



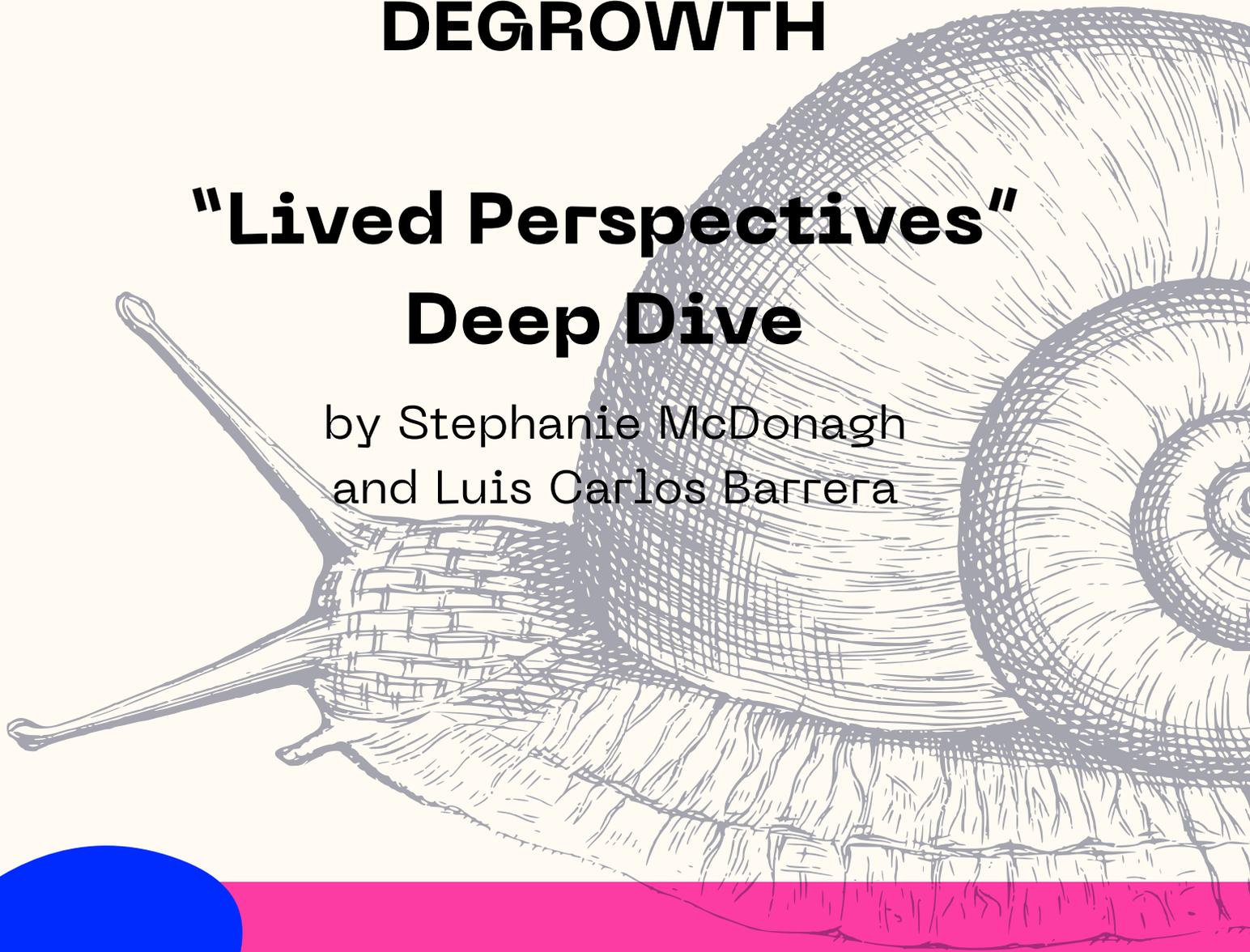
Research & Degrowth International

PRACTICES OF CONVIVIALITY: TOWARDS AN ABOLITIONIST DEGROWTH

"Lived Perspectives"

Deep Dive

by Stephanie McDonagh
and Luis Carlos Barrera



First Edition April 2026

Syllabus

PRACTICES OF CONVIVIALITY: TOWARDS AN ABOLITIONIST DEGROWTH

The **Lived Perspectives** chapter of the Deep Dive courses offered by Research & Degrowth (R&Di) explores focused themes through the lens of Degrowth by including perspectives that go beyond the scope of academic knowledge. This chapter is designed for those who wish to learn within a community of peers, sharing lived experience, militant practices or artistic research with fellow researchers, activists, artists, professionals, and curious minds eager to engage critically with the challenges and possibilities of social-ecological transformation.

Each Deep Dive consists of five live online sessions (2.5 hours each, totaling 12.5 hours) with no more than 30 students.

Research & Degrowth is a think-and-act-tank dedicated to the radical transformation of our economies and societies through research, advocacy, education, training and events around degrowth. For more than fifteen years, R&Di has successfully organized summer schools and university master's programs focused on degrowth. The online course represents a new educational format to reach out to a broader audience. Upon successfully completing the online course, all participants will receive an **official certificate** issued by R&Di.



We have been working hard to create this online course and are excited to be launching it to you. We're looking forward to this educational journey together!

COURSE DETAILS

The third Deep Dive we are offering is titled ***Practices of Conviviality: Towards an Abolitionist Degrowth*** taught by **Stephanie McDonagh** and **Luis Carlos Barrera**. It will take place every Monday between **April 13th** and **May 11th**, from **5pm to 7.30 pm CEST**.

This course brings together two proposals that have gained significant attention in recent years: Degrowth and Abolitionism. Both offer compelling theoretical and practical responses to the violence produced by the decline of late-stage capitalism, offering ways out of the multi-crisis.

The course seeks to explore and interweave some of the shared understandings and convergences between these approaches, with the aim of building bridges across movements and strengthening the foundations of Degrowth both as a theoretical framework and as a social movement grounded in militant practice.

The class will foster a space of mutual learning, where participants are encouraged to share their lived experience and knowledge as part of a collective process of reflection and transformation.

Requirements and Target

Knowledge of the foundations of degrowth; an interest, and ideally experience, in abolitionism, social movement organising, mutual aid and anti-punitive forms of justice. For an overall introduction to Degrowth, check our course "Introduction to Degrowth" on our webpage.

This course is aimed at changemakers, students, academics and curious minds who want to explore what a Degrowth world would look like in practice from the point of view of feminist abolitionism. Both academic and non-academic knowledge, acquired through practice, militancy or lived experience are equally welcome.

Class Format and Learning Tools

The course is taught with a variety of teaching methods that include frontal presentations, and peer-to-peer learning moments such as plenary debates, facilitated discussions, and group work in break-out rooms. The course is not designed with an academic focus.

TIMELINE



Apr 13th - Laying the Ground: Foundations & Conviviality

Apr 20th - Alternatives for a Feminist Abolitionist Degrowth

Apr 27th - Organising for Degrowth: Mutual Aid and Degrowth Practices

May 4th - Justice for Degrowth: Transformative/Restorative/Communal Justice

May 11th - Closing & Integration: Visioning Post-Carceral Degrowth Futures



TEACHERS



Stephanie McDonagh works at *Research and Degrowth* organising educational programs and facilitating networking spaces in the Catalan/Iberian and Mediterranean contexts. Since obtaining a Master's in Political Ecology, Degrowth and Environmental Justice at ICTA-UAB, she has been active in militant spaces in Barcelona over the last 6 years. She is particularly passionate about exploring the theory and practice of care in mutual aid contexts.

This interest was initially developed while practicing Transformative Justice in a feminist mutual aid group in Barcelona.

She later developed its link to Degrowth via two workshops at the Zagreb and Pontevedra Degrowth conferences, with the collaboration of fellow partners and alumni of the Degrowth Masters.

With the desire to complement that work with a formal education, she completed a facilitation course with a Restorative Justice focus at Fil a L'Agulla.

Luis Carlos Barrera, from Abya Yala, has been militant in struggles against the violence of the colonial regime for the last 8 years. His work has centred around the liberation of mother Earth and human emancipation.

He has been involved in student, peasant, and workers' political processes oriented towards food autonomy, anarcho-syndicalist struggles and building prefigurative spaces to support the people of Abya Yala in the making of a new world. He's an avid reader and a firm believer in direct action, mutual aid and horizontality.



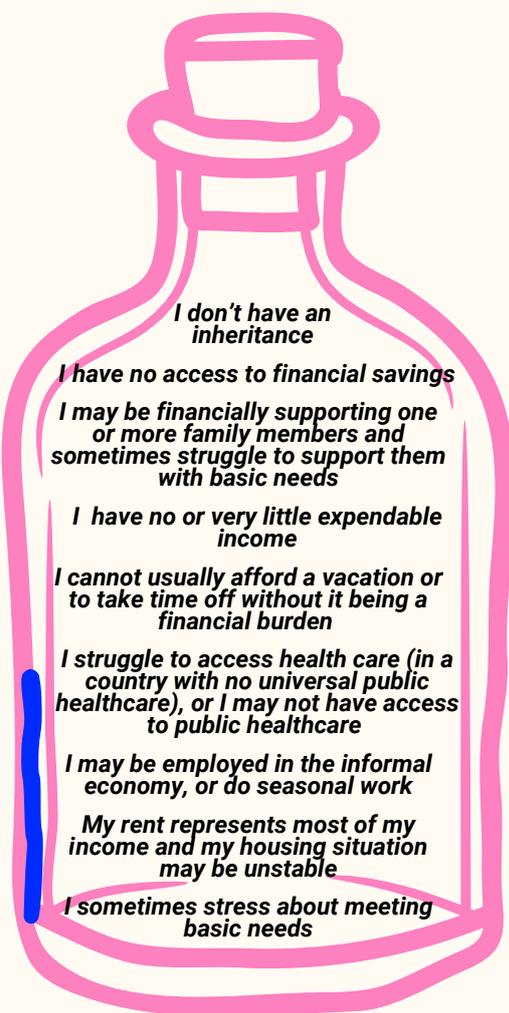
PRICE

This online course uses a sliding-scale system

We want to make this online course accessible to everybody, in the spirit of solidarity and internationalism. To identify the fee that you fit into, see which category has criteria that most fits your life situation

FEE 1: €0-50

This fee will almost exclusively apply to working class/low-income participants from the Global South and/or GS participants who live in the Global North with restricted access to income or uncertainty around residency status.



FEE 2: €50-120

FEE 3: €120-350

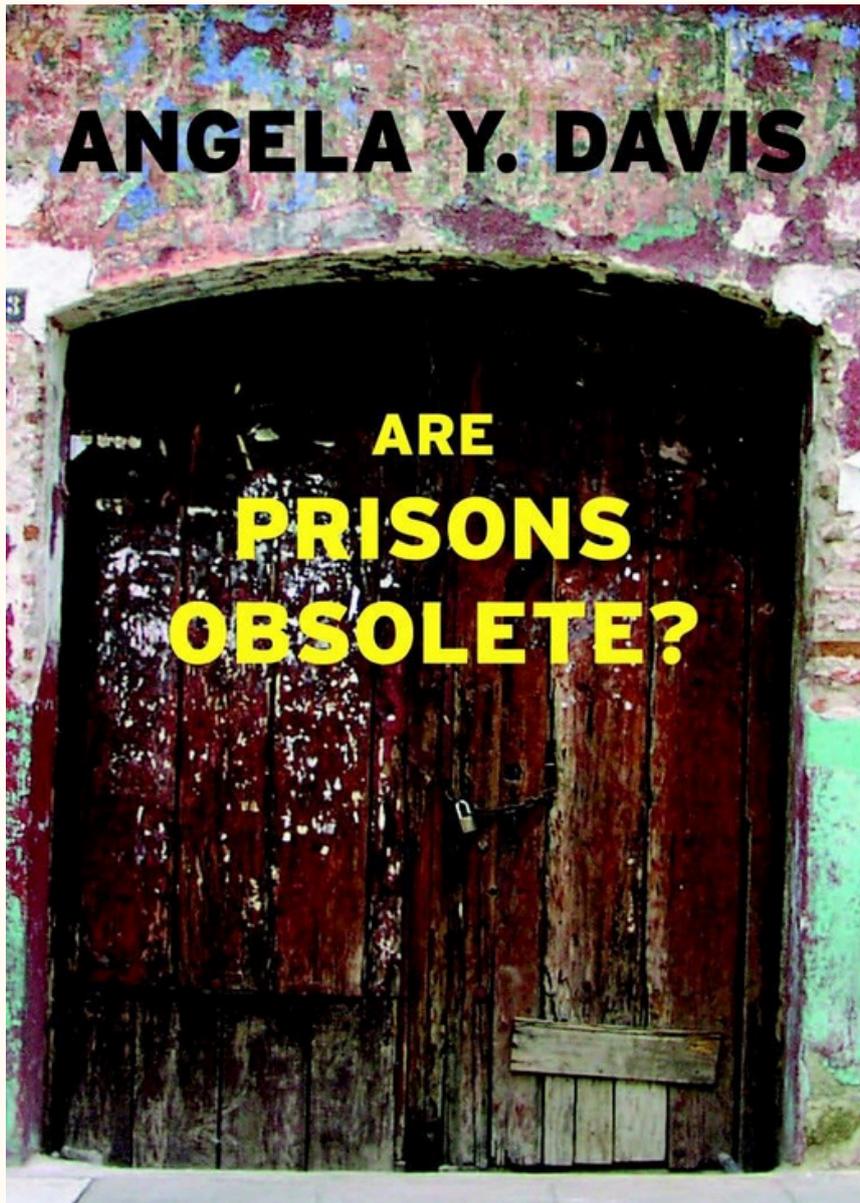
FEE 4: > €350

For this course, part of the participation fee will go towards supporting a mutual aid project! There will be a space dedicated to discussing this together, and taking collective ownership over the decision, in the last class!

Pre-course reading

Angela Davis, *Are Prisons Obsolete?*

This short book (128 pages) offers an in depth presentation of some of the main topics presented throughout the course.



Session 1 - April 13, 2026 5 pm CEST

Laying the Ground: Foundations & Conviviality

In this opening session, we will create the relational container for our journey together. We will introduce ourselves, get to know each other and the experience/knowledge we each bring. In line with the focus of the course, we will apply anti-punitivist tools to establish common ground on how we intend to learn and be together.

This introductory class will also briefly lay the foundations for the two main concepts/proposals which will run through the entire course: Degrowth and Abolitionism. The resources for this class allow us start unravelling the patriarchal, colonial and racist genealogy of capitalism, growth, and the prison industrial complex, and to look back at the struggles that have paved the way for our Degrowth and Abolitionist struggles today.

Mandatory reading:

Total pages: 23

- Hickel J. (2022) *Imperialism and the Degrowth Imperative* Online Lecture for “Futures of Sustainability”, University of Hamburg.
- Day, A.S. and McBean, S.O. (2022) “Class struggle in the 18th century sparked a prison abolitionist fire” in *Abolition Revolution*. London: Pluto Press, pp. 91–102.
- Day, A.S. and McBean, S.O. (2022) “Empire, criminalisation and resistance” in *Abolition Revolution*. London: Pluto Press, pp. 103–114.

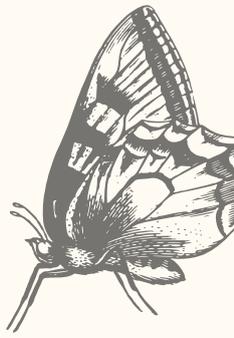
Optional Reading:

Total pages: 04

- Mahdi S. (2025) “Delinking Global South from Global North: Political Strategies for Disrupting the Globalized World Order” Blog post on *degrowth.info*

Session 2 - April 20th , 2026 5 pm CEST

Alternatives for a Feminist Abolitionist Degrowth



In this class we will explore the common ground between degrowth and abolitionist diagnoses, strategies, and proposed alternatives.

We will investigate where critiques of growthism, development and Empire meet, via the analysis of two particular conjunctures: the Keynesian and the neoliberal eras. In doing so, we will examine how “the making of the Third World” relates to the making of “criminality”, and how these analyses inform critiques of institutions and their role in sustaining structural violence.

The concrete proposals stem from the dismantling of the (white cis male) individual as the bearer of rights, and centre instead collective life-sustaining practice.

Mandatory Reading:

Total pages: 13

- Davis, A.Y., Dent, G., Meiners, E.R. and Richie, B.E. (2022) “Abolition” in *Abolition. Feminism. Now*. Chicago: Haymarket Books, pp. 47–60.
- Critical Resistance, [What is the prison industrial complex?](#)

Optional Reading:

Total pages: 21

- Wilson Gilmore, R. (2022) “Globalization and US Prison Growth: From Military Keynesianism to Post-Keynesian Militarism” in *Abolition Geography: Essays Towards Liberation*. London: Verso.

Session 3 - Apr 27th , 2026 5 pm CEST

Organising for Degrowth: Mutual Aid and Degrowth practices

In this class we will examine what community organising looks like from a degrowth and abolitionist perspective. We will analyse the barriers and challenges to these types of practices, as well as the avenues for transformative change that they open.

If both Abolitionism and Degrowth are proposals to abolish the prison industrial complex and growthism in order to open up space for something different, we will look closely at what some of these alternatives are, most of which we can find in the already existing realities at the margins of Capital.

Both perspectives have an element of utopia and prefiguration to them, but are at the same time centred in the present needs and practices of care that emerge in mutuality and in conviviality.

Mandatory Reading:

Total pages: 27

- Spade, D. (2020) "Part I: Understanding Mutual Aid" in *Mutual Aid: Building Solidarity During This Crisis (and the Next)*. London: Verso.
- Guerrero Osorio, A. (2019) 'Comunalidad'. In: Kothari, A., Salleh, A., Escobar, A., Demaria, F. and Acosta, A. (eds.) *Pluriverse: A Post-Development Dictionary*. New Delhi: Tulika Books.

Optional Reading:

Total pages: 36

- Escobar, A., Osterweil, M. and Sharma, K. (2024) *Relationality: An Emergent Politics of Life Beyond the Human*. London: Bloomsbury Publishing. Chapter 4, p 115-151

Session 4 - May 4th , 2026 5 pm CEST

Justice for Degrowth: Transformative/Restorative/Communal Justice

This class explores how Degrowth and abolitionism call for new ways of thinking about and practicing justice by critiquing the punitive ideology of the liberal justice system exported worldwide through colonial processes of importing institutions that have often reinforced, rather than reduced, structural forms of violence.

We will examine how transformative and restorative models of justice challenge punitive logics by placing emphasis on the relation between interpersonal and systemic violence, opening up spaces for alternative ways of addressing conflict and confronting the harm experienced within our communities, fostering accountability, healing, and structural change, and undoing the cycle of violence that punitivist practices reproduce.

Mandatory Reading:

Total pages: 20

- Melanie Brazzell, *What Really Makes us Safe? Project, Transformative Justice Knows no Borders: Learning from Community-Based Responses to Harm Around the World* (p.1-26)

Optional Reading:

- Choose a case study from Melanie Brazzell, *What Really Makes us Safe? Project, Transformative Justice Knows no Borders: Learning from Community-Based Responses to Harm Around the World*

Session 5 - May 11th , 2026 4 pm CET

Closing & Integration: Visioning Post-Carceral Degrowth Futures

In our final session, we will harvest the learning, reflect on transformations, and imagine forward together. Using collective visioning, we will move from critique and repair toward generative futures: what might a world without prisons, built on mutual aid and Degrowth, look and feel like? We will also hold space for participants to share dilemmas.

In the spirit of applying mutual aid principles, we will hold a collective discussion space to decide on a Mutual Aid initiative we would like to support with this course.

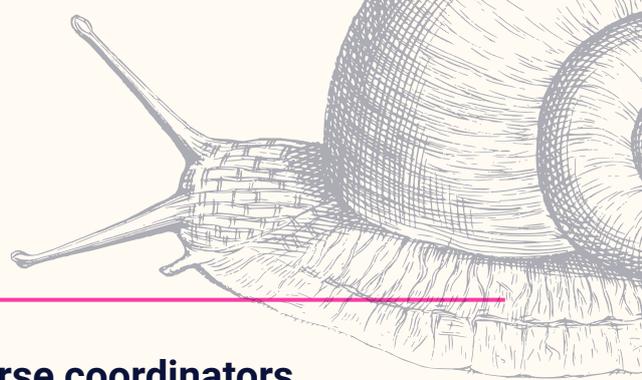
The final part of the class will be dedicated to the closing of the course, where participants will have to chance to present their work.

No Mandatory Reading:

Instead of pre-determined materials, we'll draw on what has emerged throughout the course and the questions that arise along the way.

For this class participants will be asked to prepare an artistic project to present to the class at the end of our journey together.

Contact



Course coordinators



Lorenzo Lonardi is a project coordinator at Research and Degrowth with a master's degree in Political Ecology, Degrowth, and Environmental Justice from ICTA-UAB. He is passionate about promoting degrowth ideas and creating accessible educational programs. As the coordinator of the "Introduction to Degrowth" online course and the "Deep Dives" online courses, Lorenzo focuses on organizing and delivering a program that supports learning and collaboration around sustainable and just alternatives to growth-focused economics.



Federico Arcuri is a project coordinator at Research and Degrowth. He is also an alumnus of the master's in Political Ecology at ICTA-UAB, with a thesis on a "Post-growth deal for Italy". He is interested in environmental conflicts, post-growth policy and geopolitics, especially with respect to EU-China relations. He co-organized the last two editions of the Degrowth Summer School, coordinating the bike caravan weeks and facilitating counter-cartography workshops. Co-organizer of the Beyond Growth conference Italia (April 2024), he is active in the Italian degrowth movement.

If you have questions about the "Deep Dives" Online Course feel free to contact Lorenzo or Federico:

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Discord: [lorenzol._57084_23912](https://discord.com/users/lorenzol._57084_23912); +39 3884236592



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