

# SUFFICIENCY AS A LIFESTYLE CHANGE CONTRIBUTING TO DECARBONISATION

Sufficiency is about 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 remain within planetary boundaries and simultaneously contribute to societal wellbeing. It has the potential to offer numerous economic, social, health, and environmental benefits, making the EU's climate goals more attainable and cost-effective while reducing dependency on fossil fuel imports and resource shortages.

In the current framework of unsustainable growth ingrained within our societal systems (as recognized by the latest IPCC report), energy wastage is structurally encouraged across different contexts. Revising current regulations and infrastructures to harness the full potential of sufficiency by rendering low-carbon behavior attractive and accessible while keeping societal well-being is a potentially powerful pathway. To achieve so, this brief outlines key recommendations from the [FULFILL](#) project, a three-year, EU-funded Horizon 2020 research project to analyse sufficiency at EU, national, and local levels and in India. [The recommendations](#) build on inputs from more than 22 000 survey responses from more than 18 000 households, three citizen sciences workshop, the analyses of 50 sufficiency initiatives and 16 sufficiency policies.

## Taxation and Investment Policies

Reorient taxation and investment programs to discourage carbon-intensive behaviors and promote sufficiency.



Exemplary high impact measures include the implementation of levies on aviation (e.g frequent flyers) or through a kerosene tax through the Energy Taxation Directive, heavy vehicles such as SUVs. Another field for action are to encourage plant-based food e.g. through labelling or in canteens.

## Supportive Infrastructures and Services

Prioritize infrastructures and services that make low-carbon, high-wellbeing behavior easy, attractive and accessible to all, turning the sufficient choice into the default option.



This includes promoting public transport, biking, micro cars, digital sharing tools, and urban planning for cities of short distances. Enhance and interconnect high-speed and night train networks and suppress flight routes where train alternatives exist.

## Local Sufficiency Initiatives

Sufficiency initiatives have been shown to offer multiple benefits for individual citizens, communities and the environment. Sufficiency initiatives rely initially partially on voluntary work and non-material and idealistic support.



Support local sufficiency initiatives through financial aid, training, infrastructure adaptation, formal support, political legitimation.

Offer financial support through cities and training especially in financial, administrative, and legal matters, which are usually not a core competence of local sufficiency initiatives.

At the national but also local levels, progressive pricing structures for resources, promoting short-distance mobility, optimizing space in building policies, supporting dietary shifts, launching educational campaigns, are key ideas to start on sufficiency.

## Public Participation and Educational Campaigns

Involve citizens and diverse stakeholders in policymaking processes to ensure acceptance and transparency. Societal awareness to increase familiarity is an important step. By including affected stakeholders in decision-making processes and letting them shape the design of the policies, policy acceptance increases and stakeholders are given transparency and planning security for their activities in relation to regulatory changes in the future.



Launch narratives and informational campaigns to encourage sustainable lifestyles.

Have municipalities directly inform citizens about existing initiatives in their community and also be a mediator between sufficiency initiatives and potential donors