**STAY IN THE LOOP**

APD ONE  Project 1: Design Methodology  Conceptual Product Solutions  
APD TWO  Project 3: Vehicle Interior  
TD ONE  Project 1: Vehicle Design  
TD TWO  Project 3: Vehicle Interior  
IXD ONE  Project 1: Professional Product  
IXD TWO  Project 3: Vehicle Interior  
BFA ONE  Design, New and Traditional Technology  
BFA TWO  Design, Production and New Technology 2  
BFA THREE  Design as Emotional Experience 3  
IDI  Design Implementation  

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SANTINO ANDRES HELD  
IDI  

**CREDITS**  
Thanks for your contributions. Future articles & photos can be sent to: wozzop@gmail.com by Thursday evenings. We love hearing from you!!  
Editor: Stephanie Knödler  
Graphic Designer:  
Contributions: Migle Padegimaite  
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**KITCHEN CLEANING**  
IXD ONE  

**CHRISTMAS IN SWEDEN**  

St. Lucia is coming to UID the 13th of December  

December 13th was also the Winter Solstice, the shortest day of the year, in the old ‘Julian’ Calendar and a pagan festival of lights in Sweden was turned into St. Lucia’s Day.  

A popular food eaten at St. Lucia’s day are Lussekatts.  

**SWEDISH SAYING**  

Väck inte den björn som sover. – Don’t wake a sleeping bear.  

**SANTIAGO ANDRES HELD**  
IDI  

10 words or less about yourself:  
I like to design stuff  

Something most people do not know about you:  
I like to play guitar & sing in my downtime  

The New Black in TV / MOVIES:  
The series Utopia, definitely recommend it...The Departed hands down best film  

The New Black 5 in DESIGN:  
The new super thin, lightweight wireless cintiq tablets  

The New Black on the WEB / Books / Magazines:  
Learning Curves and design sketching are inspiring books that are always good to look at  

**PEDRO SENA**  
IDI  

10 words or less about yourself:  
“My one and only advice is cold Coca Cola and ice”  

Something most people do not know about you:  
I make my own clothes  

The New Black in TV / MOVIES:  
Schreiber’s “Everything is Illuminated” is my all-time favorite.  

The New Black 5 in DESIGN:  
The Emeco 1006 chair  

The New Black on the WEB / Books / Magazines:  
Riposte Magazine, PORT Magazine  
Thomas Frank, “TED talks are lying to you”  

St. Lucia is coming to UID the 13th of December  

Around Christmas time in Sweden, one of the biggest celebrations is St. Lucia’s Day (or St. Lucy’s Day) on December 13th. The celebration comes from stories that were told by Monks who first brought Christianity to Sweden.  

St Lucia was a young Christian girl who was martyred, killed for her faith, in 304AD. The most common story told about St Lucia is that she would secretly bring food to the persecuted Christians in Rome, who lived in hiding in the catacombs under the city. She would wear Candles on her head so she had both her hands free to carry things.  

December 13th was also the Winter Solstice, the shortest day of the year, in the old ‘Julian’ Calendar and a pagan festival of lights in Sweden was turned into St. Lucia’s Day.  

A popular food eaten at St. Lucia’s day are Lussekatts.
THE WEEK THAT WAS

50
SLOW MOVEMENT
by Migle Padegimaité

“There is more to life than increasing its speed.”  Gandhi

SLOW MOVEMENT is a cultural revolution against the notion that faster is always better. The Slow philosophy is not about doing everything at a snail’s pace. It’s about seeking to do everything at the right speed. Savouring the hours and minutes rather than just counting them. Doing everything as well as possible, instead of as fast as possible. It’s about quality over quantity in everything from work to food to parenting. The Slow Movement philosophy is making inroads into every walk of life. There are movements for Slow Homes, Slow Food, Slow Leadership, Slow Libraries, Slow Research, Slow Sex, Slow Travel and others.

HOW TO SLOW DOWN?

1. Do less. It’s hard to slow down when you are trying to do a million things. Instead, make the conscious choice to do less. Focus on what’s really important, what really needs to be done, and let go of the rest. Put space between tasks and appointments, so you can move through your days at a more leisurely pace.

2. Be present. You actually need to actually be mindful of whatever you’re doing at the moment. That means, when you find yourself thinking about something you need to do, or something that’s already happened, or something that might happen … gently bring yourself back to the present moment.

3. Disconnect. If you carry around a mobile phone all the time, shut it off. Better yet, learn to leave it behind when possible. If you work on a computer most of the day, have times when you disconnect so you can focus on other things. Being connected all the time means we’re subject to interruptions, we’re constantly stressed about information coming in; we are at the mercy of the demands of others.

4. Focus on people. Too often we spend time with friends and family, or meet with colleagues, and we’re not really there with them. We talk to them but are distracted by devices. We are there, but our minds are on things we need to do. We listen, but we’re really thinking about ourselves and what we want to say. None of us are immune to this, but with conscious effort you can shut off the outside world and just be present with the person you’re with.

5. Appreciate nature. Many of us are shut in our homes and offices and cars and trains most of the time, and rarely do we get the chance to go outside. Instead, take the time to go outside and really observe nature, take a deep breath of fresh air, enjoy the serenity of water and greenery. Exercise outdoors when you can, or find other outdoor activities to enjoy such as nature walks, hiking, swimming, etc. Try to do this daily — by yourself or with loved ones.

6. Eat slower. Instead of cramming food down our throats as quickly as possible — leading to overeating and a lack of enjoyment of our food — learn to eat slowly. Be mindful of each bite. Appreciate the flavors and textures. Eating slowly has the double benefit of making you fuller on less food and making the food taste better. I suggest learning to eat more real food as well, with some great spices (instead of fat and salt or sugar).

7. Do not compare. Things aren’t always what they seem. That friend who just got married may not be totally happy in her career. That couple that just bought a house might be feeling strapped financially.

There are ups and downs to every situation. Trust that you are where you are supposed to be and that everything happens for a reason.

8. Find pleasure in anything. This is related to being present, but taking it a step farther. Whatever you’re doing, be fully present and also appreciate every aspect of it, and find the enjoyable aspects. For example, when washing dishes, instead of rushing through it as a boring chore to be finished quickly, really feel the sensations of the water, the suds, the dishes. Life can be so much more enjoyable if you learn this simple habit.

9. Single-task. The opposite of multi-tasking. Focus on one thing at a time. When you feel the urge to switch to other tasks, pause, breathe, and pull yourself back.

10. Breathe. When you find yourself speeding up and stressing out, pause, and take a deep breath. Take a couple more. Really feel the air coming into your body, and feel the stress going out. By fully focusing on each breath.

SLOW DESIGN is a branch of the Slow Movement, which began with the concept of Slow Food, a term coined in contrast to fast food. As with every branch of the Slow Movement, the overarching goal of Slow Design is to promote well being for individuals, society, and the natural environment. Slow Design seeks a holistic approach to designing that takes into consideration a wide range of material and social factors as well as the short and long term impacts of the design.

“But deep experience of the world — meaningful and revealing relationships with the people, places and things we interact with — requires many speeds of engagement, and especially the slower ones.”

Slow design is still a relatively new concept of design thinking, and its implications are yet to be fully developed and defined. It could evolve in the following ways:

1. Longer design processes with more time for research, contemplation, real life impact tests, and fine tuning.

2. Design for manufacturing with local or regional materials and technologies or design that supports local industries, workshops, and craftspeople.

3. Design that takes into account local or regional culture both as a source of inspiration and as an important consideration for the design outcome.

4. Design that studies the concept of natural time cycles and incorporates them into design and manufacturing processes.

5. Design that looks at longer cycles of human behavior and sustainability.

6. Design that takes into account deeper well being and the findings of positive psychology.

Recommendations:
Book: “In Praise of Slow” by Carl Honoré
TED talk: In Praise of Slowness
Every idea has a Material solution

Material ConneXion is the world’s first and largest material library, which today consists of over 7000 advanced, innovative and sustainable materials and manufacturing techniques. With showrooms in New York, Bangkok, Beijing, Cologne, Deagu, Istanbul, Milan, Seoul, Shanghai, Skövde (Sweden) and Tokyo they have helped some of the world’s foremost companies, designers and architects to realize their visions.

Anders Breitholtz, Managing Director of Material ConneXion Skövde, will speak about how you as an architect, designer or artist can work with materials as a powerful and strategic tool in your creative process.

**Context, architecture and materials**
**Location: Umeå School of Architecture**

- 09:00-09:30 lecture
- 09:30-10:30 workshop / based on architect students’ projects and models/
- 10:30-11:00 discussion

**Design thinking // Material design**
**Location: Green room at Umeå Institute of Design**

- 13:00-13:30 lecture
- 13:30-14:30 workshop / next generations of materials/
- 14:30-15:00 discussion

**Materials meta values // material communication**
**Location: Umeå Academy of Fine Arts**

- 15:15-15:45 lecture
- 15:45-16:45 workshop / challenging material’s identities, stories and expectations/
- 16:45-17:15 discussion