

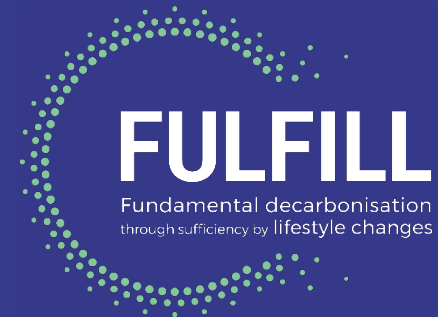
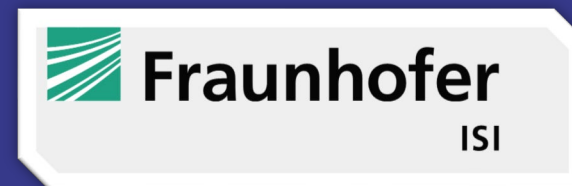


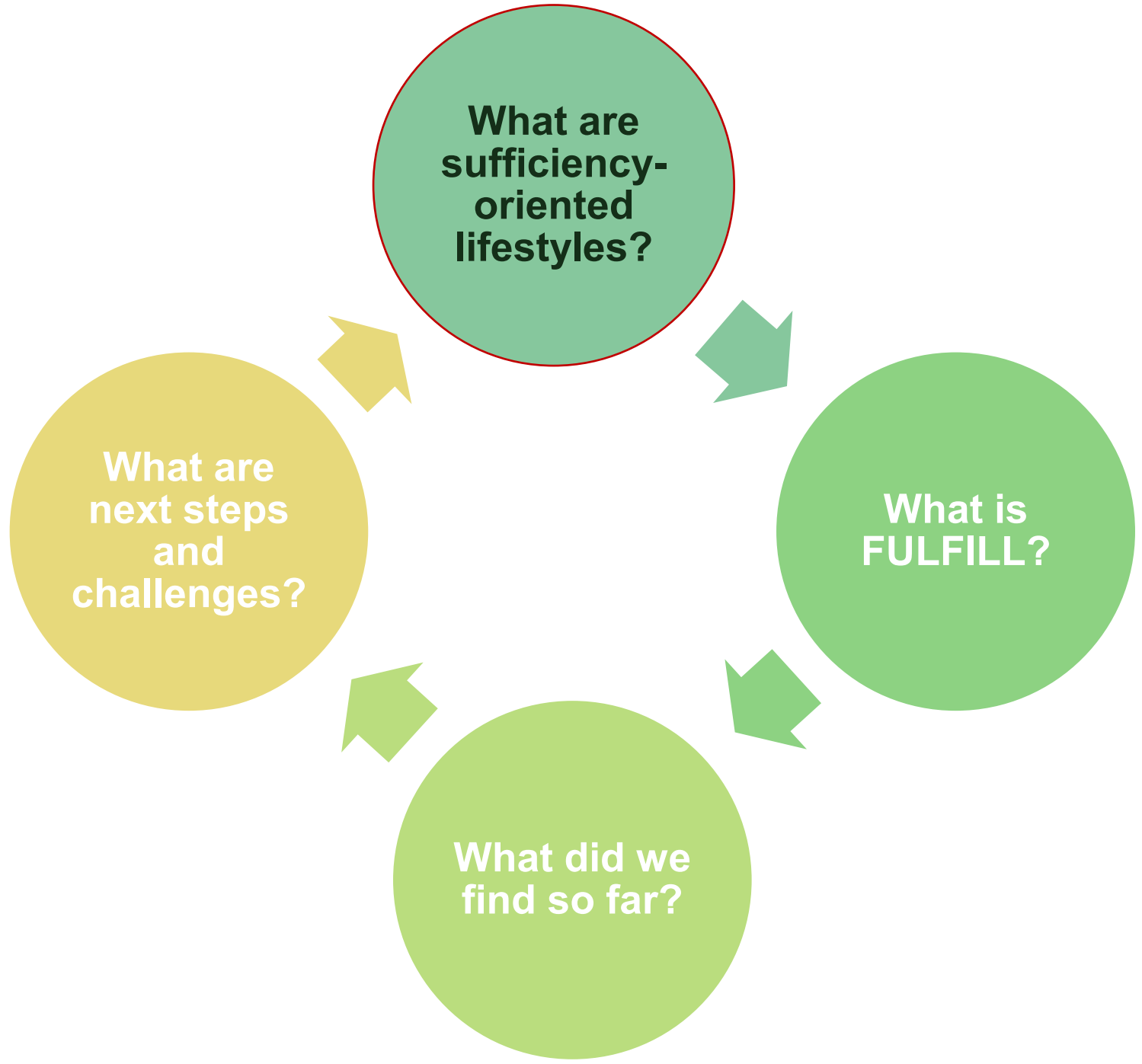
SIDE EVENT: 9 Dec. 2023, 15.00-16.30, Dubai. Blue Zone, B6 SE #7, #85 & ONLINE
Organised by INFORSE, Fraunhofer ISI, négaWatt, SE
Sustainable Lifestyles, Sufficiency Supporting Just Climate Action, Stronger NDCs

European Research in Sufficiency - Sufficiency-oriented lifestyles across Europe

Introduction to the FULFILL project, Results of Surveys

Dr. Vicki Duscha,
Fraunhofer ISI, Germany





**What are
sufficiency-
oriented
lifestyles?**

**What are
next steps
and
challenges?**

**What is
FULFILL?**

**What did we
find so far?**

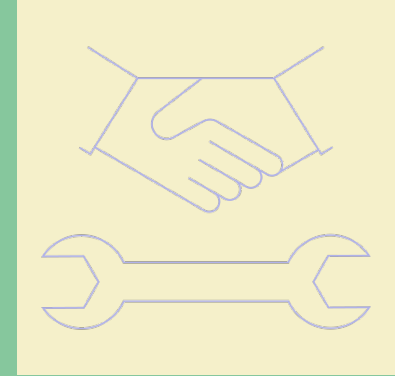
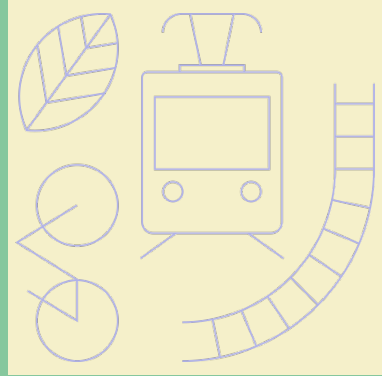


Sufficiency-oriented lifestyles

Creating the **social, infrastructural, and regulatory conditions** for changing **individual and collective lifestyles** in a way that reduces energy demand and greenhouse gas emissions to an extent that they are **within planetary boundaries**, and simultaneously contributes to **societal well-being**.



Photo by [K8](#) on [Unsplash](#)



And specifically?

- Travel less** and have fun in your hometown
- Less motorized transport** and happy cycling
- Smaller homes** and less stress with cleaning
- Great healthy **plant-based food**
- Low-tech lifestyles**



Sufficiency as overarching principle



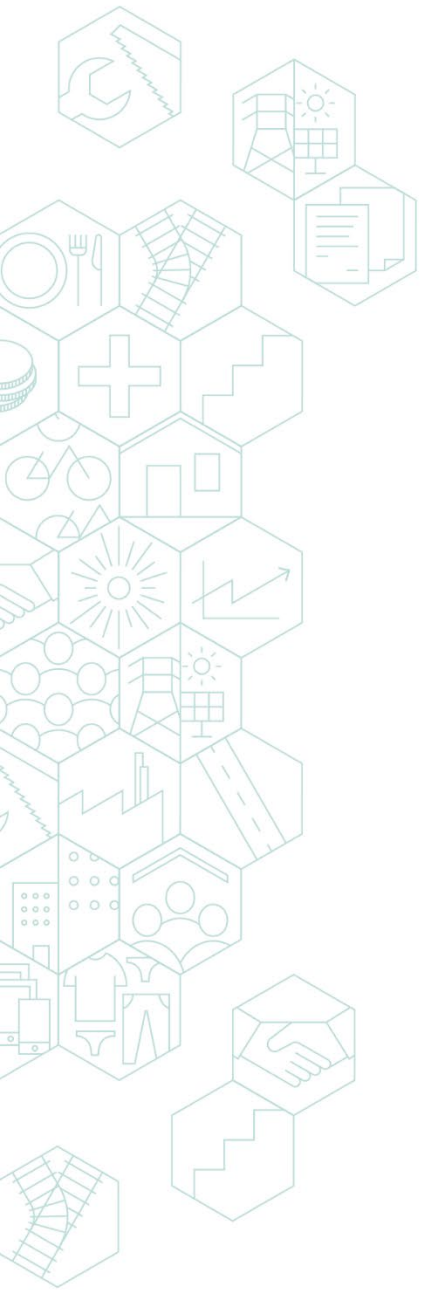
**Sufficiency
habits**

**Sufficiency
infra-
structures**

**Sufficiency
societal
framework**

...enables (structural) change but also needs enabling structures

- On the **individual micro level**, this should partially be visible in **individual reduction-oriented behaviours** (e.g., no car usage and higher usage of public transport)
- **resulting in a low overall carbon footprint**
- and, thus, also in **people's values and attitudes** (embracing lower consumption) and keeping their **well-being**
- On a **meso and macro level** sufficiency-oriented lifestyles mean
 - the **provision of infrastructures**, that enable individuals to choose options that follow the principles of sufficiency (e.g. accessibility to services without a car for all)
 - or the organisation of local communities (e.g. community gardening projects providing citizens with the opportunity to grow the ingredients for a healthy vegetarian diet)
 - **legislation and policies** (i.e., prescribing to provide space for bikes or line-drying in buildings) are highly relevant in order to let people live more sufficiency oriented.



What are next steps and challenges?

What are sufficiency-oriented lifestyles?

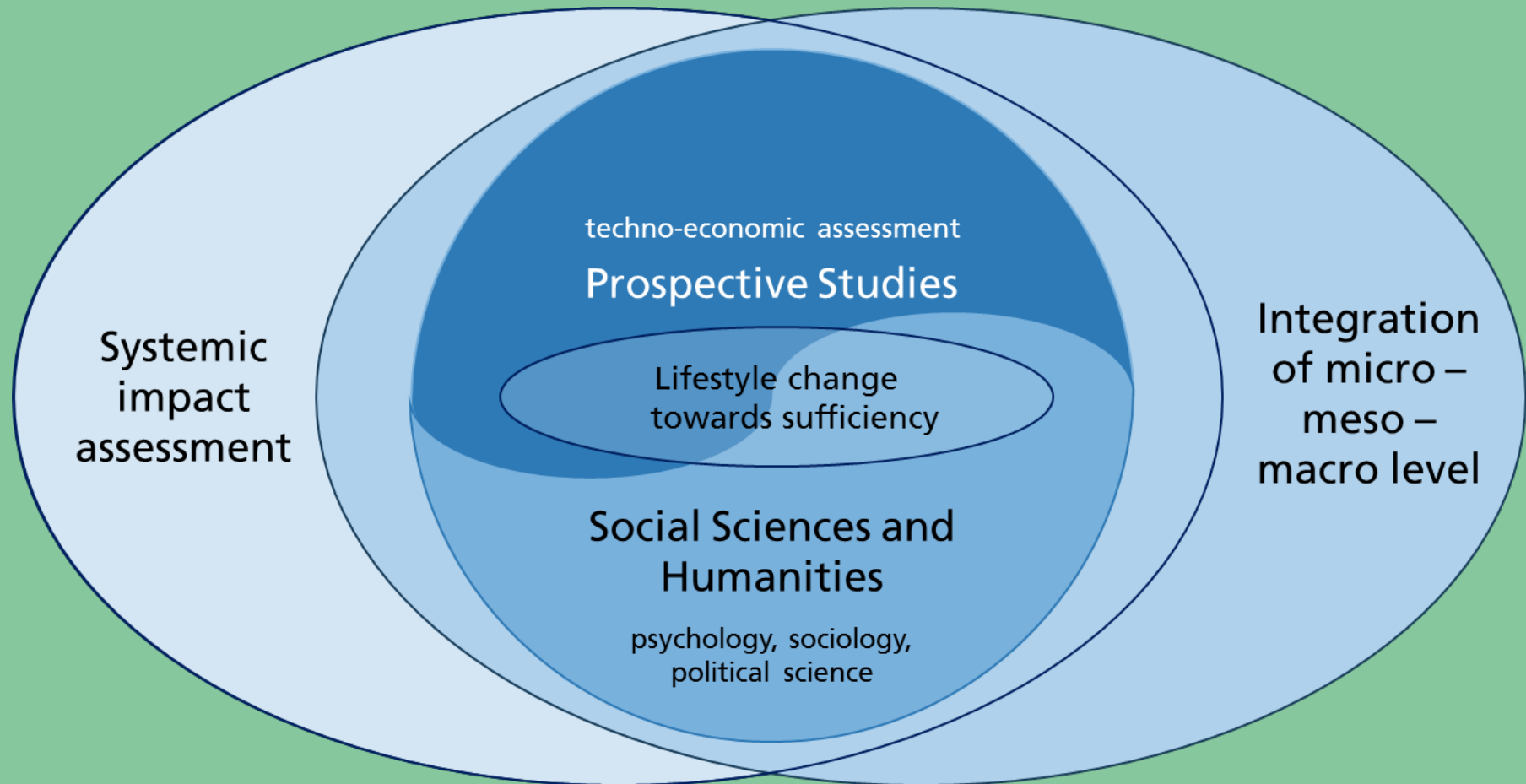
What is FULFILL?

What did we find so far?



FULFILL - Fundamental Decarbonisation Through Sufficiency By Lifestyle Changes: Approach

The main objective of FULFILL is **to analyse lifestyle changes** as part of European decarbonisation pathways that lead to the fulfilment of the Paris Agreement goals by critically evaluating the concept of **sufficiency as a guiding principle**



FULFILL

Fundamental decarbonisation
through sufficiency by lifestyle changes



FULFILL Project: A trans- and interdisciplinary consortium

uniting academia,
applied research, NGOs
and think tanks

empirical research in
six European
countries and India

running from Oct
2021 to Sept 2024

1	Fraunhofer Institute of Systems and Innovation Research (Fraunhofer ISI)	FH ISI	DE	
2	Wuppertal Institut für Klima, WI DE Umwelt, Energie GMBH	WI	DE	
3	Accademia Europea di Bolzano	EURAC	IT	
4	Notre Europe - Institut Jacques JDI FR Delors	JDI	FR	
5	Association négaWatt	NW	FR	
6	Politecnico di Milano	POLIMI	IT	
7	International Network for Sustainable Energy-Europe	INFORSE	DK	
8	Zala Briviba Biedriba SA	ZB	LV	



Funded by
the European Union

Project Funded by the Horizon 2020
Research & Innovation Programme
of the European Union

FULFILL

Fundamental decarbonisation
through sufficiency by lifestyle changes

Project Structure I

1 Building the basis

Create scientific basis for the project



We review the literature on sufficiency and develop a definition of indicators for sufficiency



2 Empirical In-depth analysis

In-depth analysis of decarbonisation pathways by sufficiency lifestyles by a mixed method approach (qualitative-quantitative) combining multiple perspectives from Social Science and Humanities (SSH)

We analyse empirically sufficiency on the

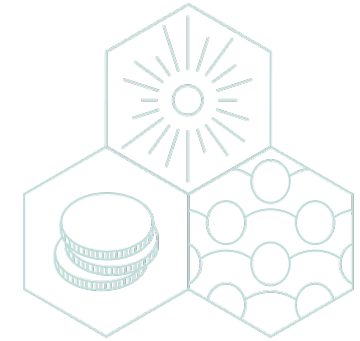
micro level
individuals and households

meso level
municipalities and communities

macro level
national and European



3 Which effects can be expected if sufficiency lifestyles are adopted across Europe?



Evaluation of impacts on climate, economy and society through macroeconomic models



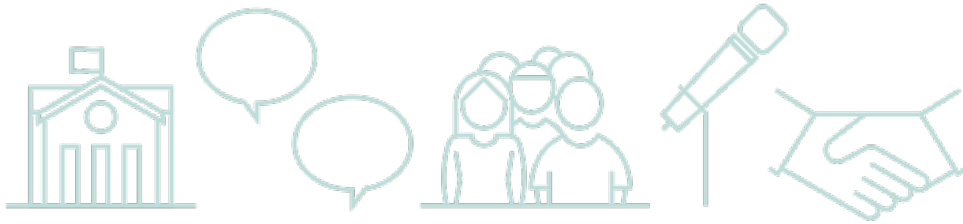
FULFILL

Fundamental decarbonisation
through sufficiency by lifestyle changes

Project Structure II

4 Uptake of results

How can the EU foster sufficiency lifestyles?



We will discuss with citizens, politicians, businesses and employees of the EU commission which policy recommendations are most favourable

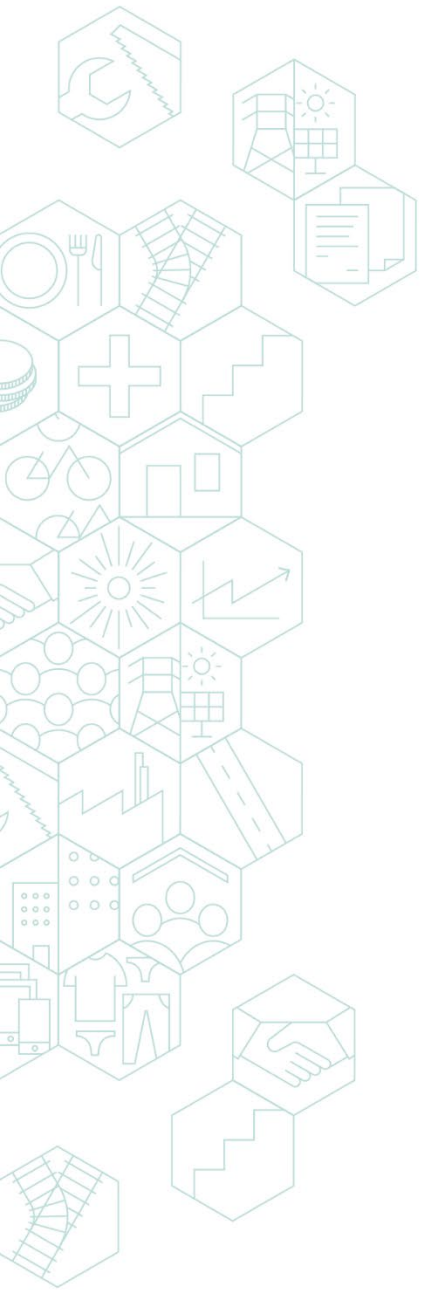


5 Communication



We will inform Europeans through website, social media and press articles about sufficiency and its potentials





What are next steps and challenges?

What are sufficiency-oriented lifestyles?

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Carbon footprint calculations

Space and hot water heating



fuel source, energy consumption, energy costs and/or building characteristics



Electricity



electricity consumption in kWh or electricity costs; „Green“ electricity considered to have no emissions; Electricity produced via PV deducted



Motorised transport



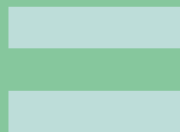
distance travelled and fuel source for transport by car and motorbike



Nutrition

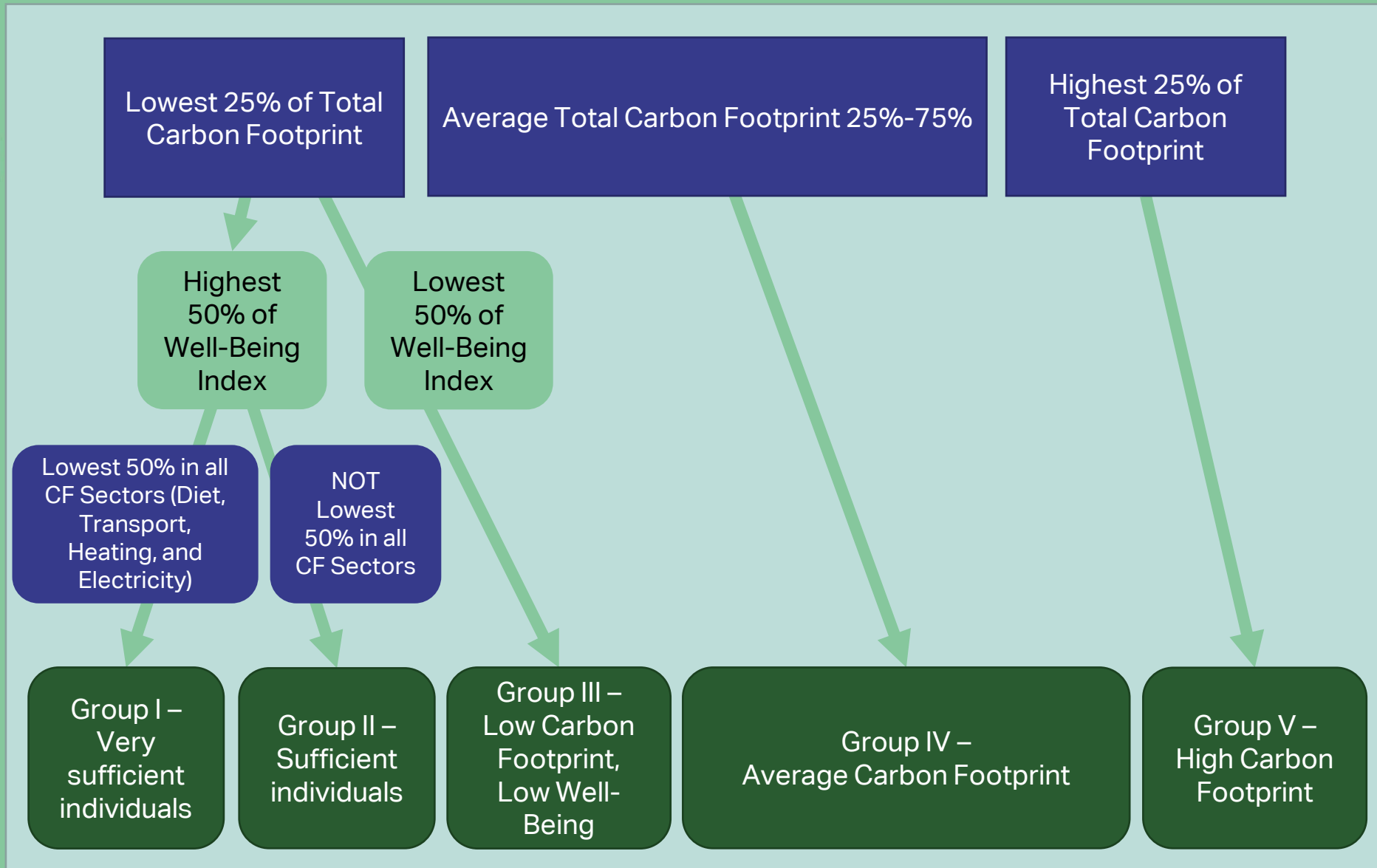


main diet type (vegan, vegetarian, flexitarian, mixed, high meat) and whether food purchased is seasonal and/or regional



Total carbon footprint
(CO₂-equivalent in kg per capita per year)

Sufficiency group identification method



Sufficiency-oriented lifestyles in the survey

Very sufficient
3-4% per country

Very low in emissions in all behavioural domains and high in well-being

Female, higher income, supporting sufficiency-oriented lifestyles and environmental identity

Partly sufficient
8-9% per country

Very low in emissions in some behavioural domains and below average overall as well as high in well-being

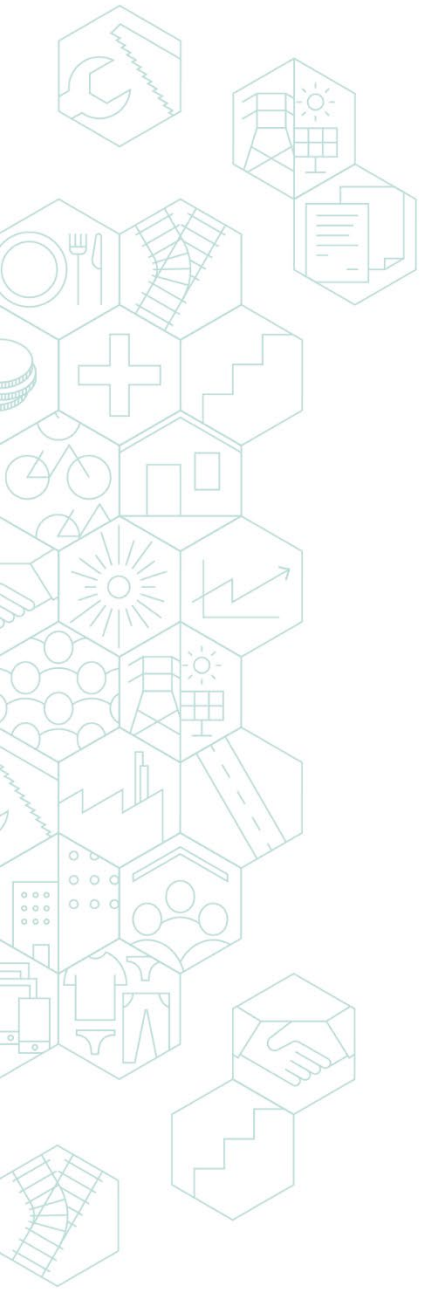
Eco-friendly, support for environmental policies

Deprived
12-14% per country

Very low in emissions in all domains and low in well-being

More often female, low income, not working full-time

Side note:
we find low well-being and social deprivation also with high footprints



What are next steps and challenges?

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A decorative graphic on the left side of the slide consists of a cluster of hexagons. Each hexagon contains a simple line-art icon representing various aspects of sustainability and daily life, such as a house, a sun, a bicycle, a leaf, a person, a gear, and a document. The hexagons are arranged in a roughly triangular shape, pointing downwards.

What's next?

- Second wave of survey
 - studying the willingness to support policy instruments such as smaller houses or higher meat prices
 - longitudinal sample to study stability of sufficiency oriented lifestyles
- Analysis of policy instruments in the countries
- Starting the upscaling as input to the macro-models
- Starting the impact assessment
- Continuing the citizen involvement and dissemination



Let's keep in touch!



FULFILL

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through sufficiency by lifestyle changes

@FULFILLeu



www. fulfill-sufficiency.eu

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