Circular Lapinlahti

Community culture

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Capstone Project 2022 | Creative Sustainability

Lapinlahden Lähde **A?** Aalto-yliopisto

"Trouble is an interesting word. It derives from a thirteenth-century French verb meaning "to stir up," "to make cloudy," "to disturb." We—all of us on Terra—live in disturbing times, mixed-up times, troubling and turbid times. The task is to become capable, with each other in all of our bumptious kinds, of response. Mixed-up times are overflowing with both pain and joy—with vastly unjust patterns of pain and joy, with unnecessary killing of ongoingness but also with necessary resurgence. The task is to make kin in lines of inventive connection as a practice of learning to live and die well with each other in a thick present. Our task is to make trouble, to stir up potent response to devastating events, as well as to settle troubled waters and rebuild quiet places.

In urgent times, many of us are tempted to address trouble in terms of making an imagined future safe, of stopping something from happening that looms in the future, of clearing away the present and the past in order to make futures for coming generations. Staying with the trouble does not require such a relationship to times called the future. In fact, staying with the trouble requires learning to be truly present, not as a vanishing pivot between awful or edenic pasts and apocalyptic or salvific futures, but as mortal critters entwined in myriad unfinished configurations of places, times, matters, meanings. "

Haraway (2016)

The Team

Diana Becares Mas, *MA Creative Sustainability Design*

Florencia Pochinki, *MSc Creative Sustainability Business*

Marika Taipalus, *MA Creative Sustainability Design*

Sara D'Angelo, *MA Creative Sustainability Design*

Vivi Mattsson, *MSc Creative Sustainability Business*

The community, *Lapinlahti*

Ville Pellinen, *CEO Lapinlahden Lähde Oy*

Nature, *Lapinlahti & Helsinki's ecology*

Our clients

Contents

The brief

The Lapinlahti Community comprises hundreds of people and almost as many separate actors and organizations. These actors include, among others, several quite material-intensive players such as cafés, restaurants, and visual artists. Additionally, a lot of even quite large events are hosted on the premises. All these activities create a lot of waste and the recycling levels in the facilities are very low. In addition, the only bigger recycling room at Lapinlahti suffers from a "tragedy of the commons" situation – the condition of the room is badly neglected as it is operated by many different actors.

Lapinlahti aims to now solve this recycling issue sustainably. Preferably, reusing, repurposing, and recycling different artifacts and materials should be easy and convenient all around the premises. Additionally, members of the Lapinlahti Community (i.e. the main operators and their tenants + their employees and volunteers), as well as suppliers should get committed to recycling properly and keeping the premises in good shape.

The community has already tried to solve this problem, mainly through communications and instructions, but a lot can still be done technically and culturally. Proper recycling is concretely and symbolically important because Lapinlahti truly wants and needs to be a sustainable community. And, on the other hand, dirty premises and a lack of easy recycling possibilities hurt their brand.

The concrete objective of this project was to make reusing and recycling of materials much easier in all Lapinlahti premises and to increase the rates of reusing, repurposing, and recycling significantly. This would require both technical and cultural solutions.

The outcomes of this project will be presented orally and visually to the community, as requested in the brief by the client. Additionally, this report will serve as a proof-of-concept for the solution that emerged from this project. The report can be used to communicate the project outcomes to both internal and external stakeholders of the Lapinlahti community.

Lapinlahti, both the area and its buildings, already has a deep-rooted and significant value within Helsinki, centered around the cherished historical building and its history of mental health and well-being.

The Lapinlahti Hospital opened in 1841 and was Finland's first mental hospital, designed by Carl Ludvig Engel, one of the precursors of Finnish architecture, and architect of projects such as the Helsinki Cathedral or the City of Helsinki Town Hall (Winterhalter, n.d.). Therefore, the cultural and historical importance of the building is immense, and it has been protected by the Building Protection Act since 1994, together with the Venetsia building, the wooden houses, and the maintenance building.

Although one of Europe's oldest psychiatric facilities, the hospital's approach was innovative in its time, aiming to cure the patients and help them integrate back into society, without isolating them from it. It valued the healing properties of nature in mental well-being, and as a tangible element of this history, some trees in the park were in fact planted by patients.

The premises are currently rented from the City of Helsinki by Lapinlahden Lähde, and their sub-letting and responsibility are shared with the Cooperative Lapinlahden Tilajakamo. Meanwhile, Pro Lapinlahti is responsible for the open activities around mental health of Lapinlahden Lähde (Lapinlahden Lähde, n.d.).
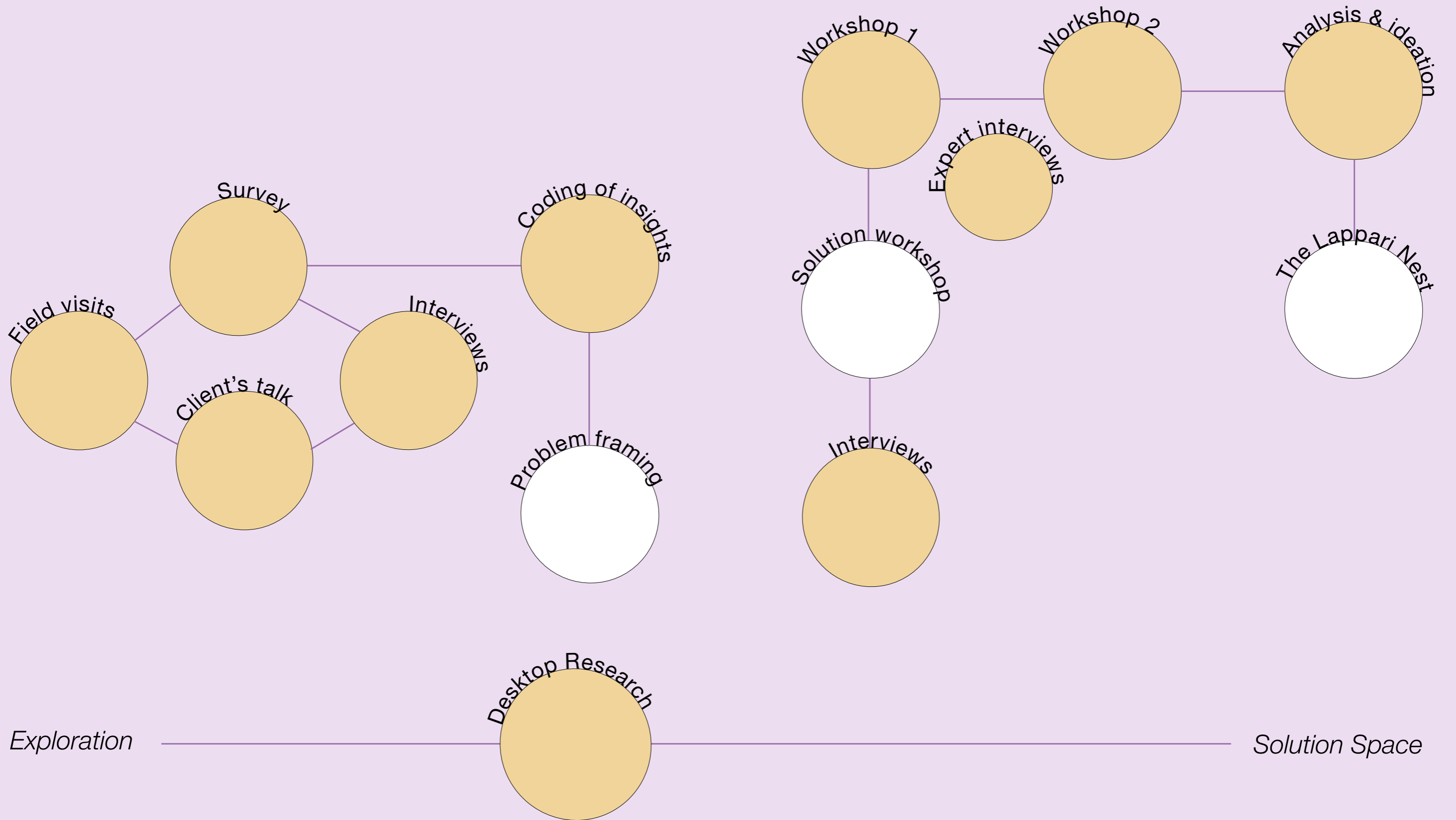
"Lapinlahden Lähde hopes to combine the fantastic location with its strong historical and cultural components to the day to day support of people from all walks of life, enhancing the mental well-being of Helsinki as a whole" (MIELI, n.d.)

Considering the coastline and park's abundance of varieties of autochthonal flora and fauna, and being home to endangered species such as the depressaria chaerophylli (Lapinlahden Lähde, n.d.), its environmental value cannot be questioned.

Beyond its current relevance - in terms of architecture, environment, and mental well-being in the City of Helsinki - with this project, we want to establish how Lapinlahti and its community can and will have a vital role in the City of Helsinki 2035.

The context

The process

Survey

Field visits

Client's talk

Interviews

Coding of insights

Problem framing

Workshop 1

Workshop 2

Analysis & ideation

Expert interviews

Solution workshop

The Lappari Nest

Interviews

Desktop Research
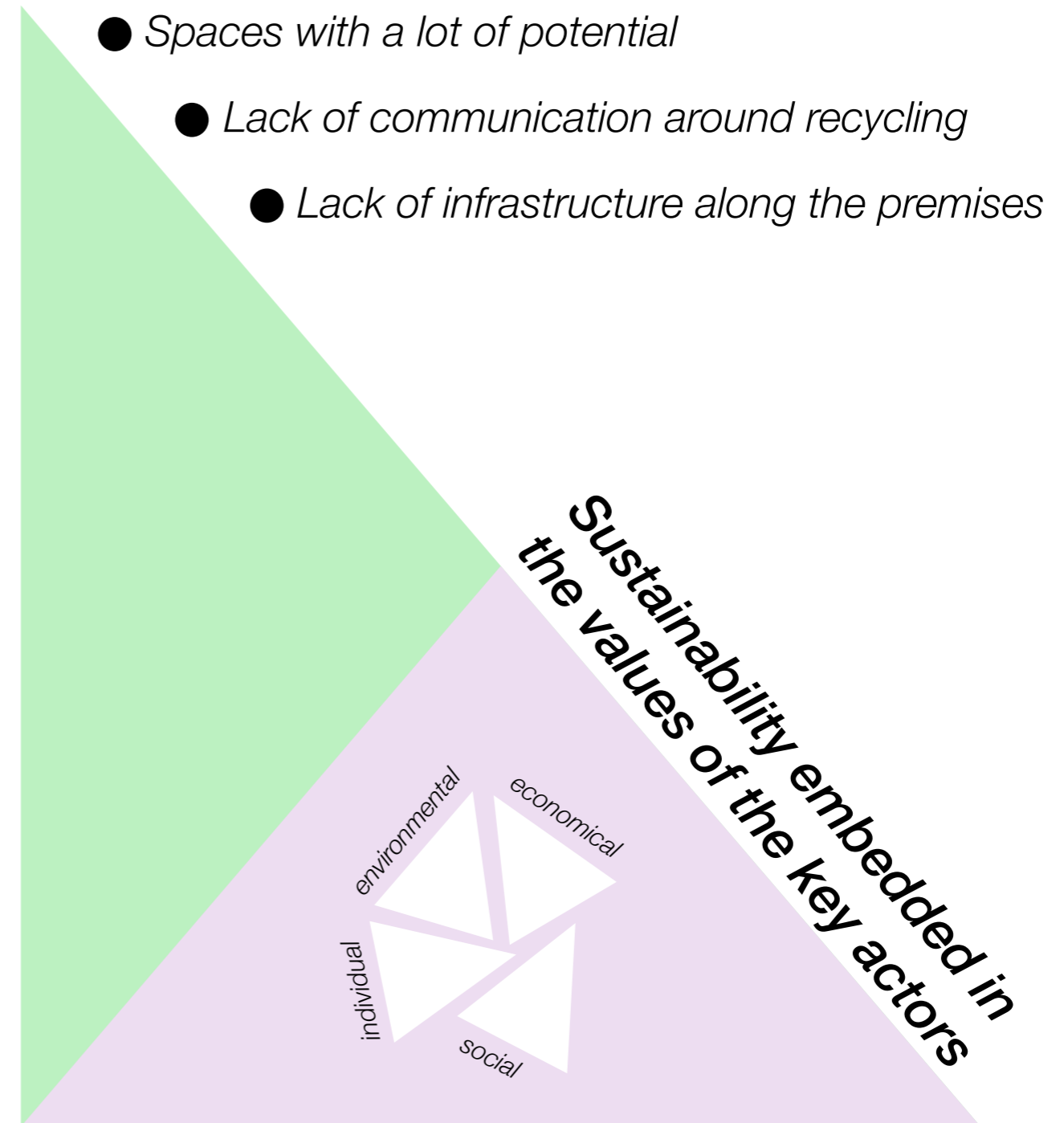
Exploration

Solution Space

Research

The initial mapping process began with some **background research** in order for us to better understand the community and problem. We did several **field visits** and conducted a survey among the actors at Lapinlahti. Additionally, we interviewed some key actors that contribute most to the waste generation at Lapinlahti. The insights from our research helped us define the problem and identify the key issues, after which we were able to explore our options to solve it, and finally come up with a solution proposition.

We visited the site several times at the beginning of the project. Around the premises we noticed that there were a lot of spaces that we saw a lot of potential in but were not being used efficiently: due to a lack of clear storage spaces, many rooms were full of seasonally used or even broken furniture, for example. We also noticed a clear lack of communication and instructions about recycling.

The **survey** (see Appendix 1.) was conducted using the Qualtrics XM questionnaire software and distributed among the community actors in the weekly community meeting. During the survey period 31.1. - 10.2.2022, a total of 25 participants completed the survey. The questions were about participants' attitudes towards recycling and circularity, their recycling habits, and perceptions of the current state of recycling and sustainability in general at Lapinlahti. We also asked them how recycling could be made easier for them. Most respondents felt that circularity and sustainability are important to them, but fewer people considered them an important part of the vision and culture of Lapinlahti. However, even lesser participants stated that sustainability or circularity are embedded in the operations of Lapinlahti. The most common types of waste generated by the participants were cardboard, organic waste, and packaging plastic.

To further deepen our understanding of the problem space, **we interviewed** some of the key tenants at Lapinlahti: café Lähde, café Metsäpaahtimo, Primo Bread bakery, and Smooth It, a shop-in-shop smoothie and snack concept that produces its products in Lapinlahti. Sustainability seemed to be embedded in the values of these actors (see fig.1), but the lack of communication and infrastructure hinder recycling and circularity action.

● *Spaces with a lot of potential*

● *Lack of communication around recycling*

● *Lack of infrastructure along the premises*

Sustainability embedded in the values of the key actors

environmental

economical

individual

social
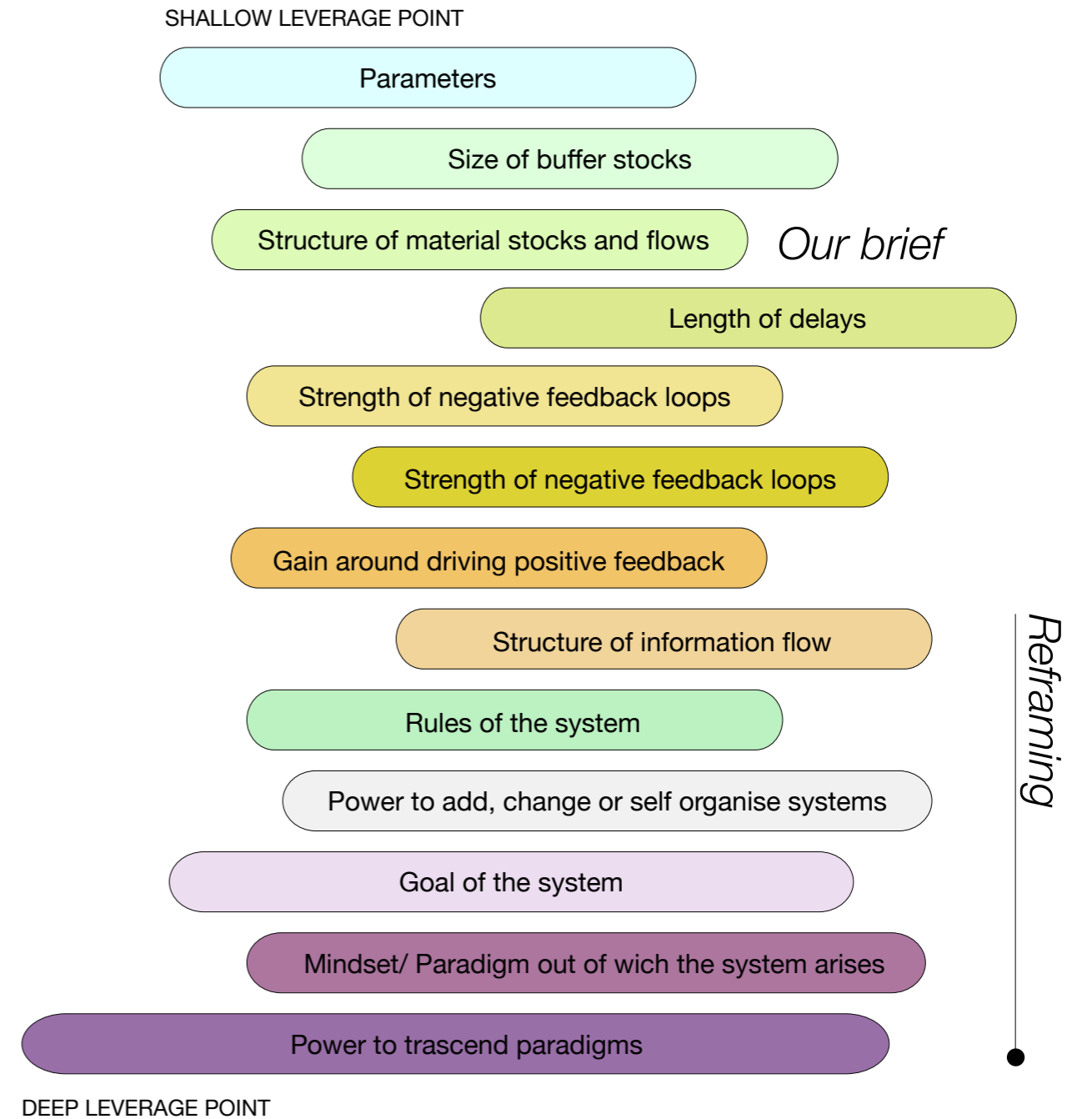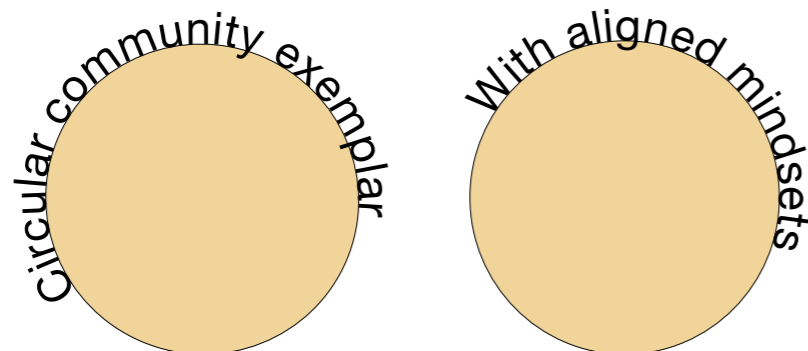
Insights Fig.1

Reframing

The brief asked us to optimize the recycling issue present, which can refer to the structure of material stock and flow in Donella Meadows leverage point ladder (see fig.2).

As one of the main insights from the research refers to values of circularity being already embedded in the members of Lapinlahti, we saw some potential to push the limits of what the Lapinlahti community can become. Thus, we decided to locate our intervention deeper in the system, reaching for alignment among community members to envision together a future where Lapinlahti could become a zero-waste community exemplar and a sustainability travel attraction.

From a confined view of recycling towards the creation of a circular community culture, with aligned goals, values, and mindsets.

The reason why we reframed the brief lies not only in the potential of the community towards circularity but also our work seemed redundant to the work that the in-house sustainability team was carrying forward. Their focus is to find better ways to recycle, and they have already formulated a report with concrete ideas and actions on the issue. Therefore, we decided to share insights gathered but dedicate our energy to the creation of the top-level vision needed to motivate and inspire the community to move forward with hope.

There is potential to envision a zero-waste community

Yet, a shared vision is lacking

Circular community exemplar

With aligned mindsets

SHALLOW LEVERAGE POINT

Parameters

Size of buffer stocks

Structure of material stocks and flows

Our brief

Length of delays

Strength of negative feedback loops

Strength of negative feedback loops

Gain around driving positive feedback

Structure of information flow

Rules of the system

Power to add, change or self organise systems

Goal of the system

Mindset/ Paradigm out of wich the system arises

Power to trascend paradigms

DEEP LEVERAGE POINT

Reframing

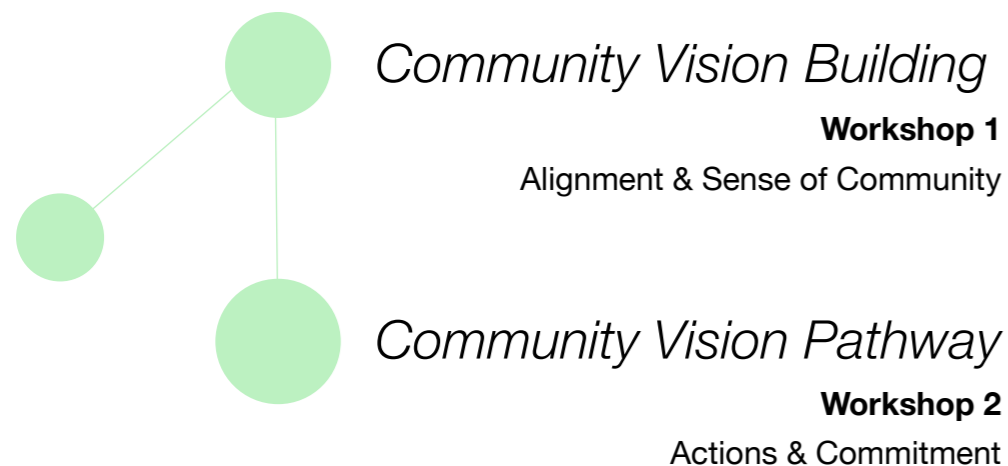*Leverage point ladder Fig.2*

Meadows (1999)

Our strategy

In order to advance the top-level vision, we facilitated two participatory workshops where we engaged the community in vision building and the vision pathway of Lapinlahti.

The first workshop was about defining the shared vision, aligning community members around values, and creating a sense of community. The second one then focused on the formulation of pathways with actions and commitment needed to reach the created visions.

For both workshops, we consulted experts; Idil Gaziulusoy helped with the structure of the vision building workshop, while Emilia Veselova provided us with more than human perspectives for the vision pathway.

Community Vision Building

Workshop 1

Alignment & Sense of Community

Community Vision Pathway

Workshop 2

Actions & Commitment

Transitions can be defined as design challenges with technological, creative, and political dimensions (Gaziulusoy & Ryan, 2017). Sustainability transitions call for structural changes in society and its interactions with the natural and built environment. Three types of knowledge are required in successful sustainability transitions: systems knowledge, target knowledge, and transformation knowledge (Pohl & Hirsch-Hadorn, 2007).

Systems knowledge is focused on the current state to understand what needs to change. Target knowledge, on the other hand, proposes alternative, desirable, and plausible futures for those systems. Transformation knowledge then aims to build the potential paths between these present unsustainable and future sustainable states (Pohl & Hirsch-Hadorn, 2007).

Our participatory workshop method was created around this idea of generating these three types of knowledge. The first workshop focused on system and target knowledge, while the second workshop aimed to create transformation knowledge.

Furthermore, as the natural environment is an important part of Lapinlahti, we wanted to include non-human species in our solution design as well as possible within the scope of the project. Bioinclusive collaborative design takes into consideration the non-humans as non-designers, granting decision-making power to them, and helps to ensure that they affect the outcome of the design project (Veselova & Gaziulusoy, 2019). Inspired by this approach, we created cards of different flora and fauna that can be found in the Lapinlahti area. These cards were included in the second workshop to remind participants of the non-human species while planning the transition.

Our approach

Workshop 1

The first workshop hosted 8 participants, mostly coming from the steering group of the Lapinlahti community. In order to journey towards a shared vision, we first needed to create an atmosphere that supported it. The latter was created by a story we crafted around Helsinki in 2035 to trigger collective dreaming and align thoughts on circularity.

This was followed by an exercise on values. Participants were asked to write down their individual and communal values. These values seemed to coalesce most of the time and it was noted that the boundaries between community and individual were hard to delimit.

All in all, some **values** that came out were;

fairness, respect, freedom, equality, honesty, care, emotional intelligence, tolerance, respect for history, inclusivity, resilience, equity, grace, positive vibe, solidarity, curiosity,organisation, SISU, sense of community, discipline, spirituality, love, transparency, creativity, sustainability, not consuming, kindness, mindfulness, active free diversity, place based identity etc.

After values were identified, two **future visions** for the Lapinlahti community were created with the help of diverse prompts.

"Lapinlahti 2035 is a centre for social and natural cycles, which offers a platform for sustainable growth for well-being, for people and the planet."
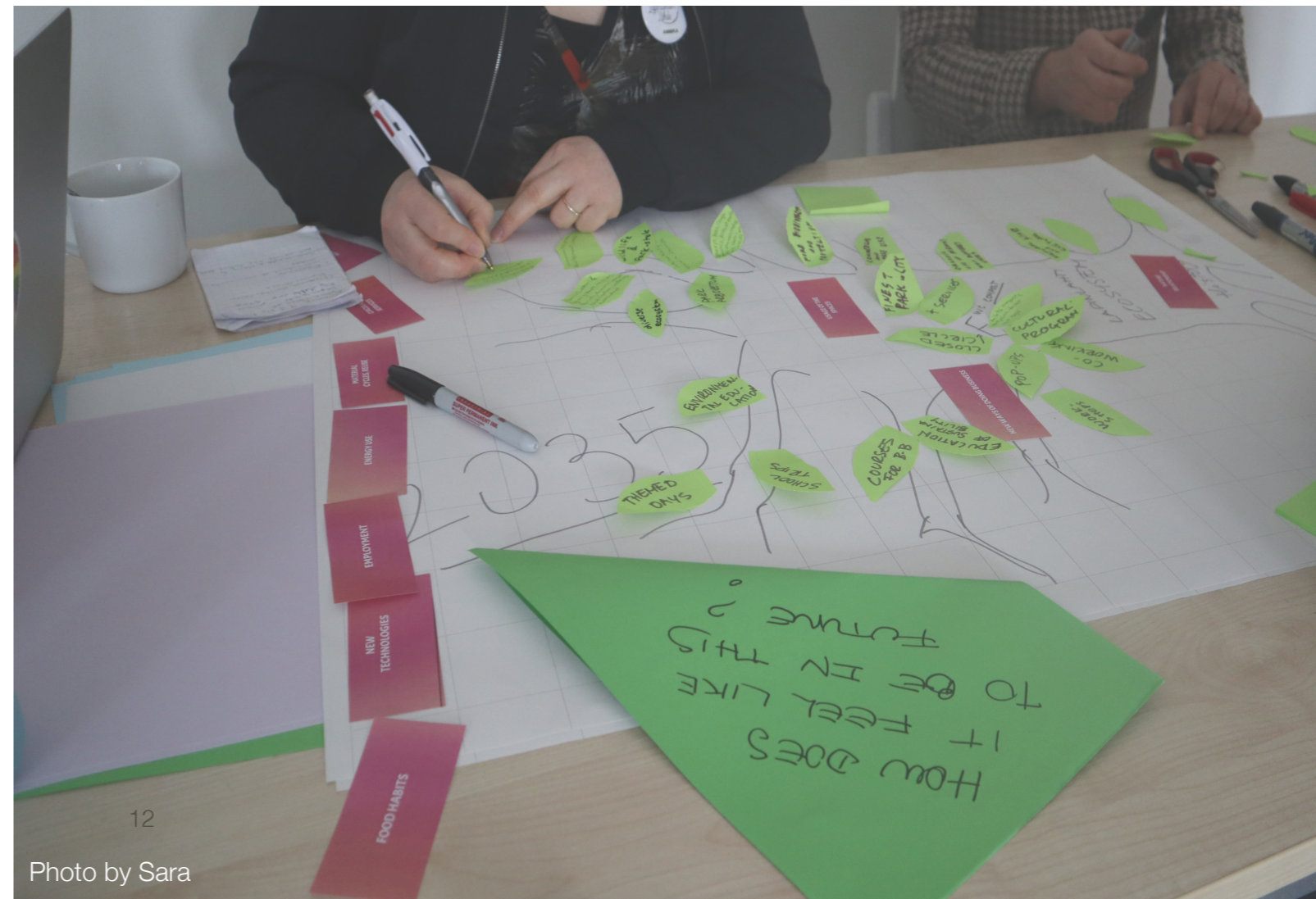
"Lapinlahti 2035 is a beacon of hope for Helsinki, through diversified political participation, a Lapinlahti hub for experimentation (sharing information, knowledge, materials, lectures) and agency."

For the second workshop, these were then combined in order to find one shared future vision.

"Lapinlahti is a center of social and natural cycles, offering a platform for a sustainable growth of well-being for people and the ecosystem, and a hub of mental well-being, experimentation, and agency, through diversified political participation."
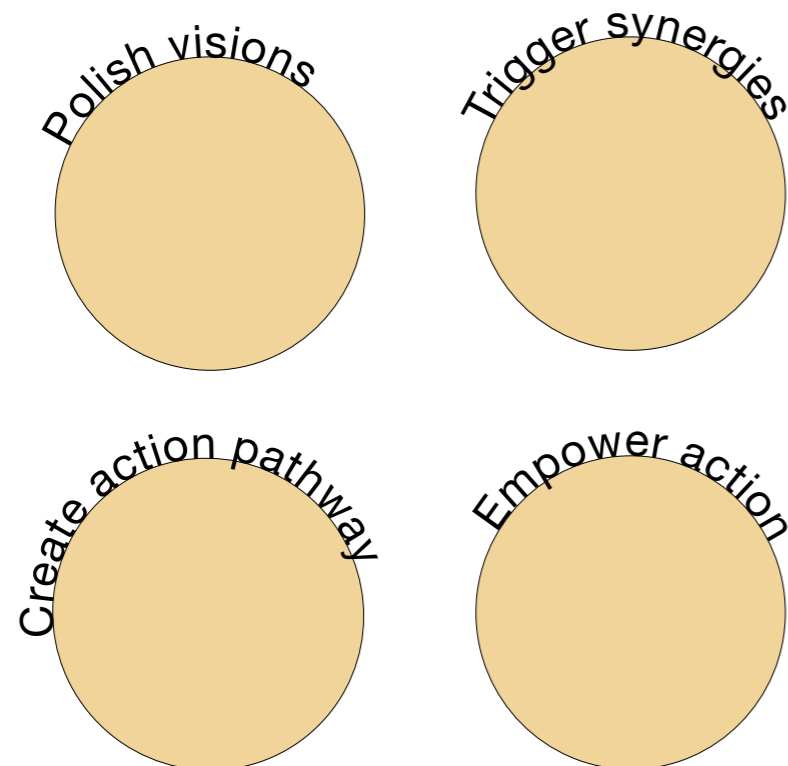

Photo by Sara

Photo by Sara

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Workshop 2

The main aim of the second workshop was to create an action pathway towards a shared vision with community members and relevant external experts. Other aims were to re-think and polish the shared vision, motivate people to participate in the planning process, and empower them to take action. Also, since Lapinlahti is a relatively large community with many actors we wanted to create some space for finding new connections and synergies.

Altogether 20 people participated in this 2,5-hour workshop. The participants were divided into 3 groups and each group had a different theme (see fig.3) they created their action timelines around. Backcasting method was then used to ideate actions backward from the year 2035 and achieved vision until the year 2022. The created timelines (Appendix 2.) included actions, events, and triggers in four layers 1. personal 2. communal 3. operational, and 4. external. In the last part of the workshop, people got a chance to discuss each others' timelines and show their interest to take some of these action steps further.
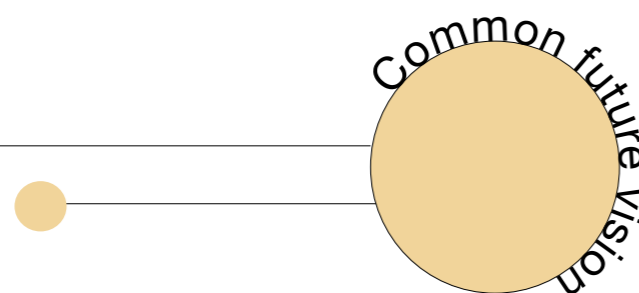
Polish visions

Trigger synergies

Create action pathway

Empower action

Platform for sustainable growth for wellbeing, people and ecosystem

Hub for experimentation, new business and sharing

Everything is a learning experience

Lapinlahti in 2035 is the beacon of hope for Helsinki

Mental health, nature relationship, climate action

Political participation & empowerment

Example community in material circulation and resource management

Zero waste community, optimal material loops

Ecosystem park, multispecies sustainability, regenerative actions

Themes Fig.3

Backcasting

The foresight planning method of backcasting provides a means by which people in an organization can align on steps to achieve a common vision (Nicolussi, 2020). The backcasting planning method is particularly useful in solving complex issues and when current systemic trends play a part in the problems. In planning sustainability transitions, backcasting can help address ecologically complex issues in a systematic and coordinated manner. It can also provide foresight about certain market changes and unveil new opportunities that can strengthen economic performance, even from a self-beneficial viewpoint (Holmberg & Robèrt, 2000).

Backcasting is used to define a desirable, in our case sustainable, future and then work backward to identify the key events and decisions that led to that future. This helps the organization to understand what actions, milestones, and guidelines are required now that will allow it to reach the envisioned future. The method addresses two common problems related to traditional strategic planning: getting stuck in the present and getting stranded in the future. These traps often result in visions that either assume that the current business model can work in the future as is, or are on a general and abstract level, lacking a strategic plan on how to get there (Nicolussi, 2020).

Present

Common future vision

Photo by Sara

Our solution
The Lappari Nest

The Lappari Nest is a spatial, virtual, and conceptual device in Lapinlahti. Through the interaction with the members of the community the device functions to spark, implement, nurture and keep track of initiatives that aim to reach the Lapinlahti 2035 vision.

This initiative aims to operate in Lapinlahti in order to develop new forms of inhabiting a community. In this sense, Lappari nest is a platform for experimentation and constant learning where creativity and innovation in circularity and sustainability emerge.

Lappari Nest also serves as a point of contact with external visitors; will function as an info spot where visitors can find out more about what is going on in the community and find out how they can get involved.
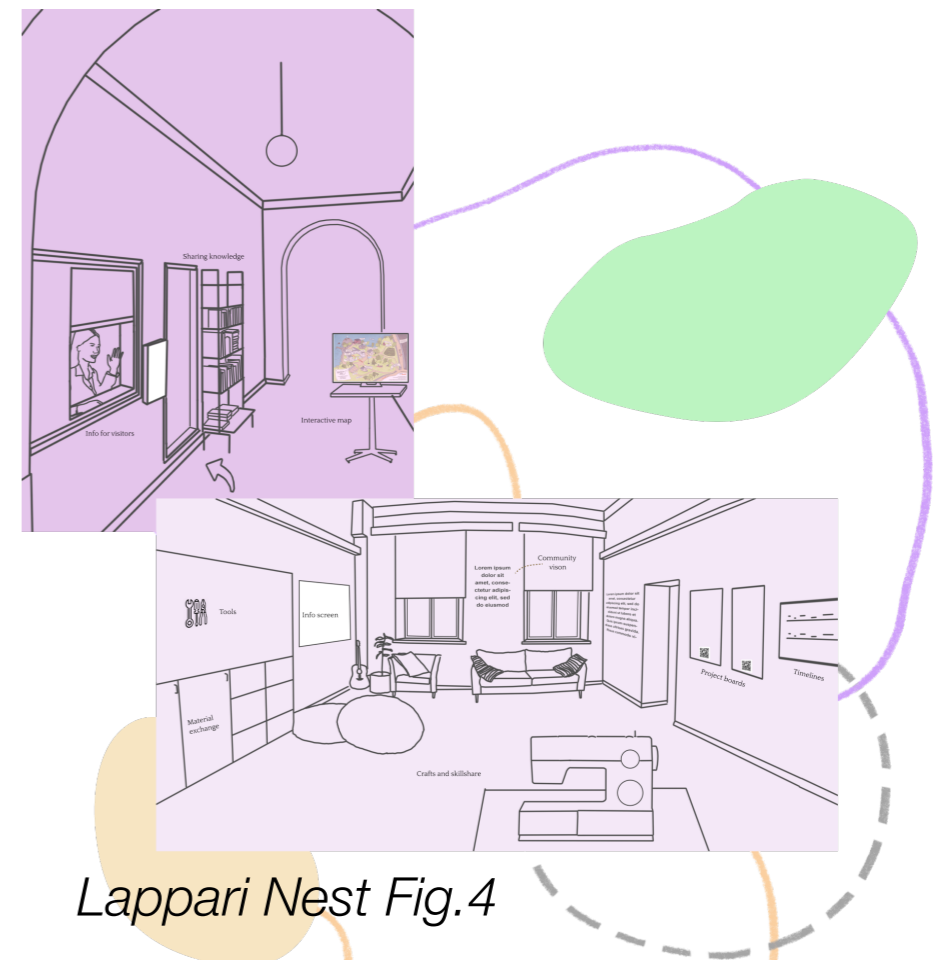
In the micro-context of Lapinlahti, the Lappari Nest seeks to mobilize new ideas and actions, as well as encourage participatory approaches through a wide range of possibilities for community involvement. In this sense, the platform becomes a medium for collaboration and co-management of projects.

In the context of the City of Helsinki, the Lapinlahti community aims to be a model for inspiration and learning of what a sustainable/circular community can be, offering resources, devices, and infrastructures so that citizens can be inspired by or experiment and develop projects that aim to tackle the current socio-ecological crisis that we are facing. Lastly, Lapinlahti aims to be a place for the creation of connection and cooperation between different actors in the city.

The model of Lappari Nest is inspired by the concept of Citizens Labs; spaces where citizens can meet to experiment and collaborate in the implementation of projects and actions that improve the day-to-day life of their community. Citizens Labs are platforms that aim to promote change in the communities, with co-creation at the center, by promoting cross-sectoral spaces to share experience and knowledge, but also to experiment together in the local contexts.

The Lappari Nest platform consists of a physical space (a potential space would be the Omenapuutalo building) which is in a central location of Lapinlahti and of easy access for the visitors. The room will function as a hang-out space that can be used by both members and casual visitors.

The visual identity of the Nest will be expressed in the room (see fig.3), and the visions of Lapinlahti 2035 will be visible on one wall. Moreover, the ongoing projects and proposals will be visualized on their own board, so people can find out about the projects and their progress, and can sign up to participate. The room will have a library of resources such as a toolkit (Appendix 3.) with steps to follow for the implementation of grassroots initiatives and an interactive map of Lapinlahti (see p.32).
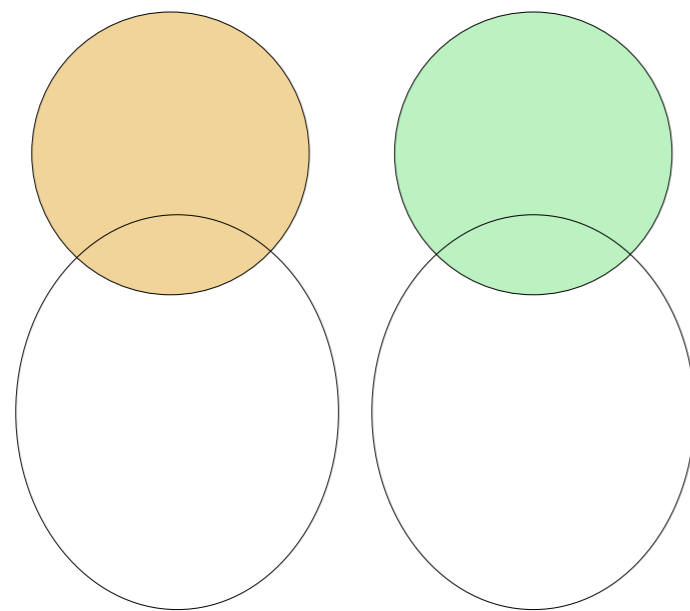

Lappari Nest Fig.4

The space

Who runs it?

To ensure the functionality of the Nest there is going to be one paid position who would be managing the initiative, with the overall aim of promoting a culture of active participation and collaboration in the community.

Also, the Lappari nest could be run by volunteer positions by both members of the communities and externals. The motives for being a volunteer can vary, such as looking for a learning experience, being aligned with the values promoted through these initiatives, and looking for a community or sense of belonging. Some sort of retribution system by services of the current tenants in the community could potentially be developed, such as a timebank system (Aikapankki) inside the community where people offer their knowledge and skills in exchange for goods and services.
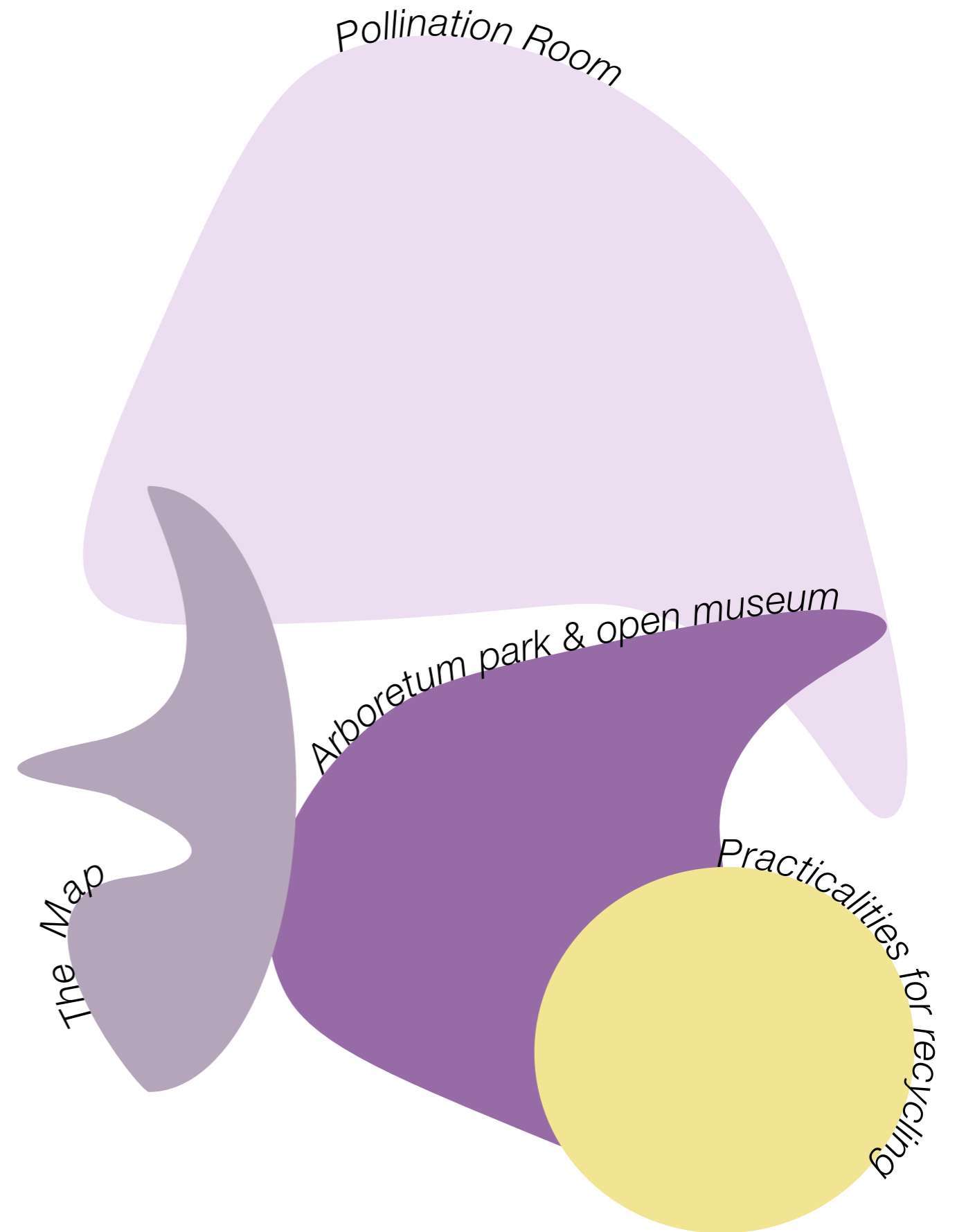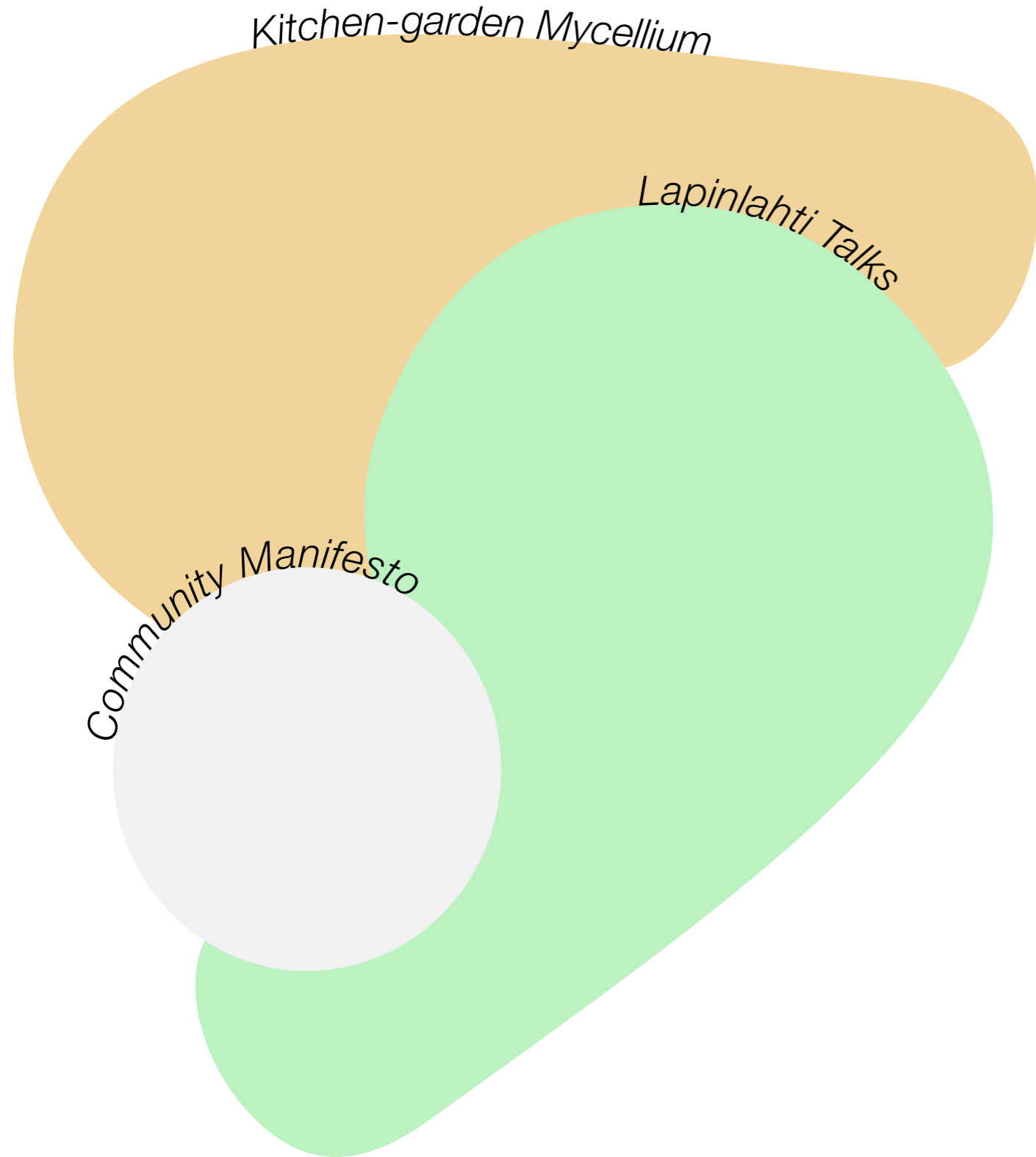
Paid position   *Volunteer*

Human resources: There are a lot of different actors and organizations working inside the community such as Mieli Ry's local mental health association, Pro Lapinlahti Mielenterveysseura Ry, and Kaupunkiluontokeskus. They organize a lot of activities for citizens from all backgrounds and facilitate ongoing projects such as MIITTI, which promotes the well-being of immigrants and indigenous peoples to prevent loneliness. These actors could take an active role in the Lappari Nest projects and merge them with their activities.

Material resources: To implement these projects some material investments need to be done but they are for the long-term benefit of this community. For example, the Pollination room would require some maker space machines, tools, and materials but there are also savings in waste management costs and other benefits for the community. External funding would be needed to cover the initiation of these projects but in the long run, investments would bring diverse ecological, social, and economic value.

Spatial resources: The Lapinlahti area has a unique variety of spaces that are suitable for activities such as workshops and events. These facilities are currently available to rent for external users, so they are quite well utilized already. Still, there are possibilities for communal use of these spaces. Some of these projects could also bring rental income.

Resources

List of Projects

Kitchen-garden Mycellium

Lapinlahti Talks

Community Manifesto

Pollination Room

Arboretum park & open museum

The Map

Practicalities for recycling

Kitchen-garden Mycellium

What:

The Kitchen-Garden Mycelium is a generator of networks among tenants by promoting the shared use of kitchens and lots in the garden.

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How:

There are many kitchens located in the buildings of Lapinlahti. This initiative will assign each tenant one kitchen that is physically close to their workspace, and that will be shared among other close-by tenants. Activities such as cooking evenings would be promoted. Moreover, those tenants who share the kitchen will also share a lot in the garden to take care of collectively.
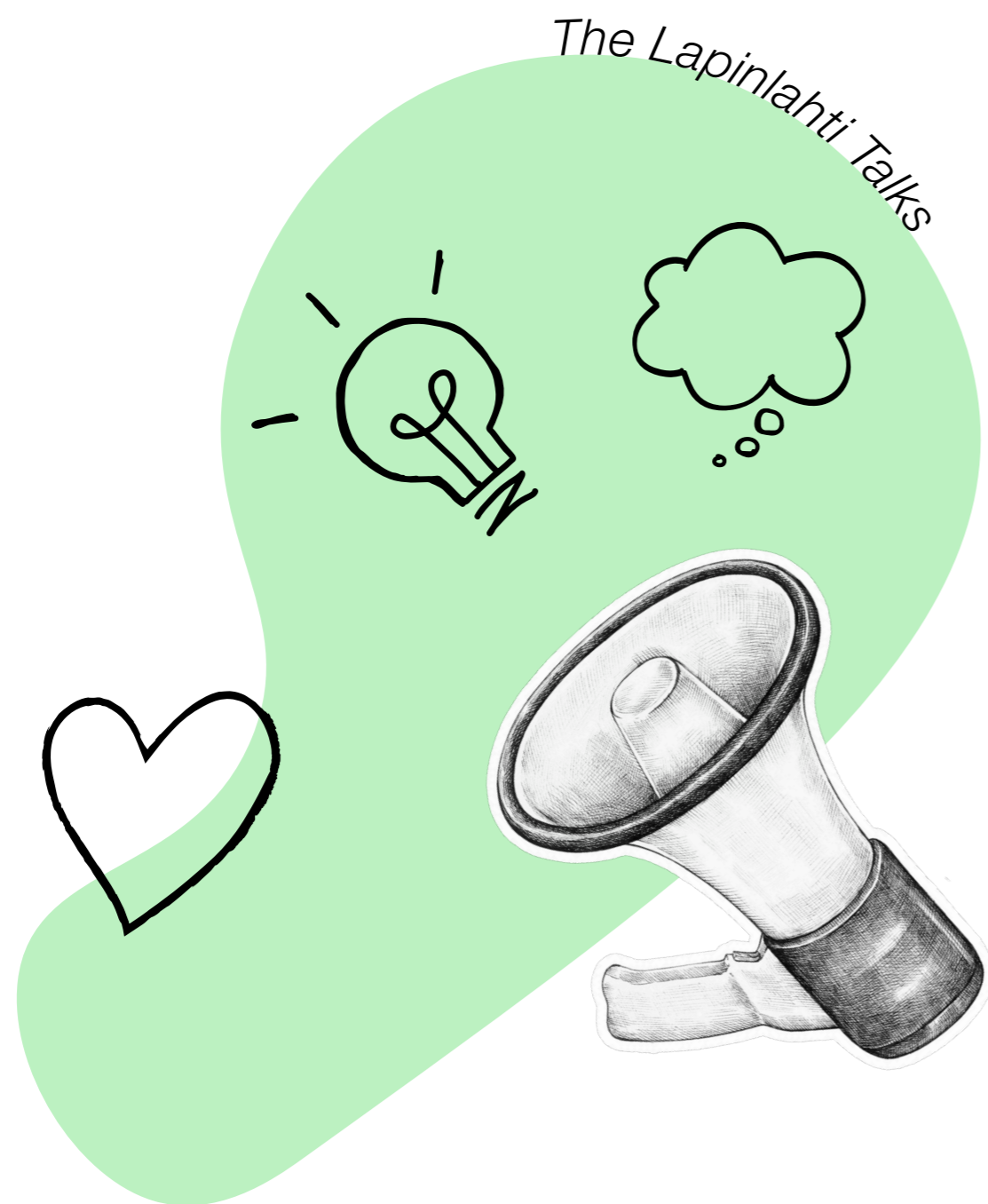
Why:

This initiative aims to generate a strong sense of community in Lapinlahti as well as activate and promote the use of the gardens by the tenants. The Kitchen-Garden Mycelium also aims to allow the community to engage in circularity by, for example, composting the bio-waste generated in the kitchen to then use in the garden, and by cooking with the local vegetables and herbs.

The Mycelium is aimed to expand to the cafés and restaurants operating in the buildings in order to create a working symbiosis of shared goods and bio-materials, to circulate and minimise the biowaste.

Where:

It can take place in the several kitchen areas in each floor of the hospital building and the Venetsia building, as well as in the garden of Lapinlahti. Simultaneously, the digital communication channels could support the spreading of information and updates.

The Lapinlahti Talks

What:

Lapinlahti Talks would be a series of open lectures by internal or external guests, organized to introduce old and new knowledge into the community.

How:

Guests will be invited to participate and share their expertise, compensated with payment or an alternative contribution from Lapinlahti.

It will require a group of community members to develop this initiative, organize the talks by theme and decide the frequency and time of the events, and be responsible for communicating with the guests.
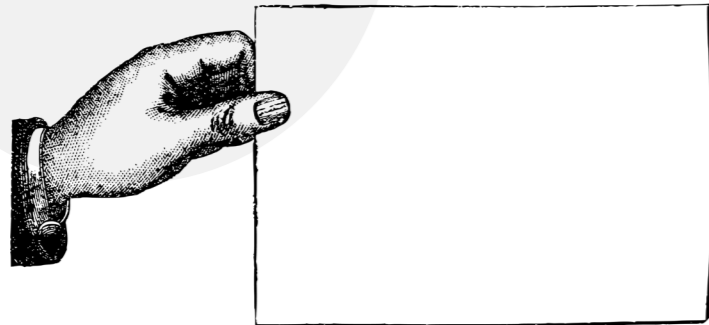
Why:

The value of this project resides in it being a means to introduce inspiring perspectives and experiences into the community, as well as giving a platform for guests from inside the community or external from it to share their expertise.

This sharing of learnings will nurture creativity and enable new projects to take shape. Moreover, new links between the community and 'experts' can be formed.

Where:

The talks can take place in the Lapinlahti Auditorium in the hospital building.

Community Manifesto

What:

The Lapinlahti Manifesto is a written document with the purpose to align the values, intentions, and motives of the community, as well as its operating principles. The aim is to communicate the Lapinlahti way of doing things both to the internal actors as well as externals, such as visitors.

This document will include the answer to the question of why people are a part of the community: to share, learn, collaborate, experiment, repurpose (materials and knowledge), and also clearly state the roles and responsibilities of community members.

How:

The Manifesto should be written by and agreed upon by the community members. Additionally, it should be introduced to the new actors and tenants and accepted by them upon joining the community.

Why:

A manifesto can serve as an effective bottom-up form of governance. Internally, it will promote a sense of community and guide Lapinlahti actors toward the shared vision. Sharing the Manifesto with external stakeholders can be a way of communicating the meaningfulness, value, and purpose of Lapinlahti.

Where:

The Manifesto will be kept as a poster on the wall of the Nest, and can also be posted on the Lapinlahti website. Having it visible to actors and visitors will help ensure that it will be put into practice in daily actions, but also provide more clarity and transparency about the purpose and aims of the community.

What:

The Pollination room is a space, equipped with tools, for generating the circulation of materials and skills. The room aims to promote the DIY spirit and maker culture. There are clear instructions and rules on how to operate in this room and a monthly changing responsible person who ensures that the room stays in order.

How:

In the material exchange and repurposing section, people can bring goods and materials which they no longer need. The materials are organized by category and marked with a date and additional info. Other community members can then freely use these resources for their own purposes. When materials have been on the shelf for a predetermined maximum time they will be taken to recycling. The staff also takes care of evaluating the condition of the material or product.
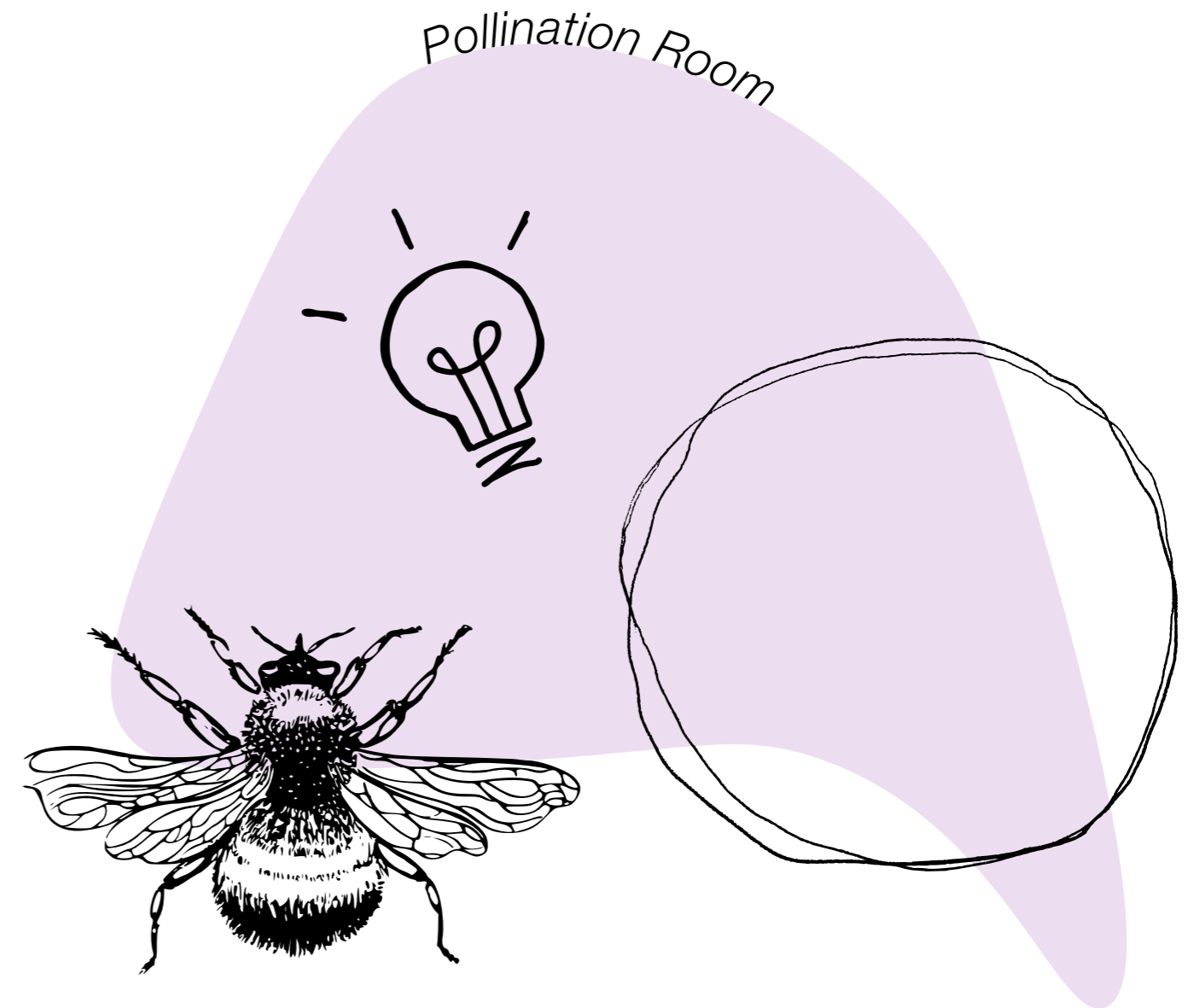
The space provides different machines and tools for craft activities such as sewing, plastic recycling (Precious Plastic), and different kinds of handicrafts. With the machines and skillshare practices, people can learn new skills for product lifetime longevity and repurposing. The interactive map (the next project) helps people find community members who can share their skills for another service.

Why:

This room and its operations would bring value to the community on multiple levels: material exchange and repurposing reduce waste generation, and cooperation and skillshare between community members foster meaningful encounters and learning. On a city level, it brings value as an incubator space for new ideas and initiatives to grow. These services strengthen DIY enthusiastic networks in the city and enable more diverse cooperation.

Where:

Potentially in the Lapinlahti main building, Valo-tila on the 2nd floor.

Pollination Room

What:

The Lapinlahti map is a community-made map that aims to raise awareness of Lapinlathi's ongoing activities, its identity, and the human and non-human inhabitants of the place. The map provides information about how to navigate the site and communicates the service offerings and projects that are currently happening in the community. Different narratives are included across the location to trigger empathy and inspire action. The map can accommodate different content, from project info to skillshare, new initiatives, and biodiversity knowledge.

How:

The map will be created collaboratively by actors of Lapinlahti. This map can be printed and placed around strategic spots in Lapinlahti and can also be used in an interactive form, accessible on a smartphone at all times. The interactive map will have its station in the Lappari Nest and be visible to anyone visiting. It can also be found on the Lapinlahde Lähde website.
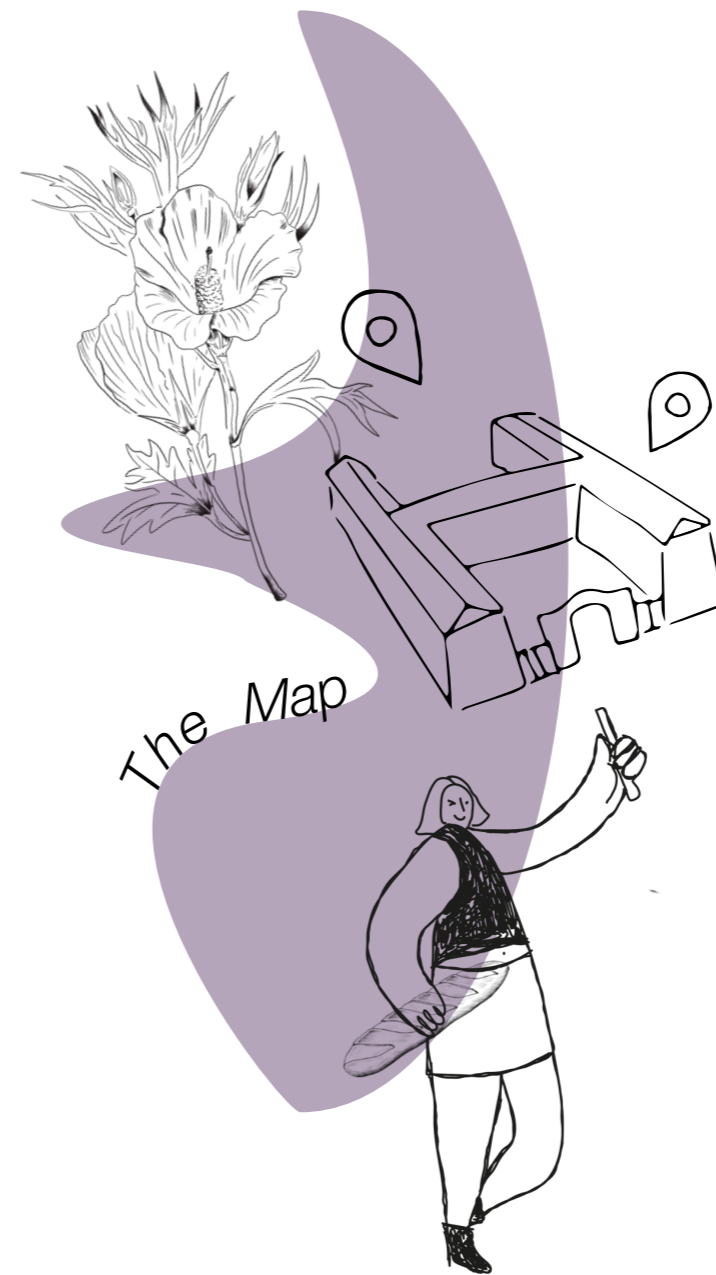
People can add or suggest content themselves to the map but the platform administrators will be managing the technicalities and ensuring the content aligns with the manifesto.

Why:

One of the main insights that emerged from the workshops is the lack of knowledge on who are the members of the community as well as how to join and participate in the activities that take place in Lapinlahti. The map will encourage community engagement.

Where:

Lappari Nest, Lapinlahti website and around the Lapinlahti strategic spots.

The Map

What:

This initiative aims to transform the outdoor area of Lapinlahti into an arboretum and open museum where people can learn about the multispecies that inhabit the area and deepen their nature relationships with interactive methods.

How:

The Lapinlahti park area has a rich and diverse ecosystem which is worth preserving. Some areas, which are considered sensitive (e.g. living area of an endangered species depressaria chlorophyll), could have restricted human access and rather be dedicated to multispecies sustainability and wilderness. Other areas could be clearly marked for leisure activities, art exhibitions, and events. For the summer picnic activity, Lapinlahti could offer plastic-free picnic baskets filled with local delicacies and supplies for park activities. Compost toilets and recycling facilities would be needed and be easily accessible.

The Arboretum park section would offer knowledge of the flora and fauna to visitors such as tourists, school children, and passers-by citizens. The Lapinlahti community could also provide learning experiences and services such as guided tours and workshops for businesses (TYKY-päivät) and organizations.

Why:

These activities would support and deepen people's connections with nature and awareness so that they are more likely to take sustainable actions. There are healing mental health benefits to interacting with nature and finding meaningful ways to contribute to surrounding biodiversity. This initiative is also well in line with local and global climate action targets such as the EU 2030 strategy (European commission, 2021) for biodiversity restoration.

Where:

In the Lapinlahti park and surrounding outdoor areas.

Arboretum park & open museum

What:

This initiative would focus on raising awareness about material circulation and making it easy for community members and visitors to recycle.

How:

Nudging is a method that could be used to guide people toward better recycling practices in an engaging way. Nudges are positive and gentle persuasions that are designed to influence behavior and decision-making. These can be e.g. visual cues, choice architecture design solutions, default settings, etc. UN Environment Programme (2020) published "Little Book of Green Nudges" which has some examples of green nudges. There are also multiple other resources to find inspiration (e.g. Thaler R.H., 2021, Nudging for Good, 2019).
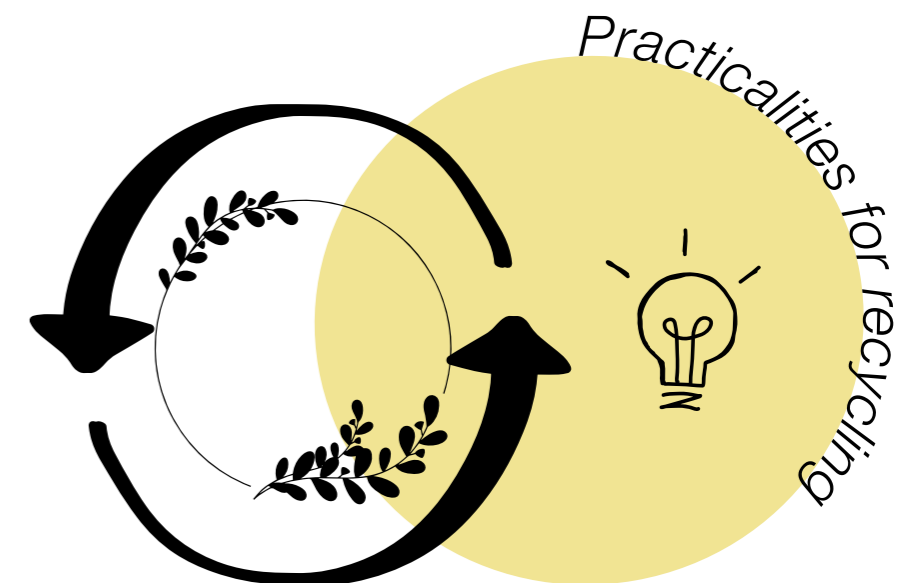
Why:

Workshops and research results highlighted the need to develop recycling practices inside the Lapinlahti community. Community members wished for more and larger waste separation stations inside the buildings and better organization in the shared recycling room. We also noticed during the field visits that the instructions for recycling should be updated and communicated in multiple languages.

Creating these clear and engaging practices for recycling is essential to ensure the motivation of the community to implement recycling in practice. From the research, we found that people have sustainability in their values but if not everyone follows recycling practices, it decreases the motivation to act correctly.

Where:

All buildings in the Lapinlahti area.

Practicalities for recycling

The Value
of Lappari Nest

Regarding sustainability on a **social** level, the Nest will help strengthen the community spirit, engaging them in projects in which concern and fear turn into action. This will have a positive impact on the well-being of both the community and any Helsinki resident interested in participating.
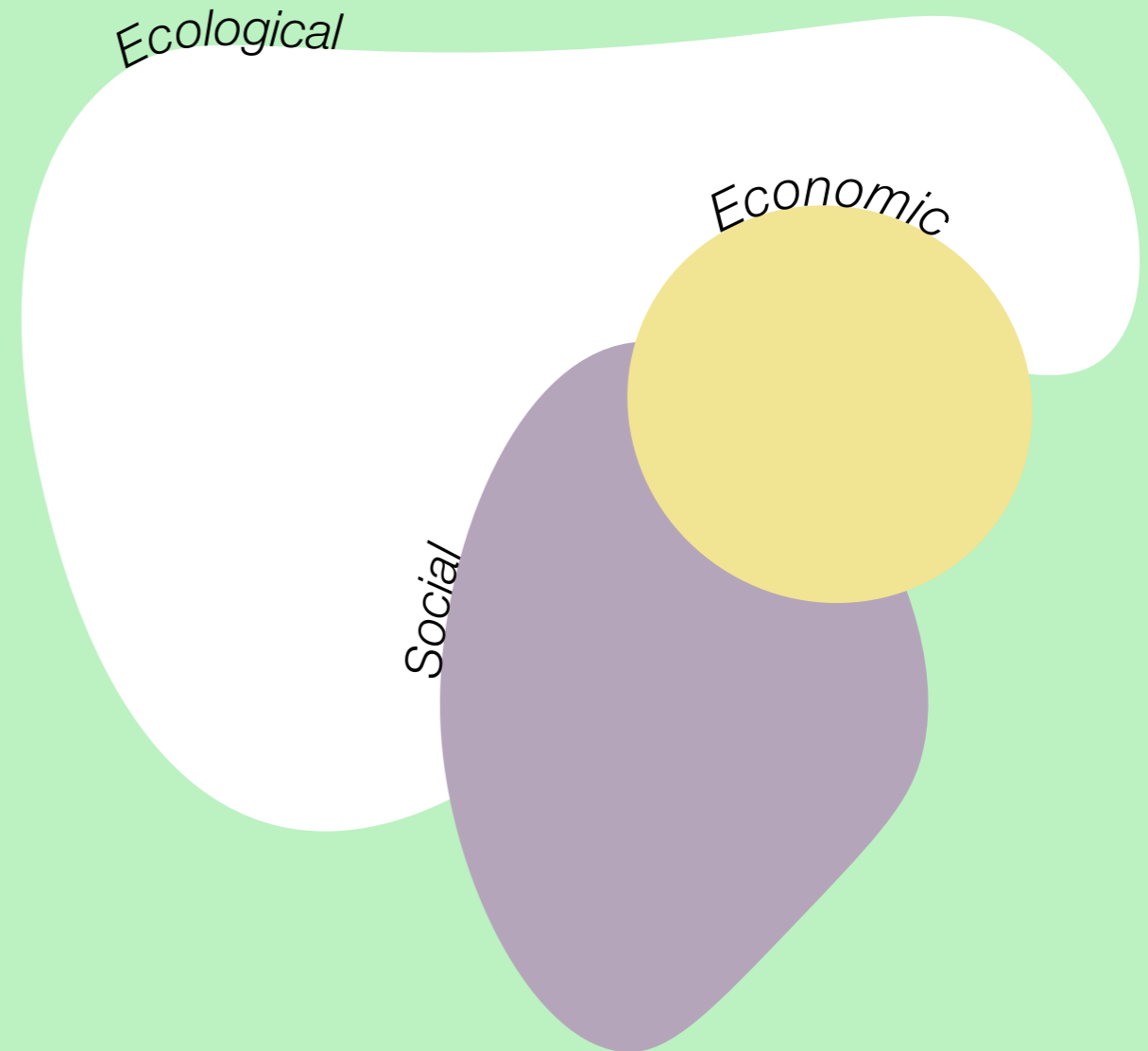
The Nest acts as a communication device, informing and connecting the different initiatives in Lapinlahti. It will link interested individuals and existing groups and ensure the inclusion of everyone interested, which will minimize the conflicts due to a lack of communication.

On the **economic** side, Lappari Nest will potentially attract new funding for the cause of its mission, which is essential for the durability of the community and the betterment of its offering. It can also employ some people, on a small scale, or provide volunteering opportunities for interested individuals. Moreover, there will be material and resource savings, and the Nest will also act as a hub for experimentation and finding new business opportunities.

Regarding the environmental and **ecological** value, multiple projects hosted by the Nest will focus on ecology, conservation, the circulation of materials, and reducing the production of waste. The Nest will serve as a space through which material and residue flows, circulates, and turns into a resource.

Knowledge is shared, and projects will be crafted around the community's shared visions and values. When the visions are achieved, Lapinlahden Lähde will be an example community of sustainable living. This will promote their model, and share their learnings with other communities around the country and globe.

Lastly, Lappari Nest supports **multispecies sustainability** by giving life to regenerative actions toward flourishing ecosystems and healing the human-nature relationship.

Ecological

Economic
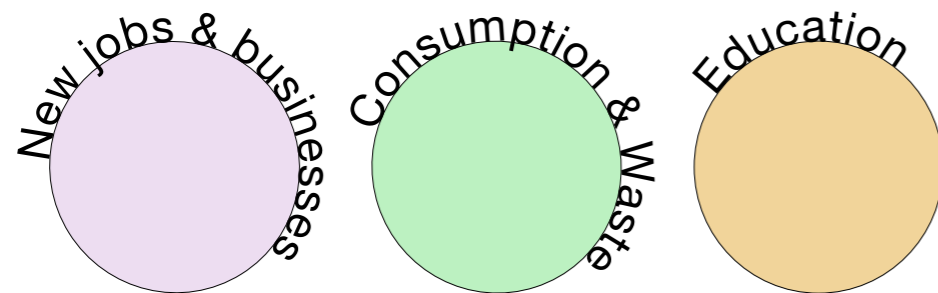
Social

Lappari Nest
in a Carbon Neutral Helsinki

We believe that the values, vision, and future actions of Lapinlahti with the Lappari Nest at its core are running parallel to those of the City of Helsinki.

In both the Helsinki City Strategy for 2021-2025 (2021) and the Carbon-neutral Helsinki 2035 Action Plan (2018), themes such as the importance of education and art and culture, climate change, nature conservation, health and well-being of residents, etc., are discussed amongst other ones.

Lappari Nest in Lapinlahti will help the community transition towards a more circular and sustainable one that will fit and complement the goal of the City of Helsinki for Carbon Neutrality in 2035. In the Action Plan devised by the city, there are sections relating to the direct emissions of the residents and the city itself (including district heating, oil heating, electric heating, electricity consumption, traffic, industry and machinery, waste management, and agriculture) and sections relating to the carbon footprint of the residents (greenhouse gas emissions caused by the consumption habits) (City of Helsinki, 2018).

In 2018, the carbon footprint of Helsinki residents was assessed to be over twice the amount of the direct emissions! We believe that Lappari Nest has the potential to push and support the city's goals to reduce the carbon footprint of the residents and promote carbon-neutral lifestyles.

To tackle these, the city is devising and carrying out several objectives and actions, out of which we have chosen the themes of education, consumption & waste, and new jobs and businesses, to encompass how the community and the city's goals and anticipations are linked.

The city wants to put focus on educational institutions, such as schools and adult education institutes, to help the residents develop more sustainable consumption habits at an earlier or later stage. The educational plan revolves around providing environmental education around these topics: the protection of biodiversity, a sustainable lifestyle, energy conservation, waste sorting, the production methods of renewable energy and personal influencing methods to mitigate climate change (City of Helsinki, 2018).

Lappari Nest thrives on education and experimentation - it is a device that emphasizes the sharing of information and knowledge, as well as material elements. Through the projects it will help develop, the Nest will bring new sustainable practices to Lapinlahti, and since it will be open to all citizens, it aims to be a center for learning in Helsinki.

The aforementioned projects: Lapinlahti Talks, Arboretum Park, and the Pollination Room, all have environmental / sustainability education at the core. For example, sharing methodologies for re-using waste, bringing experts from the sustainability field, or studying, conserving, and showcasing the species in the natural surrounding areas.

Education

New jobs & businesses

Consumption & Waste

Education

We consider that the section on 'consumption and waste' from the Action Plan complements the 'sharing economy and circular economy' section. Therefore, we will discuss them together to avoid redundancy.

As was previously mentioned, the city wants to concentrate on educational institutions to change consumption habits. Moreover, in the Action Plan, the food sector is highlighted as having the greatest environmental impact concerning consumption and waste (City of Helsinki, 2018).

Regarding the sharing economy and circular economy, there is an emphasis on cities operating as platforms for experimentation in these fields. Helsinki sees the potential and aims to be a city that supports these innovations and wants to collaborate further with residents and businesses. Thus, easing the advancement of sustainable circular products and services (City of Helsinki, 2018).

Lapinlahti, in 2035, wants to be a center for natural cycles and is aiming for more self-sufficiency, additionally seeking to be a place to practice sustainable consumption, producing minimal waste. With the Nest as a device for communication and the circulation of materials, turning waste into resources will be easier. Thanks to the Pollination Room, new crafting practices, and DIY methods can be taught and learned, and people can apply these to make use of discarded materials and residues from the community. Hence, Lappari Nest will be a means to implement sharing practices and circularity in Lapinlahti and the city itself. Relating to the food sector (within Lapinlahti), in the workshops, participants proposed the internal circulation of goods and biowaste from the cafés and food-related tenants to accomplish circularity and symbiosis between them. This will be facilitated via the Kitchen-Garden Mycelium, and the unusable bio-waste could be then utilized for compost. Lapinlahti will be a place where residents of Helsinki won't be expected to buy and consume and dispose of goods, it will be a spot for circulation.

The Lapinlahti community will be an example for other communities to follow and learn from, providing open resources and sharing its practices, pushing sharing and circularity to a more holistic level.

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Consumption & Waste

For this section, the city of Helsinki jointly worked with the Helsinki Metropolitan Smart & Clean Foundation to implement their solutions until 2021. In addition to this cooperation, in the action plan, the city asserts long-term objectives too, some of which are: "pioneering in an ecologically positive built environment, being leading circular economy city in the world and having the most resource-wise residents in the world".

"Helsinki wants to increasingly actively serve as a platform for interesting and successful innovations that generate new potential exports." (City of Helsinki, 2018)

Similarly, Lapinlahti identifies itself as a hub for experimentation. The Nest will be a platform for new businesses to either germinate and grow or be failed experiences to learn from - as was said in one of the workshops "to be used as compost for future projects".
Lapinlahti Talks can provide a gateway for new ideas and entrepreneurship to enter Lapinlahti, bringing knowledge and creating networks between experts and residents. Furthermore, the Lappari Nest, with the help of the Map and the Kitchen-Garden Mycelium, will stimulate conversation and collaboration between tenants, which can be a perfect setting for creative new ideas to arise.

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New jobs & Businesses

Conclusion

With this project, we have aimed to establish how Lapinlahti and its community can and will have a significant role in the Helsinki of 2035, beyond its current architectural, environmental, and mental-health-related relevance.

Initially, the objective of this project was to ease the reusing, repurposing, and recycling of materials in all Lapinlahti premises and increase the rates of reusing, repurposing, and recycling. However, after the initial phase of the research, we confirmed that sustainability was already ingrained in the values of the community and became acquainted with an in-house group dedicated to tackling the more technical aspect of waste management. Hence, we chose to collaborate and develop a complementary deeper level of the solution, and push the limits of what the Lapinlahti community currently is and what it can become.

To establish the top-level vision, we facilitated two participatory workshops where we initially engaged the community in vision building and then, developed the desired pathway to that vision. The first workshop focused on system and target knowledge, while the second workshop aimed to create transformation knowledge.
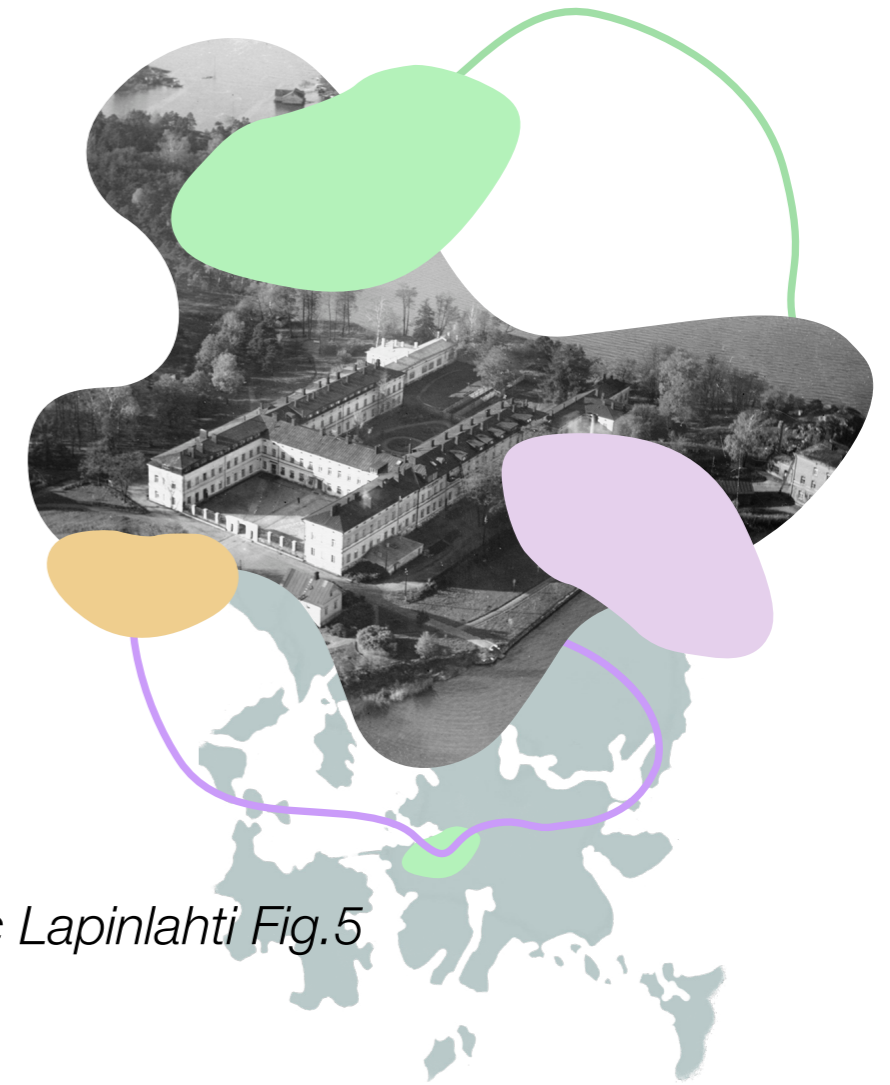
The final vision for Lapinlahti 2035 is:

"Lapinlahti is a center of social and natural cycles, offering a platform for a sustainable growth of well-being for people and the ecosystem, and a hub of mental well-being, experimentation, and agency, through diversified political participation."

From analyzing the second workshop, we devised the Lappari Nest: a spatial, virtual, and conceptual device in Lapinlahti. It will coexist within the organizations in Lapinlahti, acting as a bridge between them to connect members and tenants, as well as different actors in the city, sparking projects and initiatives, and mainly acting as an instrument to achieve the vision for Lapinlahti 2035.

Therefore, through developing initiatives that promote the cooperation between members of the community and the inclusion of residents, Lapinlahti will increase its network of actors and become a well-known hub of agency, experimentation, and sustainable initiatives in Helsinki. The next steps for implementing community culture around circularity is to ensure funding of these projects and define the responsibility persona for taking these initiatives forward. To conclude, this report acts as a strategic plan and basis for the work to be kickstarted. We hope to see the Lappari Nest coming to life soon.

Iconic Lapinlahti Fig.5

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Figures

Figure 1. Insights;
Figure 2. Leverage point ladder;
Figure 3. Themes
Figure 4. The Lappari Nest
Figure 5. Iconic Lapinlahti

Contact Information

Diana Becares Mas

dianabecmas@gmail.com

Florencia Pochinki

florenciapochinki@gmail.com

Marika Taipalus

marikataipalus@gmail.com

Sara D'Angelo

saradangelo10@gmail.com

Vivi Mattsson

mattssonvivi@gmail.com