



## FORM BEST PRACTICES CONTEST 2025

**Municipality:** Cittaslow Spain – Spanish National Network (12 member municipalities collaborating)

**Country:** Spain

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**Name project:**

### LENTO – The Collective Anthem of Cittaslow Spain

Category Certification Criteria: mark the category of your project

- Energy and environmental policies (politiche energetiche e ambientali);
- Infrastructure policies (politiche infrastrutturali);
- Quality of urban life policies (politiche per la qualità urbana);
- Agricultural, touristic and artisan policies (politiche agricole, turistiche, artigianali);
- Policies for hospitality, awareness and training (politiche per l'ospitalità, la consapevolezza e la formazione);
- Social cohesion (coesione sociale).**

#### Summary project

“Lento” is a collaborative musical project uniting all Cittaslow towns in Spain to create an anthem for the Cittaslow Spain network. The song – aptly titled “Lento” (meaning “Slow”) – was co-created by the band Caracoles and community members from all Spanish slow towns, from Catalonia to the Canary Islands. Through workshops and sharing of local stories, young people and elders contributed ideas that shaped the song’s lyrics and spirit. The final product is a vibrant, folk-inspired music video that celebrates “easy living” values across generations. “Lento” encapsulates Cittaslow’s ethos of taking time, community connection, and sustainable living, bringing together multiple municipalities in one voice. This anthem now serves as a unifying theme song at Cittaslow events in Spain, strengthening identity and pride in the network.

#### Goal project

The project aimed to foster social cohesion and shared identity among Spain’s Cittaslow towns through a creative, intergenerational endeavor. Objectives included raising public awareness of Cittaslow values, engaging youth and seniors in cultural co-creation, and providing a shared musical emblem that unites member communities. Ultimately, the anthem would inspire future collaborative projects and strengthen the visibility and appeal of the Cittaslow movement in Spain.



#### Result project

The project resulted in a professional-quality song and music video that now acts as the official anthem of Cittaslow Spain. Many community members were involved across the towns, participating in songwriting, performance, and filming. The video, widely shared, has been used in local festivals and Cittaslow meetings, reinforcing unity and pride. It has gained media attention, enhanced town cooperation, and generated new intergenerational initiatives inspired by the project.

#### Finance (costs and benefits)

The project was funded through a pooled budget of approximately €4.500. Costs covered songwriting, recording, and video production. Benefits include a durable anthem for institutional use, promotional value for slow tourism, and deepened community ties. Volunteers and cultural officers contributed in-kind support, maximizing return on a modest investment.

#### Staff (staff involved and use of time)

The initiative involved one part-time coordinator from the national network, local cultural officers, volunteers, and the band Caracoles. Each town formed a small working group to support planning and filming. The project spanned 4 months: planning, songwriting, recording, and editing were conducted sequentially and collaboratively. Time was used efficiently through virtual meetings and parallel local actions.

#### Additional information (if necessary)

‘Lento’ embodies the 2025 Cittaslow theme by uniting generations in a creative process that fosters future-oriented community identity. The song has sparked follow-up initiatives in schools and elder centers. It is also freely usable under a Creative Commons license. It sets a precedent for other national networks to creatively engage their member towns.

**Link website** <https://www.youtube.com/watch?v=VFQwpXOGFM8>

**Once filled in this form please send it to:** [info@cittaslow.net](mailto:info@cittaslow.net)  
**- Participation Deadline, 12 May 2025 -**