



***Special Session (SS08) on:***  
***Reimagining Rural Futures: Conservation and Regeneration***  
***through the Torrão LAB Project***

**Organizers:**

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**DaST - Design a Sustainable Tomorrow**

**The aim and scope:**

This special session will present the conservation and regeneration efforts of the Torrão LAB project, a living laboratory for sustainability focused on Torrão. With its 2025 activities centred on four key conservation areas—Water and Soil Conservation, Religious Heritage, Village Revitalisation, and Carbon Metrics and Biodiversity Conservation—the session will explore how these efforts aim to establish a model for sustainable post-growth economies. By involving the local community, universities, and NGOs, Torrão LAB promotes holistic solutions blending ecological restoration, cultural preservation, and community empowerment, studying a replicable model for revitalizing depopulated rural regions.

**SUBMIT ABSTRACT**