



UNFCCC SB60 - BONN, GERMANY

SIDE EVENT : INFORSE - FRAUNHOFER - NEGAWATT - SE



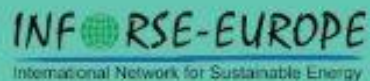
Sat. 8 June, 2024 - 11:45 - 13:00, Room Berlin



Decarbonisation through sufficiency lifestyle: How much? How to support? 100% renewables



Founded by the European Union



UNFCCC SB60 Side Event, Bonn, Germany - 8th June 2024

Decarbonisation through sufficiency lifestyle:
How much? How to support? 100% renewables



Fundamental decarbonisation through
sufficiency by lifestyle changes

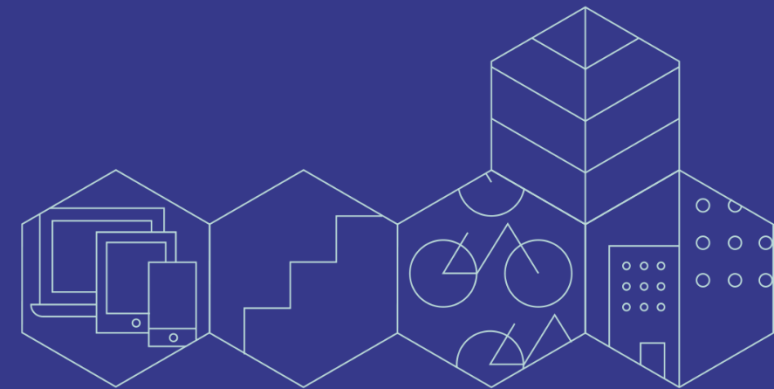


Decarbonisation through sufficiency lifestyle:
How much? How to support?

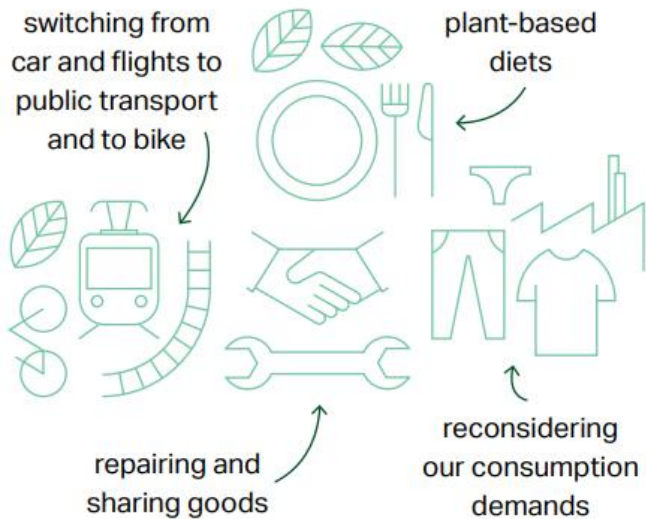
Sufficiency in our Society – Research Results

Elisabeth Dütschke, Fraunhofer ISI

UNFCCC – SB60 Side Event, Bonn, Germany
8th June 2024



Sufficiency means for example:



Who and what is FULFILL?



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

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



The FULFILL project has received funding from the European Union's Horizon 2020 research and innovation programme.

European citizens and sufficiency - studying their views

Who is living
sufficiently in
Europe today?

What are everyday
experiences with
sufficiency?

What does society
want from policy
makers?



9500
surveyed on
lifestyles



160
interviewed
on daily life
and
sufficiency



45 initiatives
studied



85
participants
in citizen
workshops



9900
surveyed on
policy
measures

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**.



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**.



see [FULFILL Deliverable D2.3](#)



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

European citizens and sufficiency - everyday experience

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

Time availability

Income and affluence

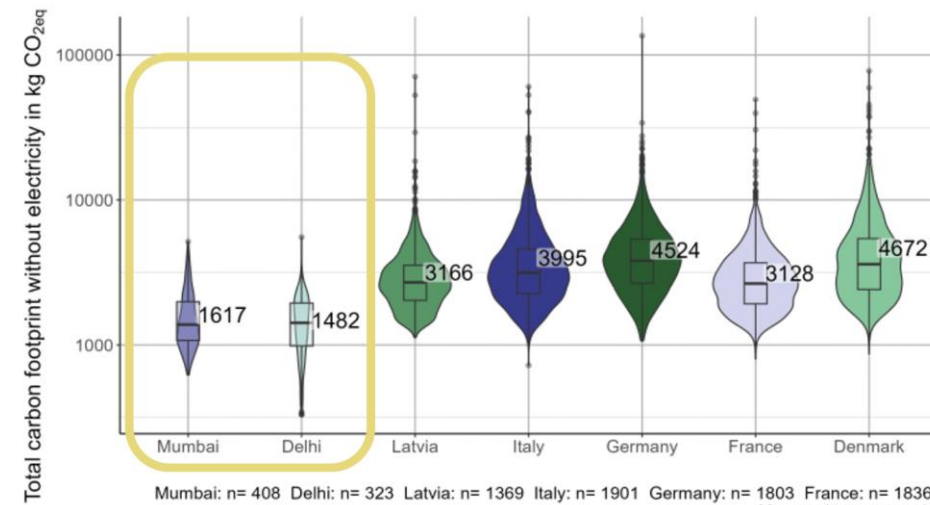
Well-being as consequence and motivator

Sufficiency as a side-effect in joining initiatives and unknown as a concept

Potential threat for low income people

Sufficiency in India

1000 plus 1000 citizens surveyed in Delhi and Mumbai
3 initiatives studied



Mumbai: n= 408 Delhi: n= 323 Latvia: n= 1369 Italy: n= 1901 Germany: n= 1803 France: n= 1836
Mean written on graph.
Violin plots are a variation of kernel density plots.
Total carbon footprint includes space heating, transport (without aviation), diet, and cooling.

Very sufficient

3-4% per EU country

1 and 7 % in Delhi and Mumbai

Mumbai: more women

Partly sufficient

8-9% per EU-country

1 and 5 % in Delhi and Mumbai

Mumbai: more women
Delhi: older and higher environmental identity and sufficiency orientation

Deprived

12-14% per EU country

12 and 23 % in Delhi and Mumbai

More often female, older, not employed full-time, many indicators of deprivation

Large differences between cities

Lower footprints and deprivation

but more support for sufficiency policies!

European citizens and sufficiency - initiatives

*"I always say that participating to this initiative gives me a lot of energy".
(Woman, 47, Italy, reduced consumption)*

*Living in a tiny house allows me to be less a slave to work."
(Woman, 25, France, tiny house)*

- Initiatives as motivators and enabler for those engaged

- But at odds with current systems

- Potential resource for times of crises

- Need of formal support, resources, legitimacy

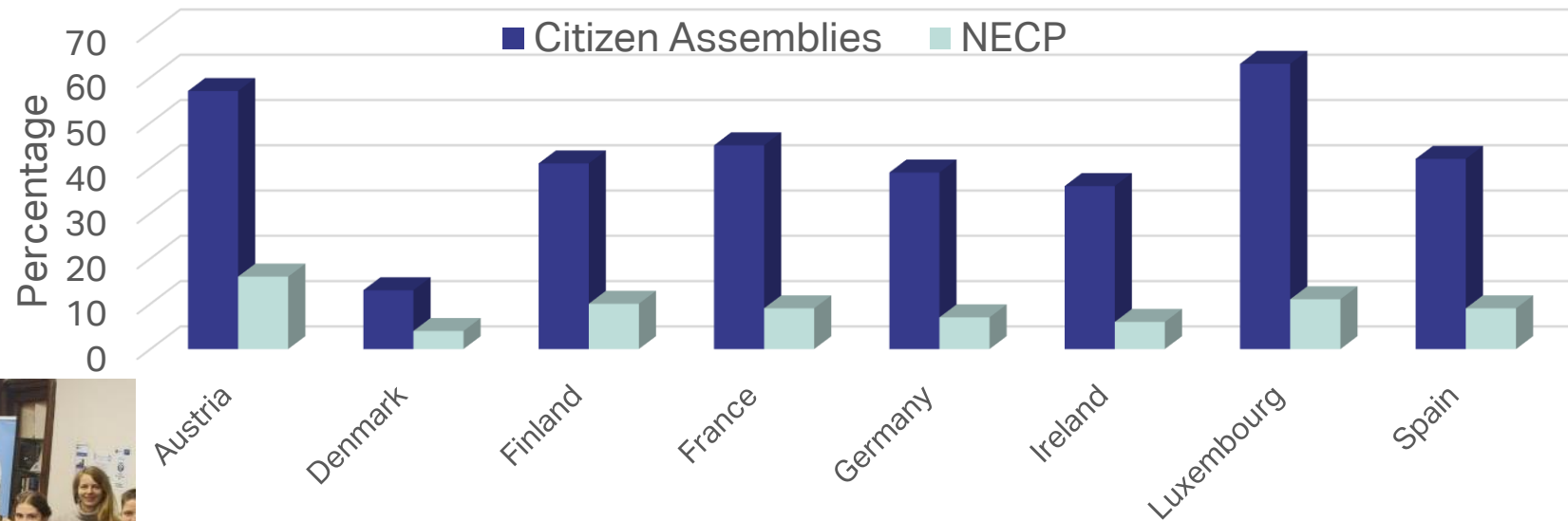
see [FULFILL Deliverables from WP4](#)



European citizens and sufficiency - policy preferences

Engaged citizens
suggest sufficiency

Share of sufficiency measures

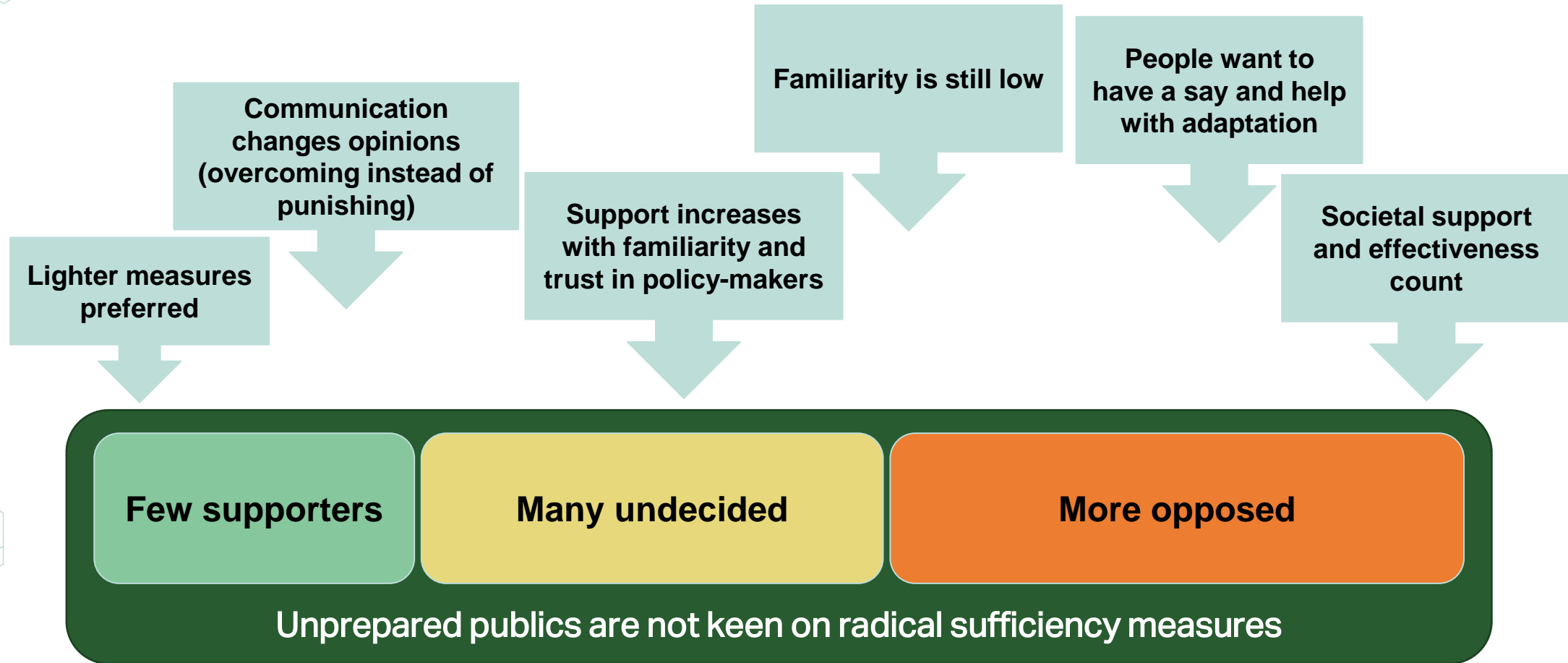


“Overall, the workshops have not only informed citizens about sufficiency principles but have also fostered mutual learning and established a sense of hope among participants particularly among citizens from countries where sufficiency is not yet broadly discussed. (...) when given the opportunity to voice their opinions, citizens are eager to participate in the energy transition (...) The diverse array of positive impacts associated with sufficiency, such as improved health, more appealing urban environments, and addressing loneliness, make it an attractive topic for citizens.”

see [FULFILL Deliverable D7.1](#)

Source: Lage, Jonas, et al. "Citizens call for sufficiency and regulation—A comparison of European citizen assemblies and National Energy and Climate Plans." *Energy Research & Social Science* 104 (2023): 103254.

European citizens and sufficiency - evaluations of radical policies





They need enabling infrastructures and societal debates



Sufficiency lifestyles are already existing, but far from mainstream

Thank you for your attention

Final Event of FULFILL project

September, 18th 2024
presentation of findings + networking



Representation of the German
Federal State Nordrhein-Westfalen
Rue Montoyer 47, 1000 Bruxelles,
Belgium & online



More info: www.fulfill-sufficiency.eu
www.inforse.org/SB60.php
www.unfccc.int



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 101003656