practices involves elitism, as something that can only happen in certain circumstances or based on the reproduction of middle-class norms (Nelson & Chatterton, 2022; Bradley, 2009, cited in Hagbert et al., 2020). For example, seeing cohousing for a small ded-

icated, homogenous and resourceful group that has ample time to self-organise and also a tendency to self-segregate. A just solution must be scalable and including the whole socio-economic spectra. Principles of degrowth aim at reducing the planetary impact of the rich; not further reducing the quality of life for the poor (Savini, 2023a). It must be acknowledged that different groups of people face different challenges to live sustainably (Hagbert et al., 2020).

Moving on to a general discussion of the social outcomes of the combined measures proposed in this report, our vision of Järfälla 2050 entails an alternate life situation compared to current structures of living. The vision aims to mitigate processes of individualization and the idealization of employment as the primary source of fulfilment and purpose in life. Instead, Järfälla 2050 offers a context where both work and private life are entangled with communal society. One's daily work tasks are no longer separate from the context of one's local community. Instead, citizens are working together in building and maintaining their neighbourhoods and local context. Free time is no longer fenced in by individualization. Instead, citizens of Järfälla see an increased meaning in sharing their life with others in their community. In effect, phenomena of stress, overwork and social disassociation that permeate much of today's society are lessened in favour of increased mental and physical wellbeing.

Although the 2050 vision of Järfälla entails positive benefits to people's wellbeing, the quite radical shift in lifestyle proposed in this report could also entail scepticism and resistance amongst citizens. Initial reactions would probably favour promises of strengthened local connections and reduced dependency on stressful tasks, such as daily commuting. However, it is likely that citizens would reject the restrictions towards modern conveniences and consumption habits, such as travelling and shopping. Restrictions towards capitalist freedoms could backfire and instead cause decrease in perceived wellbeing. The perceived loss of freedom could also be further perpetuated if there are no larger national measures aligned with degrowth similar to measures in this proposal, as the people of Järfälla might feel like they are unfairly affected by the measures. In the end, it is uncertain how pressing the negative citizen reactions to the suggested measures would be. However, analogically speaking, the Covid-19 pandemic showed how a rapid shift towards home-based work brought with it unsuspected benefits towards wellbeing. Perhaps in the case of Järfälla, initial reactions might be hesitant towards change which then slowly turn to appreciation of benefits.

12. Conclusion

Going back to the aim of this report, attempts have been made at broadening the horizon of Järfälla municipality, by showcasing how degrowth theory can be applied in planning to fulfil ambitious sustainability goals and to adapt to a world in which exponential growth reaches its limits. The methods used in this study have influenced the result. To exemplify, other results may have been presented if other academic articles, other scenario approaches, or other people involved in the personal communication would have been chosen. In addition, the interpretations could have differed if the study had been carried out by other individuals, for instance because of different ontological beliefs.

In broad terms, the conclusion of this study is that the current situation in Järfälla is not sustainable, that radical change is necessary, and that actions inspired by degrowth theory can contribute to the transformative transition needed. Needless to say, this is not an easy task, considering the current global neoliberal paradigm and the subsequent pressure of economic growth on local levels, with the necessary change of mindset among citizens, politicians, and planners. The proposal could face challenges as local implementation is not accompanied by national measures towards degrowth. As mentioned in section 4, “Contextualizing degrowth”, there have been no long-lasting trials for degrowth on a large scale. As such, potential difficulties in synergy between local and national level in degrowth measures are not studied. However, we have identified one such potential difficulty, which is barriers brought forth by national legislation. Furthermore, it could be assumed that other national conditions are necessary for success in local contexts. For example, if national policy sees economic growth as a precondition for societal development, local incentives for degrowth could fall flat. Another example lies in citizen acceptance towards a degrowth society. There could be a risk in citizens not adapting and changing their behaviour, if current societal structures keep existing outside of their local context.

Apart from legislation and dominant norms regarding growth, some main inhibitors of what this report is proposing is current transport and housing plans. The coming metro will encourage commuting and its requirement of constructing 14,000 homes goes strongly against the idea of not building anything new. In addition, if the implementations are carried out poorly, for example if the cooperatives within housing

and gardening becoming elitist, it could create a bad taste for continuing on the degrowth path with similar measures. Also, in regard to self-sufficiency, feasibility in local food production is uncertain due to the identified challenge in upscaling, to meet the demand from the population. There are however also some main factors which make the suggested implementations more feasible. Firstly, the measures are backed by the climate goals of Järfälla, such as those of self-sufficiency, circular economy and resource efficiency. Secondly, the existing green and blue areas provide a good entry point for local gardening and agriculture, as well as for meaningful public space. Thirdly, the municipality's current awareness and care about social sustainability is a crucial base in creating a more integrated and inclusive community, in which people want to stay. Greater emphasis will be placed on wellbeing through the strengthened social connections fostered by the new priorities. Lastly, Järfällas' current precarious economic situation could be both a disadvantage and an advantage for the proposals of the report, since there are initial municipal costs in many of the proposals, but in the long run, costs should be lower: Tasks traditionally carried out by the municipality can be transferred to local associations and the population will be happier and healthier.

There are some aspects to be mindful of when implementing the suggested proposals. For the grassroot movements to truly contribute to a more democratic, just, and integrated society, they might need help from an institution such as the municipality, which can be seen as a contradictory top-down intervention in a bottom-up initiative. We, however, believe that this support, in the form of for example approachable education programs, is necessary to get people who usually do not have time, knowledge or interest in engaging in grassroot organisations on board. Another aspect to be mindful of is time. In the timeline, feasibility is estimated to show that change of mindset takes time. Of course, the future is uncertain, and exactly at what point the prioritisation of money has ceased to exist, remains unclear. Also, certain aspects of degrowth have been left out in this report. The job sector, for example, is only briefly touched upon. It is desirable that grassroot movements initiate own ideas and since this report presents ideas and suggestions for the municipality to broaden its horizon, additional aspects of degrowth not mentioned here can hopefully be developed in Järfälla over time at the initiative of residents. To conclude, we hope that this report has created a more open mindset towards a transformative way forward, into a sustainable future.

13. Reference list

Archdaily. (2020). Stockyard of recycled building materials waiting for reuse. Retrieved from Archdaily's Web site: https://www.archdaily.com/943293/giving-demolished-building-materials-a-new-life-through-recycling

Autonomy. (2023). The Results Are In: The UK'S Four-Day Week Pilot. Hampshire: Autonomy Research Ltd. Retrieved from https://autonomy.work/wp-content/uploads/2023/02/The-results-are-in-The-UKs-four-day-week-pilot.pdf

Benzaghta, M., Elwalda, A., Mousa, M., Erkan, I., & Rahman, M. (2021). SWOT analysis applications: An integrative literature review. Journal of Global Business Insights, 6(1), 55-73. doi:10.5038/2640-6489.6.1.1148

Berg Mårtensson, H., Höjer, M., & Åkerman, J. (2023). Low emission scenarios with shared and electric cars: Analyzing life cycle emissions, biofuel use, battery utilization, and fleet development. International Journal of Sustainable Transportation, 1-19. doi:10.1080/15568318.2023.2248049

Boverket. (2022). Järfälla. Retrieved from Segregationsbarometern: https://segregationsbarometern.boverket.se/kommun/jarfalla/

Boverket. (2024). Håll samråd och genomför granskning i planläggning. https://www.boverket.se/sv/PBL-kunskapsbanken/teman/riskhantering-och-pbl/process/samrad-granskning/planlaggning/ [Accessed 2024-12-20]

Bryman, a. (2018). Samhällsvetenskapliga metoder (3rd ed.). Stockholm: Liber.

Buhr, K., Isaksson, K., & Hagbert, P. (2018). Local Interpertations of Degrowth - Actors, Arenas and Attepts to Influence Policy. Sustainability, 10(6). doi:10.3390/su10061899

Busch-Hansen, B. (2018). The Prerequisites for a Degrowth Paradigm Shift: Insight from Critical Political Economy. Ecological Economics, 146, 157-163. doi:10.1016/j.ecolecon.2017.10.021

Büsch, M., & Koch, M. (2019). Challenges for the degrowth transition: The debate about well-being. Futures, 105, 155-165.

Börjeson, L., Höjer, M., Dreborg, K., Ekvall, T., & Finnveden, G. (2006). Scenario rypes and techniques: Towards a user's guide. Futures, 38(7), 723-739. doi:10.1016/j.futures.2005.12.002

Colive. (n.d.). Colive Volatus - Barkabystaden. Retrieved November 21, 2024, from Colive's web site: https://colive.se/hubb/colive-volatus-barkarbystaden/?_gl=1*sfi3r3*_up*MQ..&gclid=Cj0KCQiA_qG5BhDTARIsAA0UHSIi2f6ETpLcfCLq1uXucJ4foKOjHo0WdyZEg9dQktO9OVf55ypYAf0aAg3nEALw_wcB

East Sweden. (n.d.). Vallastaden är inget hus det andra likt. Retrieved November 15, 2024, from East Sweden's web site: https://www.eastsweden.se/artiklar/vallastaden-2

Ekonomifakta (no date). Din kommun i siffror – Järfälla. Retrieved 7 January, 2025, from Ekonomifakta's website: https://www.ekonomifakta.se/regional-statistik/din-kommun-i-siffror/jarfalla/

Eriksson-Zetterquist, U., & Ahrne, G. (2015). Intervjuer. In G. Ahrne, & P. Svensson, Handbok i kvalitativa metoder (2nd ed., pp. 34-54). Stockholm: Liber.
Folkbastu (n.d.). Kallhälls bastu. Retrieved from Folkbastu's website 2 December, 2024: https://folkbastu.se/

Gardening know how (2023). Vegetable Garden Size For Family. Retrieved 2 December, 2024, from Gardening know how's website: https://www.gardeningknowhow.com/edible/vegetables/vgen/family-vegetable-garden-size.htm

Groat, L., & Wang, D. (2013). Architectural Research Methods (2nd ed.). John Wiley & Sons Incorporated.

Grýtubakkahreppur. (n.d.). Sundlaugin Grenivík. Retrieved December 20, 2024, from Grenvik's Web site: https://www.grenivik.is/is/thjonusta/ithrottir-tomstundir/sundlaug

Hagbert, P. (2019). Ett hållbart hem? Lund: Studentlitteratur.

Hagbert, P., & Bradley, K. (2017). Transitions on the home front: A story of sustainable living beyond eco-efficiency. Energy Research & Social Science, 31, 240-248. doi:10.1016/j.erss.2017.05.002

Hagbert, P., Nyblom, Å., & Isaksson. (2021). Approaching Change: Exploring Cracks in the Eco-Modern Sustainability Paradigm. Enviromental Values, 30(5), 613-634. doi:10.3197/096327120X16033868459467

Hagbert, P., Wangel, J., & Broms, L. (2020). Exploring the Potential for Just Urban Transformations in Light of Eco-Modernist Imaginaries of Sustainability. Urban Planning, 5(4), 204-216. doi:10.17645/up.v5i4.3302

Hickle, J., & Hallegatte, S. (2021). Can we live within environmental limits and still reduce poverty? Degrowth or decoupling? Wiley. doi:https://doi.org/10.1111/dpr.12584

Hult, A., & Bradley, K. (2017). Planning for Sharing - Providing Infrastructure for Citizens to beMakersand Sharers. Planning Theory & Practice, 18(4), 597-615. doi:10.1080/14649357.2017.1321776

Järfälla kommun. (2014). Översiktsplan. Retrieved Augsut 28, 2024, from Järfälla kommun's web site: https://www.jarfalla.se/byggaboochmiljo/stadsutvecklingochdetaljplaner/oversiktsplanerochstrategiskadokument/oversiktsplan2050.4.20dd2ca2187db9c22d5f7b6.html

Järfälla kommun. (2019). Klimat- och energiplan för Järfälla kommun och dess bolag 2020-2024. Retrieved October 24, 2024, from Järfälla kommun's Web site: https://www.jarfalla.se/download/18.354f36bd17763b7407d2142e/1612528108904/klimat-och-energiplan-ink-atgard-slista.pdf

Järfälla kommun. (2022). Demografi, flyttmönster och bostadsbestånd i Järfälla. Retrieved December 17, 2024, from Järfälla kommun's Web site: https://www.jarfalla.se/byggaboochmiljo/stadsutvecklingochdetaljplaner/pagaendedetaljplanerochprojekt/nyoversiktsplanforjarfallakommun.4.53fa9fb818eab81a9e98e6b.html

Järfälla kommun. (2023a). Planeringsstrategi. Retrieved October 25, 2024, from Järfälla kommun's Web site: https://www.jarfalla.se/download/18.9afd6e118ac43364f1b16a5/1696224164768/planeringsstrategi-jarfalla-kommun.pdf

Järfälla kommun. (2023b). Miljöplan 2023-2030 för Järfälla kommun med bolag. Retrieved October 25, 2024, from Järfälla kommun's Web site: https://www.jarfalla.se/download/18.5e2d810118697502d1121381/1677764821650/Miljoplan-2023-2030-Jarfalla-kommun-med-bolag.pdf

Järfälla kommun. (2023c). Nya drönarbilder visar Barkarbys utveckling. Retrieved 23 December, 2024, from Järfälla kommun's website: https://www.jarfalla.se/nyheter/nyheter/artiklar/nyadronarbildervisarbarkarbysutveckling.5.713599fa1870313b3a0344d.html

Järfälla kommun. (2024a). Översiktsplan för Järfälla 2050 - samrådsversion. Retrieved October 18, 2024, from Järfälla kommun's Web site: https://www.jarfalla.se/download/18.514783ef18f2d5d658512cd/1714460407180/Oversiktsplan-for-Jarfalla-2050-samradsversion.pdf

Järfälla kommun. (2024b, August 26). Moderaterna och Socialdemokraterna bildar nytt styre i Järfälla. Retrieved from Järfälla kommun's Web site: https://www.jarfalla.se/nyheter/nyheter/artiklar/moderaternaochsocialdemokraternabildarnyttstyreijarfalla.5.6093eaf71916dfc725b5b2bb.html

Järfälla kommun. (2024c). Bostadsförsörjningsprogram 2024-2028 - med utblick till 2032. Retrieved from Järfälla kommun's Web site: https://www.jarfalla.se/download/18.74e814dd1905e01e02d5cb92/1720084494941/Bostadsforsorjningsprogram%20Jarfalla%20kommun.pdf

Järfälla kommun. (n.d.-a). Handlingsplan för minskat matsvinn 2020-2022. Retrieved October 24, 2024, from Järfälla kommun's Web site: https://www.jarfalla.se/download/18.354f36bd17763b7407d21430/1612528164627/handlings

Järfälla kommun. (n.d.-b). Analys av jordbruksmark - Underlag till översiktsplan för Järfälla 2050. Retrieved October 25, 2024, from Järfälla kommun's Web site: https://www.jarfalla.se/download/18.514783ef18f2d5d6585f9e/1714459400633/Analys-av-jordbruksmark.pdf

Järfälla kommun. (n.d.-c). Sök föreningar. Retrieved October 24, 2024, from Järfälla kommun's Web site: https://jarfalla.fri-go.se/forening/

Järfälla kommun. (n.d.-d). Kultur- och aktivitetshuset Huset på höjden. Retrieved November 20, 2024, from Järfälla kommun's web site: https://www.jarfalla.se/fritidochkultur/kultu-rochnojen/husetpahojden.4.4b149fc016400a9f7871223b.html

Kacprzak, E., & Szczepańska, M. (2024). Will Allotment Gardening Save Us Again? Allotment Gardens during a COVID-19 Pandemic in a City with a Shortage of Plots. Sustainability, 16(5). doi:10.3390/su16051981

Landezine International Landscape Award (n.d.). Girona Street Green Axes (Superblocks) in Barcelona by EMF + ESTEYCO + NABLABCN STUDIO. Retrieved 26 December, 2024, from Landezine's website: https://landezine-award.com/girona-street-green-axes-super-blocks-in-barcelona/

Lehtinen, A. (2018). Degrowth in city planning. Fennina - International Journal of Geography, 196(1), 43-57. doi:10.11143/fennia.65443

Letmark, P. (2024, September 30). SKR:s chefsekonom: Risken är att vi får massa bostäder som ingen vill bo i. Dagens Nyheter. Retrieved October 18, 2024, from https://www.dn.se/ekonomi/skrs-chefsekonom-risken-ar-att-vi-far-massa-bostader-som-ingen-vill-bo-i/

Li, L., & Long, D. (2024). Who values urban community gardens and how much? Food Policy, 126. doi:10.1016/j.foodpol.2024.102649

Lindstedt, H. (2024). Kommunen har 5,2 miljarder i skulder: Sticker ut. Retrieved October 23, 2024, from Mitt i Stockholm's Web site: https://www.mitti.se/nyheter/kommunen-har-52-miljarder-i-skulder-sticker-ut-6.3.245583.26042fb2db

Lopez, N. (2023). EU granskar svensk ekonomi – bostadsmarknaden pekas ut igen. Europa-portalen. https://www.europaportalen.se/2023/05/svensk-finanspolitik-och-bostads-marknad-kritiseras-av-eu

MacCallum, D., Babb, C., & Curtis, C. (2019). Doing Research in Urban Regional Planning: Lessions in Practical Methods. Routledge.

Madden, D., & Marcuse, P. (2016). In Defense of Housing. Verso.

Nelson, A., & Chatterton, P. (2022). Dwelling beyond growth. In F. Savini, A. Ferreira, & K. von Schönfeld, Post-Growth Planning (pp. 49-62). Routledge. doi:10.4324/9781003160984-6

Operation Tiny Homes (no date). Home Page. Retrieved 7 Jnauary, 2025, from Operation Tiny Home's website: https://www.operationtinyhome.org/

Plesnicar, A., & Zaletel-Kragelj, L. (2013). SWOT ANALYSIS. In G. Burazeri, L. Zaletel Kragelj, K. Petrela, & H. Muja, Health Investigation:: Analysis - Planning - Evaluation: A Handbook for Teachers, Researchers and Health Professionals (2nd ed., Vol. II, pp. 465-466). Lage: Jacobs Verlag.

Possible. (n.d.). Car free cities. Retrieved December 20, 2024, from Possible's Web site: https://www.wearepossible.org/carfreecities

Raworth, K., Krestyaninova, O., Eriksson, F., Feibusch, L., Carlota Sanz, C., Benyus, J., . . . Lipton, J. (2020). The Amsterdam City Doughnut: A tool for transformative action. Amsterdam: Doughnut Economic Lab in Action; Circle Economy; C40 Cities; Biomimicry 3.8.

Regeringen. (2024). Sveriges uppdaterade nationella energi- och klimatplan för 2021-2030. Retrieved October 30, 2024, from Swedish national goverment Web site: https://www.regeringen.se/artiklar/2024/07/sveriges-uppdaterade-nationella-energi--och-klimatplan-ar-beslutad/

Region Stockholm. (2018). Regional Utvecklingsplan för Stockholmsregionen 2050. Retrieved from https://www.regionstockholm.se/495d1e/siteassets/om-region-stockholm/om-region-stockholm/styrande-dokument/regional-utveckling/regional-utveckling-splan-for-stockholm-rufs-2050.pdf

Research & Degrowth. (2010). Degrowth Declaration of the Paris 2008 conference. Journal of Cleaner Production, 16(6), 523-524. doi:10.1016/j.jclepro.2010.01.012

Revilla, P., & Essbai, S. (2022a). Towards a post-growth food system—The Community as a Cornerstone? Lessons from Two Amsterdam Community-Led Food Initiatives. In F. Savini, A. Ferreira, & K. von Schönfeld, Post-Growth Planning: Cities Beyond the Market Economy (pp. 173-186). Routledge.

Revilla, P., & Essbai, S. (2022b). View of on of the fields cultivated by Pluk!

Rooge, N., Theefeld, I., & Strassner, C. (2020). The potential of social learning in community gardens and the impact of community heterogeneity. Learning, Culture and Social Interaction, 24. doi:10.1016/j.lcsi.2019.100351

Ruiz-Alejos, C., & Prats, V. (2022). In quest of implementing degrowth in local urban planning policies. Local Enviroment, 27(4), 423-439. doi:10.1080/13549839.2021.1983789.

Sammut-Bonnici, T., & Galea, D. (2015). SWOT-analysis. Wiley Encyclopedia of management, 1-8. doi:10.1002/9781118785317.weom120103

Samuelsson, K. (2012, April 2). Botkyrkabyggen låter ungdomar dela lägenhet. Retrieved from Hem & Hyra's Web site: https://www.hemhyra.se/nyheter/botkyrkabyggen-later-ungdomar-dela-lagenhet/

Samuelsson, K. (2015, April 15). Pensionärer kan få bo i "kompisboende". Retrieved from Hem & Hyra's Web site: https://www.hemhyra.se/nyheter/pensionarer-kan-fa-bo-i-kompisboende/

Savini, F. (2021). Towards an urban degrowth: Habitability, Finity and poliycentric autonomism. Enviroment and Planning: A Economy and Space, 53(5), 1076-1095. doi:10.1177/0308518x20981391

Savini, F. (2023a). Degrowth, urbanization and spatial planning [Recorded by F. Savini]. Stockholm: KTH - Royal Institute of Technology. Retrieved October 23, 2024, from https://www.youtube.com/watch?v=_LXb9tIqhlk

Savini, F. (2023b). Current Approaches to Sustainability. Retrieved from Youtube's Web site: https://www.youtube.com/watch?v=UZhatcqlh44

Savini, F. (2023c). Life satisfaction stagnates or declines at highest GDP per capita in regions . Retrieved from Youtube's Web site: https://www.youtube.com/watch?v=_LXb9tIqhlk
SCB, Statistiska Centralbyrån (2020). Kommunsiffror – Så används marken. Retrieved 6 January from https://kommunsiffror.scb.se/?id1=0123&id2=null .

Schmidt, B. (2021). Spatial strategies for a post-growth transformation. In B. Lange, M. Hülz, B. Schmid, & C. Schulz, Spatial Relations of Diverse and Alternative Economies (pp. 61-84). Bielfeld: Transcript Verlag.

Shitova, Y. (2024, March 7). The impact of long-distance travel to work on the health of Communting Labour Migrants: A Literature Review. Population and Economics, 8(1), 37-51. doi:10.3897/popecon.8.e109997

Soil for Life. (2024). Community Gardening Projects. Retrieved December 12, 2024, from Soil for Life' s Web site: https://soilforlife.co.za/community-programmes/community-gardening-projects/

Spanier, J., & Feola, G. (2022). Nurturing the post-growth city—Bringing the rural back. In F. Savini, A. Ferreira, v. Schönfeld, & K.C., Post-Growth Planning: Cities Beyond the Market Economy (pp. 159-172). Routledge.

Straub, T. (2022). Baugruppe D2/IFUB. Retrieved from Archdaily's Web site: https://www.archdaily.com/998430/baugruppe-d2-ifub-star

Sundell, W. (n.d.). Fellehus Vallastaden. Retrieved December 20, 2024, from Witte Sundell's Web site: https://www.wittesundell.se/projekt/felleshus/

Svanberg, M. (2024, September 24). Information Searching [PowerPoint-presentation]. KTH - Royal Institute of Technology. Retrieved from https://canvas.kth.se/courses/48973/files/folder/Literature%20review%20resources?preview=8326299

Sveriges Kommuner och Regioner. (2024). SKR:s visualiseringsverktyg för demografiförändringar i 90 kommuner. Retrieved October 18, 2024, from Sveriges Kommuner och Regioner's web site: https://statva.skr.se/SASVisualAnalytics/?reportUri=%2Freports%2Freports%2F5ea2b409-a947-426e-b832-7494fcf31711&sectionIndex=0&sso_guest=true&reportViewOnly=true&reportContextBar=false&pageNavigation=false&sas-welcome=false

SÖRAB. (n.d.). Måldokument för avfallsplan 2021-2032. Retrieved November 21, 2024, from SÖRAB's web site: https://www.jarfalla.se/download/18.5ff42080177db597b30dcd3c/1616072131054/avfallsplan-maldokument.pdf

Trafikkontoret. (2024). Miljözon klass 3. Stockholm stad. trafik.stockholm.se. (updated 2024-12-10). https://trafik.stockholm/trafiksakerhet-trafikregler/miljozoner/miljozon-klass-3/ [Accessed 2024-12-20]

United Nations. (2023). Building Materials and the Climate: Constructing a New Future. Retrieved December 12, 2024, from United Nations' Web site: https://wedocs.unep.org/20.500.11822/43293

United Nations. (n.d.-a). Goal 8 Decent Work and Economic Growth. Retrieved October 30, 2024, from The Global Goals web site: https://www.globalgoals.org/goals/8-decent-work-and-economic-growth/

United Nations. (n.d.-b). Goal 7 Ensure access to affordable, reliable and modern energy for all. Retrieved December 20, 2024, from The Sustainale Development Goals Web site: https://sdgs.un.org/goals/goal7#targets_and_indicators

University of Applied Arts Vienna. (2020). New Guabuliga Market. Retrieved December 12, 2024, from Arch Daily's Web site: https://www.archdaily.com/950693/new-guabuliga-market-applied-foreign-affairs-institute-of-architecture-university-of-applied-arts-vienna?ad_medium=gallery

UR (Director). (2021). Bygga för framtiden: Marocko och Schweiz [Motion Picture]. Retrieved from https://urplay.se/program/226286-bygga-for-framtiden-marocko-och-schweiz

Vandkunsten Architects (n.d.). Living together in modern co-housing. Retrieved 2 December, 2024, from Vandkunsten's website: https://vandkunsten.com/en/projects/eco-village-co-housing

van den Bergh, J. C. (2011). Environment versus growth — A criticism of "degrowth" and a plea for "a-growth". Economical Economics, 70(5), 881-890.

Véron, O. (2024). "It's about how you use your privlege": Privlege, Power, and Social (In)justice in Berlin's Community Food Spaces. Antipode, 56(5), 1949-1974. doi:10.1111/anti.13048

Voglino, G., Savatteri, A., Gualano, M., Catozzi, D., Rousset, S., Boietti, E., . . . Siliquini, R. (2022). How the reduction of woking hours could influence health outcomes: a systematic review of published studies. BMJ Open, 12(4). doi: 10.1136/bmjopen-2021-051131

Von der Leyen, U. (2022, September 14). 2022 State of the Union Adress [Speech and transcript]. Strasbourg: European Commission. Retrieved from https://ec.europa.eu/commission/presscorner/detail/en/speech_22_5493

Wallinder, Y. (2024). Urban gardens as inclusive green living rooms? Gardening activities in Gothenburg, across and within social divides. Journal of Organizational Ethnography.

Wächter, P. (2013). The impacts of spatial planning on degrowth. Sustainbility, 5(3), 1067-1079. doi:10.3390/su5031067

Xue, J. (2022). Urban planning and degrowth: A missing dialogue. Local Enviroment, 27(4), 404-422. doi:10.1080/13549839.2020.1867840

Xue, J., & Kębłowski, W. (2022). Spatialising degrowth, degrowing urban planning. Local Enviroment, 27(4), 397-403. doi:10.1080/13549839.2022.2066642