



Research and Degrowth

and play for
sexual & emotional
health

and...
that supports context-
specific issues using
tools & strategies

EFFECTIVE
LIVING, SKILLS
CHANGE & POLITICAL
EDUCATION

hold monthly sessions
to get on the same
page and develop
our collective
consciousness

create a space
to talk about
our understanding
of ecofeminism

learn from the
diverse experiences
within the network,
combining academic
& non-academic
knowledge

link people who
can directly
support each
other's work

Mediterranean
Eco-Feminism Circle

Barcelona
Action
Circles



In the past few months this circle of ecofeminists across the Mediterranean has agreed on:

- ***Definitions we work with***
- ***Principles we stand by***
- ***Strategies we organize around***



Definitions

that we work with

1. *Ecofeminism*
2. *The Mediterranean*
3. *Degrowth*



1 *Ecofeminism*

We view ecofeminism as **life-affirming and life-regenerating politics** that recognises the **interconnection between bodies, land, and nature** - seeing them not as resources to be exploited but **as sources of power, creativity, and care.**

It **resists hegemonic, imperialist, and capitalist systems** that colonise lands and peoples - especially across the Global South and the Souths within the North - extract from the Earth, and devalue reproductive and care labor.



2 *The Mediterranean*

The Mediterranean is the **geographical vessel of our action, the shared region we come from or inhabit, and our reclaimed identity.**

We share climate impacts, and a history and present of colonial, patriarchal and capitalist violence and injustice, against which we stand together as a network and platform.

For us, organising across the Mediterranean constitutes a possibility to **challenge imperialist borders and divisions, and create frameworks of allyship, region-wide solidarity, and ecofeminist anti-colonial action.**



3 *Degrowth*

We view degrowth as a **radical, feminist, and decolonial practice of transformation** that refuses the ideology of endless growth and development, and instead **centers care, justice, and ecological balance**, meaning **dismantling colonial and imperial structures, resisting militarism and extractivism, and ending patterns of overconsumption.**

For many in the Global South and even in the European South, **degrowth may feel abstract or inaccessible**, so we often **center decoloniality and anticapitalism** as broader and more grounded frameworks.

- possibility of
inviting people
from outside (expats)

PRINCIPLES (anchor strat)

RESPECTFUL
OF MIND,
BODY and
CAPACITY

Be a
Star in Self
espacio space
Seguro

DEEP
LISTEN AND
EMPATHY TOW
OTHER'S NEEDS

Accessibility

Accessibility
Safety
Inclusive
Community

CARE

LIFE +
PEACE
NURTURING

TAKING CARE
OF THE
RELATIONAL
SIDE OF
MAKERS

Safety
Inclusive
Community

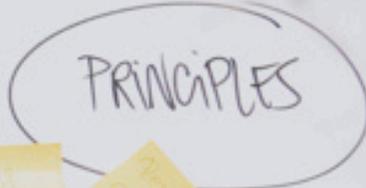
Finding a
way to make
things equal
and fair.

Recognise the
Power of
valor de
decisión
diversity

INCLUDE
&
EMBRACE
DIVERSITIES

INCLUSIVITY
(social,
economic,
diversity)

INCLUSIVITY
(social,
economic,
diversity)



Principles

on how we work

1. *Inclusive and accessible community*
2. *Culture of care and trust*
3. *Collective action and solidarity*



1

INCLUSIVE AND ACCESSIBLE COMMUNITY

An accessible, plural and inclusive network and community, relating to each other and working together through active and co-responsible solidarity, mutual support through resource sharing, transparent, open and equitable decision-making.



2

CULTURE OF CARE AND TRUST

*We want to nurture a culture of **care, trust and comradery**. We want the network to be a safe haven, where emotions and personal and collective struggles can be expressed, acknowledged, and comradely support can be found.*



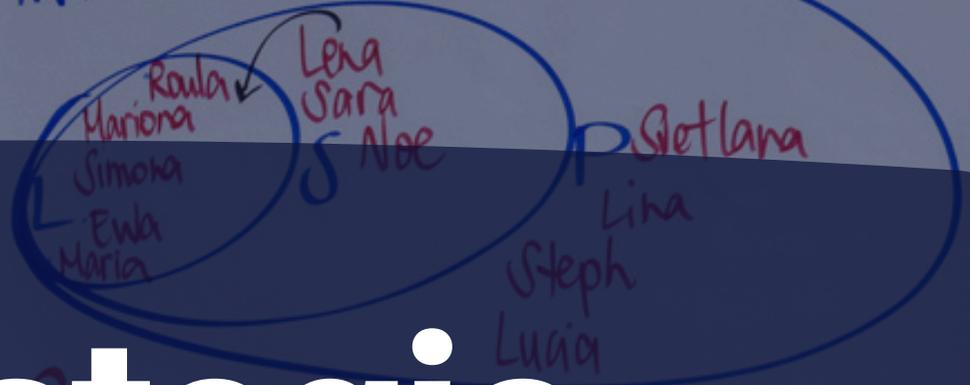
3

COLLECTIVE ACTION AND SOLIDARITY

*We are a transnational platform working to organise **responsive and political collective action** within the framework of ecofeminist anti-colonial solidarity across the Mediterranean.*



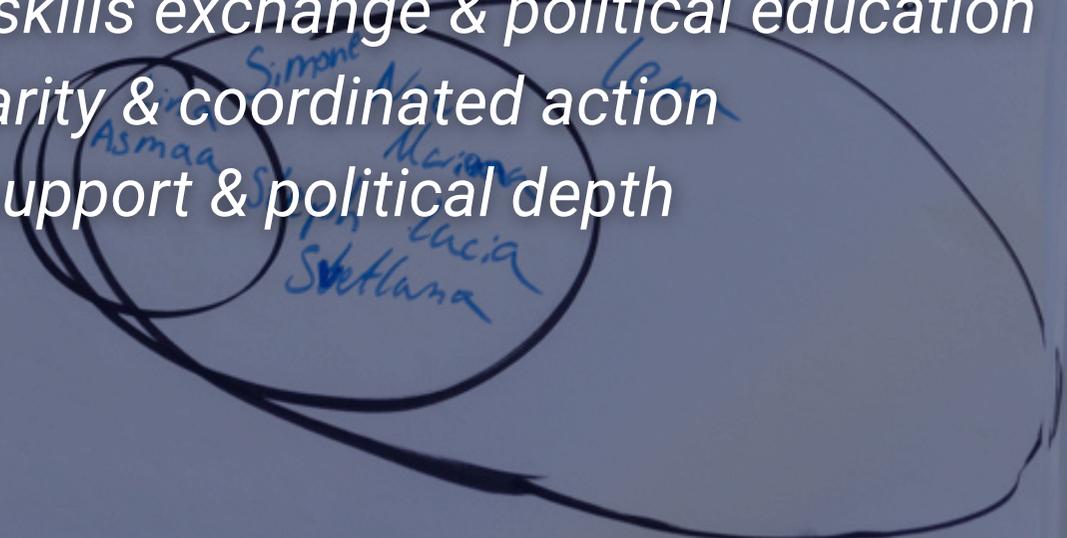
TRANSNATIONAL ORGANISING



Strategic goals and objectives

1. Collective learning, skills exchange & political education
2. Transnational solidarity & coordinated action
3. Emotional, mutual support & political depth

Emotional, Mutual Support...



1

COLLECTIVE LEARNING, SKILLS EXCHANGE & POLITICAL EDUCATION

- *Develop ongoing educational spaces that
combine academic and grassroots knowledges.*
- *Build shared infrastructures to **circulate skills,
legal strategies, and collective practices.***
- *Root political education in lived struggles by
**tailoring exchanges and materials to diverse
Mediterranean contexts.***



TRANSNATIONAL SOLIDARITY & COORDINATED ACTION

- *Create and sustain ecofeminist spaces for **cross-border alliance building and shared political education.***
- *Coordinate decentralized and large-scale actions that **target militarism, arms industries, and extractive corporations.***
- *Develop creative, context-sensitive strategies that **connect local actions to regional and global impact.***



EMOTIONAL, MUTUAL SUPPORT & POLITICAL DEPTH

- *Create intentional spaces for **collective care** to prevent burnout and strengthen trust.*
- *Build a long-term culture of activism rooted in mutual care, regeneration, and the recognition of **emotions as political forces**.*
- *Deepen solidarity by reflecting on its meaning across contexts, sharing coping strategies, and practicing **transformative allyship in campaigns and actions**.*



Thank you for your support.
In solidarity and care,

Mediterranean  Barcelona
Eco-Feminism Circle Action
Circles