

## *Slow Journalism, or the Journalistic School of Mindfulness*

### **Abstract:**

The main purpose of this article is to discuss the concept of slow journalism, currently functioning as an alternative to media discourse based on the speed and immediacy of the news. Research shows that slow journalism is not only a trend, but also a real response to the dominance of the so-called 'fast news', mostly present in electronic media. It has been pointed out that slow journalism is developing in Poland as well as in the world mainly due to the popularity of reportage and other longer journalistic forms (column, essay). The concept requires special attention of both the reporter preparing the material and the reader interested in longer journalistic forms.

**Keywords:** slow journalism, reportage, mindfulness, Paul Salopek, non-fiction.