

Who we are



@FULFILLEu

www.fulfill-sufficiency.eu



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

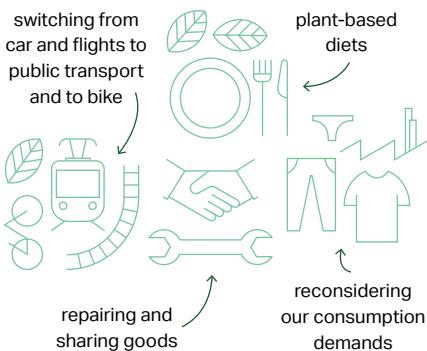
FULFILL
Fundamental decarbonisation
through sufficiency by lifestyle changes

The FULFILL project investigates how lifestyle changes towards sufficiency can contribute to climate mitigation and which policies are needed to enable and facilitate low carbon lifestyles.

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:

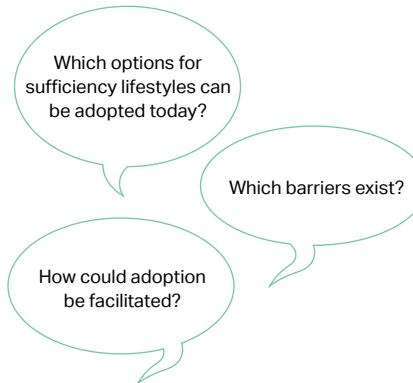
facilitate the transition through a lower energy demand

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:

micro level
individuals and households

meso level
municipalities and communities

macro level
national and European

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.

