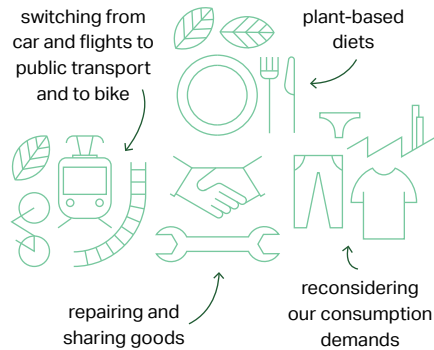




# What is sufficiency, why is it important?

*The sufficiency principle reconsiders how we satisfy our needs. It favours options that are intrinsically low in emissions and resource use.*

## Sufficiency means for example:



Lifestyles are embedded within societal structures. Changes in social, infrastructural and regulatory conditions are needed for sufficiency lifestyles.

## They are important because they:

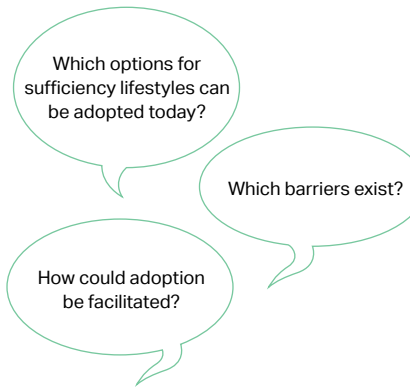
facilitate the transition through a lower energy demand

increase wellbeing for example health improvements through reduced meat consumption or switch from car to bicycle or e-bike

reduce the costs for the transition to climate neutrality by 1/3

# How do we investigate sufficiency?

*FULFILL combines multidisciplinary research and multi-level policy design to foster sufficiency lifestyles.*



The project studies lifestyle change mechanisms through **social sciences and humanities methods** as well as a macroeconomic assessment of implications and pathways for the diffusion of sufficiency lifestyles.

## We analyse empirically sufficiency on the:



Citizens and experts will identify promising changes and co-create policy recommendations to upscale the diffusion of sufficiency lifestyles in Europe.

# For whom are our project results relevant?

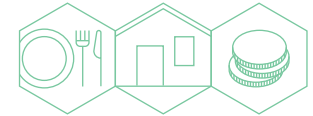
*Policy makers, individuals and households, initiatives and municipalities, and academics*

## The project will provide:

**Concrete proposals for policy makers** that foster lifestyle changes with the largest potential of emission reductions.



**Empowerment for households** through information about the most effective lifestyle changes and for demanding policy changes on various levels.



**Exchange and best-practices for initiatives and municipalities** to learn from each other's experiences, to spread the motivation and to be inspired



**New insights on lifestyle changes and sufficiency for academics** by the conducted research.

