



Fundamental decarbonisation
through sufficiency by lifestyle changes

Mapping of local sufficiency initiatives

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Fundamental decarbonisation through sufficiency by lifestyle changes

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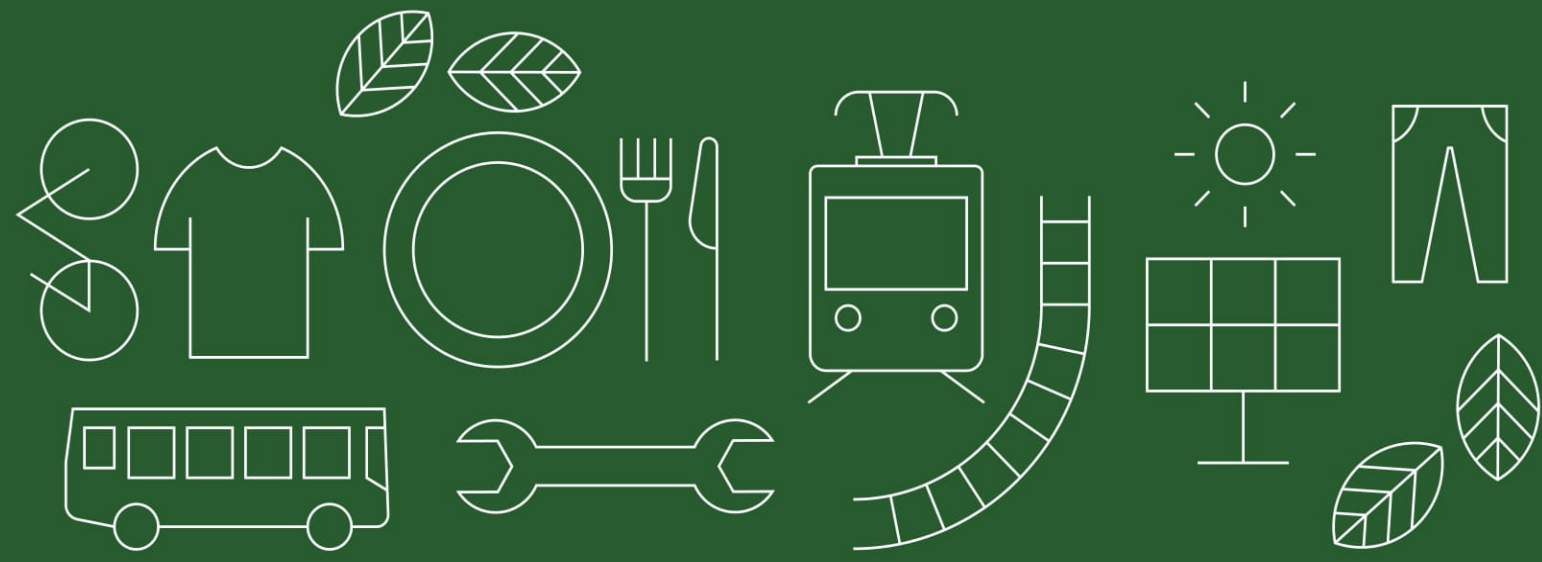
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List of Abbreviations

DIY	Do-it-yourself
EU	European Union
GDP	Gross Domestic Product
NDC	Nationally Determined Contributions
SSH	Social Sciences and Humanities



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Abstract / Summary

The aim of work package 4 is to identify and analyse sufficiency strategies on the meso, i.e. the local level. This included in a first step the collection of 50 initiatives and intentional communities in cities and regions that aim to develop more sustainable lifestyles or living conditions.

Among those, activities in housing initiatives and intentional communities extend not only to a low living space per capita but also to mobility, ecology, food and consumption. The mobility activities are thematically more homogeneous but also diverse in their shape. They focus on the shift away from motorised private transport. The Food initiatives activities can be grouped into food production, alternative distribution and processing channels and the saving of food that e.g. has exceeded the best-before date. Corresponding to the waste hierarchy pyramid, the sustainable consumption initiatives activities focus on avoiding waste, reuse of everyday objects and clothing, repairing services or DIY support and recycling.

Most initiatives rely on avoid strategies, while shift strategies are less common. The initiatives can be found in rural and urban areas, are mostly run by non-profit organisations and usually funded by donations, public funds or income from sales.



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Introduction and Overview

Purpose of this Document

This deliverable presents the results from Task 4.1: Screening and mapping of local sufficiency initiatives. The aim of the screening was to identify and map a sample of 50 local sufficiency strategies. The sample included 45 initiatives from EU Member States collected by participating research organisations in Denmark, France, Germany, Italy, Latvia and five examples from India in order to add a non-European perspective.

Project Summary

The project FULFILL takes up the concept of sufficiency to study the contribution of lifestyle changes and citizen engagement in decarbonising Europe and fulfilling the goals of the Paris Agreement. FULFILL understands the sufficiency principle as **“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 are within planetary boundaries, and simultaneously contributes to societal well-being”**. The choice of the sufficiency principle is justified by the increasing discussion around it, underlining it as a potentially powerful opportunity to actually achieve progress in climate change mitigation. Furthermore, it enables us to go beyond strategies that focus on single behaviours or certain domains and instead to look into lifestyles in the socio-technical transition as a whole. The critical and systemic application of the sufficiency principle to lifestyle changes and the assessment of its potential contributions to decarbonisation as well as its further intended or unintended consequences are therefore at the heart of this project. The sufficiency principle and sufficient lifestyles lie at the heart of FULFILL, and thus constitute the guiding principle of all work packages and deliverables.

Project Aim and Objectives

To achieve this overarching project aim, FULFILL has the following objectives:

- Characterise the concept of lifestyle change based on the current literature and extend this characterisation by combining it with the sufficiency concept.
- Develop a measurable and quantifiable definition of sufficiency to make it applicable as a concept to study lifestyle changes in relation to decarbonisation strategies.
- Generate a multidisciplinary systemic research approach that integrates micro-, meso-, and macro-level perspectives on lifestyle changes building on latest achievements from research into social science and humanities (SSH), i.e. psychological, sociological, economic, and political sciences, for the empirical work as well as Prospective Studies, i.e. techno-economic energy and climate research.
- Study lifestyle change mechanisms empirically through SSH research methods on the micro- (individual, household) and the meso-level (community, municipal):
 - achieve an in-depth analysis of existing and potential sufficiency lifestyles, their intended and unintended consequences (incl. rebound and spillover effects), enablers and barriers (incl. incentives and existing structures) as well as impacts (incl. on health and gender) on the micro level across diverse cultural, political, and economic conditions in Europe and in comparison to India as a country with a wide range of economic conditions and lifestyles, a history which encompasses simple-living movements, and a large potential growth of emissions.
 - assess the dynamics of lifestyle change mechanisms towards sufficiency on the meso-level by looking into current activities of municipalities, selected intentional communities and initiatives as well as analysing their level of success and persisting limitations in contributing to decarbonisation.



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- Integrate the findings from the micro and meso-level into a macro, i.e. national and European, level assessment of the systemic implications of sufficiency lifestyles and explore potential pathways for the further diffusion of promising sufficiency lifestyles.
- Implement a qualitative and quantitative assessment of the systemic impact of sufficiency lifestyles which, in addition to a contribution to decarbonisation and economic impacts, includes the analysis of further intended and unintended consequences (incl. rebound and spillover effects), enablers and barriers (incl. incentives and existing structures) as well as impacts (incl. on health and gender).
- Combine the research findings with citizen science activities to develop sound and valid policy recommendations contributing to the development of promising pathways towards lifestyle.
- Generate findings that are relevant to the preparation of countries' and the EU's next national determined contributions (NDCs) and NDC updates to be submitted in 2025 and validate and disseminate these findings to the relevant stakeholders and institutions for exploitation.
- Consider the relevance and potential impacts of sufficiency lifestyles beyond the EU.



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Mapping of local sufficiency initiatives

1. Introduction

Work package 4 aims to identify enablers and barriers for sufficiency lifestyles and to analyse sufficiency strategies on the meso level. The focus therefore lies on intentional communities, initiatives and organisations supporting sustainable and sufficient lifestyles. In order to be effective, good framework conditions are necessary. This includes for example an environment of people who want to participate, but also a regulatory framework and a city administration that creates opportunities instead of being a barrier.

In the first of four steps in this work package, the initial question was: Which initiatives and intentional communities exist, what are their different focuses? The aim was to obtain a diverse collection of initiatives and intentional communities covering a range of sectors and activities. Both voluntary and professional initiatives were looked for, some of which have a high upscaling potential.

The research of the initiatives was conducted in six countries which were characterised in the FULFILL project application as follows: Denmark, France and Germany represent the wealthy North-Western countries in the EU, with different energy and political foci. These EU countries still have significant potentials for efficiency measures implementation (although efficiency gains may become more and more costly), as well as a high potential for sufficiency measures especially in the short term, depending on the level of social and individual acceptance. Italy is one of the Southern countries in the EU with different economic challenges, especially in the face of the Corona pandemic, whereas Latvia is an eastern, economically growing and relatively new member in the EU. India represents a non-EU perspective of a fast growing and developing country with increasing wealth and consequently an increasing energy demand. Due to its low GDP compared to EU countries, India's decarbonisation potential might be not as high as in the EU, but it offers a different perspective on energy sufficiency.



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2. Development of indicators for sufficiency initiatives

In order to ensure a consistent approach and scope in the screening in the different countries, indicators and data to be included were defined at the beginning of the work. The screening had been inspired by related research projects such as "Optimising Land Use, Reducing New Construction Pressure (Opti-Wohn)"¹, "Energy Sufficiency in Energy Transition and Society (EnSu)"² and "Development opportunities and barriers of a sufficiency-oriented urban development (EHSS)"³. With the insights gained from these projects, a template was developed to screen sufficiency examples in five EU Member States and India. In addition to specifications of basic information for a structured data collection (such as location, implementing organisation, funding, target group, sector etc.) the template also included guiding questions on the characterisation of the sufficiency initiative. The general approach was to keep the qualitative and quantitative selection criteria straightforward and open in order not to constrain the search and to allow for unexpected results. The template with the researched data can be found in the annex. The initiatives were researched through desk research and recommendations from the scientific community. According to the selection criteria, the aim was to select a broad spectrum of initiatives. The selected initiatives should be permanently implemented and represent different main focuses in urban as well as rural areas, voluntary and professional initiatives and initiatives from the four sectors housing, mobility, food and consumption.

¹ <https://wupperinst.org/en/p/wi/p/s/pd/824>

² <https://wupperinst.org/en/p/wi/p/s/pd/883>

³ <https://www.uni-flensburg.de/nec/forschung/ehss-2/ehss-i>



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3. The 50 identified sufficiency initiatives

Within the context of the screening and mapping, nine initiatives each from Denmark, Germany, France, Italy and Latvia and five from India were selected. For some countries more examples were researched and documented which can be found in Annex 1. The country responsibility of the institutions involved was: International Network for Sustainable Energy-Europe Inforce/Denmark and India, Wuppertal Institut/Germany, Association négaWatt/France, Politecnico de Milano/Italy and Zala Briviba Biedriba/Latvia.

3.1. Denmark

There are nine Danish initiatives described in the project. They include four working primarily with housing, two working with mobility, two with consumption and one with food waste. However, most initiatives have several focus areas within the sustainability framework at once, while some have one primary focus and several other areas affected by their actions. The examples represent a wide range of initiatives, primarily citizen-driven and located across the country, though mainly centred around larger cities. The examples described are run by organisations, networks and cooperatives. The funding includes both private donations, public funding, foundations and private customers as in the ecovillages, where residents will purchase land or the Kollektive klædeskab where customers pay a monthly membership fee.

Housing

Andelssamfundet Hjortshøj is one of the older ecovillages in Denmark, located just outside the second largest city, Aarhus. It has 300 residents of all age groups. The village is founded on principles of ecological balance and includes communal houses, a repair café, local food production, car sharing and more. It includes many different forms of housing, both owner-occupied, rentals, subsidised housing and Collectives.

Grobund is a new ecovillage initiative focusing on creating a sustainable, waste and debt free village. It is centred around an old factory, which now serves as a hub for local businesses and community activities. It also includes conference facilities and a tiny house production facility. The houses that will be built on the surrounding land will experiment with new sustainable solutions.

Karise Permatopia is an ecovillage consisting of 90 houses with surrounding farmland, vegetable gardens and orchards, in addition to several community houses. All houses use geothermal heating and wastewater is cleaned in bio water treatment plants. Rainwater is collected and reused for washing machines and toilets. A windmill supplies all community houses with energy.

Stjær is a small village located in natural surroundings, with a population of approximately 1.000 residents. The village has many small associations and the people living there are very engaged in local activities, it is a diverse group of residents. In 2020 the local citizen council began the project "Grøn omstilling i Stjær" (Green transition in Stjær) which aims to help sustainable development in the village, focusing on energy efficient housing, transport, waste reduction, more biodiversity and more.

Mobility

Havbakkedistriktets Mobilitetsforening is a small, local car sharing service. It began as a project trying to deliver better transport opportunities to residents in rural areas, where public transport is often inflexible. With support from the local municipality and Danish ministry of transport, the service is founded on voluntary involvement of local residents. They have two minibuses which are being used both by local residents and community associations.

The **Køge Delebil** car sharing service is much larger than the previous, and it covers a large city area, instead of rural villages. Køge Delebil has several different cars, and both private residents and companies can use them.



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Food

Fødevarerbanken (Food Bank) rescues excess food from supermarkets, food producers and distributors across Denmark and distributes it among organisations working with people in need, for example homeless people or women living in shelters.

Consumption

Det Kollektive Klædeskab (the communal wardrobe) is a cloth-sharing initiative for women of all styles, shapes and sizes. Members can hand in their own clothes that they no longer use, and gain points which can be used to purchase new clothes in the stores. The initiative allows for clothing to be circulated between many users, thereby prolonging their usage, and gives their customers an alternative to shopping new clothing whenever in need. The initiative works to change the massive overproduction found in the fashion industry, by presenting a circular alternative.

There are many small Repair Cafés throughout Denmark. **Repair Cafe Danmark** is a national network representing 67 of these. The network allows the many local initiatives to work together, exchange knowledge and help each other start new cafes.

3.2. Germany

Of the nine German examples collected, three were from the food sector and two each from the housing, mobility and consumption sectors. They are located in all parts of Germany in towns and cities with populations ranging from a few thousand to several million, with a focus on larger cities. All of them are permanently implemented. The implementing organisations are mostly non-profit associations, cooperatives and limited liability companies ("GmbH"). The type of funding differs significantly depending on the initiative. One initiative (Foodsharing) operates almost entirely without money, while others have mixed funding (for example, donations and public money), are funded by customers or are purely publicly funded. Most initiatives are open to everyone, although housing projects have specific criteria for accepting residents. Seven of the nine initiatives rely on "avoid" and two on "shift" strategies. These include avoiding or reducing car use, food waste, purchasing new products and heating energy consumption as well as shifting to more cycling and buying local food.

Housing

Cohaus Kloster Schlehdorf is a former monastery that is now used for a residential project with a coworking area, as well as a guest house and seminar business. The approximately 40 rented rooms ranging in size from 14 m² to 30 m² are part of cluster flats, with four to fourteen rooms forming a cluster. These cluster flats also include communal, kitchen and storage rooms. The existing building structure is already designed for communal living and reduced living space consumption, which is an integral part of the concept.

Ökodorf Sieben Linden is a social-ecological model settlement and community with about 145 residents, it sees itself as a model for a future-oriented way of life. There has been scientific research on the community within the study "The Environmental Impact of Sieben Linden Ecovillage" by the Technical University of Turin from 2019. According to the study's assessment, the community has successfully reduced emissions in the areas of housing, food and also mobility, with the last area still having the greatest potential.

Mobility

Heinerbike is a free and volunteer-run cargo bike rental system with about 20 bikes available at various locations in the city and a daily utilisation rate between 70 and 90 percent. The project promotes the idea of commons: shared use instead of individual consumption; rethinking urban mobility, resource conservation and reducing congestion.



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GoFLUX offers a ridesharing app that aims in particular at commuting to work together. Commutes can be offered and an algorithm calculates the best shared route. The passenger pays 15 cents per kilometre to the driver, minus a 15% fee to GoFLUX. Companies can book an internal ridesharing with an individualised app and receive an evaluation of the shared commutes with the CO₂ saved.

Food

The **Altmarktgarten** is a rooftop greenhouse for fresh and sustainable food on a public building of the city of Oberhausen. Waste heat and waste water in the building can be put to good use. The estimated annual yield amounts to 16,000 heads of lettuce, 14,000 pots of herbs and 150 kilos of strawberries. The project contributes to reducing transport distances, the pollution of water and soil by phosphorus and reactive nitrogen and the amount of land needed for food production.

SIRPLUS is an online supermarket where food can be ordered that can no longer be sold by producers and wholesalers to regular retail shops. Reasons can be an exceeded or soon expiring best-before date, overproduction or outdated packaging design. This only involves food that other organisations like the food banks cannot or do not want to save. The saved food is sent home by post and thus prevented from being wasted.

Within the German **Foodsharing** network food is passed on from private to private by 402.000 individuals using the platform foodsharing.de. Commercial food from cooperating traders and producers, that would otherwise be disposed, is picked up by 40.000 volunteer food savers to be passed on. According to its own data, Foodsharing has already saved 67,000 tonnes of food and prevented it from going to waste.

Consumption

The **Haus der Eigenarbeit** (House of own work) exists for over 30 years and offers numerous workshop facilities, a social meeting place, school projects, art and cultural events, rental of tools or rooms and offer of services like counselling. Open workshops in several other cities were based on the Haus der Eigenarbeit model. It offers meaningful psychologically, socially and economically enriching activities rather than consumptive use of free time.

iDoc offers mobile phone repair service but also DIY workshops and mobile phone spare parts accompanied by freely accessible precise repair instructions with video specifically for individual mobile phone models.

3.3. France

Out of the nine French initiatives collected, two are related to housing, one is from the food sector, one is from the mobility sector, one is from the domestic carbon footprint reduction, one is from the consumption sector and two are transverse. They are located in four of the thirteen French regions, either in small villages and towns, to larger cities or departments, with populations ranging from a few hundred to several hundreds of thousands, with a focus on larger cities. All of them are permanently implemented (except Le Grand Defi). The implementing organisations are mostly non-profit organisations, cooperatives and some are under private company status. The type of funding differs significantly depending on the initiative. Some initiatives have mixed funding (for example, donations and public money), while others are funded by customers, or are purely publicly funded. Some initiatives are open to everyone and some others have restricted criteria. Tinyland is willing to specifically support women, while the Domestic Carbon Footprint reduction program (Conversations Carbone) has a limited number of participants per group. Four of the nine initiatives implement avoid strategies, three shift strategies and two implement both strategies. These include avoiding or reducing car use, food waste and heating energy consumption, reusing containers or sharing houses, empowering or organizing the inhabitants' actions on the path of ecological transition with sufficiency guidelines.



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Housing

Les Habiles is an association with 3 employees and many volunteers based in Isère department which promotes and accompanies projects of shared housing on the legal and organisational aspects. Their objective is to facilitate the dissemination of the model of shared housing: 52 projects were carried out so far and 48 are currently being designed.

Tinyland is a non-profit association that helps people and specifically women build their own tiny house and advocates for the right to live in tiny houses with municipalities. Tinyland offers an affordable housing solution and empowers women through learning construction techniques.

LOW TECH LAB Grenoble is part of the French LowTechLab network. It proposes participatory workshops on energy and housing with low-tech techniques. The purpose is to share affordable and DIY solutions widely, so that most people desire and get empowered to live better with less. Target beneficiaries are inhabitants, students, business and local NGOs.

Mobility

ECOV is a carsharing startup that targets urban or rural areas with rather low density by creating with local authority a "line" of carsharing on roads that are the busiest but yet not serviced by public transportation (3 types of line are possible, depending on density, infrastructures etc.). ECOV is successful and has been spreading in the last few years, today 52 car-sharing lanes have been created.

Food

NOUS ANTI-GASPI is a supermarket network that only sells food that was intended to be discarded (i.e. short use by dates, uncalibrated vegetables, delivery mistakes), at lower prices than a regular supermarket. Each NOUS grocery saves around 100.000 meals a month (i.e. 12 tons a week). NOUS fights against food waste. It is a successful initiative, since 2018, 24 supermarkets have been opened (region Bretagne, Paris and suburb, Lille). NOUS has developed its proper distribution brand products to go farther in the fight against industrial food waste.

Consumption

MA BOUTEILLE S'APPELLE REVIENS is a project of a young company located in Drôme-Ardèche departments, collecting and washing returnable containers in order to promote local agriculture, waste reduction and local jobs. Its activity relies on cooperation principles such as democracy, solidarity and aims at reaching not only consumers but also producers and retailers with a growing network of partnerships - almost 100 in April 2022. It reduces energy consumption by 75%, greenhouse gas emissions by 79% and water usage by 33%.

Cross-sectoral

Conversations Carbone addresses the practicalities of carbon reduction while taking account of the complex emotions and social pressures that make this difficult. Practically, Conversation Carbone is a series of six sessions that promote strong carbon literacy and reduction by focusing on a range of carbon sources, including energy at home, transport, food, and consumption/waste. The facilitated sessions are not a form of traditional training but instead are participatory and collaborative workshops, offering a facilitated, supportive group experience. Most participants pledge to cut emissions by one ton immediately and many make long-term plans to halve their emissions. Conversations Carbone is being deployed in France through projects mainly held by local authorities. By 2022, 20 territories have run Conversations Carbone, 110 facilitators were trained, over 800 attendees were involved. In Grand Besancon, 30 Conversations Carbone facilitators, supported by their organisation (non-profit association, business companies, public institutions etc.) were trained to run groups within their own network.

Le Grand Defi is an initiative implemented by the municipality of Le Mené (Brittany), whose objective is to support citizens actively engaging in the process of ecological transition. In 2020, 23 teams were built



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on 7 topics (water and energy savings, waste reduction, sustainable consumption...) with more than 830 participants. This project has created a long-lasting dynamic in the municipality that is still ongoing, with many projects and the involvement of various actors (citizens, local businesses, schools etc.).

PROUT is a project to establish an alternative model of community, mixing agroecological (subsistence agriculture), energetic, social (well-being, associative café, education school, repair and do-it-yourself) and political concerns. It is transversal and locally rooted, with sufficiency as a key concept. PROUT is a community project to imagine a territory project based on sustainability and adapted to the local context (mountainous hinterland).

3.4. Italy

In Italy were collected nine examples of sufficiency initiatives: mainly from the food sector, consumption, mobility, social inclusion and housing sector. Part of the initiatives have a multiple scope, like reducing food waste and including disadvantaged people at the same time or reducing the land use and promoting gender equity. The examples collected are located all around Italy, not only in large cities but also involving smaller towns. All initiatives, except one, are permanently implemented and active at this time. The implementing organisations are associations (of municipalities, of private citizens), cooperatives (formalized and informal associations of it), and private actors (non-profit or profit entities in the business/commercial sector, or simply citizens). Many similar initiatives are founded over the web (social media, blogs).

The funding scheme for the initiative differs sensibly, depending on the activity: some are financed by the institutional funds (municipalities in associations), others are working with donations or financed by their own profit (by customers) or by volunteer work done by the associates. Many initiatives are open to everyone, others have a specific target group (institutional entities, specific market actors, low-income citizens, disabled persons etc.). Seven of the nine initiatives rely on avoidance, one on shifting and one on improvement strategies. These include avoiding or reducing car use, food waste, purchasing new products or shifting from individual motorized transport and buying local food, or improving the inclusion of different social groups.

Housing

The **rete italiana cohousing** is the national cohousing network (group of associations, more than 5.000 affiliates) and is involved in a number of activities, such as promoting the traditional sharing initiatives and actions in the residential sector, advocating the co-housing practices at local and national institutional level.

The **rete italiana villaggi ecologici** (Italian network of eco-villages) promotes a sufficient lifestyle in living (and in tourism). It is an association of more than a hundred communities and hosting infrastructures, active since 1996. It promotes the reduced use of resources, social equality, inclusion, proximity and sustainable consumption.

The **Lombardy Region and the Municipality of Milan** are promoting a special status for **supporting the refurbishment of abandoned buildings**. The new regulation allows for an extension of the floor area up to 20% of the actual size, the municipal building taxes are reduced, and in parallel the amount of taxes for new buildings in green fields is increased by 20-50%. The existing buildings are reused as the use of undeveloped land has an additional cost. The land use is reduced for satisfying new needs, the existing structures are reused.

Mobility

Incentivo rottamazione is a regional regulation promoted by the Piemonte Region in 2021. It promotes an incentive scheme for dismissing a car without buying a new one. People who don't need a new car can profit from incentives, reducing needs and land use for parked cars and abandoned cars. A number of in-



centive schemes are available at regional and national level for improving the car stock in terms of emissions (electric or low emission cars, slow mobility etc.), this is the only one promoting avoidance. The financing scheme was discontinued in 2021.

Famiglie senz'auto is an informal association for promoting family life without the need of a private car. Funded by a family, it now has more than 2.500 associates. Starting from a blog and a social media page, the association promotes a sufficient lifestyle in mobility. The association is linked with similar initiatives such as the Strade Scolastiche – School Street.

Food

Bella dentro is a local commercial activity founded in 2018 that promotes a new value chain for non-standardised fruit and vegetables products. The activity consists of two sales points in Milan and a factory for processing food. It supports the use of non-standard quality food (educating the consumer that is not waste, but noble food), and promoting the inclusion of disabled people in activities of food transformation.

Donne in campo, established in 1999, is the Italian association of women entrepreneurs and agricultural women, creates 'networks' of women in the countryside, weaves relationships between farms and builds local communities and groups. Its main objective is land preservation, attention to the healthiness of products and production processes, committed to the enhancement of all environmentally friendly methods of agricultural production with particular attention to safeguarding the stability and fertility of the soil.

Associazione RECUP has the goal to address food waste and social exclusion in local markets in Milan and Rome. The initiative's plan is simple but effective: at the end of the market, a group of volunteers collects food from traders who freely decide to donate products they would otherwise throw away. The recovered food is collected at a meeting point within the market itself. Everyone is then free to take what they want, respecting other people and everyone's needs. The volunteers are the beneficiaries. This creates a concept of collaboration and community between different people, an intercultural and intergenerational contact that was previously lacking.

Consumption

Rete zero waste was established in 2017, from a group of more than thirty people, from all over Italy, united by the same common goal: exchanging advice on how to reduce one's own waste. The network is present on the territory with various local groups that are responsible for organizing various awareness-raising and aggregation activities, such as clean-ups and swap parties. The number of members and followers is around 30.000.

3.5. Latvia

Nine sufficiency initiatives from Latvia cover mobility, housing, food, and consumption. Four of the initiatives are national scale, three are targeting Riga city inhabitants and two are local initiatives showing an example of a local permaculture hub in the Smiltene municipality. All of them are permanently implemented, but one of the initiatives is rather new, focusing on the shift away from fossil fuels from Russia. The implementing organisations are mostly NGOs, but some of the initiatives are also organized by informal groups and companies. The type of funding used by the initiatives is very diverse (e.g. public funds, customers, and participants), but a few of them are funded by businesses, e.g. public transport campaign "Pamēģini sabiedrisko!". Most initiatives are open to everyone, although for some of them you have to become members of, e.g. one has to be a member of Facebook to participate in the ridesharing or be a member of one of the direct purchase clubs to be part of the initiative. Six of the nine initiatives rely on avoid strategies, two on sharing, and one on a shift strategy. Most of the initiatives encourage behavioural change by providing new skills, enabling sustainable choice, and encouraging changes in social practices.



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Housing

FREE RIGA is an NGO organizing activities to open abandoned buildings for public use and to provide premises for those who carry out public activities - work in the field of culture, help socially vulnerable groups and people in need, look for new solutions or launch innovative projects. This initiative deals with overconsumption as well as supports initiatives helping people in need.

#ENERGOVIENOTI is a public campaign aiming to reduce Latvia's dependence on imported energy resources, the initiative calls on every citizen to review their habits and reduce energy consumption. The motivation is to respond to the Russian invasion of Ukraine and cut the use of imported fossil fuels and minimize energy consumption. This is one of the first initiatives calling for the reduction in energy use.

Mobility

Ridesharing is an open Facebook group that aims to connect people and support intercity travel. It is free of charge. The main motivation is to share and save travel costs, but it also enables reduced car use and related CO₂ emissions.

Pamēģini sabiedrisko! (Try public transport!) is a public communication campaign aiming to motivate people to switch from a private car to public transport, thus not only reducing traffic congestion but also saving resources and protecting the environment. It aims to substitute energy-intensive services with less energy-intensive services and is organized by Road Transport Directorate Ltd. and JSC "Pasažieru vilciens" (national rail).

Food

Smiltenei un Latvijai is the association standing for a sustainable and natural lifestyle, a fair distribution of resources, and voluntary work. To do so, several projects are implemented, e.g. permaculture demonstration projects, cultural exchange, and environmental awareness initiatives. The motivation is to save resources and strengthen solidarity and develop active public participation.

Open homestead Zadiņi seeks an alternative way of living by learning from the ethics and principles of permaculture and traditional practices - shared work, regenerative agriculture, and alternatives to economic business-as-usual that is socially and environmentally destructive. Motivation is to become part of the solution not part of the problem - interlinking ecology, society, and economy. The initiative is aiming for a reduction in material consumption, use of local resources, and ecological thinking.

Tiešā pirkšana is a network of direct buying groups and is organized jointly by consumers to get fresh organic local food on a weekly basis, buying it directly from organic farmers, and investing their time in the organisation. The motivation was to ensure affordable access to local organic food. It provides an opportunity for people to switch from conventional to organic, local, affordable food.

Consumption

Brīvbole is a free shop in Riga city which is an initiative of NGO Free Riga where everyone is invited to leave good, high-quality things, as well as choose something they like for free. The motivation of the initiative is to encourage the residents of the neighbourhood to help each other and to promote a responsible and environmentally friendly lifestyle. Sharing instead of buying helps extend product life and saves resources.

Repair cafe Riga offers numerous workshops for repairing electronic devices such as mobile phones, clothes and bicycles. It is also running a free book exchange. The motivation is to save resources and give people skills in repair. The successful repair of products can lead to savings in the amount of basic materials and energy required for the manufacture of new products.

3.6. India

Five examples of Indian initiatives were chosen, working with sufficiency lifestyle changes. These include three housing or eco-village projects, one solid waste management project and one upcycling/plastic pollution project. Three of the projects are run by local or national NGO's, working to tackle both poverty, health, environmental and food security issues. However, their main focus is to mitigate these issues in a way which corresponds with the sufficiency definition and which does not cause further harm to the climate or local environment. These projects are funded with national aid funds or donations from various partners.

Housing

Auroville is an international township devoted to human unity. It did not originally have an environmental focus, but the principles guiding this international community correspond with both sufficiency definitions and acts of environmental and climate protection. The 2.500 residents use renewable energy, collect and recycle their solid waste, collect rainwater, grow their own food and produce biogas from bio-waste.

Food

The **Vaishnav Dham Ecovillage** is located in an area plagued by high numbers of farmer suicide. The Universal Versatile Society is working to establish an ecovillage, which will help improve livelihoods and mental health among local residents. They are focusing on regenerative agriculture and income generating activities.

The **TI Ecovillage** has existed for many years and exhibits great results from their regenerative agriculture practices and focus on tree planting. They have transformed the land from barren to green and fertile. The villagers have also installed solar power, they collect rainwater and grow their own food.

Consumption

The **Sari Recycling Project** involving women from local fishing communities, targets both textile recycling, plastic pollution and income generation. It is part of the Clean India Program and attempts to reduce single-use plastics and pollution. The local women sew bags, table cloths, purses and other useful items from used saris, which would otherwise have ended up in landfills.

Clean Villages - Solid Waste Management: In an attempt to battle pollution and problems with unsanitary living conditions in local villages, this project has started systematic waste collection, sorting and recycling. Households in five villages have received two bins, one for organic and one for inorganic waste. These are collected every day and taken to a waste management plant, where everything is sorted and sold for recycling. The project has also been spreading awareness of the importance of waste management and the benefits for health in the community.



4. Integrated analysis of the results

The analysed **housing** examples are characterised by many initiatives and intentional communities whose activities extend to a broad range of subjects (heating, electricity, waste disposal, food cultivation, water use, car sharing, repair café), not only (if at all) low living space per capita. Two initiatives from Italy and Latvia centre on the re-use of vacant buildings and thus have an exclusive building focus. Of the four Danish ecovillages, three are very open and outward oriented, while one is predominantly aimed at promoting a sufficient lifestyle of its residents. This distinction and the underlying rationale, conception and motives are of interest for the following work steps in work package four.

Compared to housing, the analysed **mobility** examples are thematically more homogeneous, but the activities of the initiatives are also very diverse. These include car sharing in various sizes and forms, an info blog, a social media group for ridesharing, a ride sharing app, a cargo bike rental system, a car abolition premium and a public transport campaign. The initiatives focus on the shift away from motorised private transport.

The examples in the **food** sector can be classified into three categories. The first is food production with urban cultivation to reduce delivery routes and sustainable cultivation methods, for example in the sense of permaculture. The second are alternative distribution and processing channels through which less is thrown away in the process and the third is the saving of food that has exceeded the best-before date or that does not meet the usual visual demands. New relationships between producers and consumers are emerging. This can mean frequent, more reliable distribution channels for producers. In one example from India, this reliable income is particularly important in a region with high suicide rates among farmers.

In the examples from the **consumption** sector, the focus corresponding to the waste hierarchy pyramid is first on avoiding waste, for example through reusable objects. Second, the reuse through opportunities to exchange everyday objects and clothing in special shops or networks is enabled. Third, there are offers for repairing or instructions and guidance on how to repair things oneself. Fourth, the recycling principle can be found in the Indian Sari Project.

Most initiatives rely on “**avoid strategies**” for example avoiding or reducing car use, food waste, purchasing new products and heating energy consumption. “**Shift strategies**” are less common, e.g. shifting to more cycling, buying local food, reusing containers or sharing houses. In terms of geographical distribution, a fairly balanced ratio of rural and urban initiatives can be observed overall. The implementing organisations are mostly non-profit organisations, e.g. associations and cooperatives but some commercial and public actors are also present. Funding is very diverse and includes donations, public funds, membership fees or income from sales. Individual initiatives even operate without funding.



4.1. Gendered perspective on sufficiency initiatives

One goal of FULFILL is to assess the systemic impact of sufficiency lifestyles which includes the analysis of effects on gender, health and energy poverty. The transformative changes in the supply system in part triggered by sufficiency initiatives are likely to have an impact on the situation of all genders, offering potential opportunities to improve gender equality. To this end gender biases and androcentrism in the transition need to be actively reflected upon. In combination with considerations on health and social impacts, this can lead to the identification of vulnerable groups with the need for a special focus.

In this deliverable, aspects of the care economy and gender equality that came to light in the first step of the desk research are highlighted. The rather enumerative list shows that gender equality and the care economy are positively influenced or, in some cases, actively considered and addressed in the examples listed. Possible negative effects of sufficiency initiatives, for example in the sense of a feminisation of environmental and climate responsibility, will be considered in more detail in future steps in work package 4 based on a more in-depth analysis. This includes workshops in five countries with initiatives and municipal authorities. One aim will be to work out how the structural conditions for gender equality and the care economy can be improved at the municipal level when sufficiency initiatives are promoted.

The following section recapitulates the previously mentioned initiatives that emphasise the individual care economy or gender aspects.

Mobility

GoFLUX offers a German ridesharing app that aims in particular at commuting to work together. Women can indicate that they are only looking for female passengers.

The Italian Initiative **Famiglie senz'auto** offers information and best practice examples on how to manage everyday family life without a car.

Housing

The German Cohaus Kloster Schlehdorf is a former monastery that is now used for a residential project. The composition of the household members is also taken into account when allocating flats. Single parents would have an advantage here.

The German ecovillage Sieben Linden is a social-ecological model settlement and community with about 145 residents, it sees itself as a model for a future-oriented way of life. The educational programme includes seminars on gender equality.

The **Danish ecovillage Karise Permatopia** consists of 90 houses with surrounding farmland, vegetable gardens and orchards, in addition to several community houses. The residents are evenly distributed between genders, and Permatopia has guidelines for the distribution of houses, where 40% must be occupied by families, 30% by middle aged, 20 % by young people without children and 10% by elderly people.

Tinyland is a non-profit association that helps people and specifically women build their own tiny house and advocates for the right to live in tiny houses with municipalities. Tinyland offers an affordable housing solution and empowers women through learning construction techniques.

Food

SIRPLUS is a German online supermarket where food can be ordered that can no longer be sold by producers and wholesalers. Regular delivery of a food box reduces the need to go shopping yourself and can save time in everyday family life.



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Fødevarebanken (The Food Bank) rescues excess food from supermarkets, food producers and distributors across Denmark and distribute it among organisations working with people in need, for example homeless people or women living in shelters. Their initiative aims to help socially marginalised people, some of which are families with financial troubles and women who are victims of domestic abuse. In this way, they specifically help women and children.

Donne in campo, established in 1999, is the Italian association of women entrepreneurs and agricultural women. It creates 'networks' of women in the countryside, weaves relationships between farms and builds local communities and groups. Thus, women support themselves in a sector that is structurally more male-dominated.

Consumption

Repair Cafe Denmark is a national network, with 67 members across the country. Each local Repair Café is run by volunteers. Although there is no official gender aspect of the repair cafés, in reality, many of the "fixers" working there seem to be older men, who are retired from work and have special knowledge they can use to repair many items.

Det Kollektive Klædeskab (the communal wardrobe) is a cloth-sharing initiative for women of all styles, shapes and sizes. This initiative has a clear gender-aspect, as it specifically targets women and others who wear womens' clothing.

The **Sari Recycling Project** involving women from local fishing communities, targets both textile recycling, plastic pollution and income generation. The local women sew bags, table cloths, purses and other useful items from used saris, which would otherwise have ended up in landfills.



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5. Conclusions and outlook

The aim of work package four is to identify and analyse sufficiency strategies on the meso, i.e., the local level. This included in a first step the collection of 50 initiatives and intentional communities in cities and regions that aim to develop more sustainable lifestyles or living conditions. The methodology included a structured data collection and guiding questions on the characterisation of sufficiency initiatives. The general approach was to keep the qualitative and quantitative selection criteria straightforward and open in order not to constrain the search and to allow for unexpected results.

The activities in housing initiatives and intentional communities extend not only to a low living space per capita but also to renewable heating and electricity, sustainable waste disposal, food cultivation and water use as well as car sharing and repair cafés.

The mobility activities are thematically more homogeneous but also diverse in their shape. They focus on the shift away from motorised private transport. Structurally, an important goal in the transformation of the mobility sector is not only to change the way people are moving, but also to work towards limiting the length of journeys in everyday life, for example, in the sense of a 15-minute city. Here, the possibilities of voluntary initiatives are limited and urban planning is primarily called upon.

The food initiatives' activities can be grouped into food production with urban cultivation to reduce delivery routes and sustainable cultivation methods, alternative distribution and processing channels through which less is thrown away in the process and the saving of food that has exceeded the best-before date or that does not meet the usual visual demands.

Corresponding to the waste hierarchy pyramid, the sustainable consumption initiatives activities focus on avoiding waste, reuse through opportunities to exchange everyday objects and clothing, repairing services or DIY support and recycling of clothes.

Most initiatives rely on avoid strategies, while shift strategies are less common. The initiatives can be found in rural and urban areas, are mostly run by non-profit organisations and usually funded by donations, public funds or income from sales.

The next steps are to conduct a survey among the initiatives and intentional communities and to organise a workshop with them and representatives of municipalities. In addition, an analysis of local climate action plans will be conducted. The focus will be on local sufficiency strategies, barriers and drivers for sufficiency activities and their multiple effects regarding health, gender and energy poverty.



Annex 1

Sufficiency initiatives screening table:

<https://docs.google.com/spreadsheets/d/1pFgiGPdN2yOulqyRnnNjSwWLV97XyTit/>



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