

Go with the Slow: A Public Panel Discussion on the Slow Movement and Democracy

We warmly invite you to an engaging discussion titled “Go with the Slow”, focusing on the significance of slowing down and fostering long-term thinking to build a more informed and sustainable world.

If you're interested in exploring the benefits of a slow approach for our planet and well-being, we would be delighted to welcome you to this event, taking place on *Monday, May 26, at the French Embassy in Berlin, from 6 to 8 p.m.*

The Organizers

This event is organized by *Generation Europe*, a program of the Franco-German Youth Office (OFAJ/DFJW). Our network comprises young professionals from diverse fields committed to strengthening Franco-German relations and exploring new responses to contemporary challenges.

Context

In today's fast-paced world, shaped by constant connectivity and pressure for growth, we face increasing strain on our health, personal lives, and shared environment. The impacts are visible: rising stress, reduced focus, and a sense of disconnection, even in an always-online culture.

Cities are often built for efficiency rather than well-being, while mass production and overconsumption sideline small producers and local practices.

Democracy also feels this pressure. Rapid news cycles and time constraints leave little room for thoughtful participation and lasting civic trust. The slow movement offers an alternative: it invites us to shift our priorities toward more responsible consumption, balanced rhythms, and human-centered, sustainable cities.

For us in the Franco-German network *Generation Europe*, this also opens a democratic perspective. The idea of slow democracy calls for more inclusive and reflective processes. At the same time, we must acknowledge that slowing down is often a privilege not available to everyone. This raises important questions around access, equity, and inclusion, which we aim to explore in the panel.

Panelists

Prof. Dr. Detlev Ganten is a German physician and molecular medicine specialist, renowned for his work in global public health. As the Founding President of the World Health Summit (2009–2020), he has been a leading advocate for the “One Health” approach, emphasizing the interconnectedness of human, animal, and environmental health.

Dr. Phil. Nassim Mehran is an urban sociologist and architect based in Berlin. She earned her Ph.D. in Sociology from Humboldt University and has taught at various institutions, including Humboldt University and Charité University. Her research focuses on the interplay between urban design, social housing, and mental health, particularly concerning spatial justice.

Ton Matton is a Dutch urbanist and architect whose work bridges eco-design, artistic activism, and sustainable urban planning. He is known for his innovative approaches to revitalizing small towns, notably through his project “Slow Urban Planning: The Future of Tribsees,” which explores alternative, community-centered development models.



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A "GENERATION EUROPE
2024" EVENT

GO WITH THE SLOW

FESTIVAL OF IDEAS



**Panel discussion - "Slow movement and democracy:
a more informed, sustainable, and participatory society?"**

- Prof. Dr. med. Detlev Ganten, Co-Founder Virchow Foundation
- Dr. Nassim Mehran, Urban Sociologist and Architect
- Ton Matton, Urbanist, Visual Artist and Author



**Monday
May 26th**



**6.00 PM -
8.00 PM**



**Wilhelmstraße
69, 10117 Berlin**

Register clicking on this [link](#) !

RSVP by Friday, May 16th EOB.

Do not forget your physical ID.

The event is in-person and live-streamed (English).

