



Transformation or adaptation of the slowfood philisophy into slowike concept

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14.07.2018

Slow Food is a philosophy dating back to 1986 that aims to provide access to all people to a food that is good and healthy for those who consume it and for those who cultivate it and good for the planet. The three directives that are given are: Good, clean and accessible. This philosophy has engendered many followers and new ways of seeing the world and approaching food. It is this concept that inspired the creators of the Slow Bike. We will try to understand this transposition of concepts. Some of the Slow Food guidelines are easily applicable to Slow Bike and this has been done, while others are more convoluted. Nevertheless, under certain conditions, the two are inseparable.

If we take the three main lines of Slow Food, we can easily find correlations with those that accompany, today, the Slow Bike philosophy. Indeed, the first is the fact that the food is good and healthy for the consumer and the one who provides it. When we transpose to the bike, we expect the consumer (the happy owner of the bike) to take care of his mount. In fact, this means that the consumer must receive a bike of good quality at the time of purchase. In addition, the owner must have the necessary equipment to be able to repair and maintain his vehicle. In this way, we transpose the fact that the object is of good quality for the one who owns it and the one who makes it.

Now take the second point: a production that does not harm the environment. The bike must therefore be manufactured in

conditions respectful of men, no forced labor, correct remuneration, compliance with social laws, and the environment with non-polluting and resistant materials. We all know that under the current conditions of our planet, we are turning more and more towards environmentally friendly vehicles. The bike seems the most suitable for meeting the needs of relatively short journeys and with a practicable road. It is with these two arguments that we can, once again, demonstrate the effective link between the Slow Food and Slow Bike philosophy.

The third directive of the Slow Food philosophy is to make the object accessible to the consumer and to respect fair conditions for the manufacturer. Once again, if the bike is manufactured in the conditions that respect the social laws applied in the European countries, we can affirm that the philosophy of the Slow Bike joins that of Slow Food. In addition, the bike is a vehicle that remains accessible to the greatest number including the current means of barter, trade and resales. Once the purchase is over, only the maintenance costs money but it is nothing compared to other vehicles.

Through all these arguments we can confirm the link between the two philosophies mentioned. Nevertheless, some of Slow Food's points remain very difficult to transpose to Slow Bike.

In the Slow Food philosophy there is an aspect of local consumption and respect for the environment. It is recommended to

make responsible purchases by verifying the origin and manufacture of our food. It seems to me difficult for the bicycle buyer to check the provenance of each part of his vehicle and their composition. In general, the bikes are made of non-biodegradable materials that are difficult to recycle: steel, aluminum, titanium and carbon. And with the current globalization pushing for business specification, it's hard to imagine a bike built entirely in one country. It is therefore difficult to apply certain aspects of this local and ecological purchase approach to the Slow Bike philosophy.

The food must be good in the Slow Food approach, with flavors and pleasant aromas. This is not transferable to the bike because it has no flavor or aroma. The bike can not be "good" as we understand it for a food. It is also recommended a good choice of raw materials during the manufacture of a food product. Cycling raw materials are not comparable to those used in the food industry. Admittedly, an extrapolation can be made but not an immediate comparison.

Finally, in some cases, the two philosophies marry perfectly because they are in the same process and the same goals of life. When you go on vacation, visit a country, what better than cycling. You enjoy the landscape, time passing, different small villages. Thus you access the Slow Bike in all its glory, but you can also continue in this process and look after your diet. Take the time to stop in the villages and meet the people who live and work there. You can then taste the local specialties, learn about the working conditions of its people and take the time to enjoy your meal. It is then that you will see the full harmony between these two philosophies and that you will taste the Slow Life.

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