



Polish National Cittaslow Network: assessment of cities' membership in the network

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Abstract

Motivation: The Polish National Cittaslow Network associates 31 members and is the second most biggest national network of slow cities in the world. The network is developing very dynamically. Therefore, it is important to observe this relatively new and not fully recognized process of implementing the *slow city* model in Polish cities, and to assess the effects of cities' membership in this network.

Aim: The aim of the study was to evaluate effects of the membership of cities in the Polish National Cittaslow Network. The effects were assessed on the basis of a comparative analysis of the results of certification carried out before a city accessed the network with the results of recertification, carried out 5 years into its membership. A diagnostic survey method was also used in the study.

Results: The research shows that already in the first five years of the membership in the network, the cities have undertaken many activities to enhance their appeal as a tourist destination, promote local products and protect the historic and cultural heritage. The cities have completed many revitalisation projects. New tourist trails, bicycle paths and recreational areas have been created. Undoubtedly, the membership in the Cittaslow network has generated many benefits to the cities. This is reflected by the higher degree of the fulfilment of the certification criteria by all cities. This is also confirmed by the results of a diagnostic survey conducted among the mayors of member cities.

Keywords: *Cittaslow network; effects of the membership; certification; recertification*
JEL: O19; O20; O21

1. Introduction

The Polish National Cittaslow Network was established in 2007. Since then, the network has been developing dynamically and today is the second largest Cittaslow network in the world. Nowadays, it associates 31 cities in Poland, of which 22 are in the Warmińsko-Mazurskie Province. The network has two supporting members: the Marshal's Office of the Warmińsko-Mazurskie Province (since 2007) and the District of Olsztyn (since 2019). The network also has the so-called "friend of the Cittaslow", which is the Szynaka Furniture Group (since 2019).

The goal of the Polish National Cittaslow Network is to promote and spread the idea of a good, harmonious life as an alternative to urban rush and progressing globalisation. Activities pursued by the network member cities focus on improving the life conditions for their residents, and on taking care of the history, nature, tradition, and hospitality of the cities. The networked cities give priority to pro-social and environmental measures, promoting and disseminating the culture of good life, while preserving the unique character of each city. Slow cities make efforts to employ innovative ways of organising a city's life, to ensure that the slow pace of life does not conflict with the continuous and thoughtful development. As noted by Mayer & Knox (2006, pp. 321–322), slow cities are places where citizens and local leaders pay attention to local history and utilize the distinct local context to develop in better and more sustainable ways.

By joining the network, cities expect to gain many benefits from their membership in the network, from network cooperation, exchange of experience or collaborative undertakings. The cities hope to achieve an improved quality of life of inhabitants, enhanced attractiveness of city for tourists, shared promotional campaigns, easier sourcing of capital (e.g. for city revitalization), and in the long term to improve the socio-economic development (Farelnik et al., 2017, p. 424). At this stage of the development of the network and cooperation between the member cities, it is difficult to evaluate the long-term effects of cities being in the network. Many cities joined the network a few years ago, and therefore a verifiable improvement of the quality of life has not taken place yet. However, the first benefits of the network's membership are already seen.

Considering the above, the purpose of this study was to evaluate the effects of the membership of cities in the Polish National Cittaslow Network. An attempt was made to identify and assess the first discernible effects of the cities joining the network, and to identify the areas where these effects are most numerous.

The following research methods were employed: analysis of the literature, analysis of secondary data obtained from the Cittaslow Office in the Marshal's Office of the Wamińsko-Mazurskie Province (i.e. reports on the certification and recertification of the cities), diagnostic survey method, and the inductive reasoning method. The time scope covered the years 2007–2019, that is the entire period of the Polish National Cittaslow Network's operation.

The article consists of the following parts: literature review, methods, results and conclusion. The literature review discusses the genesis of the Polish National Cittaslow Network, the membership criteria and expected effects of being a member city. The research methodology section presents the research methods employed to identify to-date effects of the membership of cities in the Polish National Cittaslow Network. The further part of the paper contains a discussion of the research results. The final part contains conclusions as well as suggestions for future research.

2. Literature review

The international Cittaslow movement was started in 1999, in several Italian cities whose mayors founded the Association ‘Cittaslow — International network of cities of the good life’. The Cittaslow movement is based on the philosophy of slowness, which opposes the excessive acceleration of the pace of life in the era of globalization (Ozmen & Can, 2018, p. 91; Roma et al., 2012, p. 28). Cittaslow is a movement that highlights local differences in times of homogeneity (Baldemir et al., 2013, p. 75); is an alternative vision of development, aimed towards preserving the precious local values (Grzelak-Kostulska et al., 2011, p. 191; Pink, 2008, p. 97). It is a concept that promotes a slow and peaceful pace of life and a city development focusing on local diversity (Radstrom, 2011, pp. 90–113; Semmens & Freeman, 2012, pp. 353–375). The slow in Cittaslow concerns the idea of taking the time for quality (Presenza et al., 2015, p. 46); represents a higher quality of life and taking the time to achieve and appreciate this quality (Radstrom, 2011, p. 94). A city which functions according to the slow life concept does not develop more slowly. On the contrary, its development involves constant improvement in the quality of life of its inhabitants as well as a greater appeal of the city itself, which eventually raises its competitiveness (Wierzbicka et al., 2019, p. 123).

The Cittaslow Association currently associates 264 cities from 30 countries (Cittaslow, 2020). A city can join the network if it has a population of no more than 50,000, has committed itself to achieving the network’s objectives and to striving towards improved quality of life in the city. In some cases, larger cities can be accepted, although on principle this is a network of small cities. Cities first join the international network, until the number of member cities in their country reaches the required minimum, which is when they can form a national network.

The Polish National Cittaslow Network was established on 13 April 2007, and is currently the second largest national network in the world. The founding cities were four cities from the Warmińsko-Mazurskie Province: Biskupiec, Bisztynek, Lidzbark Warmiński and Reszel. The supporting member was the Marshal’s Office of the Wamińsko-Mazurskie Province. The goal of the Polish National Cittaslow Network is to promote and spread the idea of a good life for city residents by implementing in cities certain solutions which belong

to the scope of environmental and infrastructural policy, urban space, hospitality, social cohesion and partnership (Cittaslow, 2017b, p. 1). In order to establish a formal network in Poland, an association called “Polish Cittaslow Cities” was founded on 18 March 2015. The association is a legal person and acts as a subject predisposed to acquire funds from external sources for the development and promotion of the entire network.

The Polish National Cittaslow Network now has 31 members, including: 22 cities from the Warmińsko-Mazurskie Province, 2 cities from the Opolskie Province, and one city from each of the following provinces: Pomorskie, Lubelskie, Łódzkie, Mazowieckie, Śląskie, Wielkopolskie and Zachodniopomorskie (Table 1). All the cities in the Polish network are cities with less than 50,000 inhabitants. These cities, however, are diversified in terms of their natural and cultural values as well as socio-economic potential (more: Wierzbicka, 2020, pp. 203–224).

Cities which apply to join the Cittaslow network must go through the certification process, which is a self-assessment process carried out according to strictly defined criteria. They also need to fulfil several formal requirements, for example they have to submit an application form to be admitted to the network, obtain a permit from the Ministry of Foreign Affairs, pass a resolution of the City Council accepting the city’s membership in the Cittaslow network, create an office for the Cittaslow matters, participate in many workshops that prepare the city to undergo the certification process, and pay a single certification fee of 600 euros. Candidate cities are supported at that time by so-called “carer city”, which is already a member of the network.

During the certification process, an applicant city must satisfy at least 50% of the requirements, grouped in 7 macro-areas, such as (Cittaslow, 2017a, pp. 25–27):

- energy and environmental policy;
- infrastructure policies;
- quality of urban life policies;
- agricultural, touristic and artisan policies;
- policies for hospitality, awareness and training;
- social cohesion;
- partnerships.

The certification form contains 72 criteria, both quantitative and qualitative ones, including 31 obligatory parameters and 5 perspective ones (Cittaslow, 2017a, pp. 25–27). Each criterion has a weight and the maximum score that a city is able to achieve within this parameter. According to the Cittaslow (2017b, p. 5), the self-evaluation carried out by an applicant city is verified by the Certification Commission, which consists of representatives of the national network. The fulfilment of the self-assessment obligatory requirements is confirmed by the National Coordinating Committee passing a resolution. This committee also recommends the membership of an applicant city to the International Coor-

dinating Committee, which passes a decision to admit the city to the network. The criteria evaluated within the areas are presented in Table 2.

Having joined the network, a member city is obliged to undertake actions and engage in projects which will enable it to improve the degree to which it satisfies the certification criteria, and especially the one it did not meet before. To verify the city's progress in this regard, it undergoes an assessment procedure, the so-called recertification, every five years. In line with the Cittaslow (2017b, p. 5), the National Coordinating Committee, having verified the submitted recertification report, passes a resolution to make a decision whether the city's membership can be extended.

Being a member of the Cittaslow network put an obligation on the city's authorities to satisfy and constantly improve the quality of life in the 7 areas mentioned earlier. Both the certification process of an applicant city and its later recertification provide a diagnosis of the city and its endogenous potential (Prezenza et al., 2015, p. 56). Moreover, the criteria included in the assessment form condition the direction in which the city will develop (Szczepańska & Pietrzyk, 2018, p. 262). The Cittaslow member cities are obliged to undertake such actions that will enable them to improve or at least maintain the degree to which they satisfy the admission criteria. Many authors highlight that this is the reason why the certification and recertification processes become important attributes of the Cittaslow network, which contribute to the success of the network (see: Knox, 2005; Lee & Yhang, 2008; Lowry & Lee, 2016).

Thus, the membership in the Cittaslow network is a stimulus for a city to undertake some activities, and a signpost indicating the direction in the city's development. It is an opportunity that can considerably alter the city's image. By being members of the network, Cittaslow cities strive towards improved quality of life of their residents, which entails constant development and numerous benefits (Gruszecka-Tieśluk, 2013, s. 389; Ządęcka, 2018a, p. 138). Among the potential effects of a city's access to the Cittaslow network, the following are implicated (Zawadzka, 2017b, p. 137):

- benefits derived from being in the network and cooperating with other member cities;
- determination of directions in sustainable development of a city based on the list of obligatory certification requirements;
- promotional campaigns of a city;
- building the awareness of the city's assets and strengths among its residents,
- co-funding from the EU funds;
- greater revenue from the tourism and hospitality industry.

Farelnik et al. (2017, pp. 421–422) provide a slightly different list of benefits:

- increased satisfaction of residents from living in their cities, with its consequence such as a lower migration scale;
- increased demand for products and services, which will raise the city's investment attractiveness;

- more investment projects, which will provide the residents with new jobs and higher incomes;
- the economic growth and development of a city made possible by the internal demand and investments being stable or growing;
- higher attractiveness of a city as a tourist destination, which will stimulate its further economic growth;
- creating a clear and desirable image of a city, which will additionally improve the city's competitiveness.

Raising the city's brand recognition means that the city is becoming the preferred destination for visitors. The growing number of visitors is expected, which is what the Cittaslow cities desire. A greater number of visitors leads to an increase in sales of local products and, naturally, larger local production. Increased production due to a higher demand leads to higher employment in the region (Ugurlu & Pajo, 2019, p. 178). In the long run, with proper promotion and cooperation, participation in Cittaslow network may provide member cities with a chance to appear on the regional or Europe map (Zawadzka, 2017a, p. 95).

To recapitulate, the benefits from being a member of the Cittaslow network can be gained in different spheres: economic, social, environmental, spatial, organisational, and image-related ones (Scheme 1). Some can manifest in a short time after the accession to the network, others may take several years to appear.

While on the topic of the effects a city's membership in the Cittaslow network brings about, it is important to mention certain negative consequence of joining the network. The ones most often implicated are: the annual fee that a member city must pay, some misunderstanding of the idea of a *slow city*, that is incorrect perceptions of slow cities as skansen, drawback cities or cities where the development is slow. Grzelak-Kostulska et al. (2011, pp. 189–191) add to this the fact that the membership in the network may lead to homogeneity of cities, as all member cities rely on mutually replicated patterns of development. The cited authors underline that some threats can also arise from larger numbers of incoming tourists, encouraged by the improved attractiveness of a city. This can distort the development of a city, has an adverse impact on the natural environment, or saturate the city's centre with tourist traffic, turning it into a commercial product.

3. Methods

The effects of the membership of cities in the Cittaslow network were evaluated by making a comparative analysis of the certification completed before a city could join the network and the recertification conducted in every member city five years after it became a member of the network.

Results of certification and recertification reflect the degree to which a city satisfies the certification criteria, grouped in 7 macro-areas. Passing successfully through the certification procedure means that the city meets the set stand-

ards. Passing successfully the subsequent recertification procedure shows that these standards have been maintained or improved. A comparison of the results of a certification and recertification procedure will allow us to determine whether and to what extent the degree of the fulfilment of the criteria increased, and in which areas the degree of fulfilment was the highest. An improved degree of the fulfilment of these criteria can be interpreted as the improved competitiveness of the cities in the analysed areas. It will therefore serve as some evidence supporting the positive effects achieved by the cities from being members of the Cittaslow network.

To ensure the correctness of the inference, the results of certification and recertification were analysed for 18 member cities which have passed through both this processes. These are the cities that joined the network in 2007–2014 (see Table 1). The degree of the fulfilment of the certification and recertification criteria were presented in total and divided into individual macro-areas. The indicator of fulfilment was calculated as an arithmetic mean of the results achieved by individual cities.

To identify effects achieved by Polish cities owing to their membership in the Cittaslow network, a diagnostic survey was conducted using a standardized survey questionnaire. The survey was addressed to mayors of 31 member cities of the Polish National Cittaslow Network. The survey questionnaire contained closed and semi-open questions, regarding the effects of the city's membership in the network, including negative effects. The survey was carried out in May 2020. Surveys were returned from all member cities of the network.

The author is aware that a comprehensive assessment of the effects of city membership in the network requires their recognition not only from the point of view of city authorities, but also from the point of view of its other stakeholders, for example residents and entrepreneurs. The author is also aware that some of the effects that occurred in the cities during the first 5 years of their membership in the network may have been the result of the impact of other factors, including actions taken in the cities before their formal accession to the network. Therefore, in order to confirm whether membership in the Cittaslow network has improved the competitiveness of cities in the analyzed macro areas, the study should cover a control group of cities. To ensure the greatest possible comparability of data, the control group should include the same number of cities with similar characteristics in terms of the number of inhabitants, socio-economic potential, or tourist potential. The author plans to conduct this type of research in the future.

Considering the above, this study should be treated as a pilot study in which the first effects of city membership in the Polish Cittaslow network were identified.

4. Results

The performed analysis justifies the conclusion that the degree of the fulfilment of the recertification requirements, assessed after 5 years of the network's membership, was higher than the extent to which these cities met the certification criteria, as evaluated during their admission process (Table 3). This means that in the first five years of their membership in the Cittaslow network the cities were able to implement many activities and investments in the areas submitted to the evaluation and improved their competitiveness. It is therefore allowed to state that they were able to achieve the first effects of their membership in the network in a rather short time.

Significantly, the extent to which certification and recertification requirements were satisfied was quite varied in the seven tested macro-areas. During the certification process, the cities attained the highest scores in the areas: Energy and environmental policy and Infrastructure policies. The lowest score was earned in the area Partnerships. During recertification, the highest score was achieved in the area Policies for hospitality, awareness and training (as high as 87%). In the same area, the cities reached the higher increase in the fulfilment of the criteria, by as much as 19 percentage points. This means that during the first five years of being in the network the cities implemented most activities in this area. Examples of the measures taken are numerous trainings dealing with the subject of Cittaslow movement, creating slow tourist trails and implementing high hospitality standards, especially in businesses operating in this branch of entrepreneurship, promoting active lifestyle among residents and many pro-health initiatives. The activities pursued in this area also include the participation of member cities in numerous Cittaslow promotional campaigns (festivals, workshops), which resulted in the stronger collaboration within the network, exchange of know-how, ideas and examples of good practice.

Significant progress in the fulfilment of criteria was also made in the area Partnerships (better by as many as 11 percentage points). The cities became engaged in many activities the aim of which was to promote the idea of Cittaslow and Slow Food movement. Many decided to promote healthy lifestyle and to protect culinary traditions. Many cities have started cooperation with different organisations promoting natural and traditional food. As a result, numerous producers of local food products and restaurants have joined, for example, the Network of Culinary Heritage of Warmia, Mazury and Powiśle. This way, the cities have secured an efficient instrument to promote themselves, to activate tourism and to shape their good image. By taking all such steps, the cities improve their appeal as a tourist destination. Importantly, despite the changes that have occurred in the cities in this area, it remains an area where the Cittaslow member cities have most to improve. The degree to which the criteria connected with the Partnership area reached just 49% during the recertification process.

The situation looks similar in the area called Social cohesion. Although it improved slightly after five years of being in the network, the average degree of the fulfilment of this set of criteria remains low, at just 50%. The cities have much to do to tackle the problem of poverty, better the situation of children, young people, the disabled or to integrate and activate the residents. Specific solutions must be designed to provide residents with suitable council housing. While it is possible to observe some changes in the attitudes among local populations, such as stronger local identity, many people still do not understand fully the notion of Cittaslow, which is why they do not identify with it and are unwilling to become involved in the local social life.

A considerable increase in the degree of the fulfilment of the certification criteria was achieved by the cities in the area denoted as Agricultural, touristic and artisan policies (by as many as 10 percentage points). This is the outcome of the efforts undertaken to support organic farming, to enhance the value of rural areas, to encourage local cultural events, or to broaden the offer of the local hospitality and catering business.

To sum up, as early as in the first years of their membership in the Cittaslow network the cities were able to accomplish many activities the aim of which was to promote the appeal of these cities and their local products in the eyes of visitors, to raise the pro-ecological awareness of their inhabitants, and to promote an active style of life. The cities have successfully completed many projects concerning the water and wastewater management, sorting out of municipal waste, or urban restoration. New bicycle paths, pavements and sites for recreational activities have been built. It is obvious that being a member of the Cittaslow network has benefited these cities. This is reflected in the way the certification and recertification criteria were satisfied by all the analysed cities.

The fact of achieving positive effects of the membership in the network is also confirmed by the results of the diagnostic survey. The research shows that it was only in 1 of the 31 cities that no significant effects attributable to its membership in the Cittaslow network were noticed. In other cities, such benefits are noticed to a greater or lesser extent. Importantly, as many as 29 out of 31 representatives of the examined cities positively assessed the impact of the effects of membership in the Cittaslow network on improving the quality of life in the city (Table 4). As many as 25 out of 31 respondents positively assessed the impact of the achieved effects on the development of the city.

Respondents were also inquired if they noticed any negative effects of their city being a member of the Cittaslow network. As many as 26 representatives of cities replied that they did not observe any negative effects arising from being a member of the network (Table 5). Four admitted that the membership fee a city is obliged to pay annually is a problem. Just one respondent indicated that due to its membership in the Cittaslow network the city might be perceived as a backward one, a skansen-like, with a slow pace of economic development.

5. Conclusion

The *slow city* development model is an alternative model of the development of cities, focused on sustainable development, based on local resources. This is the concept of development where the aims are to improve the standard of living for the local community, to protect the natural environment and to preserve the cultural heritage. This is the idea of promoting a quiet pace of life, ‘a good life’, but inclusive of the constant and thoughtful development concentrated on maintaining the unique character of every city.

Although the implementation of the *slow city* model in Poland started only a few years ago, the idea has quickly found many proponents, especially in cities situated in Warmia and Mazury. As suggested by Skalski (2013, pp. 130–131), a member of the International Cittaslow Scientific Committee, cities in Warmia and Mazury were the first in Poland to recognise benefits to be gained over 10 to 15 years of work dedicated to the improvement of endogenous values and to the employment of the potential created by a city’s history and the capabilities of its residents.

Membership in the Cittaslow network is perceived by a city as an opportunity to develop and to improve the quality of life for the local population. Cities hope to gain benefits in various spheres: economic, social, environmental, spatial, and organisational and public relations ones. Cities readily become involved in activities planned in line with the assumptions of the *slow city* model and objectives of the Cittaslow association. They put forth various initiatives for the sake of environmental protection, growth of tourism, public space development, education, or social integration. They are also engaged in cooperation within the network and cooperative promotional campaigns. They participate in national and international conventions of member cities, where they can share examples of good practice in urban management. Significantly, being a member of the Cittaslow network is a stimulus for a city to act, and an indicator of the direction to follow. It obliges a city to satisfy and constantly improve the requirements concerning improved quality of life in 7 macro-areas submitted to evaluation. The member cities must therefore focus their development policies on the growth in these areas. Should a city fail to fulfil the mandatory requirements, its membership in the Cittaslow network would not be extended.

The study reported above shows that as early as the first five years in the network, the member cities were able to complete many activities in the areas submitted to evaluation and improved their competitiveness in these spheres. This is confirmed by the fact that the degree of the fulfilment of recertification requirements, assessed after five years of being a member city, was higher than the degree of the fulfilment of the certification criteria that the city had to satisfy in order to join the network. Also, the opinion of mayors of cities shows that the first positive effects of membership in the network are already visible.

However, further studies are necessary to be able to say that the quality of life of residents in slow cities has improved verifiably. What we need are analyses

of basic macroeconomic indicators, such as describing the unemployment rate in a city or the city's infrastructure. It is also crucial to conduct representative surveys among the residents, including entrepreneurs active in these cities. Although there have been examples of such studies, until now they have only covered few cities and small populations (see: Batyk & Woźniak, 2019, p. 60).

To sum up, the first years of membership of the cities in the Cittaslow network were a period in which they achieved many benefits. Some of them are undoubtedly a direct result of membership in the network. However, in order to confirm this, in-depth research in this field is needed.

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Appendix

Table 1.
Member cities of the Polish National Cittaslow Network

Year of admission	City	Province	Type of municipality*	Total population**	
2007	Biskupiec	Warmińsko-Mazurskie	r-u	10,602	
	Bisztynek	Warmińsko-Mazurskie	r-u	2,365	
	Lidzbark Warmiński	Warmińsko-Mazurskie	u	15,820	
	Reszel	Warmińsko-Mazurskie	r-u	4,571	
2010	Murowana Goślina	Wielkopolskie	r-u	10,396	
	Nowe Miasto Lubawskie	Warmińsko-Mazurskie	u	10,925	
2012	Lubawa	Warmińsko-Mazurskie	u	10,381	
	Olsztynek	Warmińsko-Mazurskie	r-u	7,581	
	Ryn	Warmińsko-Mazurskie	r-u	2,851	
2013	Barczewo	Warmińsko-Mazurskie	r-u	7,535	
	Dobre Miasto	Warmińsko-Mazurskie	r-u	10,239	
	Goldap	Warmińsko-Mazurskie	r-u	13,735	
	Górowo Iławeckie	Warmińsko-Mazurskie	u	3,974	
2014	Kalety	Śląskie	u	8,626	
	Nidzica	Warmińsko-Mazurskie	r-u	13,820	
	Nowy Dwór Gdański	Pomorskie	r-u	9,917	
	Pasym	Warmińsko-Mazurskie	r-u	2,517	
	Rejowiec Fabryczny	Lubelskie	u	4,417	
	2015	Bartoszyce	Warmińsko-Mazurskie	u	23,609
2015	Działdowo	Warmińsko-Mazurskie	u	21,275	
	Lidzbark	Warmińsko-Mazurskie	r-u	7,817	
	Orneta	Warmińsko-Mazurskie	r-u	8,817	
	Prudnik	Opolskie	r-u	21,138	
	2016	Głubczyce	Opolskie	r-u	12,596
2016	Jeziorany	Warmińsko-Mazurskie	r-u	3,225	
	Sępól	Warmińsko-Mazurskie	r-u	1,964	
	2017	Rzgów	Łódzkie	r-u	3,401
2017	Sianów	Zachodniopomorskie	r-u	6,664	
	2019	Braniewo	Warmińsko-Mazurskie	u	17,071
	Sierpc	Mazowieckie	u	18,014	
2019	Wydminy	Warmińsko-Mazurskie	r	6,304	

Notes:

* a city in a rural-urban municipality (r-u), an urban municipality (u), a rural municipality (r).

** date from 31 December 2018.

Source: Own preparation based on Local Data Bank (2020).



Table 2.
Criteria applied to evaluate cities which apply to join the Cittaslow network

Area	Requirement
energy and environmental policy 12 requirement	<ul style="list-style-type: none"> – air quality conservation* – water quality conservation* – drinking water consumption of residents – urban solid separate waste collection* – industrial and domestic composting – purification of sewage disposal* – energy saving in buildings and public systems – public energy production from renewable sources – reduction of visual pollution, traffic noise – reduction of public light pollution* – electrical energy consumption of resident families – conservation of biodiversity
infrastructure policies 9 requirement	<ul style="list-style-type: none"> – efficient cycle paths connected to public buildings – length of the urban cycle paths over the total of kms of urban roads* – bicycle parking in interchange zones – planning of ecomobility as an alternative to private cars* – removal of architectural barriers* – initiatives for family life and pregnant women* – verified accessibility to medical services – ‘sustainable’ distribution of merchandise in urban centres – percentage of residents that commutes daily to work in another town*
quality of urban life policies 17 requirement	<ul style="list-style-type: none"> – planning for urban resilience – interventions of recovery and increasing the value of civic centres (street furniture, tourist signs, urban landscape mitigation conservation)* – recovery/creation of social green areas with productive plants and/or fruit trees – urban livableness (*house-work, nursery, company hours etc.) – requalification and reuse of marginal areas* – use of itc in the development of interactive services for citizens and tourists* – service desk for sustainable architecture (bioarchitecture etc.)* – cable network city (fiber optics, wireless)* – monitoring and reduction of pollutants (noise, electrical systems etc.)* – development of telecommuting – promotion of private sustainable urban planning – promotion of social infrastructure – promotion of public sustainable urban planning* – recovery/creation of productive green areas with productive plants and/or of fruit within the urban perimeter – creation of spaces for the commercialization of local products* – protection /increasing value of workshops — creation of natural shopping centres* – meter cubes of cement (net infrastructures) in green urban areas



Area	Requirement
agricultural, touristic and artisan policies 10 requirement	<ul style="list-style-type: none"> – development of agro-ecology – protection of handmade and labelled artisan production* – increasing the value of working techniques and traditional crafts* – increasing the value of rural areas (greater accessibility to resident services)* – use of local products, if possible organic, in communal public restaurants (school canteens etc.)* – education of flavours and promoting the use of local products, if possible organic in the catering industry and private consumption* – conservation and increasing the value of local cultural events* – additional hotel capacity* – prohibiting the use of GMO in agriculture – new ideas for enforcing plans concerning land settlements previously used for agriculture
policies for hospitality, awareness and training 10 requirement	<ul style="list-style-type: none"> – good welcome (training of people, signs, suitable infrastructure)* – increasing awareness of operators and traders* – availability of 'slow' itineraries (printed, web etc.) – adoption of active techniques suitable for launching bottom-up processes in the more important administrative decisions – permanent training of trainers and /or administrators and employees on Cittaslow slow themes – health education (battle against obesity, diabetes etc.) – systematic and permanence information for the citizens regarding the meaning of Cittaslow* – active presence of associations operating with the administration on Cittaslow themes – support for Cittaslow campaigns* – insertion/use of Cittaslow logo on headed paper and website*
social cohesion 11 requirement	<ul style="list-style-type: none"> – minorities discriminated – enclave / neighbours – integration of disable people – children care – youth condition – poverty – community association – multicultural integration – political participation – public housing – the existence of youth activity areas, and a youth centre
partnerships 3 requirement	<ul style="list-style-type: none"> – support for Cittaslow campaigns and activity – collaboration with other organizations promoting natural and traditional food – support for twinning projects and cooperation for the development of developing countries covering also the spread philosophies of Cittaslow

Notes:

* obligatory requirement.

Source: Cittaslow (2017a, pp. 25–27).



Table 3.
Degree of the fulfilment of certification and recertification criteria by the network member cities

Assessment area	Degree of fulfilment of criteria (in %)		Change in the degree of the fulfilment of criteria (in percentage points)
	during the certification process	during the recertification process	
energy and environmental policy	75	75	0
infrastructure policies	75	77	2
quality of urban life policies	64	71	7
agricultural, touristic and artisan policies	64	74	10
policies for hospitality, awareness and training	68	87	19
social cohesion	46	50	4
partnerships	38	49	11
all areas in total	63	68	5

Source: Own preparation based on certification and recertification forms of the cities, made available by the Cittaslow Office.

Table 4.
Impacts of the effects of the membership in the Cittaslow network achieved to date on the quality of life and development of a city

Impact on the quality of life in a city	Number of indications	Percentage of cities (%)	Impact on the development of a city	Number of indications	Percentage of cities (%)
positive	29	93.5	positive	25	80.6
negative	0	0.0	negative	0	0.0
no impact	2	6.5	no impact	6	19.4

Source: Own preparation based on the diagnostic survey.

Table 5.
Negative effects of a city's membership in the Cittaslow network

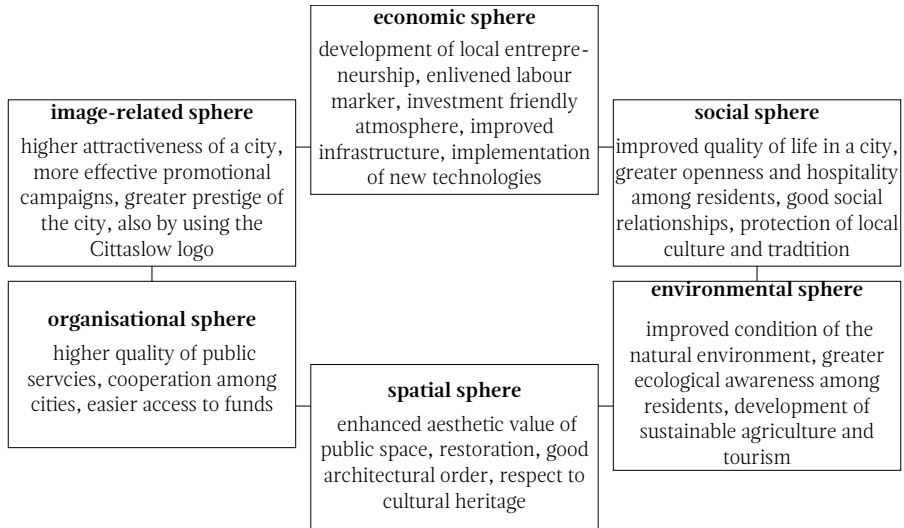
Negative effects	Number of indications	Percentage of cities (%)
no negative effects	26	83.9
mandatory annual membership fee	4	12.9
identifying the city with the skansen	1	3.2
nuisance resulting from the greater number of tourists	0	0.0
other	0	0.0

Source: Own preparation based on the diagnostic survey.



Scheme 1.

Spheres in which benefits from being a member city of the Cittaslow network are gained



Source: Own preparation based on Mierzejewska (2004, p. 120), Zadęcka (2018b, pp. 95–96).