



# How to DoughnutCinema

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A beginner's guide to  
combining **films**,  
**knowledge** and  
**dialogue** to boost  
action for a better  
world

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# Do you want to make your own DoughnutCinema?

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Yes? Fantastic! We are here to help you get started. So you can create your own Doughnut Cinema anywhere you please. In this guide we will walk you through what a Doughnut Cinema is and we'll give you a couple of examples on how you can work with different subjects within the **nine planetary boundaries**.

You can lean back with a soda and some popcorn in your own company or with friends, family, colleagues, good friends, or other communities and get a notion of how **doughnut economy** can be a roadmap to a healthier life for **people**, **other species** and our **planet** on a local and global scale.



## What is doughnut economy?



The doughnut economy model is developed by the British economist Kate Raworth and represents a conceptual framework to reach sustainable development.

The model is formed as a doughnut and integrates two important concepts -  
The nine planetary boundaries, developed by the Stockholm Resilience Centre and the social foundation taken from the UN's Sustainable Development Goals.

The Doughnut Model's inner circle represents the social foundation which is made up of how we as citizens can live a dignified life where we thrive and get our needs met for example through food, water, a home and having an influence on society. The outer circle represents the planetary boundaries and is an illustration of our planet's climate and environmental constraints. A crossing of the planetary boundaries influences the planet in a negative way.

According to the model a society must strive to place themselves between the inner and the outer circle – balancing on the doughnut itself. Also referred to as a safe and fair operating space where society can co-exist in a balance with the Earth's climate and environment.

# Around the doughnut

5 STEPS  
TOWARDS  
DOUGHNUT  
ECONOMY



1



**DOUGHNUT  
ECONOMICS  
ACTION  
LAB**

[KNOWLEDGE BANK & TOOLBOX](#)

**DOUGHNUT  
ECONOMICS**  
Seven Ways to Think Like a  
21st-Century Economist

2

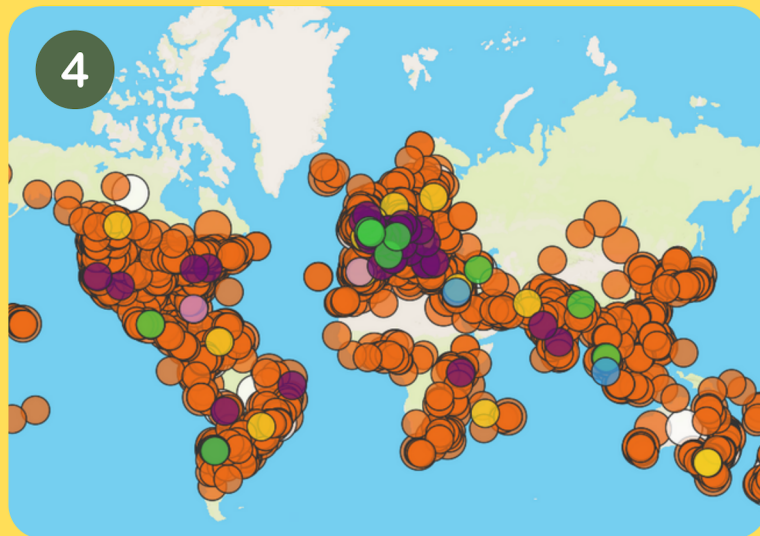
READ THE BOOK BY KATE  
RAWORTH



3

WATCH THIS  
[TEDX TALK](#)

4



[CHECK OUT THE MAP  
AND FIND YOU LOCAL  
DOUGHNUT COMMUNITY](#)



**FILM + KNOWLEDGE +  
DIALOGUE = ACTION**

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# User manual

## DOCUMENTARY

Decide on a film and obtain access to it. Check out different streaming services or

## FACEBOOK EVENT

A good place to start is creating a Facebook event. Things to consider: Which organizations participate? Date, location, tickets or registration? Is your main focus to have many participants or a smaller group?



## USEFUL INFORMATION

In the section 'useful information,' you can gain more knowledge about the organizations and initiatives available that can assist you in the conversation and equip you to take action if desired.

## REFLECTION QUESTIONS

In the section 'Reflection Questions,' we refer, among other things, to useful information, but they can also be used without going into the level of detail of useful information.

# #1 DoughnutCinema

## Introduction to the doughnut model

### FACEBOOK EVENT

- Click on the headline and get directed to our event (in Danish)

### DOCUMENTARY

- '2040' by Damon Gameau (Published 2019)



### USEFUL INFORMATION

- [Regenerators og Doughnut Unrolled: Introducing the four lenses](#). In the latter mentioned link there are slides that elaborate on how you can create your own workshop. If you only need the light version you can settle for the questions for reflection.

### REFLECTION QUESTIONS

- How can our place be as generous as the wildland next door? (local and ecological ceiling)
- How can our place respect the health of the whole planet? (global and ecological ceiling)
- How can all people in our place thrive? (local and social foundation)
- How can our place respect the wellbeing of all people? (global and social foundation)

# #2 DoughnutCinema

## - Biodiversity

### FACEBOOK EVENT

- Click on the headline and get directed to our event (in Danish)

### DOCUMENTARY

- 'Organiseret Vildskab' (Organized Wilderness) by Phie Ambo (released in 2022)
- Suggested movies in English: Kiss the Ground (2020), Biggest Little Farm (2018)

### USEFUL INFORMATION

- [NetworkNature Nordic hub](#)



### REFLECTION QUESTIONS

- Which species are the faces of our biodiversity crisis? In other words, which species are becoming extinct in your region and how does it effect the cycle of the planet?
- Are there any interesting associations, NGO's, movements and companies that work on increasing biodiversity on a local and global scale?
- Do I/we have the energy and desire to support one or several of them? If yes – how?



# #3 DoughnutCinema

## Air pollution

### FACEBOOK EVENT

- Click on the headline and get directed to our event (in Danish)



### DOCUMENTARY

- 'Something in the Air' by Leif Kaldor (released 2019).

### USEFUL INFORMATION

- Articles:
  - [How some trees could protect kids from air pollution linked to Alzheimer's](#)
  - [Simple ways to reduce your exposure to air pollution outside](#)
- Initiative of the European Union promoting pilot projects in the field of sustainable urban development:
  - [CLAIRO](#).

### REFLECTION QUESTIONS

- Which facts in the documentary surprised you the most?
- How can individuals contribute to improving air quality, for example, in terms of transportation, urban planning, and planting?

# 5 tips

- 1** **The venue:** Contact a cafe, your local cultural or community center and ask if they have a room with a projector that you can borrow.
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- 2** **Time:** Allocate a minimum of two hours for the event, as you will need time to both watch the film, listen to presentations from experts, and engage in dialogue about solutions in your local area. We typically schedule our events on a weekday evening between 7-9 p.m.
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- 3** **Communication:** Advertise your event at least 3 weeks before you plan to hold it. Inform everyone you know about the event, create a Facebook event and share it in various groups, and make a flyer you can hang up in the local area. You don't need to be a graphic designer - keep it simple!
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- 4** **Content:** Plan ahead. Find a film that addresses a theme within the planetary boundaries, and research if you can invite some experts on your DoughnutCinema's theme to come and give presentations. Find inspiration for workshop/reflection exercises on the DEAL website.
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- 5** **Refreshments:** Are not strictly necessary, but it's a good idea to consider if it's possible to provide sandwiches and/or beverages if the Doughnut Cinema is held directly after work hours. Expenses can be covered through ticket revenue.
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# Thank you for reading our guide

We hope that you found it helpful and that you feel well-prepared to arrange your very own DoughnutCinema.

## Best of luck from us!

MILJØ PUNKT  
AMAGER

