



## **Cittaslow Manifesto**

(transcribed from an old italian paper, Cittaslow HQ Orvieto, 15 May 2020)  
English Translation by Mr. James Twist, London, May 2020

**In the beginning man fed himself. He then sought shelter and protection: homes, villages, towns were founded.**

**Finally, the time of the machines came with their increasingly hectic, frenetic rhythms of life.**

**Today, man dreams of liberation from the many anxieties that his own progress has created.**

**He is looking for a more serene, calm, reflective way of life. A wise man at the end of the contradictory and restless twentieth century would propose salvation through the model of the**

### **Towns where Living is Good**

**The new Cittaslow international movement wants to bring together, with a programme of the exchange of our towns' civilisations, industrious yet peaceful as they are, based on the serenity of daily life. The towns, be they large, medium-sized or small, share common features and aim towards the same end.**

**Towns animated by people "curious about time reclaimed", rich in squares, theatres, workshops, cafes, restaurants, spiritual places, unspoilt landscapes and fascinating craftsmen, where we still appreciate the slow, benevolent succession of the seasons, with their rhythm of authentic products, respecting fine flavours and health, the spontaneity of their rituals, the fascination of living traditions. This is the joy of a slow, quiet, reflective way of life.**

**The national and international association wanted by the participating towns and the Slow Food movement will be a continuous laboratory for a rebirth of humanism at the beginning of the third millennium.**