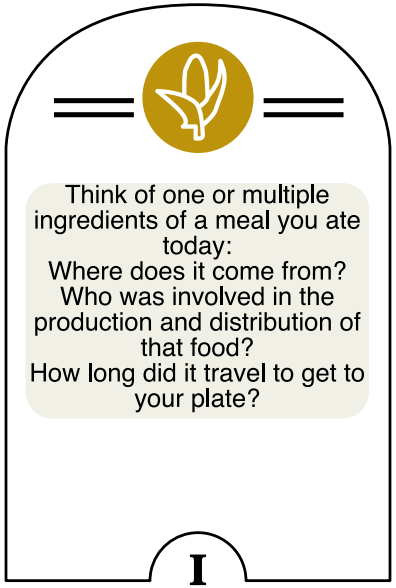
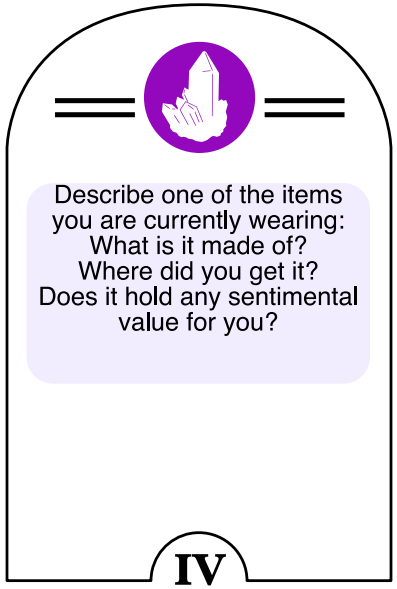
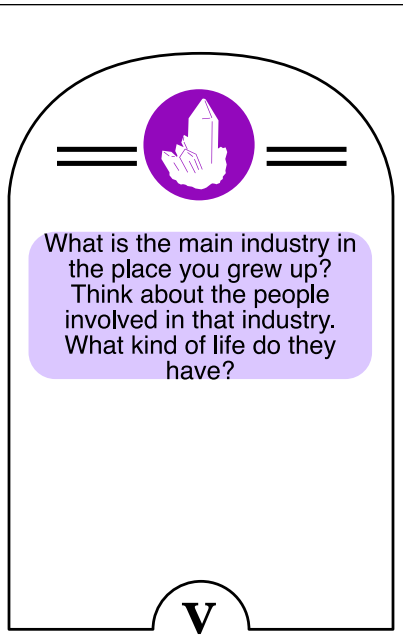
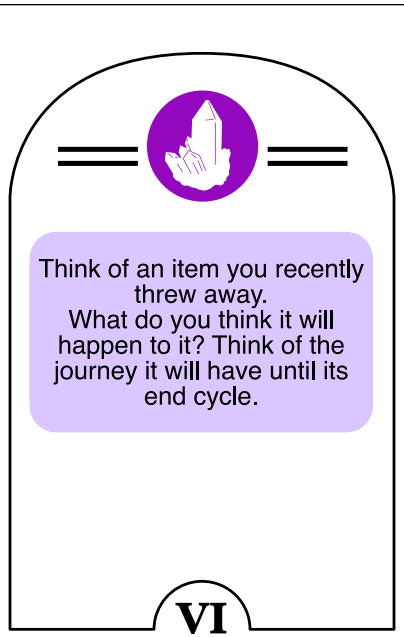

Think of one or multiple ingredients of a meal you ate today:
Where does it come from?
Who was involved in the production and distribution of that food?
How long did it travel to get to your plate?
I

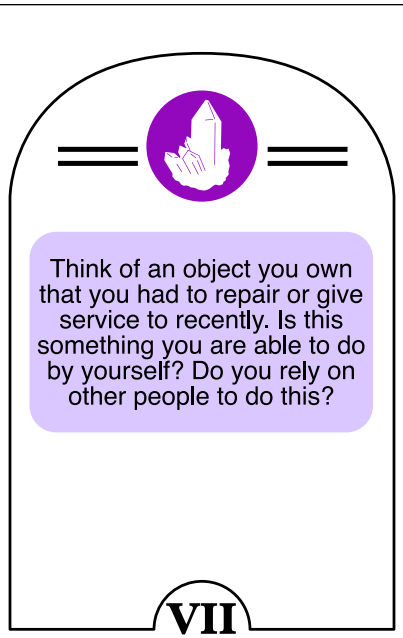

Think of a cultural meal from the place you grew up. Are there any historical aspects that you can think of? How has that food changed over time?
II

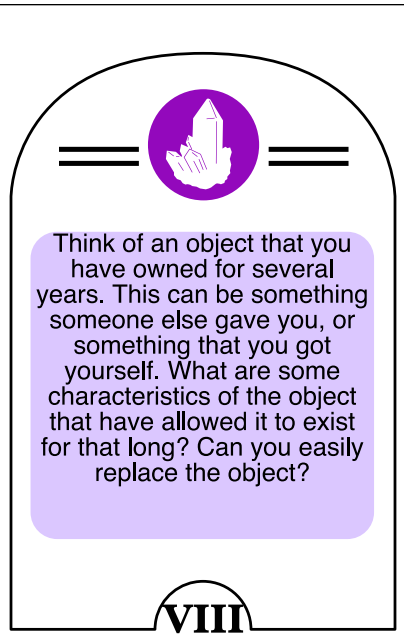

When was the last time that you ate a meal you did not have to pay money for? Were there any cultural aspects involved in it?
III

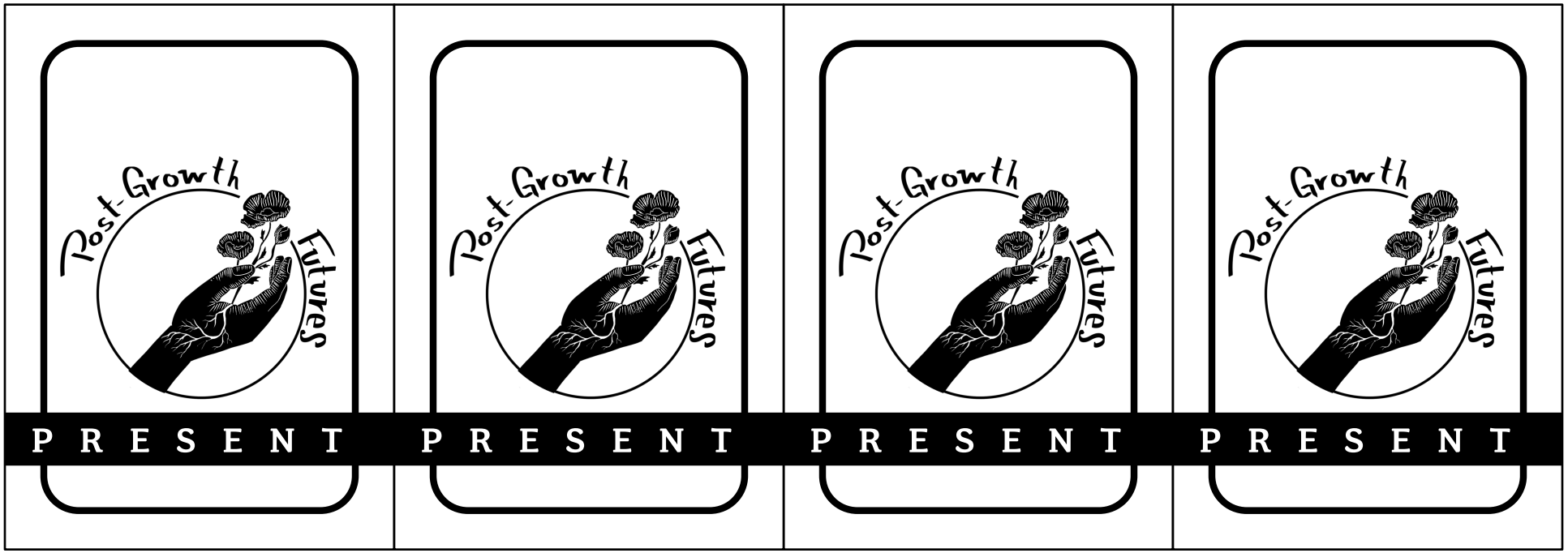

Describe one of the items you are currently wearing:
What is it made of?
Where did you get it?
Does it hold any sentimental value for you?
IV

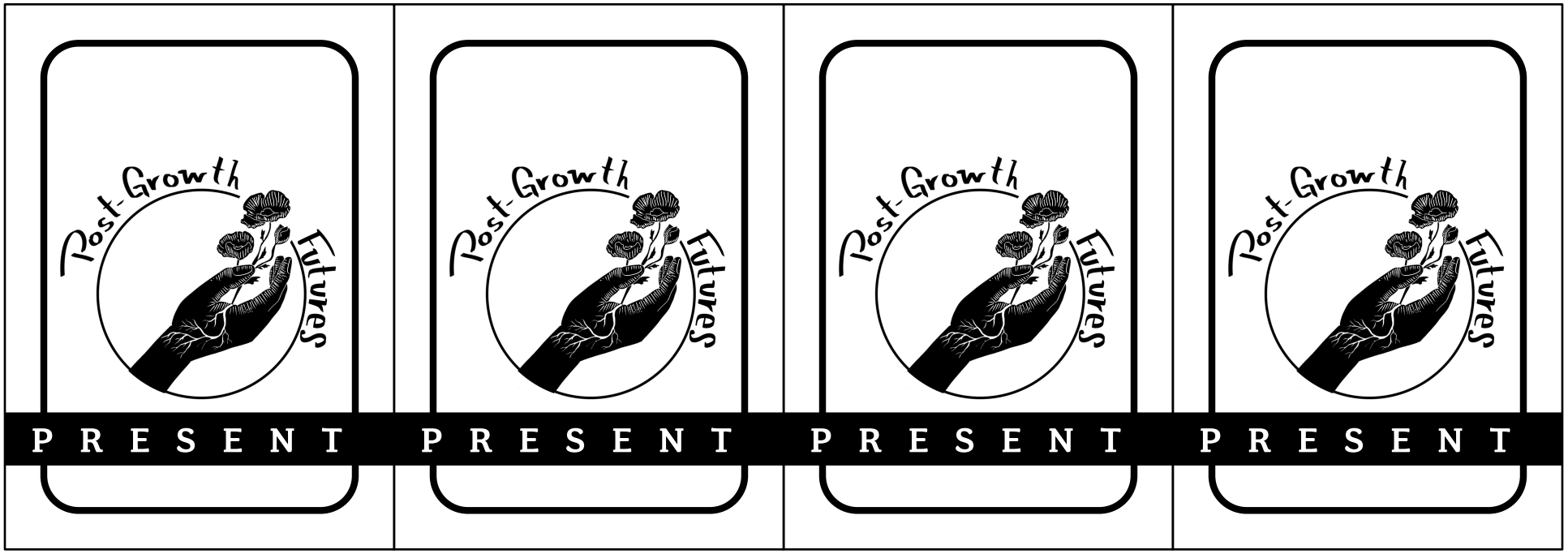

What is the main industry in the place you grew up? Think about the people involved in that industry. What kind of life do they have?
V

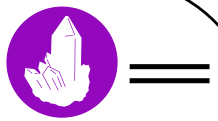

Think of an item you recently threw away.
What do you think it will happen to it? Think of the journey it will have until its end cycle.
VI


Think of an object you own that you had to repair or give service to recently. Is this something you are able to do by yourself? Do you rely on other people to do this?
VII


Think of an object that you have owned for several years. This can be something someone else gave you, or something that you got yourself. What are some characteristics of the object that have allowed it to exist for that long? Can you easily replace the object?
VIII


Post-Growth Futures
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What technologies do you use regularly that depend on extractive industries?
How would your life be different without them?

IX



How long have you lived in your current home?
What are some aspects of it that had made you stay there?
Are there things that you would like to be different?

X



What are some grounding activities you like to do?
Are there any specific materials or equipment you need to do that activity?

XI



What are some of the spaces in the nature you have access to? When was the last time you enjoyed some time outdoors? Think on the place and how you got there. Was there climate factors that felt challenging? (i.e. heat, wind, rain)

XII



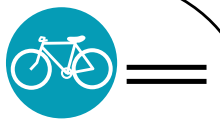
Think of a recent change that happened in the area where you live. Were there any geographic changes in the landscape? Or any changes in the dynamics?

XIII



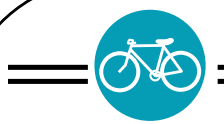
Think on something that you got recently and you did not had to pay any money for it. Where did it came from? is it something you can buy in a store or market?

XIV



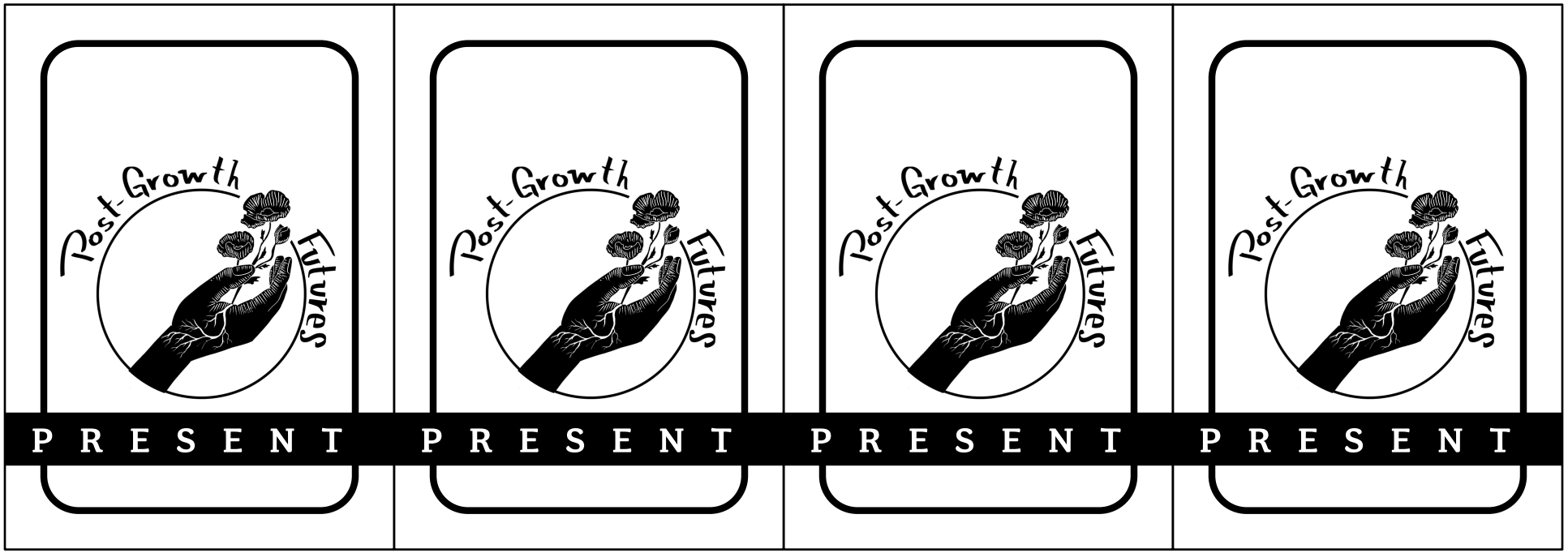
What means of transportation you use in your regular commute?
Who made it possible for you to use this transportation method? (i.e. mechanic, conductor, manufacturer)

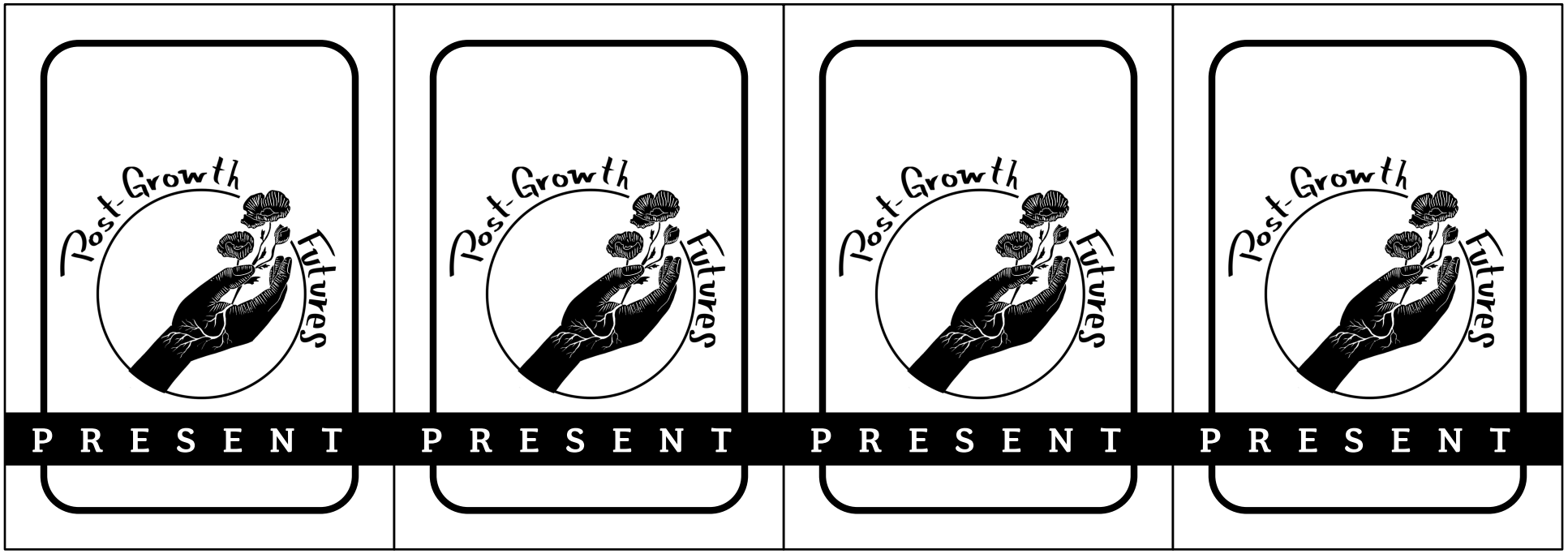
XV



What's your favorite means of transportation?
How often you are able to take it?
Has it changed in recent years?

XVI

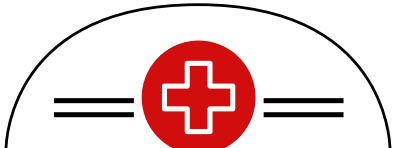

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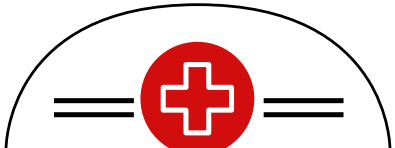
What is an activity you recently did for fun?
Is this an experience you had to pay for?
Was this something you did in company of others?

XVII



When was the last time you or someone close to you took a sick day?
How was the recovery process?

XVIII



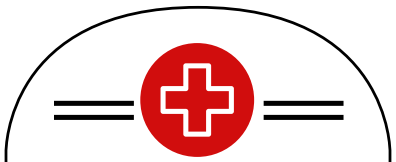
Think of one or multiple preventive health practices you have integrated into your routine.
How often you do them? Do you need any specific equipment or materials for it?
How often do you think people do it where you live?

XIX



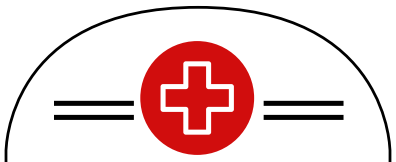
When you were a kid, what was your dream job? (I.e. I wanna be _____ when I grow up)
Did you change your mind? Why?

XX



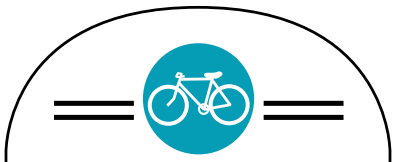
What is missing in your immediate neighborhood that makes it harder for you or your neighbors to live a healthy life (e.g., grocery stores, parks, pharmacies, clean air)? Where do you have to go to find it?

XXI



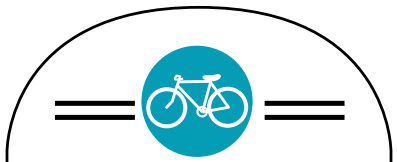
What are some alternatives of traditional western medicine you know of? Have you ever used any of them?
Do you know of any remedies or practices in your family or friends that are related with health?

XXII



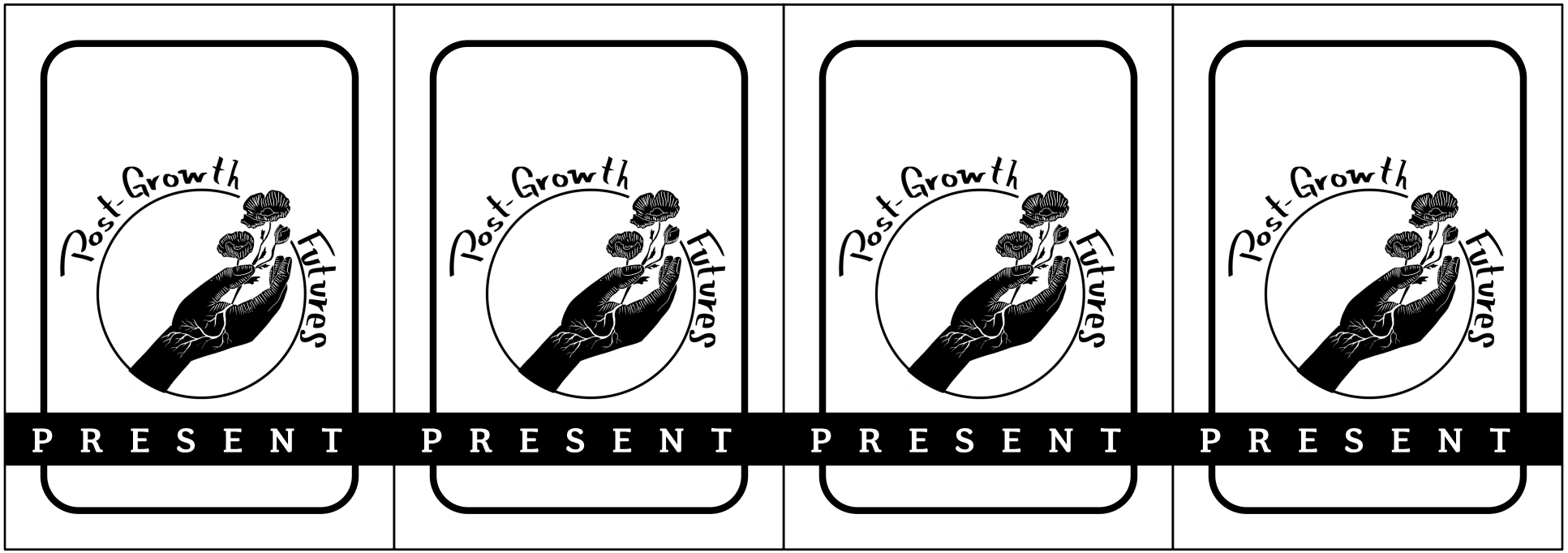
Think on your regular commute.
What are parts of it that you enjoy and feel easy?
Are there parts that feel more challenging?

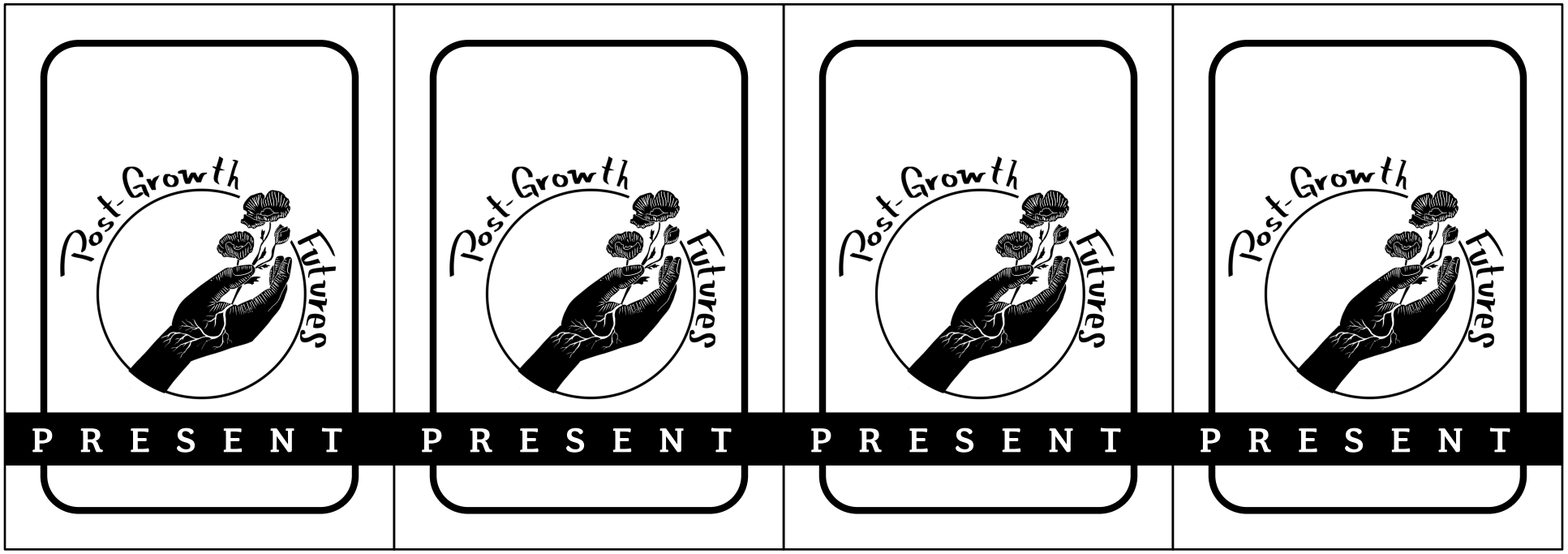
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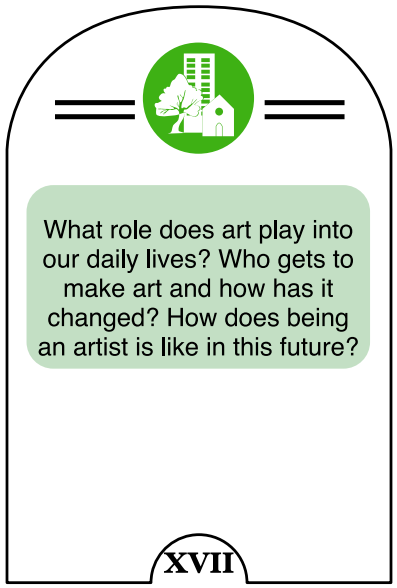


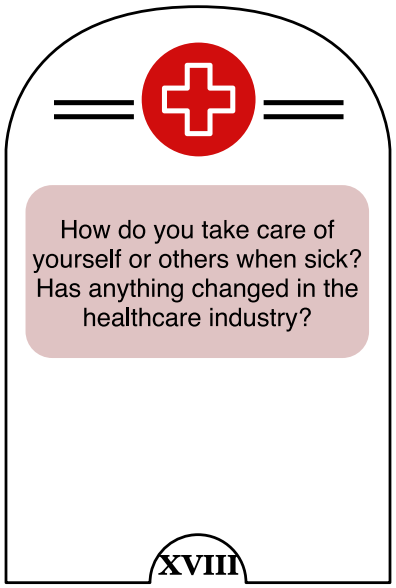
How does moving in public transit is like in your city?
How does it compare in terms of time and affordability to moving in a personal vehicle or walking?

XXIV


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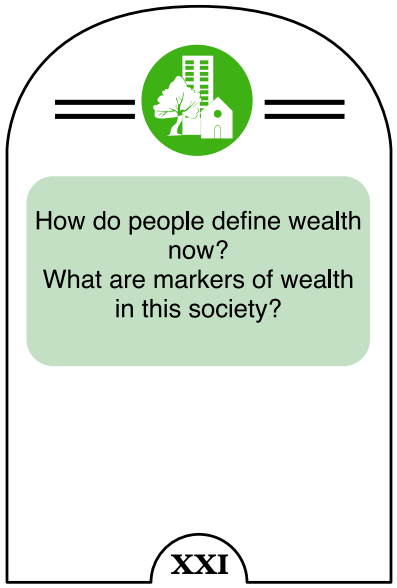

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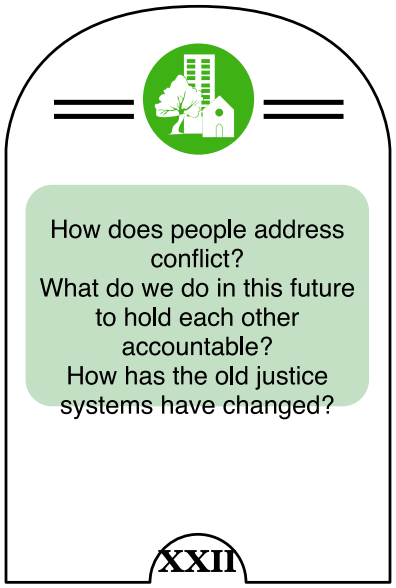

What role does art play into our daily lives? Who gets to make art and how has it changed? How does being an artist is like in this future?
XVII

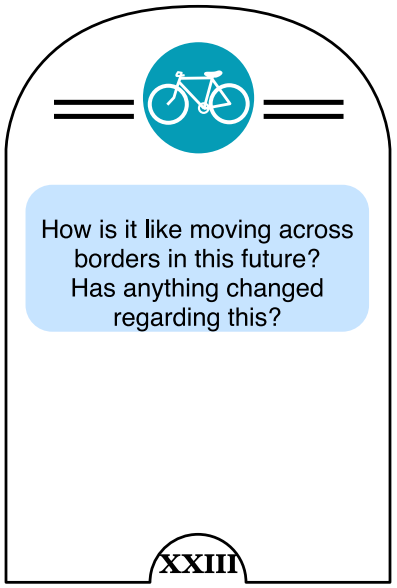

How do you take care of yourself or others when sick? Has anything changed in the healthcare industry?
XVIII

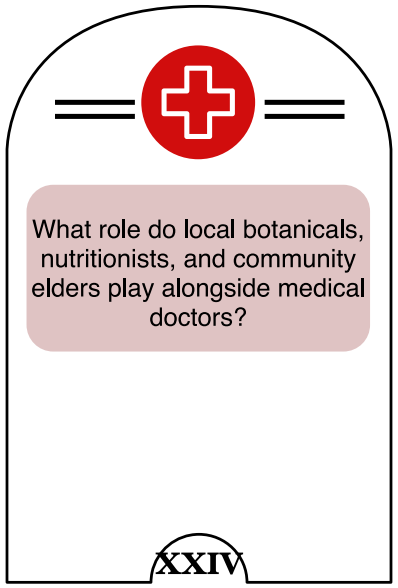

How do we take care of our elders and children in this future? Who provides care?
XIX

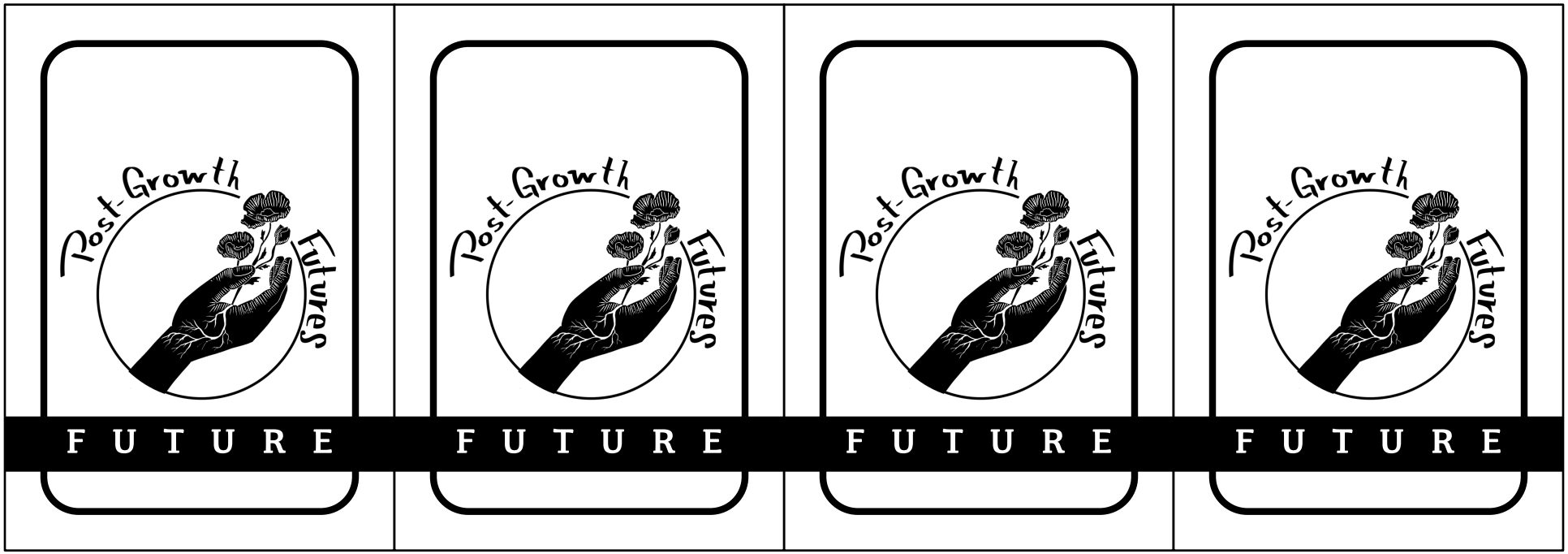

You are listening to music in this future. What do the songs talks about?
XX

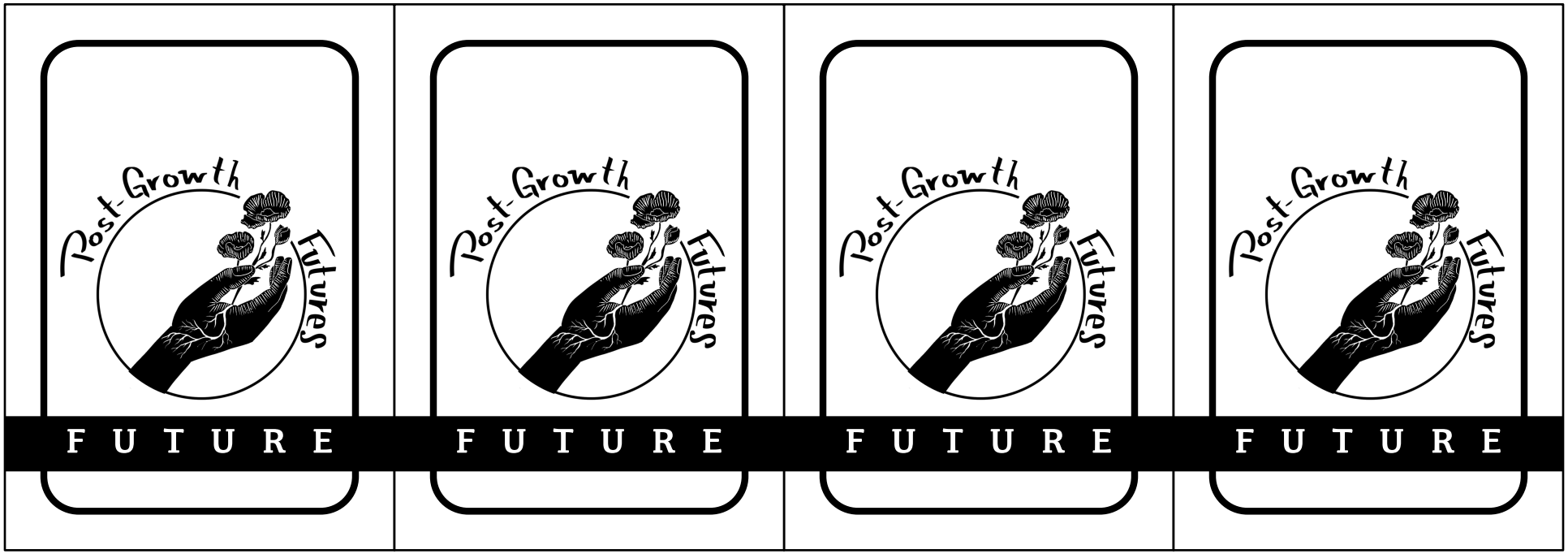

How do people define wealth now?
What are markers of wealth in this society?
XXI


How does people address conflict?
What do we do in this future to hold each other accountable?
How has the old justice systems have changed?
XXII

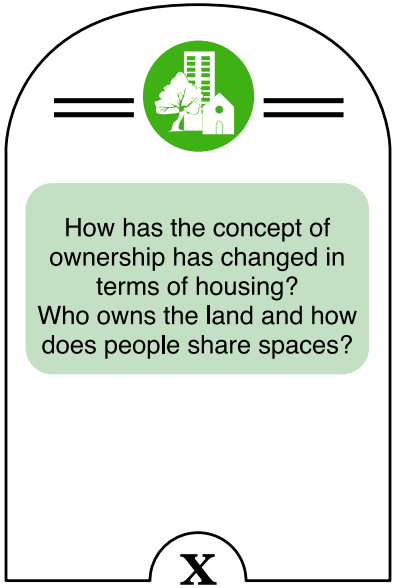

How is it like moving across borders in this future?
Has anything changed regarding this?
XXIII

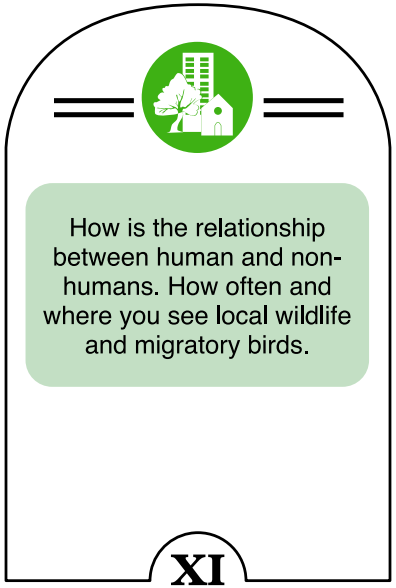

What role do local botanicals, nutritionists, and community elders play alongside medical doctors?
XXIV


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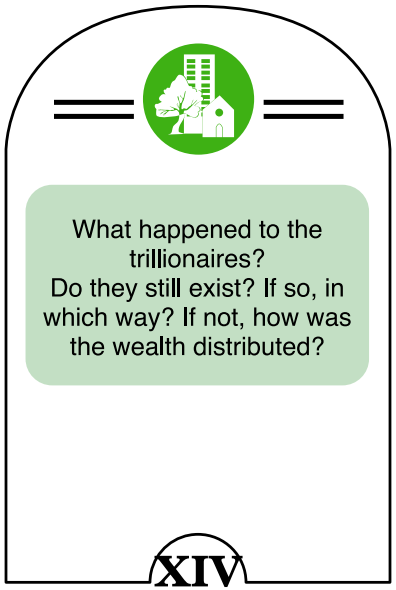

What happened to mining?
Where does people source materials?
Are there any minerals that are sill on high demand?
IX

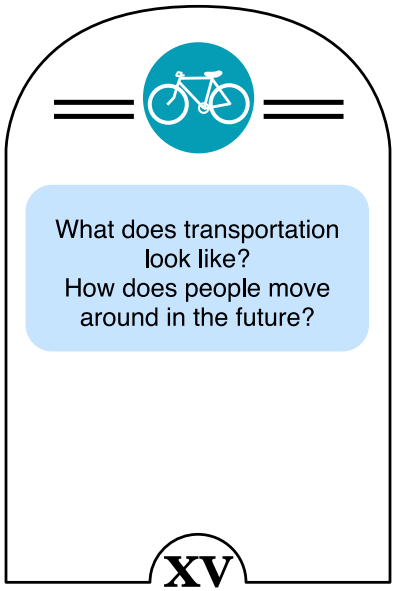

How has the concept of ownership has changed in terms of housing?
Who owns the land and how does people share spaces?
X

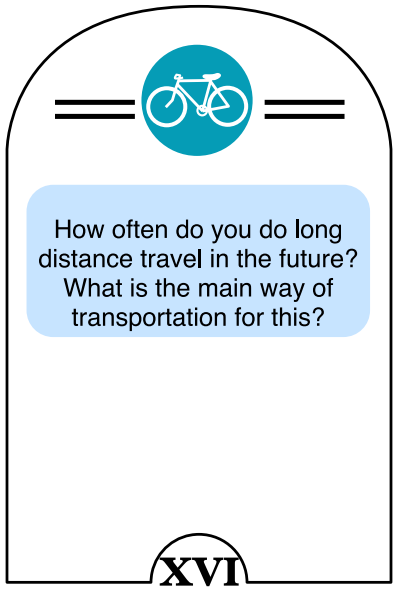

How is the relationship between human and non-humans. How often and where you see local wildlife and migratory birds.
XI

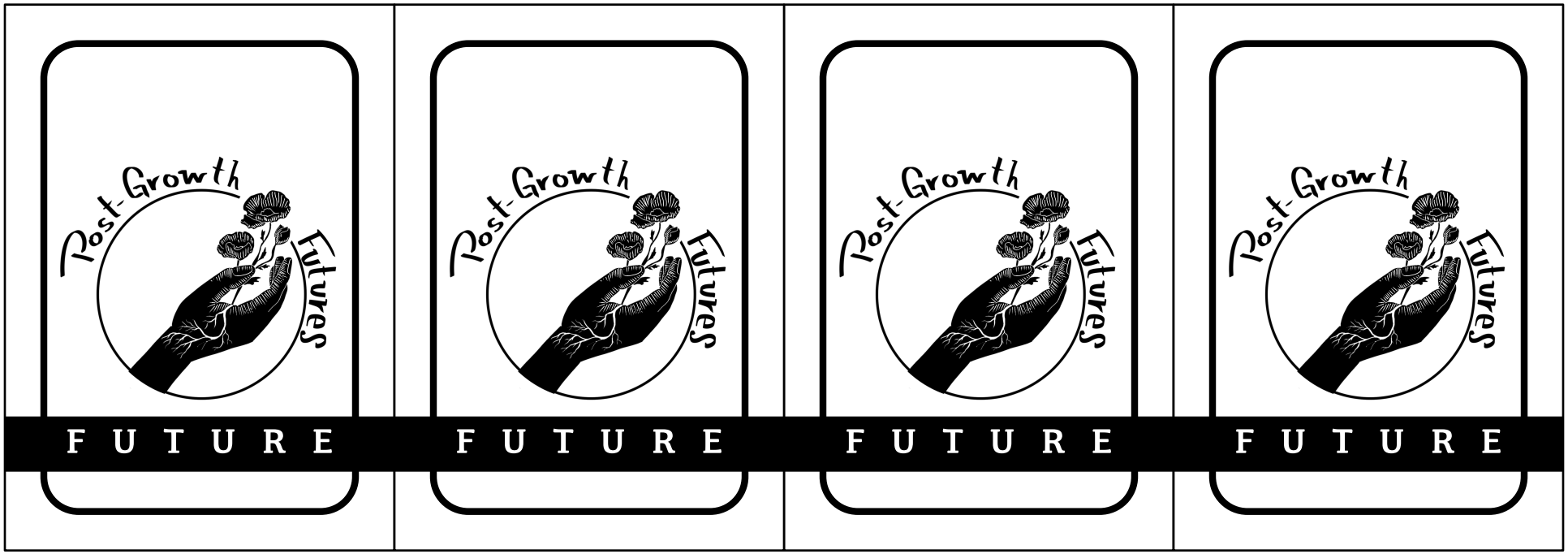

What is free time like?
What is the relationship between work and personal time?
XII

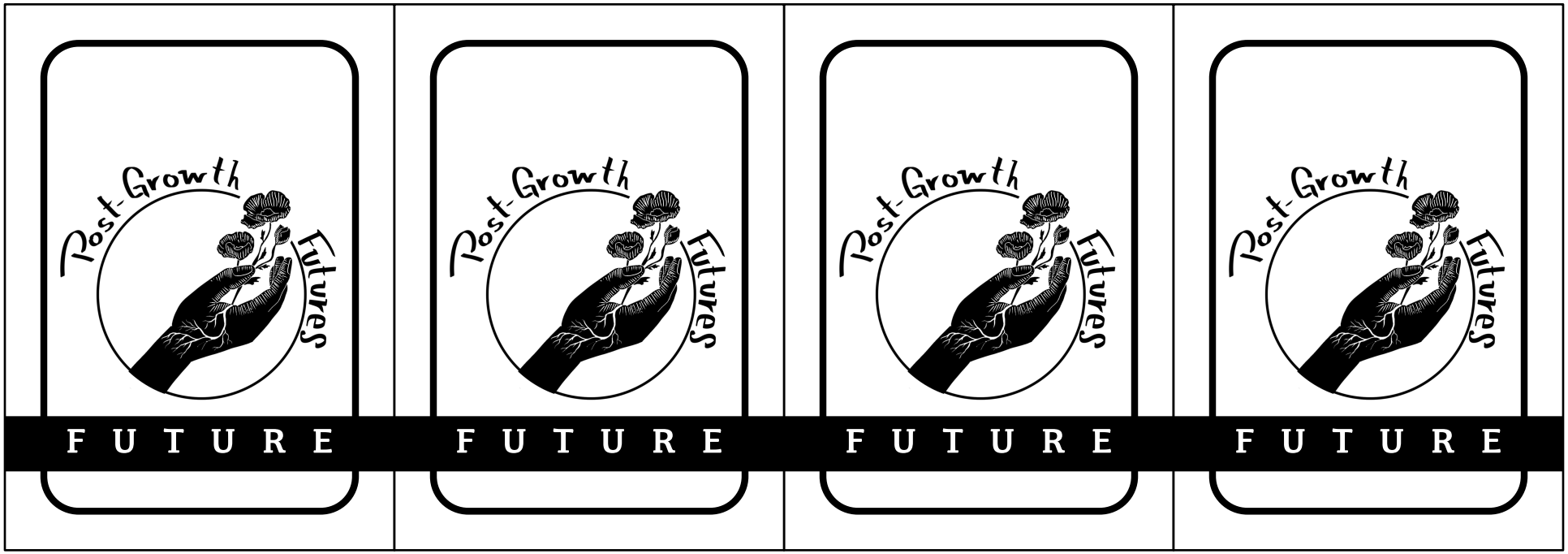

Now that universal basic income has been established, how has that changed society's relationship with work and professions?
XIII

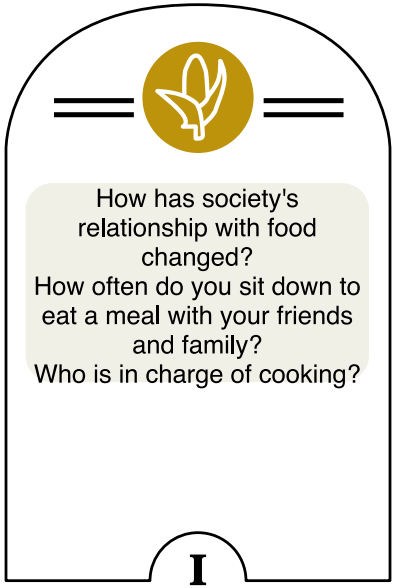

What happened to the trillionaires?
Do they still exist? If so, in which way? If not, how was the wealth distributed?
XIV


What does transportation look like?
How does people move around in the future?
XV


How often do you do long distance travel in the future?
What is the main way of transportation for this?
XVI

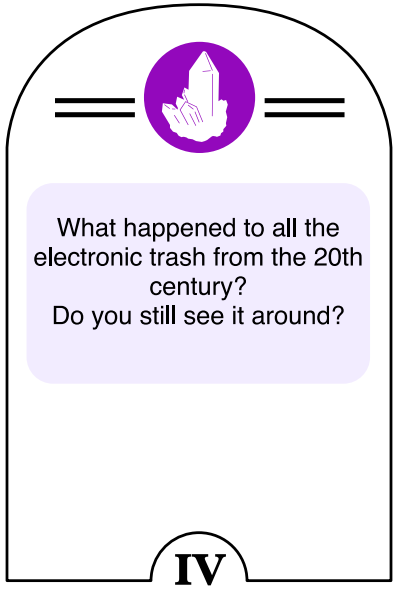

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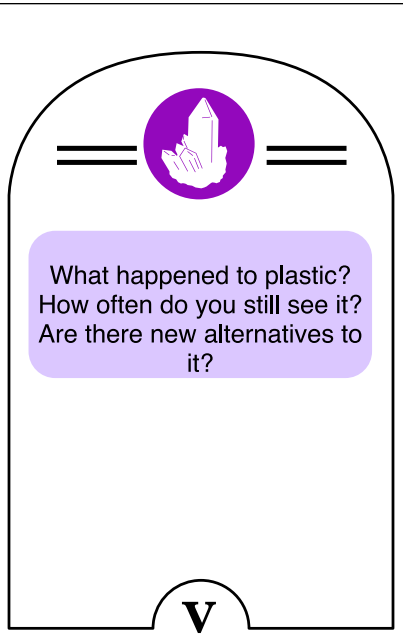

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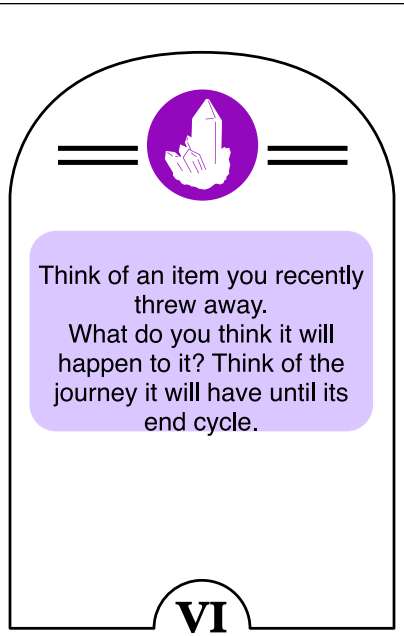

How has society's relationship with food changed?
How often do you sit down to eat a meal with your friends and family?
Who is in charge of cooking?
I

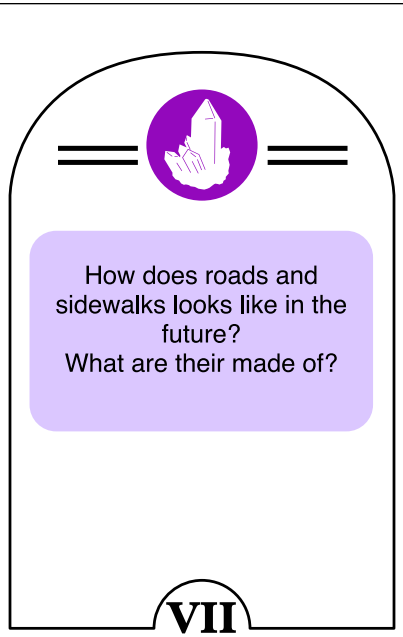

Where does food comes from?
Who grows it and where?
Are those sources of food close to where you live?
II


Are there any foods that people consume less or more now? How does food gets distributed?
III

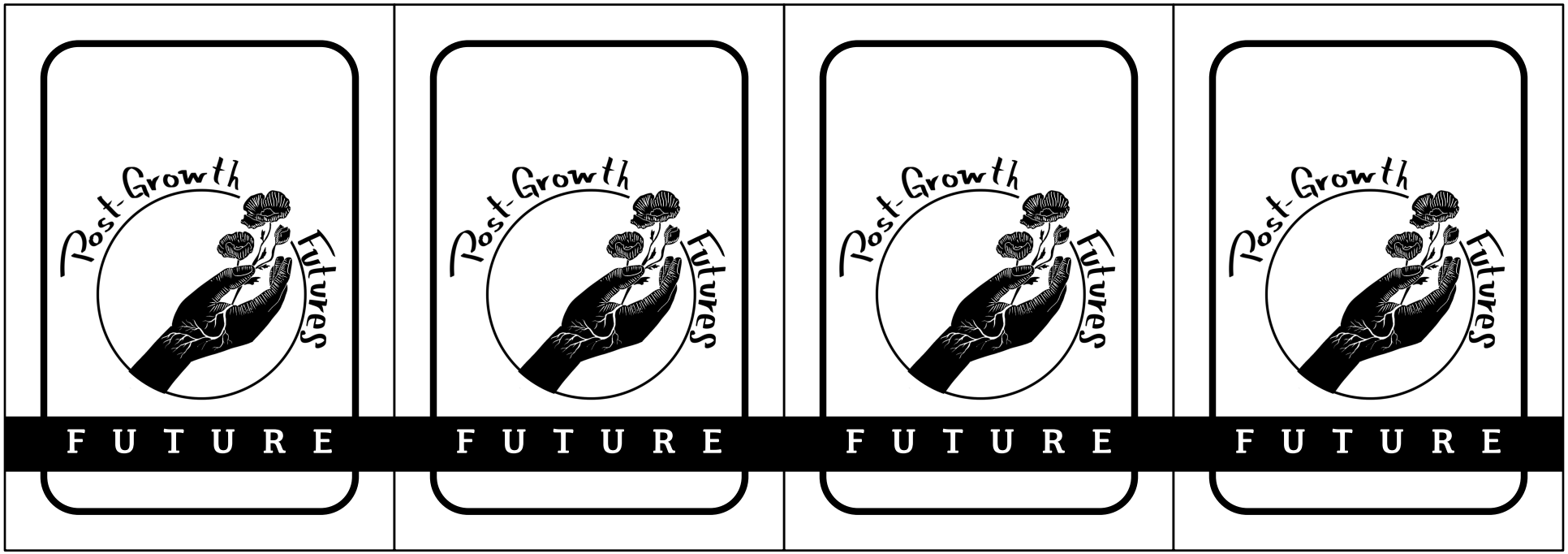

What happened to all the electronic trash from the 20th century?
Do you still see it around?
IV

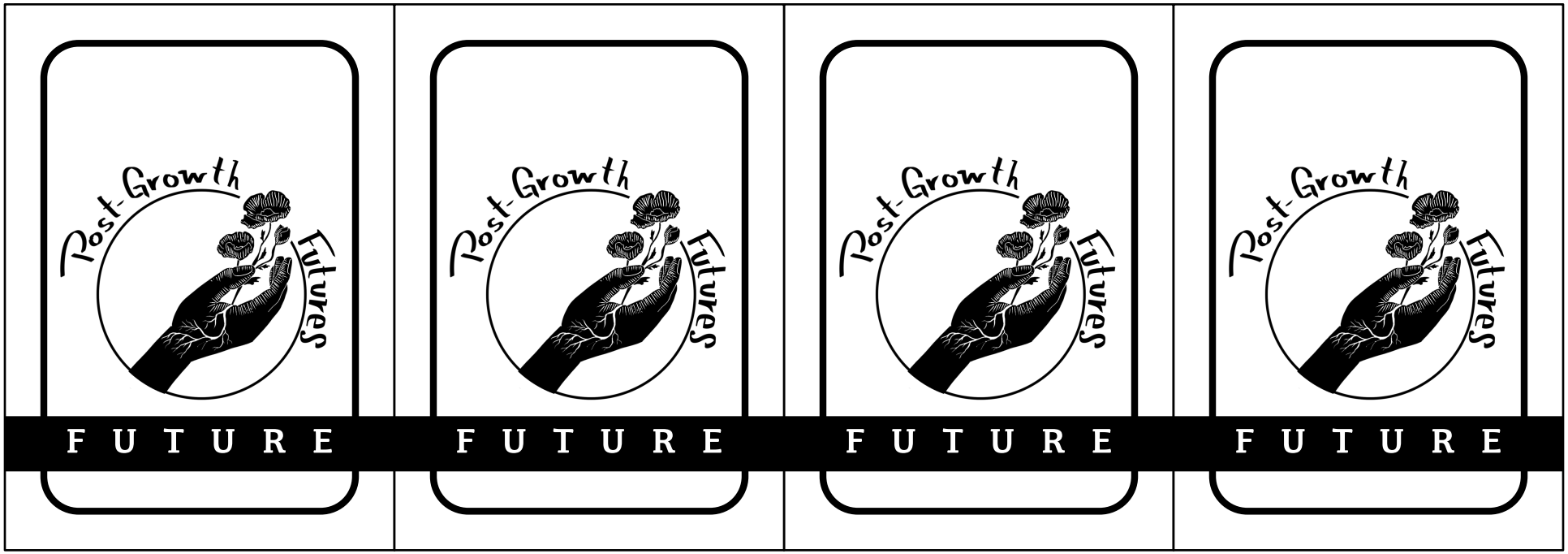

What happened to plastic?
How often do you still see it?
Are there new alternatives to it?
V


Think of an item you recently threw away.
What do you think it will happen to it? Think of the journey it will have until its end cycle.
VI


How does roads and sidewalks looks like in the future?
What are their made of?
VII


How does clothes and fashion looks like in the future?
What happened to fast fashion?
VIII


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