



LA PAS/SLOWING DOWN

An invitation to slow down, question our consumption choices and build conviviality

LA PAS/SLOWING DOWN. Artisanal Gastronomy Festival 2022, Roses' Park Timisoara, September 23rd – 25th 2022, CRIES Association

"The world is in crisis. This was clear before the pandemic. In the 20th century we succumbed to the pressure to live our lives at speed, under the imperative of efficiency and scale. The desire to have more prevents us from recognising our physical limits and those of the ecosystem in which we live." (extract from **An urgent call to slow down**, 2022, www.slowfood.com)

For three days, **September 23rd – 25th 2022**, we have prepared a space for a variety of experiences at a 'walking pace' **and a programme offering multiple perspectives on the connections between food, culture and sustainable consumption**. We want to inspire the local community and be inspired by all the experiences and actions that allow us to slow down the pace of consuming our resources and the planet's.

During this period, **the Roses' Park in Timisoara will host over 40 artisans, producers of "clean, good and ethical" food and a complex programme for young and old**, including tastings, debates, presentations, concerts, dialogues, workshops. Locally produced craft beer, reinterpreted traditional food recipes, vegetarian and vegan menus, local and international dishes, artisanal cider, cold-pressed juices, jams, sauces, cakes, artisan breads, dairy products and specialty cheeses - all part of this year's gastronomic offer.

The **La Pas Festival** offers a careful selection of "good, clean and ethical" food, in line with the principles of the Slow Food movement, while inviting to reflection on the importance of reducing food waste and of sobriety in a world marked by crisis and hunger.

Through our exposure to first-hand experiences we can generate processes of reflection on the way we prepare (our) food, with reference to **the intangible heritage of cooking practices**. With openness to new attempts, we question our habits and opt for sustainable ones:

We have invited chefs who use local ingredients and look to purchase raw materials from small producers;

We cook from 'rescued' food and openly present the whole process to encourage you to make the most of the food you have in your kitchen.

We celebrate and promote responsible production and consumption - local production that meets high environmental and social standards. This year, again, we offer a range of the LA PAS artisan products made by local producers and artisans:



cheese, bread, honey, artisan cider, beer and decorative candles, produced by the Association Curtea Culorilor, Prospero, Poienița Zarand, Casa Despi, OneTwoBrewery and OilRight.

We are transparent about the selection process of the participating artisans and producers in the Festival, communicating to visitors and participants the criteria used in their selection.

Through the way we organise and run the Festival we exercise **the power of cooperation and solidarity**.

We create the opportunity **of free expression** of the most varied positions and innovative cultural experiences overcoming limiting conservative tendencies, as a transformational process that we live together.

The whole event promotes sustainable behaviour:

- **No single-use plastic packaging will be used** at the Festival, and CRIES has been voluntarily applying this principle since 2019, when it got involved in promoting local legislation to ban the use of plastic packaging in publicly funded events. Fortunately, in Timisoara there is a City Council Decision (393/ 26.10.2021) banning the use of this type of packaging, **thus putting Timisoara on the very short list of cities in Romania that have taken an official decision on this topic**;
- In order to reduce the difficult or impossible to recycle waste of advertising materials, we have opted **to use promotional materials made of sustainable materials**. We did not use plastic advertising meshes and reduced the number of printed advertising materials by more than 50% compared to the 2019 edition;
- **We promote free access to water** and the principles of rational use of this resource. From our point of view water is not a commercial good, which is why bottled water will not be sold at the Festival. Participants will have access to water from the public network and from the Urseni Water Plant, provided by Aquatim;
- We encourage **the selective collection of waste** and we are involved in actions to raise awareness and education for responsible behaviour in this regard, both among consumers and producers;
- **We collect used cooking oil** from the food preparation process through a partnership with the social enterprise OilRight;
- We encourage participants to **use bicycles or public transport to get to the festival**, and to meet this objective we have chosen to organise the event in an accessible area; We ensure the **training of hundreds of young people and students** for the actions and workshops of the festival, who will participate directly in these days, acting as multipliers and influencers for their families.

Admission and participation at all the LA PAS Festival activities are free, thanks to the support of funders, partners and volunteers.

The project is organized and produced by CRIES Association - Resource Centre for Ethical and Solidarity Initiatives and is part of the Cultural Programme "Timisoara 2023 - European Capital of Culture" and is funded by the Municipality of Timisoara through the Project Centre.

www.la-pas.cries.ro