## Følner sequence

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2025-08-03

### Table of contents

1 Følner Sequences 1

2 Tempered Følner Sequences

1

## 1 Følner Sequences

**Definition 1.1.** We define a right-Følner sequence in G as a sequence  $\Phi = (\Phi_N)_{N \in \mathbb{N}}$  of finite subsets of G satisfying

$$\lim_{N \to \infty} \frac{|\cdot|(\Phi_N \cdot g^{-1}) \cdot \Phi_N}{|\cdot|\Phi_N} = 1$$

for all  $g \in G$ .

**Definition 1.2.** Similarly, we define a *left-Følner sequence* in G as a sequence  $\Phi = (\Phi_N)_{N \in \mathbb{N}}$  of finite subsets of G satisfying

$$\lim_{N\to\infty}\frac{|\cdot|(g^{-1}\cdot\Phi_N)\cap\Phi_N}{|\cdot|\Phi_N}=1$$

for all  $g \in G$ .

**Definition 1.3.** We call a sequence a  $F\emptyset$ *lner sequence* if it is both a left and right F $\emptyset$ *lner sequence*.

# 2 Tempered Følner Sequences

**Definition 2.1** (Lindenstrauss (2001), Definition 1.1). A sequence of sets  $\Phi = (\Phi_N)_{N \in \mathbb{N}}$  will be said to be *tempered* if, for some b > 0 and all  $n \in \mathbb{N}$ ,

$$|\cdot| \bigcup_{1 \le k < N} \Phi_k^{-1} \Phi_N \le b |\cdot| \Phi_N. \tag{1}$$

is referred to as the Shulman condition.

Proposition 2.1 (Lindenstrauss (2001), Proposition 1.4).

- 1. Every Følner sequence  $\Phi=(\Phi_N)_{N\in\mathbb{N}}$  has a tempered subsequence. 2. Every amenable group has a tempered Følner sequence.

Lindenstrauss, E. (2001). 'Pointwise theorems for amenable groups', Inventiones mathematicae, 146 (2), pp. 259-295. https://doi.org/10.1007/s002220100162.