

# Communities: **Let's Get Started!**



Version 1.0 (May 2023)



# Communities: Let's Get Started!

Doughnut Economics covers so much that it can feel overwhelming! Use this tool to find ways to get started in putting the ideas into practice with your community.

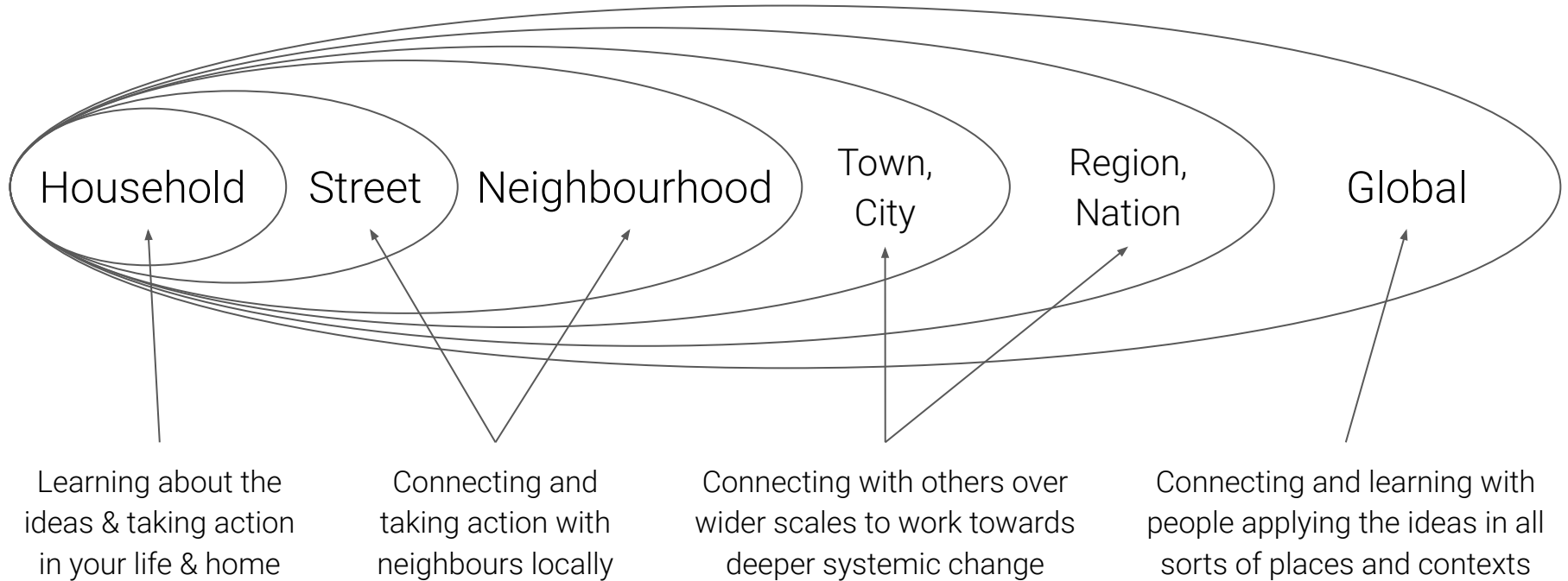
**Use it as a signpost to see things you would like to...**

 **do straight away**

 **do in future**

 **share with others**

# What do we mean by 'communities'? \*



# What's in this tool?

1 What is Doughnut Economics?

2 How can I learn about Doughnut Economics with others?

3 How can I introduce the ideas of Doughnut Economics to my community?

4 How can we apply the ideas of Doughnut Economics within our community?

5 How can I apply the ideas of Doughnut Economics in my own life?

6 How can I connect with others locally to create a network for change?

7 How can we take action for deeper systemic change?

8 What is the DEAL Community and how can I connect with others globally?

9 How can I ask other questions, find out more, or contribute a story?



# 1 What is Doughnut Economics?

Let's start by introducing the Doughnut - the idea at the heart of Doughnut Economics - and some tools you can use to learn more about it, including translations in your language.

# We have a world in crisis

## Financial meltdown



New York, US

## Climate breakdown



Sofala, Mozambique

## COVID lockdown



Kuala Lumpur, Malaysia



Athens, Greece

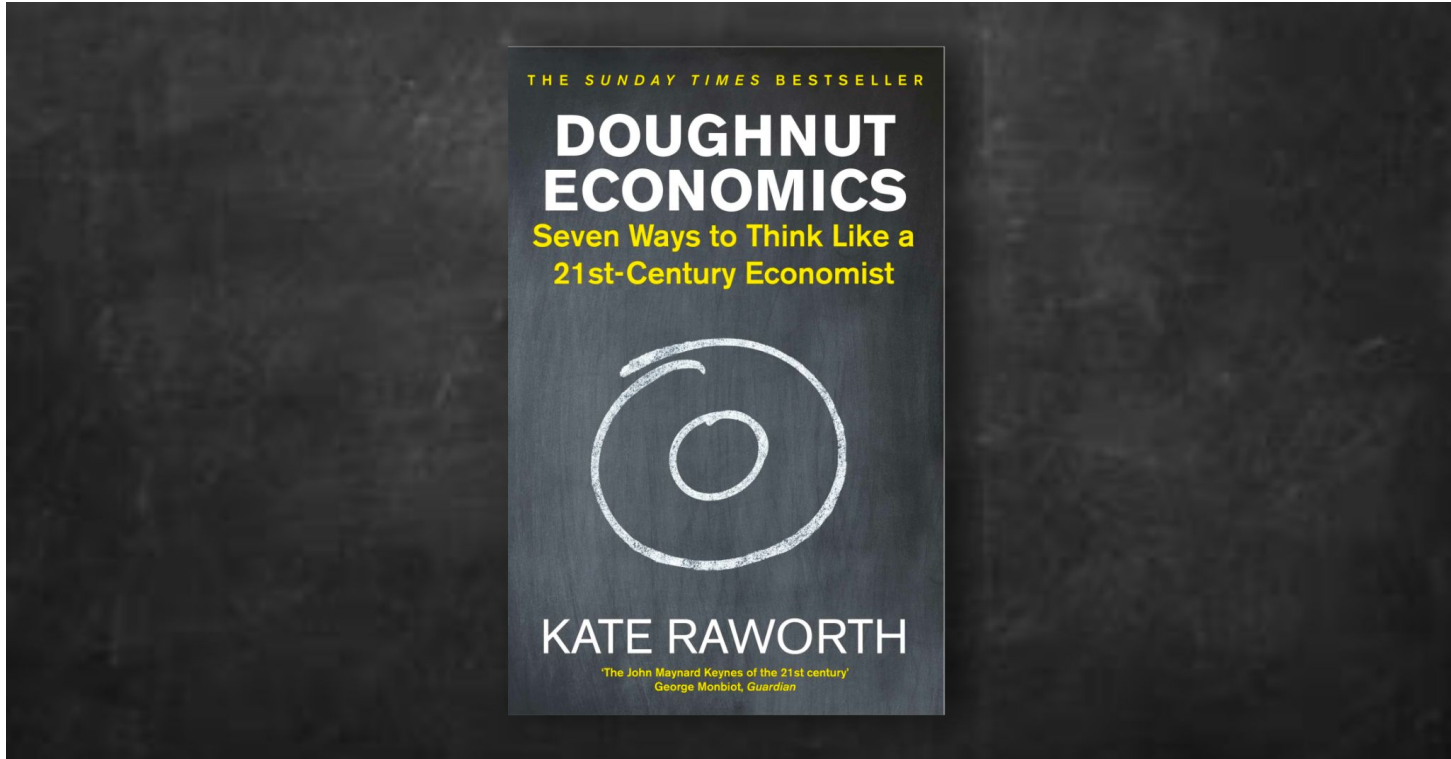


Sydney, Australia



Bogotá, Colombia

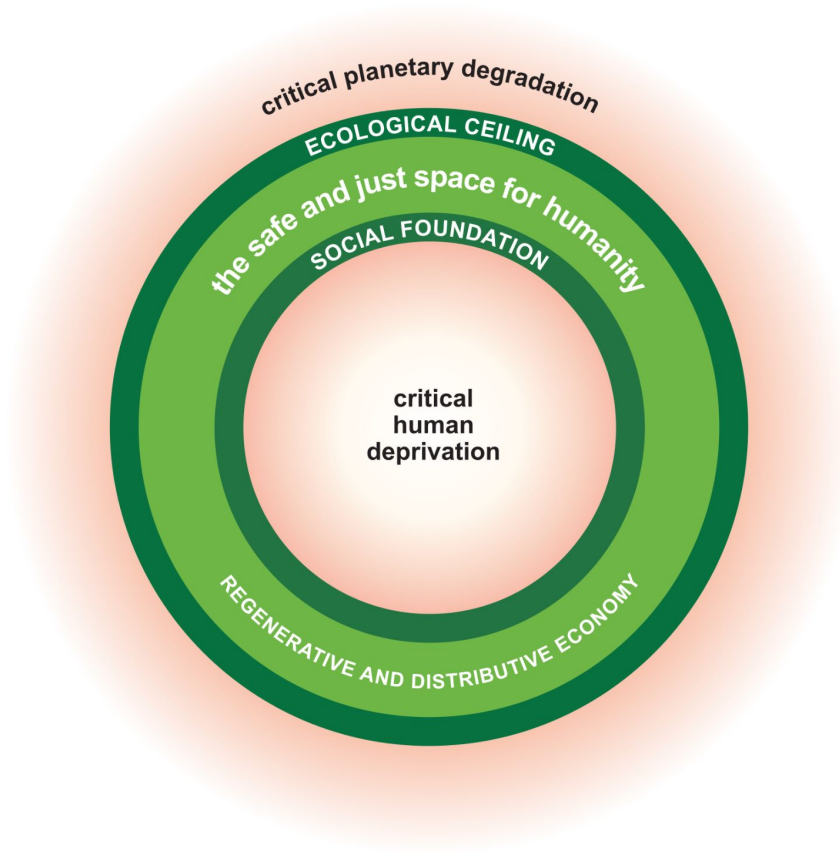
# It's time for new economic thinking





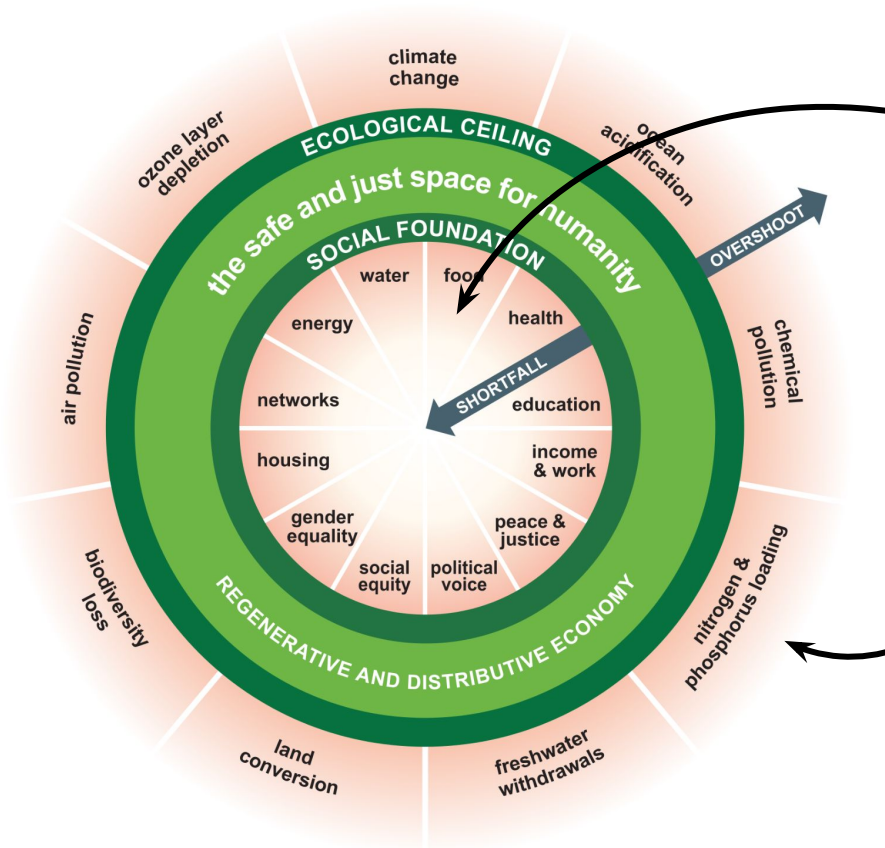
Doughnut Economics offers a **goal** for the 21st century:

*“To meet the needs of all people within the means of the living planet”*



A **compass** for human prosperity:

*Based on the social priorities of the UN Sustainable Development Goals and the nine planetary boundaries of Earth Systems Science*



Social priorities of the UN SDGs

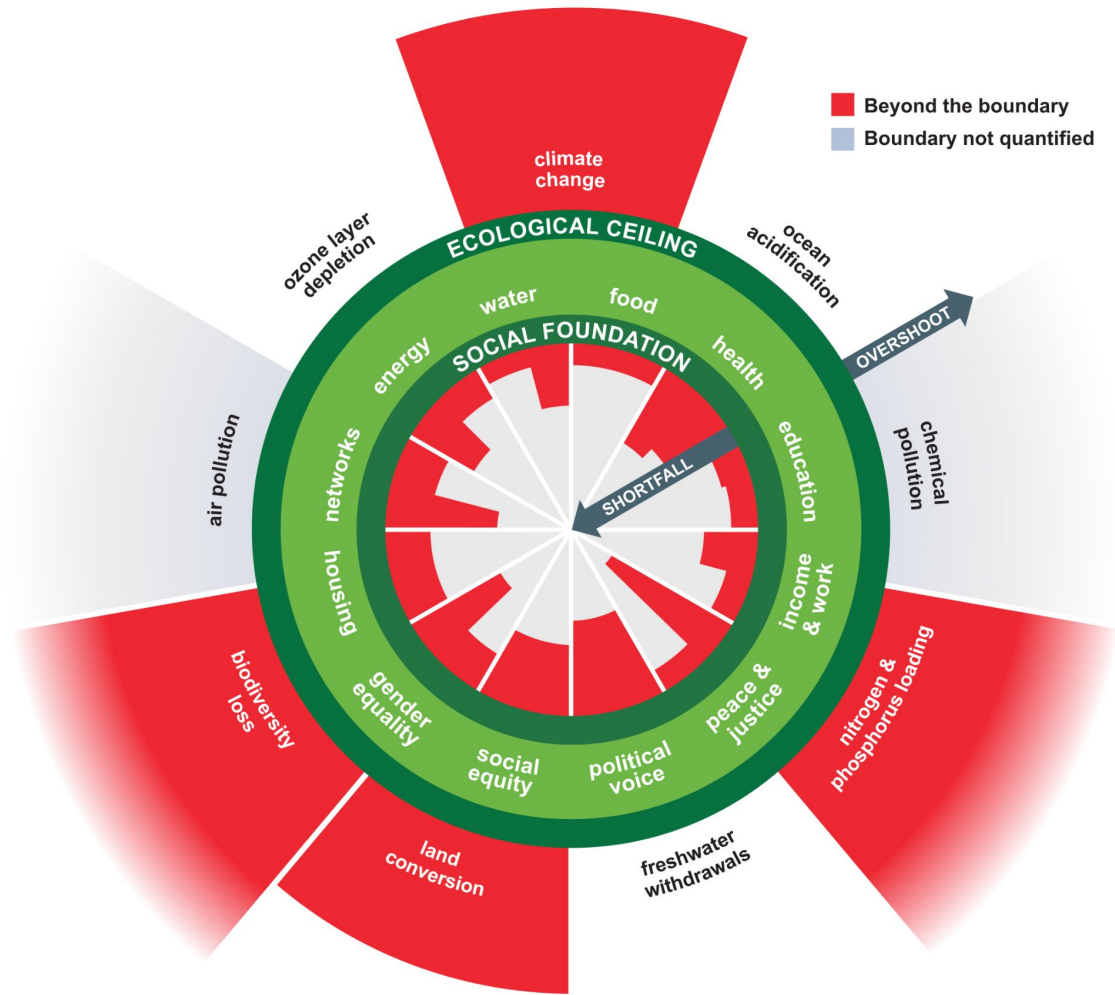


9 Planetary Boundaries

A **mirror** for humanity:

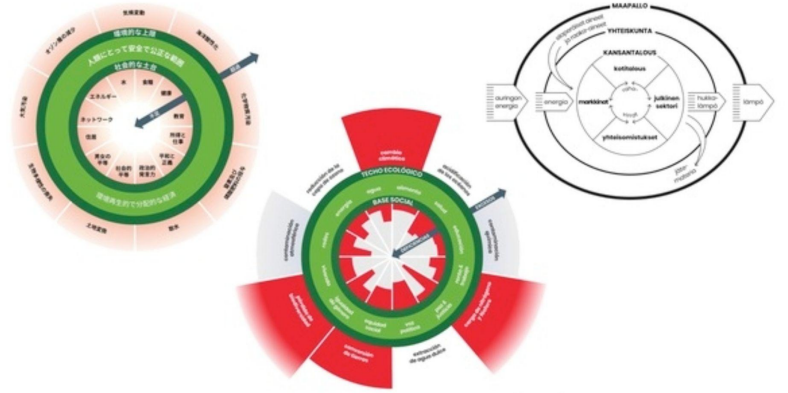
*Showing a world perilously out of balance.*

*So how can we design our economies to come back into the space of the Doughnut?*





**Download** the Doughnut diagrams and Embedded Economy **diagrams** in your own language so you can share them in presentations, print them as posters, or use them in workshops.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Doughnut Diagrams in 25+ languages

PDF and JPEG formats for printing and use in presentations



15 minutes  

**Watch** Kate Raworth's **TED Talk** from 2018 that introduces the idea of the Doughnut and invites us to think again about goal of the economy: from endless growth to thriving in balance.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## **Doughnut Economics TED Talk**

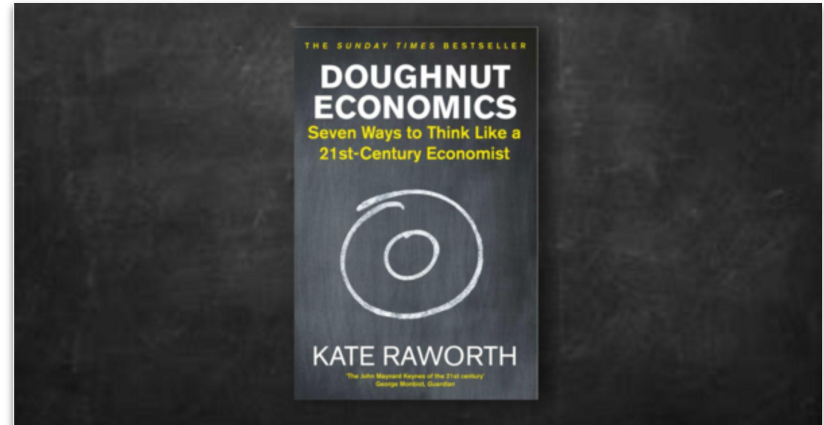
Kate Raworth's TED Talk from 2018



60 minutes 



**Read chapter one** of Doughnut Economics that more deeply explores the goal of the economy, the origin of GDP and how we might reimagine the goal to be thriving in balance.



 [doughnuteconomics.org](https://doughnuteconomics.org)

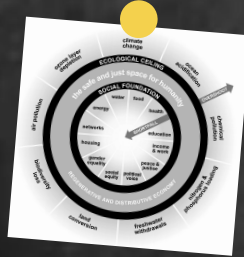
## Chapter One of Doughnut Economics

Change the Goal: From GDP to the Doughnut

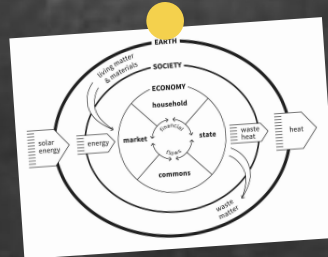
The following pages introduce the seven ways of Doughnut Economics, with some questions you can reflect on with your community. There are then some tools you can use to explore them in different ways.

# Doughnut Economics offers seven ways to think like a 21st century economist

1. Change the goal



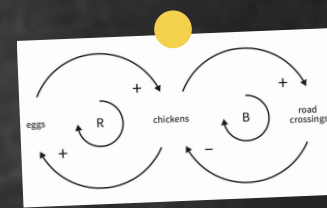
2. See the big economic picture



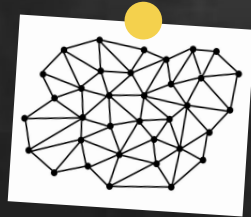
3. Nurture human nature



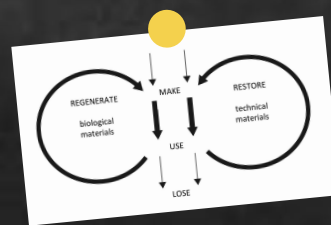
4. Get savvy with systems



5. Be distributive by design



6. Be regenerative by design



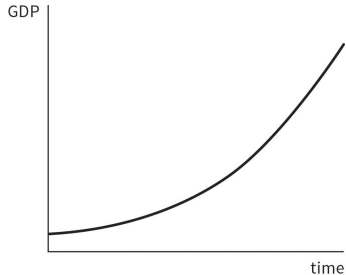
7. Think again about growth





# 1. Change the goal

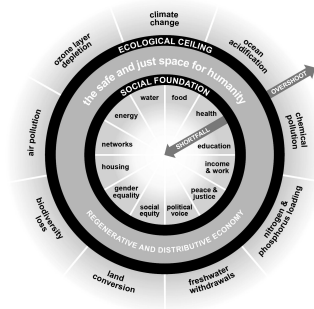
from  
**Gross Domestic Product (GDP)**



Maximising the monetary value of all goods and services sold through the market or the state



to  
**The Doughnut**



Meeting the needs of all people within the means of the living planet

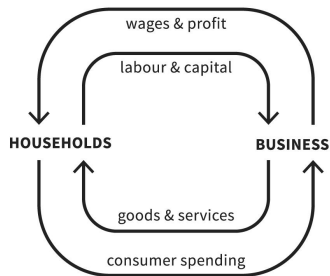
What is the purpose of the economy and what should be its goal?

What do you think and feel about the current purpose and goal of the economy? What and whom does it serve?

The Doughnut offers the goal of meeting the needs of all people within the means of the living planet. What do you think and feel about this as a goal for the 21st century?

## 2. See the big economic picture (1 of 2)

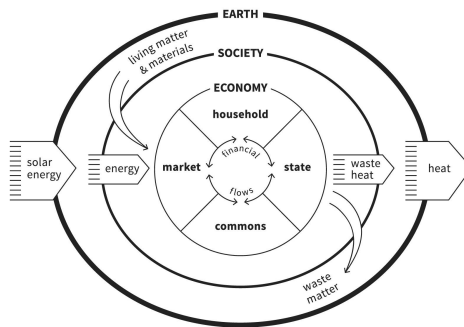
from  
**circular flow**



The economy as a closed loop of money and resources flowing between households and businesses



to  
**embedded economy**



The economy as both diverse and embedded (within society and the living world, upon which it depends)

What we choose to make visible powerfully impacts what we notice and what we ignore.

How does the economy depend upon and impact the living world?

How is the economy shaped by society - by law, politics, media, civic organisations, and more?

How could all four modes of provisioning (market, state, household and commons) serve humanity well together?

## 2. See the big economic picture (2 of 2)

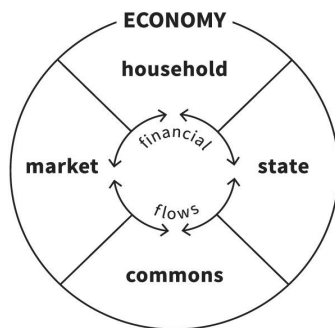
### The household

The unpaid activity within the household that sustains the essentials of family and social life with the universal human resources of time, knowledge, skill, care, empathy, learning and reciprocity. Where you can be *parent, child, partner, relative, carer ...or kinless*.

### The market

The mechanism by which goods & services are bought and sold according to an agreed exchange value and terms, and the people, groups and organisations that are involved in that exchange. Where you can be *consumer, producer, labourer, owner ...or destitute*.

Within the economy there are four **systems of provisioning** for our needs, and many *economic roles*.



Which *roles* do you play in each?

Which of these *roles* feel valued to you?

Where do you see examples of these working well (and not so well) together?

### The state

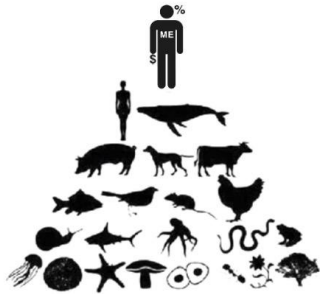
The local, regional and national governments that provision public goods and services to meet people's needs, and create the legislative framework for all other forms of economic activity. Where you can be *resident, service user, public servant, regulator, voter, protester ...or stateless*.

### The commons

The process and forms of stewarding a shared resource by a self-organising and governing community, outside the direct governance of the market or state, for the shared benefit of the community and place. Where you can be *member, co-creator, volunteer, steward ...or excluded*.

### 3. Nurture human nature

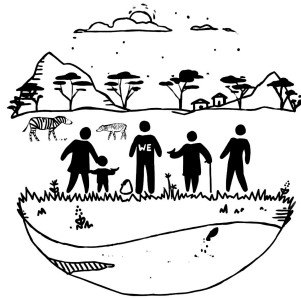
from  
**rational  
economic man**



Alone, self-interested,  
calculating and competitive,  
with nature at his feet



to  
**social adaptable  
humans**



Caring, reciprocating,  
compassionate community that  
is part of the web of life

Who we tell ourselves we are,  
shapes who we become.

What do you think should be the  
core characteristics and  
qualities of humanity in a 21st  
century economic model?

What could happen if the  
economy actively nurtured the  
best of human nature, fostering  
our innate capacity for  
cooperation, collaboration and  
mutual aid?

# 4. Get savvy with systems

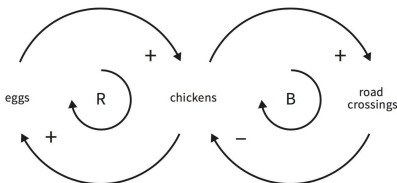
from  
**mechanical  
equilibrium**



to  
**dynamic  
complexity**



Simplifying systems with the aim of predicting and controlling outcomes



Embracing the unpredictability of complex systems and their interconnections

What examples of systems can you think of in your daily life and what are the relationships and feedback loops that exist?

What are some examples of feedback loops and tipping points in the economy?

If the economy is a 'complex system' that can't be controlled but only stewarded, what is the role of the economist?

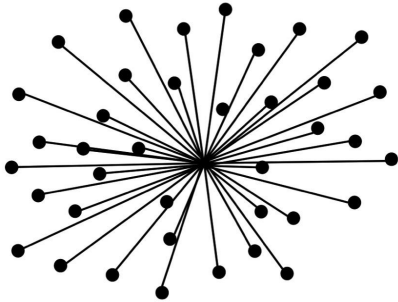
What are the skills required to be a good economist?

# 5. Be distributive by design

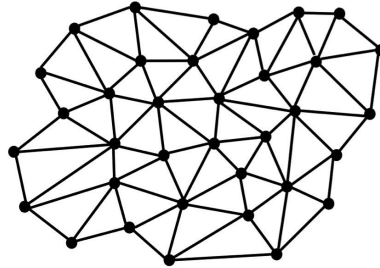
from  
**divisive**



to  
**distributive**



Capturing opportunity and value in the hands of a few



Sharing opportunity and value with all who co-create it

Who owns the sources of wealth creation where you live, such as land, housing and businesses?

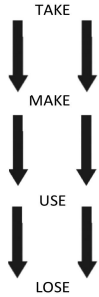
Who determines how land is used, who has access, what housing is built, who benefits from the value created?

Who creates and controls the businesses, and who benefits from the value they create?

What are the laws, regulations, infrastructure, technologies, privilege and inheritance that shape these things?

# 6. Be regenerative by design

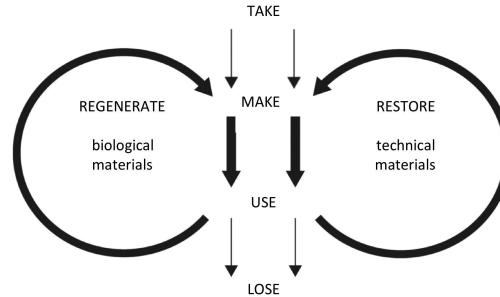
from  
**degenerative**



Running down Earth's life-supporting systems, and pushing us over Planetary Boundaries



to  
**regenerative**



Restoring and working within the cycles of the living world, and bringing us back within Planetary Boundaries

How can we collectively restore, rewild and regenerate living ecosystems, both locally and globally?

Nature has no waste, so how can we learn from nature to be more regenerative by design: to repair, refurbish, restore, reuse and remake the technical materials we use (such as synthetics, plastics, ceramics and metals) that cannot be returned to nature's cycles?

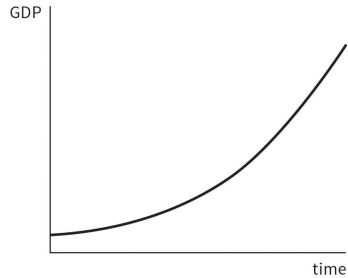
Can you think of examples?

# 7. Think again about growth

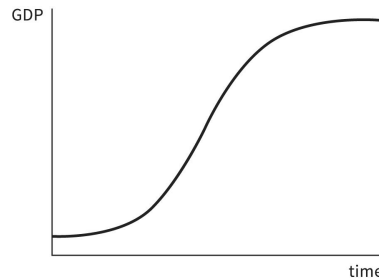
from  
**growth-addicted**



to  
**growth agnostic**



We have economies that need to *grow*, whether or not they make us thrive



We need economies that enable us to *thrive*, whether or not they grow

There are many 'hooks' to growth, including: debt-based money creation, consumerism, shareholder-driven business, employment risks, politics captured by wealth, geopolitical power, tax income and fear of public debt.

How could economies end these structural dependencies upon endless growth?

What would need to change to make that possible?

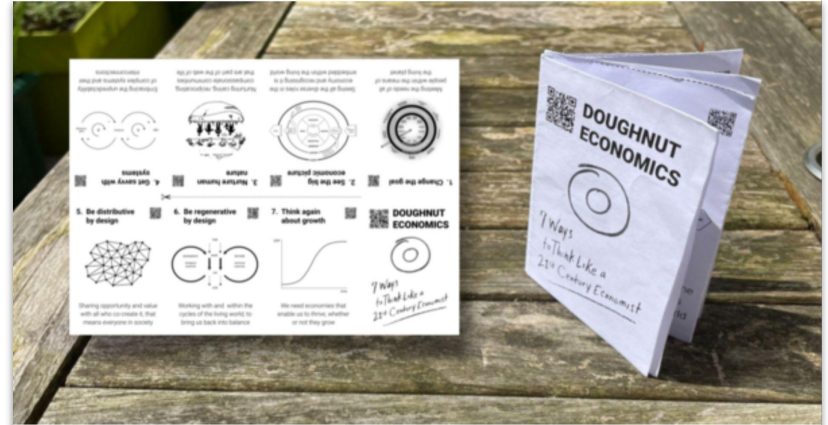




15 minutes 



**Print** this A4 page and turn the seven ways into a **zine** booklet; something you can keep, make with others or share with others.



 [doughnuteconomics.org](http://doughnuteconomics.org)

## Doughnut Economics Seven Ways Zine

Turn an A4 print-out into an 8-page booklet showing each of the seven ways to think like a 21st century economist



15 minutes 



**Watch** seven short video **animations** that summarise each of the Seven Ways. You might like to introduce these videos to others and discuss the questions in the previous slides.



 [doughnuteconomics.org](http://doughnuteconomics.org)

## Get Animated! Introducing the Seven Ways

Seven short animations to introduce the Seven Ways to Think Like a 21st-Century Economist



several hours  

**Explore** this **Miro** world, created by Mona Ebdrup and Magda Petford, that has lots and lots of rich content relating to each of the chapters of the book Doughnut Economics.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Renegade Economists Miro World

An organic, playful home to an abundance of Doughnut resources, inspiration, and spaces for collaboration and reflection



10 minutes



**Watch** this **video** introducing the Embedded Economy diagram (from chapter 2), including all the roles and relationships within the economy.



[doughnuteconomics.org](https://doughnuteconomics.org)

## Meet the Economy

Exploring the four core spheres of activity at the heart of the economy: the market, state, household and commons



10 minutes 



**Watch** this fun Puppet Rap Battle **video** about assumptions behind economics' model of humanity 'Rational Economic Man' (from chapter 3).



 [doughnuteconomics.org](https://doughnuteconomics.org)

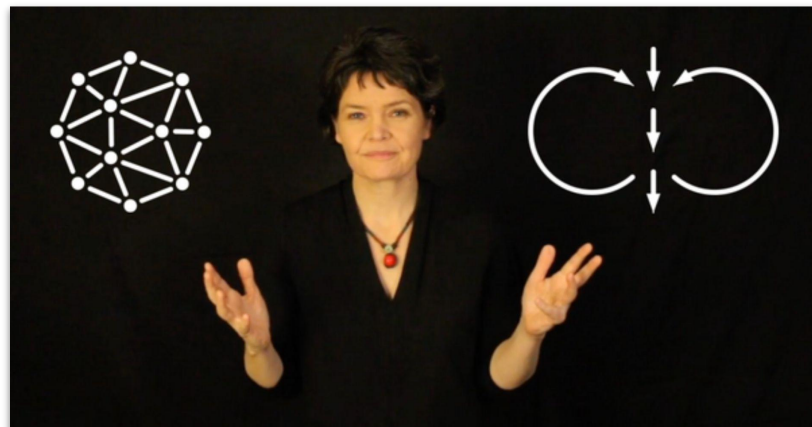
## **Economic Man vs Humanity: A Puppet Rap Battle**

A lesson plan that playfully introduces the limitations of the model of humanity at the heart of mainstream economics



10 minutes  

**Watch** these short **videos** introducing regenerative and distributive design - the two design dynamics needed to help get humanity into the Doughnut (from chapters 5 and 6).



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Introducing Regenerative and Distributive Design

Three short videos introducing the design dynamics at the heart of Doughnut Economics

2 How can I learn  
about Doughnut  
Economics with  
others?

Learning with others helps bring the ideas of Doughnut Economics to life. In this chapter there are a couple of tools and a story about the power of peer-to-peer learning... (‘What feels *more* possible now?’ they were asked. ‘Anything!’ they answered)





several months 



**Start or join a book club** with others to explore the chapters of the book and what they might mean for you, your family, your work and your community.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## **Doughnut Economics Book Club Guide**

A co-created guide to help you design and host your own book club or study group around Doughnut Economics



15 minutes 



**Read** how CIVIC SQUARE and Huddlecraft supported people to learn about the ideas of Doughnut Economics **as peer groups** - mutually supporting each other to apply the ideas in their lives and communities.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Renegade Economists Assemble

Renegade Neighbourhood Economists from across the UK & beyond assembled in Ladywood to launch 12 peer learning journeys



several hours  

**Use** this **Miro** world, created by Mona Ebdrup and Magda Petford, to support your learning journey through the book Doughnut Economics, with others.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Renegade Economists Miro World

An organic, playful home to an abundance of Doughnut resources, inspiration, and spaces for collaboration and reflection

3 How can I introduce  
the ideas of Doughnut  
Economics to my  
community?

Here you'll find some activities and workshops you can run, and stories of how other people, groups and organisations have introduced the ideas in their community.



15 minutes



Firstly, **please read** the principles and guidelines of putting Doughnut Economics into practice, so you can become stewards (like the DEAL Team) to safeguard the integrity of the ideas, to retain their transformative potential.

[doughnuteconomics.org](http://doughnuteconomics.org)

## DEAL's Principles & Guidelines

Putting the ideas of Doughnut Economics into practice with integrity to recognise their full transformative potential



45 minutes  

**Introduce** the Doughnut with the interactive **workshop** Step into the Doughnut. When we explore the ideas through movement and personal stories, our capacity to engage in their implications increases enormously.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Step into the Doughnut


A simple and accessible way to introduce the Doughnut to any community



30 minutes 



**Explore** the diversity of perspectives within your community with this **workshop** that asks ‘Can humanity can get into the Doughnut by 2050?’ and invites us to try other perspectives on for size.




Yes we can

Whether or not, we should aim for the Doughnut

Whether or not, we should aim for something else

No we cannot

 [doughnuteconomics.org](https://doughnuteconomics.org)

## Take a Stand

An activity to explore the diversity of views about whether humanity can get into the Doughnut by 2050





30 minutes 



**Explore** the connections between the dimensions of the Doughnut with this fun and energising **activity**. Connecting with one person after another, rapidly accelerates both individual and collective understanding.



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## Sparking Connections

A set of 37 cards to explore the connections between the dimensions of the Doughnut and the Four Lenses



30 minutes  

**Invite** the imagination of your community - of people of all ages - with this **activity** that invites people to dream what they want a world in the Doughnut to look and feel like. Connect the dreams together to create a Dream Spiral!



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Doughnut Dreams and the Dream Spiral

An activity to imagine your vision of a future when we are all living in the Doughnut



30 minutes 



**Play** the fun and fast **game**

Ring Rescue, to get people working together round a common goal - to rescue someone from the hole in the middle of the Doughnut!



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Ring Rescue

A fast and fun Doughnut-shaped game that explores systems and collaboration



**Read** the story of how people in Amsterdam Nieuw-West created the Donut Bakery to connect changemakers and host a **neighbourhood festival** to introduce the ideas to residents and build momentum for change.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Taking the metaphor a step further: Donut Bakery

Neighbourhood organisations and citizens collaborating to let the local donut emerge



**Read** the story of how people in Berlin organised a **street festival** to engage passers-by with the ideas, and how this fits within the work of an open group of changemakers called Donut Berlin.



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## Donut Berlin journey so far

A group of people from various backgrounds that enjoy being ambassadors of Doughnut Economics



**Read** how the Zero Carbon Guildford - a UK **Climate Emergency Hub** - are introducing the ideas to school children and residents of diverse perspective in their place.



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## Zero Carbon Guildford's journey with Doughnuts

How a Climate Emergency Hub is engaging residents and young people with the Doughnut



**Read** how the Irish Doughnut Economics Network introduced the ideas through a **Movement Lab**, at a climate festival at the Irish Museum of Modern Art.



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## Hosting a DE Movement Lab at a climate festival

How the Irish Doughnut Economics Network introduced the ideas of Doughnut Economics with movement and personal stories

**4** How can we apply  
the ideas of Doughnut  
Economics to our  
place?




In this chapter, we'll introduce 'Doughnut Unrolled' and the framework of the four lenses, with some tools you can use and some stories for inspiration about how to apply this to your community.



30 minutes  

**Read the Doughnut Unrolled** method for applying the Doughnut to your community, which introduces the *four lenses* as a holistic thinking compass to explore local, global, social and ecological perspectives.



**Doughnut Unrolled**

Introducing the four lenses

Local	Global
How can our place be as generous as the wildland next door?	How can our place respect the health of the whole planet?
Local aspirations	Global responsibilities
How can all the people of our place thrive?	How can our place respect the wellbeing of all people?

[doughnuteconomics.org](https://doughnuteconomics.org)

## Doughnut Unrolled: Introducing the four lenses

An introduction to the four lenses and the set of tools you can use to help your place bring humanity into the Doughnut



30 minutes 



**Read** about the all the **dimensions** of the four lenses in this tool. You can also turn this into an interactive activity with the tool *Sparking Connections*.

## Doughnut Unrolled

Dimensions of the four lenses



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## Doughnut Unrolled: Dimensions of the four lenses

An overview of each of the dimensions of the four lenses on life





several months  

**Create a Community Portrait of Place** with anything from an introductory workshop to a deep ongoing process. This tool offers an introductory guide and you can read examples of this in practice on the following pages.



**Doughnut Unrolled**  
Community Portrait of Place

 DOUGHNUT ECONOMICS ACTION LAB

 [doughnuteconomics.org](https://doughnuteconomics.org)

**Doughnut Unrolled:  
Community Portrait of Place**

A selection of participatory workshop approaches you can use to explore the four lenses for your place



30 minutes 



**Read** how CIVIC SQUARE created a **Neighborhood Doughnut Portrait** in Ladywood in Birmingham, UK. Along the way they developed lots of tools you can use, that you can see on the following pages.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Neighbourhood Doughnut Portrait Launch

We're excited to introduce you to the first Neighbourhood Doughnut Portrait, painted by many people together in Ladywood



2 hours



**Explore** your local neighborhood through all your senses with this **'walkshop'** and canvas developed by CIVIC SQUARE. See how many different groups you can go on a walkshop with!



[doughnuteconomics.org](https://doughnuteconomics.org)

## Four Lenses Walkshop Canvas

Go on a journey through your neighbourhood, bringing your curiosities and using the Four Lenses framework to guide you



2 hours 



**Uncover** the stories of change and Doughnut activity already underway in your place - and the people behind them - with CIVIC SQUARE's Doughnut **Story Canvas**.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Doughnut Story Canvas

A canvas that invites the Doughnut pioneers of your place to share their stories, perspectives and dreams



several months



**Build** a **Data Portrait** of Place by gathering local data, targets, indicators and policies and mapping them to the four lenses. Time to connect the data-enthusiasts in your community!

**Doughnut Unrolled**  
Data Portrait of Place

[doughnuteconomics.org](https://doughnuteconomics.org)

## Doughnut Unrolled: Data Portrait of Place

A handbook of approaches for collecting targets and indicators across each of the four lenses for your place





**Read** how Leeds Doughnut Coalition created the **Leeds Doughnut**, which inspired CIVIC SQUARE's approach to their *Neighborhood Doughnut Portrait*.



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## Leeds Doughnut: one year on from launch

A summary of our journey since our launch event in April 2022



**Read** how Shibaura House community created a **Data Portrait** of their ward in Minato City, Tokyo, and how they shared this with their community as an exhibition.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Launching our Data Portrait as an exhibition

A platform for lots of conversations with people and expanding our network in Minato Ward



**Read** London Doughnut Economy Coalition's ***City Portrait and Call to Action*** for all Londoners and London institutions to engage in a positive discussion about the future of the city.

The image shows the cover of a report titled "Doughnut Economics in London: A City Portrait and Call to Action". The cover has a blue background with a white border. At the top, the title is written in white. Below the title, it says "A Report by the London Doughnut Economy Coalition" and lists the producers: "Produced by: Carolina Eboli, Chris Paddock, Anna Jezewska, Sam Franks, Rosa Sulley and Leena Kang". It also mentions "Edition 1 - June 2022". On the right side of the cover, there is a stylized illustration of London landmarks including the London Eye, a red double-decker bus, and a red sailboat. Below the cover, the website "doughnuteconomics.org" is listed with a yellow circular icon. The title "London City Portrait and Call to Action" is written in large, bold, black letters. Below that, a paragraph states: "The London Doughnut Coalition (LDEC) has published its first City Portrait".

**Doughnut Economics in London**  
A City Portrait and Call to Action

A Report by the London Doughnut Economy Coalition  
Produced by: Carolina Eboli, Chris Paddock, Anna Jezewska, Sam Franks, Rosa Sulley and Leena Kang  
Edition 1 - June 2022

[doughnuteconomics.org](https://doughnuteconomics.org)

**London City Portrait and Call to Action**

The London Doughnut Coalition (LDEC) has published its first City Portrait



90 minutes 



**Explore** a specific **topic** with the four lenses in a holistic and interconnected way, whether a community project, initiative, object, organisation, possibility or idea.



**Doughnut Unrolled**

Exploring a topic

 DOUGHNUT ECONOMICS ACTION LAB

 [doughnuteconomics.org](https://doughnuteconomics.org)

## Doughnut Unrolled: Exploring a topic

A selection of approaches to explore a specific topic through the Four Lenses be it a policy, project or possibility



**Read** how Swannanoa Watershed Action Network (SWAN) explored their **local bioregion** using the four lenses and some of the tensions that emerge when thinking about how to do this with others.



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## Bringing Doughnut Economics to a Bioregion

How a self-organizing network of individuals and local organizations is exploring a bioregion with the four lenses



**Read** how Gavargh People's Forest using **Participatory Budgeting** to foster new relationships with each other, the community and the commons of the local forest and its 'oxygen catchment area'.



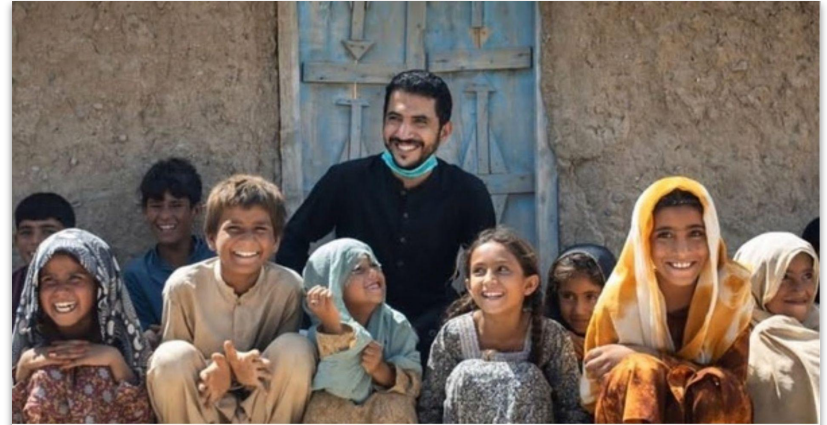
 [doughnuteconomics.org](https://doughnuteconomics.org)

## Garvagh People's Forest Project

Using Participatory Budgeting to foster new relationships with each other, the community and the commons of the forest



**Read** how the Balochistan Youth Action Committee (BYAC) was able to **redefine their goals** and path using Doughnut Economics, to delve to the interconnected root causes of poverty.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Using the doughnut in rural Pakistan

BYAC is a story of youth-driven movement to help the most isolated communities



30 minutes 



**Read** about how people from the DEAL Community across **global South contexts** explored the four lenses in this co-creative process. There were lots of insights that emerged that are valuable to everyone!



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Co-creating methods to downscale the Doughnut in the global South

Introducing a co-creative process hosted by DEAL that adapts the City Portrait to reflect global South priorities



5 How can I apply the  
ideas of Doughnut  
Economics to my life?

In this chapter you'll find two Personal Doughnut tools that have been made by members of the DEAL Community and a third tool called 'Take the Jump' that invites you to take actions that reduce negative impact on the planet.



30 minutes 



**Explore** the foundations of what you need to thrive with the **Personal Doughnut** Canvas created by CIVIC SQUARE.



 [doughnuteconomics.org](https://doughnuteconomics.org)

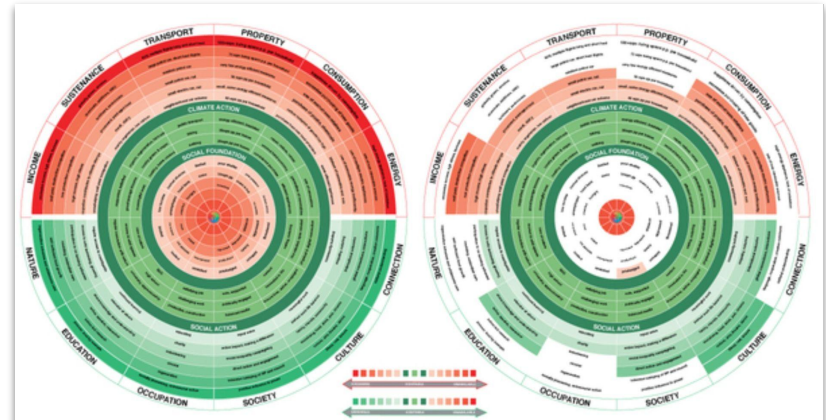
## Personal Doughnut Canvas

The foundations we need to thrive, without taking more out of the ecosystems that we are part of than we put back in



60 minutes  

**Explore** what your own Personal Doughnut might look like with this **Personal Doughnut Template** created by DEAL Community member Zoe Gilbertson.



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## Personal Doughnut Template

A template to develop a personal doughnut



several months



**Join** the community of people taking actions towards a life in the Doughnut with this sociable way of exploring the many ways to **'Take the jump'**. Created by the organisation *The Jump*.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Take the Jump

Six clear, constructive, impactful and doable shifts to live a life in the Doughnut!

6 How can I connect  
with others as a  
network for change?

In this chapter there are lots of stories of how people, groups and organisations are connecting as networks for deeper systemic change in their place. You can find out how to start your own group or network, and join learning calls.



15 minutes  

**Learn** about place-based **groups and networks** that are connecting the people in their place around Doughnut Economics for deeper systemic change. Discover their practice and the guidelines to safeguard integrity.



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## About Open Groups & Networks

Self-organising, place-based groups and networks that are putting the ideas of Doughnut Economics into practice in their locality.





**Read** how changemakers are connecting and taking action across Brasil as the network **Donut Brasil.**



 [doughnuteconomics.org](https://doughnuteconomics.org)

## **Donut Brasil bursts into life!**

Connecting diverse communities of practice around the idea and principles of the Donut



**Read** how the changemakers of **Boro Doughnut** in Middlesbrough, UK, launched their network to raise awareness and invite people to join.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## **Boro Doughnut: COMMUNITY-CONNECT-ACTION!**

A story of a story of communication and collaboration across the communities of Middlesbrough



**Read** how Regen Sydney is **building a coalition** for change and exploring what else might be needed to shift the city's course towards a future that's inspiring for us all.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Regen Sydney: our story so far

A network for change, rewilding and rewiring everything that makes us who we are and how we view the world



**Read** how the conveners of the Israel Doughnut Economics Community are responding to increasing interest in Doughnut Economics across Israel, particularly in education.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Advocating for Doughnut Economics in Israel

The formation of The Israel Doughnut Economics Community and spreading the ideas to many audiences across society



**Read** how the Amsterdam Donut Coalition built on the success of the *Donut Days in 2021* to hold a distributed festival across the city to make *Donut Deals* for collaborative action!



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Amsterdam Donut Deal Day!

A city-wide festival of people, groups, organisations and the municipality making Donut Deals for collaborative action



**Read** about the inspiring journey of Regen Melbourne from a small informal community of people and organisations to a convener and catalyst for systemic change across the city of Melbourne.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## **Regen Melbourne: an evolving journey**

From small community get togethers to bold system demonstrators



**Read** how Doughnut Economics provides a framework to help the Tricolor Coalition focus on what the main sustainability challenges are in Mexico City, including water and energy.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## La historia de la Coalición Tricolor

Tricolor Coalition, promoting sustainability transitions in Mexico City



**Read** how the California Doughnut Economics Coalition are exploring ways to apply Doughnut Economics ideas and tools at the state scale.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## California Doughnut Economics Coalition

'The sky is the limit' for this creative and agile group of people working for systems change at state scale





**Read** how the core team behind Smultring Tønsberg are connecting people across Norway to the ideas of Doughnut Economics with a national festival, appreciative inquiry, and dialogue.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## **Smultringfestivalen: a national Doughnut festival!**

Building the breadth and depth of relations we need to work towards the safe and just space of the Doughnut

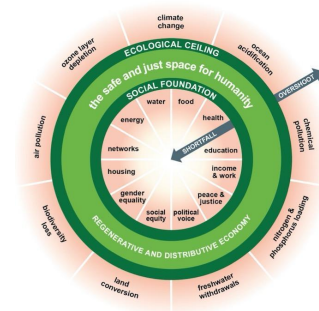
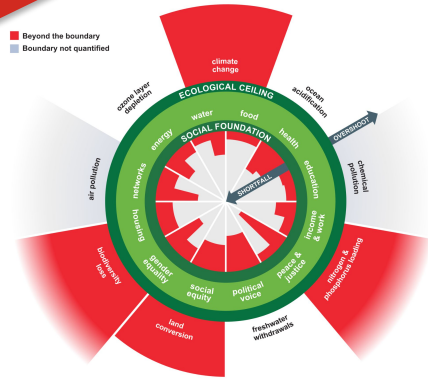
7 How can we take  
action for deeper  
systemic change?

Why is it that many community projects struggle for survival? In 2023 we will be developing a tool to help communities act on these issues to unlock the deeper systemic changes needed to create the future we want. Here is a preview...

# We have power to shape which direction we take

What's holding our community back?

What could unlock transformative change?



# These five design layers help reveal that power

What's holding our community back?

What could unlock transformative change?

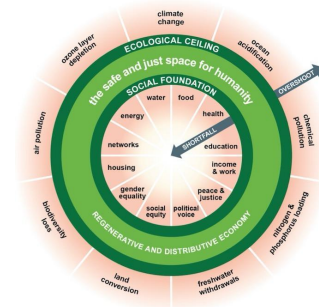
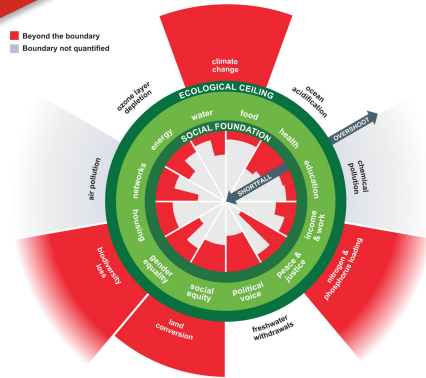
Purpose

Networks

Governance

Ownership

Finance



# Some starting questions to help reveal our powers to act

## Purpose

**What is a community group, initiative, project or organisation's purpose?** Why does it exist? What about the other organisations that provision for your communities' needs?

## Networks

**How are these groups, initiatives and organisations networked?** What relationships does the organisation hold, and how does it bring to live its purpose and values through them?

## Governance

**How are these entities governed?** Who has voice in decision making? What are the metrics of success? What are the hard rules, and unwritten culture, of how things are done?

## Ownership

**How are they owned?** What are the essential assets that provision for your communities' needs? Who owns, controls or has access to them? What laws uphold these?

## Finance

**How are these entities financed?** What is that finance expecting and demanding? What is extracted and to where? What is reinvested into the community?



**Read** how the Powers to Act tool applies these five design layers to city institutional design to unlock transformational change.

In 2023 we will be developing a version of this tool for community application.



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## **Powers to Act: Deep Design of Cities and Places**

Workshop tool inviting local governments to reflect on the deep design of their organisation

8 What is the DEAL  
Community and how  
can I connect with  
others globally?



The DEAL Community is the pioneering changemakers worldwide – in communities, education, cities and places, business and government and more – who are turning the ideas of Doughnut Economics into action.



15 minutes 



**Watch** Kate Raworth's Tedx talk from 2021, introducing the DEAL Community and showing how changemakers are bringing Doughnut Economics to life in all sorts of creative and context-specific ways.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## TEDx Talk celebrating Doughnut Practitioners

A TEDx Talk by Kate Raworth on how changemakers are bringing Doughnut Economics to life



**Join** the DEAL Community by becoming a member (for free!) so you can connect with others and share stories

DOUGHNUT ECONOMICS ACTION LAB

DEAL Community - News - Events - Tools & Stories - Themes - About - Search...

Welcome to DEAL

**Turning the ideas of Doughnut Economics into action**

Discover the community Join the community

doughnuteconomics.org

## Join the DEAL Community

An growing community of people who are turning the ideas of Doughnut Economics into transformative action



90 minutes  

**Attend** a *Communities: Let's Get Started* meet-up, where you can meet others who are interested in neighbourhood and place-based network organising with Doughnut Economics.

**Communities:  
Let's Get  
Started!**

**Meet-ups:**

12th June, 4pm

13th June, 9am

(UK times)



 [doughnuteconomics.org](https://doughnuteconomics.org)

## **Communities: Let's Get Started meet-up**

Meet others who are interested in neighbourhood and place-based network organising with Doughnut Economics



15 minutes 



**Read** DEAL's Cities & Regions theme homepage and learn about the 9 pathways municipalities and local governments are taking to put Doughnut Economics into practice at the city and regional scale.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Cities & Regions

Downscaling the Doughnut to reimagine and remake the places where we live



15 minutes 



**Read** DEAL's Business & Enterprise theme homepage and learn about the five design layers of Enterprise Design within *Doughnut Design for Business*.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Business & Enterprise

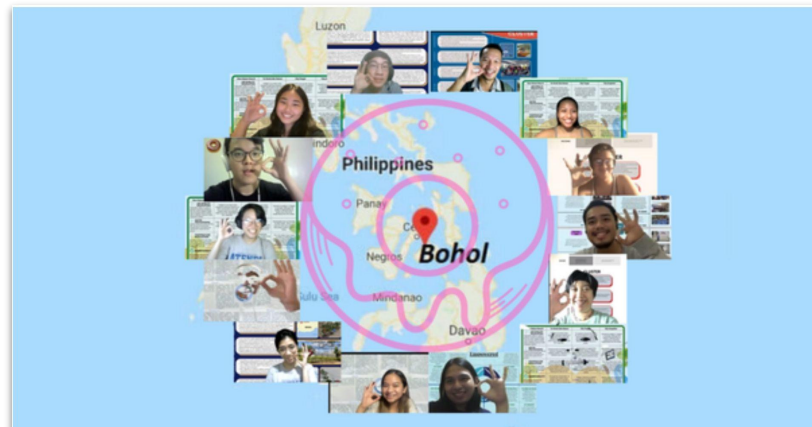
Transforming the deep design of business to enable regenerative and distributive action



15 minutes 



**Read** DEAL's Schools & Education theme homepage and learn how students and educators are bringing Doughnut Economics into the classroom and other places of learning.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Schools & Education

Exploring Doughnut Economics in the classroom and through life-long learning



15 minutes 



**Read** DEAL's Research and Academia theme homepage and learn how students and academics are deepening and furthering the scholarship of Doughnut Economics, both in theory and in practice.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Research & Academia

Deepening the concepts and applications of Doughnut Economics through scholarly collaboration





15 minutes  

**Read** DEAL's Government & Policy theme homepage and learn how DEAL is engaging with national governments and international institutions to reframing economic narratives and influence strategic policy.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Government & Policy

Engaging with national and international policymakers to bring about systemic transformation

3 How can I ask other questions, find out more, or contribute a story?

We hope you've enjoyed reading through *Communities: Let's Get Started*. In this final part, you can find out how to share your own story, or contact the DEAL team, or see *even more* stories on the DEAL platform!



**Write** your own story of action, and contact us if you would like your story featured in *Communities: Let's Get Started* (see next page for how to contact DEAL)




 [doughnuteconomics.org](https://doughnuteconomics.org)


## Add a new story

Contribute your story to the emerging commons of knowledge and practice to inspire others



**Contact** us with any questions or feedback you may have; any requests to add your story; or offers to make translations in your own language.

A collection of ten colorful envelope icons in circles, arranged in a loose pattern. The icons are in shades of yellow, green, and orange, and each has three short lines next to it to suggest motion or vibration.

 [doughnuteconomics.org](https://doughnuteconomics.org)

## Contact us

Get in touch with the DEAL Team



You can also **discover** even more stories on the Communities page of the DEAL Community Platform.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Communities & Art homepage

Co-creating playfully serious ways of turning Doughnut Economics into transformative action.

*Thanks for reading...*

Communities:

**Let's Get Started!**



Version 1.0 (May 2023)

# Acknowledgements

## **This tool was created by**

Rob Shorter, Communities & Art Lead at Doughnut Economics Action Lab.

## **The tool is made with**

Design contributions from Ruurd Priester; Doughnut Economics conceptual contributions from Kate Raworth; communications and technical support from Aimee Laurel and Karn Bianco.

Tool contributions from Mona Ebdrup, Magda Petford, CIVIC SQUARE, Huddlecraft, Jacob Rask, Kavita Purohit, Nettes Derbyshire, Charlotte Bailey, Zoe Gilbertson, The Jump and Leonora Grcheva.

Story contributions from Rieta Aliredjo, Nicole Hartmann, Ben McCallan, Olivia Carpenter-Lomax, Steph Bleach, Roisin Markham, Louise Byng, Tim Frenneaux, Miho Shimizu, Chris Paddock, Robertson Work, Karin Eyben, Sikander Bizenjo, Andrew Fanning, Rosana Rezende, Emi Imai, Alice Howard-Vyse, Kiran Kashyap, Pete Dowson, Zohar Ianovici, Rosa Tibosch, Nicole Barling-Luke, Eva Valencia Lenero, Franziska Raedeker, Dave Kearney-Brown, Della Duncan, Brian Dowling, Anne Sheridan, Aaron Blanco, Bjørn Hauger, Ellen Sjong and Kate Raworth.





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