



# DEGROWTH

IS THE ONLY SUSTAINABLE  
GROWTH

\*Buy local food \*Plant a tree \*Reduce air  
travel \*Consume less meat \*Ride a bike  
\*Recycle \*Go vintage, save the world!

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# DEGROWTH STANDS FOR LESS

## DEGROWTH STANDS FOR A RETURN TO NATURE

It is a political project that aspires to inspire a change of direction, at macro and micro level.

Income and material comfort are to be reduced for many along the way, but the goal is the ultimate survival of mankind and reconnection with nature.

Leave no trace!

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