

Sufficiency as Climate Action and for Sustainable Lifestyles in Nordic & Baltic Countries and Belarus

Seminar Tartu, Estonia & ONLINE

April 20, 2026

Program and Introduction to the Project and to the General Findings on Sufficiency Policies.

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INFORSE-EUROPE
International Network for Sustainable Energy



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for Nature Conservation



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Sufficiency as Climate Action and for Sustainable Lifestyles in Nordic & Baltic Countries and Belarus

Seminar Tartu, Estonia & ONLINE

April 20, 2026 14.00 – 17,00 (18.00)

14.00 Introduction to the Project and to the General Findings on Sufficiency Policies

- Sufficiency Practices and Proposals in Denmark, Norway, Sweden, Estonia, Latvia, Belarus

15.30 – 16. Break

16-17 Dialogue on the sufficiency policies we want to promote, how to promote and communicate them.

17-18 Informal dialogue on the way forward nationally and together (not online)



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- Project August 2025 - September 2026
- We collected information on sufficiency policies and practices already active in the countries and proposals from civil society organisations, environmental label organisations and others
- Now we organise dialogues on good practices and proposals at this seminar, at an online seminar, and at national seminars
- Then we will summarise the results in a national paper and a joint paper on how to introduce sufficiency policies in national climate policies in ways that also contribute to equity
- We plan to present results for Nordic Council Committee for Sust.Nordic
- We will finally discuss the seminar at a civil society seminar in Nordic Folkecenter for Renewable Energy in Denmark, August 17-19, 2026.

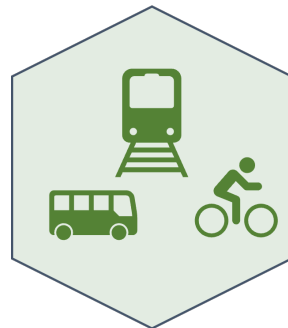
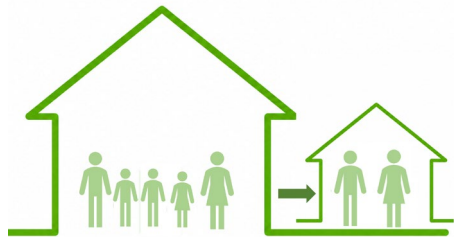
Sufficiency Measures and Policies to Promote Them

- **Building use:** smaller buildings, sharing facilities, co-housing, moving electricity and heat use in time, and lower indoor temperatures.

Economic policies including time-varying tariffs + energy taxes and subsidies for advanced thermostats, campaigns, building regulations that allow small dwellings and divisions etc. of large dwellings, support to move to smaller homes.

- **Transport:** reducing transport demands, reducing dependency on car use, move transport to non-motorised transport, move transport to public transport, car-sharing, reduce air travel.

Urban planning for shorter daily distances, economic policies including vehicle and fuel taxes, reduction of subsidies for car use, better bicycle infrastructure, better public transport systems and information, and campaigns.



Sufficiency Measures and Policies to Promote Them

- **Products:** better repair options, longer lifetimes, less single-use products, less packaging, use existing products better, sharing of products.

Requirements of products for instance of lifetime and repairability, economic policies including taxes and support for repairs, public sharing facilities for instance at libraries, campaigns and other information.

- **Food:** reduced consumption of animal products and reduced food waste.

Campaigns and consumer information, economic policies, less animal products in public canteens, requirements for reduced food waste in shops and restaurants.

- **Holidays:** replacing airplanes with trains, shorter distances to holidays, and replacing high consuming holiday forms with lower consuming forms of holidays.

Economic policies including passenger and fuel taxes for airplanes and cruise ships, development of good alternatives to air travel and cruise ship holidays, campaigns and other information.



Sufficiency is NOT only Lower Consumption

Sufficiency is not only reducing consumption, also to increase it for people that lack sufficient consumption to live a decent life. Some sufficiency policies will support this (e.g. better bi-cycle infrastructure and public transport) while increased taxes on energy can be counter-productive.

The negative effects for low-income families should be mitigated and all should have sufficient means for a decent life. This can be with direct support to people with low income in particular in areas affected by sufficiency policies, such as rural areas and small towns without good public transport. It can also be with improvements of e.g. public transport

Policies for Sufficiency (from seminar dialogue)

- How do we promote and communicate sufficiency policies
- Approach political parties: we need to speak also with right wing parties, freedom from over consumption, good life without more consumption, when we have enough
- How to approach parties? Ask questions can make the party people think, ask how much is needed for a good life?
- Useful to research how does the system make you use more than you need? If that can be shown, people are more open for changing this
- Communication is against the current narrative. Some people that have earned a lot will protest (Estonia), we should start in small steps, tell that the current life does not make us happy.

(the discussion is continued)

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Next steps in the Project

- Briefing on sufficiency for climate action
- Dialogues on proposals, nationally and online
- Proposals based on inputs from dialogues
- Presentation for Nordic Council Committee on Sustainability
- Final Seminar, August 17-19, 2026 in Denmark

Read more: [https://inforse.org/europe/Sufficiency as Climate Action Project.htm](https://inforse.org/europe/Sufficiency_as_Climate_Action_Project.htm)



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