



# The International Institute of Not Doing Much

Allegra  
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Browsing the web in preparation of this 'Slow week', we came across an online initiative whose Manifesto resonated with Allegra's very own. Below we reproduce the Manifesto of the [International Institute of Not Doing Much](#) in the hope that it will encourage you to quit the rat race and like us, go fishing for a while. If you fail in this endeavour, why not take a stroll on this fabulous website, and get some [tips on how to slow down?](#) Remember that our beloved [University of Muri](#) will not recruit any Professor who is in a rush and is anyway on holidays



most of the time. Convinced to join us now?

## **Slow Manifesto**

There are those who urge us to speed. We resist!

We shall not flag or fail. We shall slow down in the office, and in the bedroom. We shall slow down with growing confidence when all those around us are in a shrill state of hyperactivity (signifying nothing). We shall defend our state of calm, whatever the cost may be. We shall slow down in the dining room and in the streets. We shall slow down everywhere. We shall never surrender!

If you can slow down when all around you are speeding up, then you're one of us. Be proud that you are one of us and not one of them. For they are fast, and we are slow. If a thing is worth doing, it is worth doing slowly. Some are born to slowness—others have it thrust upon them. And still others know that lying in bed with a morning [cup of tea](#) is the supreme state for mankind.