

PORTFOLIO 2024

**Slow
lab**

por un estilo de vida resiliente

PROJECTS

Solar brunch

2022-2023

The **solar brunch** is a concept of event that we launched in 2022. The idea is to create a social event focused on ways to be less dependent on energy and promote the use of solar energy in a fun way: **solar cooked food, solar powered music.** If the sun comes down the event can continue and be “**human powered**” by bike generators.

The event is the occasion to start conversations around natural systems and alternatives we can use in some of our daily activities.

We hosted the three first editions (#1 in May 2022 during MODEL festival, #2 in June 2022, #3 in May 2023 during MODEL festival) in the urban garden Bioma in Poblenou (Barcelona) in collaboration with Low Tech Magazine.



Mobile kitchen

2023

Carrito Urbano, participative research-action

A research-action community project commissioned by Contorno Urbano, a foundation dedicated to urban creativity and social participation.

This program consisted in a series of 7 workshops in which we involved the local community to co-design and co-create slow artifacts (solar oven, solar powered music station, bike generator) so they can learn about them and co-create with the community a slow-cart. The series of workshops ended with a final event with food, music and dance.

The project took place in the neighborhood L'Hospitalet de Llobregat between August and December 2023. In collaboration with Aqui Bcn.



Solar dehydrator

2023

In the context of the project “Almacén de Residuos” del studio S-Biotica, which goal was to empower citizens and construct a narrative around the potential of the resources especially organic.

Dehydration is a very efficient way to preserve some fruits or vegetables and Barcelona weather allows us to do it with direct solar energy. We designed two models of solar dehydrators and hosted a workshop for neighbours to learn how to make it with basic woodworking tools.

One is a “mini” version to fit on a balcony, the other one a bit bigger is ideal for a patio or garden.

The workshop happened in the Hort del Clot in Barcelona in October 2023.



BiciBar

2023

We set up a “BICI BAR”, a participative space in which everything is powered by bikes: participants needed to pedal to create their smoothie with a bike blender we created using a bike and an old blender. They could also charge their phones and turn on lights with the bike generator.

The event happened in October 2023 during the festival “CanviFest”, an event that mixes music, inclusion and social action organized by the collective of DJ “DJs pel Canvi” in Poblenou (Barcelona).



Make your bike generator

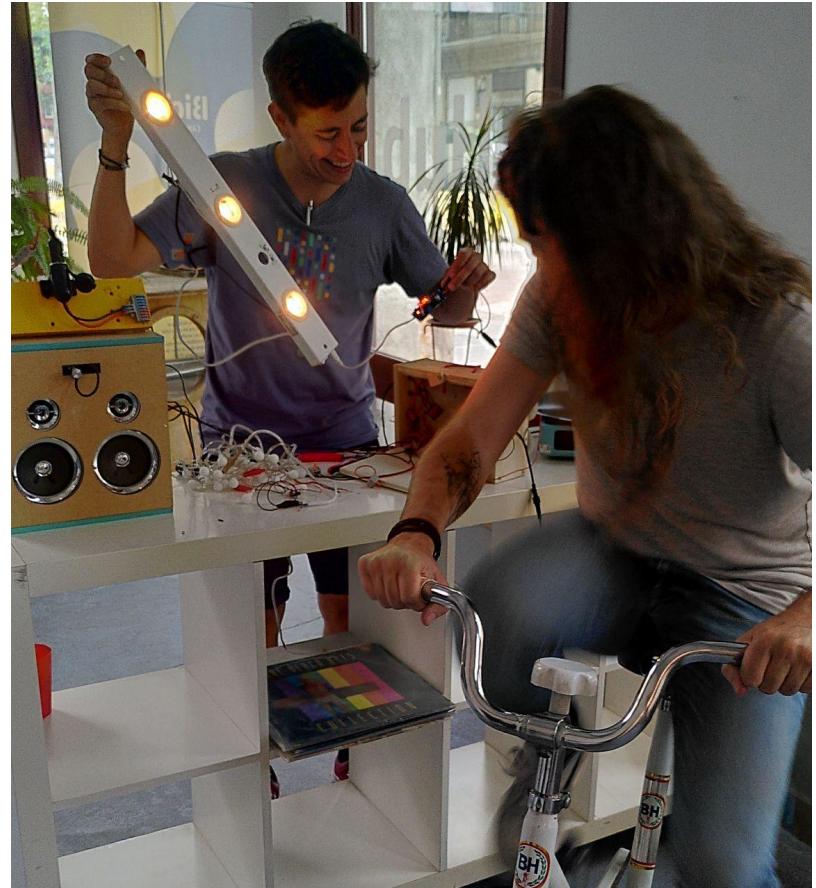
2023

This workshop was the occasion to open conversations about our use of resources and the alternatives we can experiment with.

We started with a talk about **self-production of energy** and followed with a **practical part with electricity basics and the creation of a bike-generator.**

Working in teams, participants made control panels and hacked electrical devices to power them with the bike direct current.

The workshop happened during l'Estiu cooperatiu de Sant Martí organized by BiciHub in June 2023. We hosted it together with Low-tech Magazine.



Foodture 2023

We participated to Foodture Barcelona 5th Edition, Innovation Summit on Food Design, Food Tech, Social Food.

- Talk in the round table about “Nomadic and efficient energetic systems” in the Future Kitchen.
- Exhibition of two of the prototypes of solar oven (box and vacuum tube) and of the off-grid sink.

The exhibition and talk happened during the Fira Gastronomica in Barcelona in November 2023.



Off-grid sink

2023

Through this mobile sink prototype, we explore with nature ways to recover and reuse the water used, turning it into a source of irrigation.

Our purpose goes beyond satisfying a basic need; we want the user to become actively involved in the water cycle, understand how it works through its transparent design and, in this way, promote awareness of how we consume and conserve water in our lives.

We showcased it at the Foodture stand during the Gastronomic Forum in Barcelona in November 2023, where we gathered valuable feedback to further enhance it. The project was a collaboration between Slow lab and Flowing Futures.



Con-serve 2022

In collaboration with Leka restaurant in Barcelona, we hosted an exhibition called “Con-serve”.

The event explored **new narratives around food and ancient traditions from different cultural backgrounds.**

We collaborated with other creatives to create an exhibition and workshop space in which we could discuss different topics around this subject.

We hosted a **workshop on fermentation** and talked about the process of conserving foods for different seasonalities. We wanted to open the question of immediacy and the contrast with slow natural processes. This is part of a slow mindset in which we let things take their time and consume less energy.



Aperitivo solar

2022

We participated in the **Low-Tech life festival** organized by the center "El Mandala" in Asturias. We hosted an **"Aperitivo Solar"**, a festive moment for which we cooked with vegetables from the permaculture garden with three different models of solar ovens.

In addition to the solar ovens, the participants could discover and experience other low tech devices such as a solar dehydrator and a bike generator that powered some music.

We arrived a few days before to **build everything on site** and generate a collaboration with several volunteers from the space to share knowledge about these artifacts and build them together.



Human powered music

2022

We built a human powered music station for Espai Consum Responsable stand in the Fira de Consum Responsable i d'Economia Social i Solidaria.

Visitors of the Fira were **invited to pedal in order to power** the stereo, the turntable, the lights and a phone charging station at the same time.

Together with the installation, we prepared a card game helping people **be aware of the amount of energy they use** by estimating how many days they would need to bike if they had to power their everyday devices.

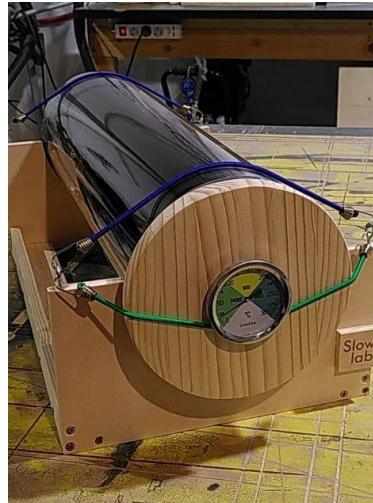
The event took place during the Fira de Consum Responsable Plaza Catalunya in Barcelona in December 2022.



SLOW ARTEFACTS

From digital fabrication to traditional techniques of woodworking or ceramics, we question and redesign the tools we use in our daily life to become less dependent on high-technology.

Slow cooking artefacts



Box and tube solar ovens

Solar dehydrators

Fireless cooker / Stool.

Human powered artefacts

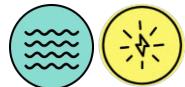


Bike-generator & human powered music station



Bike blender

Water filtration and evaporation artefacts



Off-grid sink for greywater filtration



Evaporative cooling with earthenware



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