

Thank you for the opportunity to give input to the NPF4. I have read the questions you have set, and rather than give an input to each one, I thought it might be helpful to consider a framework in which to define the answers. This is the Doughnut Model, first proposed by Kate Raworth in 2012. I believe it's the best framework available today for development in a sustainable way.

I attach a recent newspaper article (The Times, Philip Rodney, April 27th 2020), about how Amsterdam City has decided to use this framework to make decisions about the future of the city. The author believes that this approach would be applicable to Scotland and prove to be extremely valuable, and I agree with him. There is a lot more information online about this project, e.g.: <https://www.kateraworth.com/2020/04/08/amsterdam-city-doughnut/>

In summary there are 2 main points to understand:

- We need to re-consider growth as a measure of success. Growth cannot go on forever; it strains the natural world and often only benefits the few, not the many. We should instead consider a model where everyone has access to their basic needs and has the requirements for a good life – **we should aim to thrive instead of grow** (or as Kate Raworth puts it, be a thriving people in a thriving place).
- The hole in the middle of the doughnut delineates where people fall short of life's essentials (e.g. job, health, community, etc.) and the outer edge of the doughnut outlines the ecological limits of the planet (e.g. climate change, loss of biodiversity, etc.). The 'dough' part of the doughnut is the sweet spot – where we can balance the needs of people without harming the planet. **We should aim to live within the 'doughnut' limits.**

I hope this is helpful and useful.

Kind regards,

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