

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

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Sufficiency in Latvia

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INFORSE-EUROPE
International Network for Sustainable Energy



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Survey of Sufficiency and Sustainable Lifestyle among Youth in Latvia, 2026. Summary of the results of the survey (Total 46 respondents)

1. Electricity consumption at home

- 43% – a/ I use economic light bulbs and equipment (20 answers)
- 50% – b/ I control electricity consumption by reducing it (23 responses)
- 13% – c/ use energy produced by solar panels (wind) (6 answers)
- 11% – nb/ no possibility to influence this (5 answers)

2. Transport

- 35% – a/ I use public transport on a daily basis (16 answers)
- 17% – b/ I use a bicycle (8 responses)
- 41% – c/ I use opportunities to walk (19 responses)
- 39% – nb/ no possibility to use the above (18 replies)

3. Consumption

- 52% – a/ change my wardrobe, shoes every 2,4,6 years (24 answers)
- 33% – b/ I wear previously used clothes or shoes (15 answers)
- 2% – c/ I often throw out (a lot of) foods (1 answer)
- 35% – nb/ I use only freshly purchased goods (16 replies)

4. Recycling

- 70% – a/ I regularly hand over used bottles to collect deposit (32 responses)
- 37% – b/ I sort garbage because there are shared containers near the house (17 answers)
- 15% – c/ I often collect waste left and dropped by others (7 responses)
- 9% – nb/ I cannot do the above (4 answers)

5. Food

- 2% – a/ I'm a vegetarian or vegan (1 answer)
- 85% – b/ I use meat dishes daily or very often (39 responses)
- 15% – c/ I buy food from a local manufacturer, even if it is more expensive (7 answers)
- 28% – nb/ I'm not ready to change my eating principles (13 responses)

6. Quality and environmentally benign products

- 46% – a/ control product quality, chemicals (21 answers)
- 4% – b/ looking for eco-certified goods (2 answers)
- 48% – c/ I buy only goods of certain brands (clothes/shoes) (22 replies)
- 22% – nb/ I don't pay attention to it (10 responses)

7. Rest / vacation

- 30% – a/ I would definitely travel to distant lands for holidays (14 replies)
- 54% – b/ would love to spend the summer in the countryside (in Latvia) (25 responses)
- 20% – c/ I participated in hiking or cycling tours (9 answers)
- 24% – nb/ I don't see the need to limit myself (for holiday travels) (11 responses)

8. What event would you love to have in your school

- 33% – a/ exchange of used clothes (15 answers)
- 22% – b/ monitoring of school electricity use (10 responses)
- 13% – c/ school heating heat saving plan (6 answers)
- 37% – d/ ecological footprint clearance (17 responses)

9. Recognition of eco-certificates

- 13% – Green spoon (6 responses)
- 2% – Friend of the sea (1 replies)
- 2% – Ecolabel (1 response)
- 2% – Green Swan (1 answer)
- 85% – don't know anyone (39 responses)

This survey was done by Latvia Green Movement January-April 2026 as part of the project “Sufficiency as Climate Action and for sustainable lifestyles in Nordic & Baltic Countries and Belarus” coordinated by International Network for Sustainable Energy – Europe and financially supported by Nordic Council of Ministers.

Read about Latvian Green Movement and project: <https://zalie.lv/en/> and

[https://inforse.org/europe/Sufficiency as Climate Action Project.htm](https://inforse.org/europe/Sufficiency%20as%20Climate%20Action%20Project.htm)