



Fundamental decarbonisation  
through sufficiency by lifestyle changes

Report on multiple effects of sufficiency lifestyles

FULFILL Deliverable D 4.3

Place: Wuppertal

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# Fundamental decarbonization through sufficiency by lifestyle changes






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# Project Partners

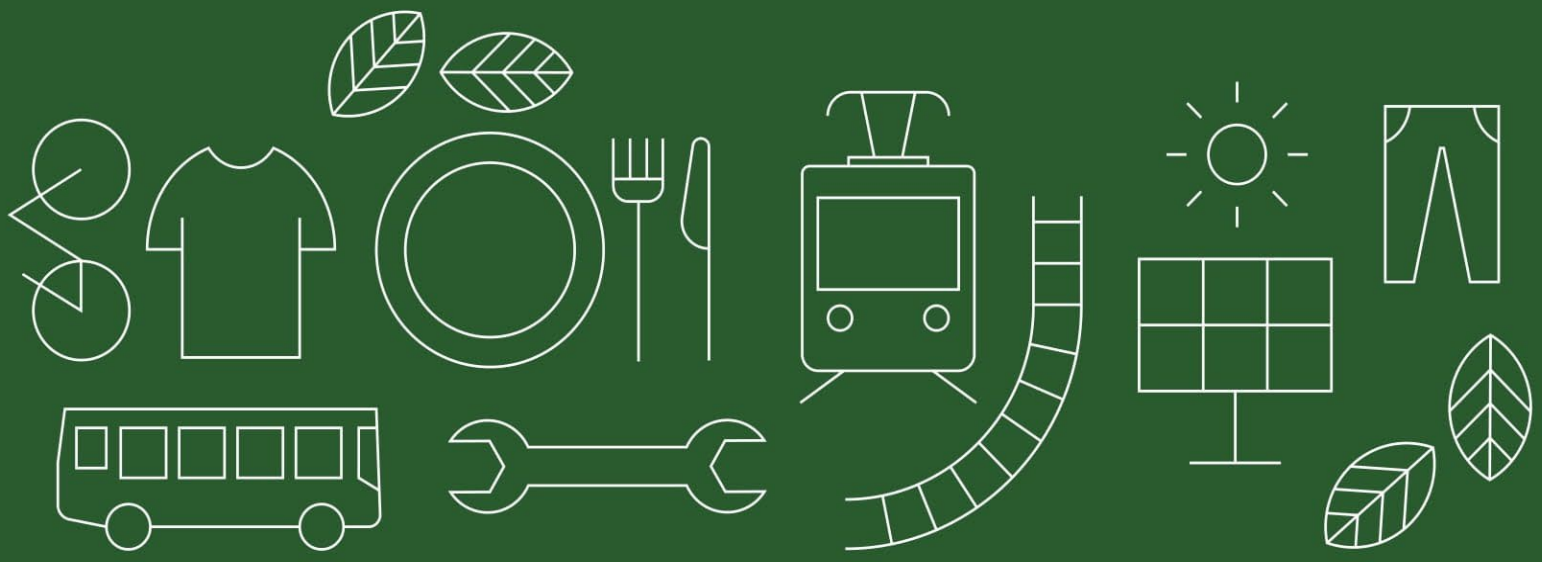
| No | Participant name                                                    | Short Name | Country code | Partners' logos                                                                       |
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## List of Abbreviations

|              |                                                     |
|--------------|-----------------------------------------------------|
| <b>ADEME</b> | French Environment and Energy Management Agency     |
| <b>CET</b>   | Central European Time                               |
| <b>DIY</b>   | Do-it-yourself                                      |
| <b>ECOV</b>  | French operator of carpooling lines for daily trips |
| <b>EU</b>    | European Union                                      |
| <b>GDP</b>   | Gross Domestic Product                              |
| <b>ISM</b>   | Individual / Social / Material                      |
| <b>NDC</b>   | Nationally Determined Contributions                 |
| <b>NGO</b>   | Non-governmental organization                       |
| <b>SSH</b>   | Social Sciences and Humanities                      |
| <b>WP</b>    | Work package                                        |



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## Abstract / Summary

The aim of FULFILL work package 4 (WP4) is to identify and analyse sufficiency strategies on the meso, i.e. the local level in 5 EU-Countries and India. This report describes task 4.3 aiming at a compilation of evidence on multiple effects and impacts that sufficiency initiative have and that they are aiming for.

In a first step (task 4.1), WP4 mapped 50 local initiatives and intentional communities in cities and regions in five countries aiming at sustainable lifestyles or living conditions (FULFILL Deliverable 4.1).

In a second step, as part of task 4.2 and 4.3 WP4 conducted a survey among these initiatives to identify municipal policies that support sufficiency lifestyles promoted by the local initiatives and intentional communities on the one hand (D4.2). On the other hand the survey was designed to identify impacts sufficiency initiatives are aiming for (D4.3).

In a third step, WP4 (D4.2 and D4.3) invited these organizations from the participating EU-countries to five national workshops, presenting the results of the survey and for corroborating the evidence and preliminary conclusions in subsequent discussions. There was no workshop planned for India.

This report describes the methodology of the survey and the workshops and presents results and first conclusions that we have drawn from the survey and the workshop discussions involving local initiatives and intentional communities regarding multiple effects and impacts they have on sufficiency.

The effects and impacts of sufficiency initiatives can be defined in three areas: habits, infrastructure and societal frameworks. Most of the initiatives show evidence in working in a practical way with a bottom-up approach, with the aim of influencing the societal framework. In order to meet this goal, they use subordinate goals such as gaining or sharing experiences and having a broad impact.

Due to the significant small number of survey responses from Indian initiatives, no robust findings for India could be obtained.

The results of this task will be deepened in a subsequent case study shedding more light on the governance supporting sufficiency lifestyles and living conditions at local level. The case studies will be presented in FULFILL Deliverable 4.4.



# Introduction and Overview

## Purpose of this Document

This deliverable presents the results from Task 4.3: Multiple effects of sufficiency on the meso level. The aim of this task was to identify if sufficiency initiatives are having effects towards system and lifestyle changes and what impacts they are aiming for. In addition, it will be further analysed whether these impacts address health, justice and gender equality. As a first step, a survey was carried out in five EU-countries: Denmark, France, Germany, Italy and Latvia. For an international perspective the European surveys were complemented with responses from India. The survey results had been discussed during five workshops with a total of 77 participants from initiatives and municipalities in Denmark, France, Germany, Italy, Latvia.

There was no workshop for India, as this was not part of the scope defined in the description of work. Also, no Indian partner was included to the FULFILL consortium regarding WP 4, which would have made the organisation of workshops very difficult.

## 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 wellbeing”**. 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 at 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 spill over 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



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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 at 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.
- 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 spill over 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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# Initiatives' effects on sufficiency

## 1. Introduction

Work package 4 aims to identify enablers and barriers for sufficiency lifestyles and to analyse sufficiency strategies at the meso level. The point of departure had been a mapping of local initiatives, organisations and intentional communities that support sustainable and sufficient lifestyles (FULFILL Deliverable 4.1). To be effective, these local sufficiency initiatives rely on good framework conditions. This includes, for example, people who want to participate, but also a regulatory framework and a city administration that creates opportunities rather than barriers.

In the first of four steps in this work package, the initial question was: Which initiatives and intentional communities exist, and what are their different foci? Task 4.1 (including M4.1 and D4.1) managed to map a diverse collection of initiatives and intentional communities covering a wide range of sectors and activities such as housing, mobility or food. Based on the FULFILL sufficiency characterisation (see **Fehler! Verweisquelle konnte nicht gefunden werden.**) and insights from previous sufficiency projects<sup>1</sup>, indicators were developed to provide a consistent screening approach for sufficiency initiatives. The initiatives identified on this basis rely mostly on "avoid strategies" like avoiding or reducing car use, food waste, purchasing products or energy consumption. Less common were "shift strategies" like shifting from car to cycling, local food, reusable packaging or sharing houses. The local sufficiency initiatives were both voluntary and professional, some of which have a high up-scaling potential.

The research on the local sufficiency initiatives was carried out in five EU-Member States. The FULFILL project application characterised these countries as follows: Denmark, France and Germany represent the wealthy north-western countries in the EU, with different energy and political focuses. These EU countries still have significant potentials for implementing efficiency measures (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 EU countries with different economic challenges, especially in the face of the Corona pandemic. While Latvia is an eastern, economically growing and relatively new EU member. India represents a non-EU perspective of a fast growing and developing country with increasing wealth and consequently an increasing energy demand. India was chosen as a country with a wide range of economic conditions and lifestyles, an history which encompasses simple-living movements, and a large potential growth of emissions.

## 2. Methodology

### 2.1. The survey

This section on methodology is, except for a few minor details, identical to the corresponding section in Deliverable 4.2, as the same survey was designed to answer the research questions for Task 4.2 and 4.3. In order not to overburden the initiatives involved, FULFILL WP4 conducted only one survey. The survey had a part with general questions about the nature of the initiatives and their activities as well as sections with specific questions on interactions with municipal actors and one on impacts. The full survey is included as an attachment.

The survey on municipal sufficiency initiatives was designed by the project team at the Wuppertal Institute with support of all partners. Topics of the survey were chosen based on the key issues identified in earlier work packages and on the requirements of WP4. This means that, in addition

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<sup>1</sup> Optimising Land Use, Reducing New Construction Pressure (OptiWohn); Energy Sufficiency in Energy Transition and Society (EnSu); Development opportunities and barriers of a sufficiency-oriented urban development (EHSS)

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to collecting key data on the initiatives, there are two main blocks of questions: one on the impacts that initiatives are aiming at, and one on interactions with municipal governments and administrations. Another aim of the survey was to provide some initial insights and hypotheses that would subsequently be used as a basis for discussions at national workshops, which are also reported on in this deliverable.

The survey was designed in multiple steps. A first draft had been presented and discussed in a project workshop. Based on the responses the draft had been amended and improved. It was then presented and discussed again to produce a final version agreed on by all project partners. It uses a mixture of closed and open-ended multiple-choice questions. The survey offered the options to go into more detail if desired, or to fill in an "other" field if none of the multiple-choice options fit. The survey was conducted online using the "LimeSurvey". Versions in six languages were provided, requiring translations of questions and answers provided by the FULFILL consortium partners. The FULFILL researchers contacted the potential participants and sent them the survey link. They followed up if no response was registered within a few weeks. In the case of Italy, in-person interviews with the initiatives were conducted to ensure a higher response rate. The online survey was activated on July 7th 2022, with the last full response received on January 24th 2023.

The sampling of the survey was based on the mapping of sufficiency initiatives in [FULFILL Deliverable 4.1](#). The survey proved to be challenging and resource-intensive. This had been foreseeable, as many of the initiatives are run by volunteers or a small number of staff, leaving little time for collaboration with science. As a result, even though all local partners spent considerable time in contacting initiatives, not all of the initiatives mapped in [D4.1](#) could be convinced to respond and additional initiatives had to be invited. This was particularly successful in Germany, where 17 additional initiatives replied to the survey. There was also an attempt to bring a low number of initiatives from India on board in order to make some comparisons to a non-European context. For this a slightly modified version of the survey (in English) was set up and sent out to relevant contacts identified by INFORSE. Despite great efforts by INFORSE to get more responses, only three initiatives ultimately responded to the survey. While there is no doubt that the Indian perspective would be highly relevant for sufficiency at all levels, it might be more promising to either have Indian partners fully integrated in future projects, with sufficient resources, or to bring in perspectives from the global south only on a conceptual / literature basis. The realities of India are too different from the other countries in the sample to properly integrate at this scale. Nevertheless, there were some interesting aspects in the Indian survey responses that will be referenced below.

The FULFILL WP4 team identified a broad spectrum of local sufficiency initiatives, ranging from very conscious intentional communities aiming at autonomy and self-sufficiency, to various groups pushing specific sustainability issues, such as different forms of mobility or sustainable food systems, without major concerns for the wider implications of their work on sufficiency lifestyles. Due to the diversity of groups and interests, FULFILL WP4 did not attempt to strive for representativity. However, the results turned out to be relatively stable while the sample grew. Major patterns, lines of reasoning and common challenges can be identified and confirm other project findings.

Altogether the survey was initiated online 134 times. This includes aborted entries and probably some internal testing. The data was exported and cleaned, to remove tests, duplicates and incomplete surveys. The cleaning included correcting obvious spelling mistakes. Responses to questions on at least 4 out of 6 pages were considered as valid, which only applies to three surveys. Eventually, 64 valid surveys remained, with the following breakdown by countries:



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Table 1 Number of survey answers per country

| Country | Answers |
|---------|---------|
| Denmark | 8       |
| Germany | 26      |
| France  | 10      |
| Italy   | 10      |
| Latvia  | 10      |
| ALL     | 64      |

The free form responses were translated by the local partners so that all responses were either in German or English. The team at Wuppertal Institute is fluent in both languages and was therefore able to analyse directly in these two languages.

All quantitative analysis, mostly descriptive, was directly transferred to a spreadsheet. Qualitative data, as in free form fields, was reviewed by the researchers and colour coded to gain additional insights. The coding was done inductively based on content, using the following categories:

- clarification / explanation / addition for the quantitative answer
- new insights into the thinking of initiatives
- open (research) Questions

## 2.2. The workshops

The FULFILL WP4 team organised five workshops for local sufficiency initiatives – 1 per county – to which policy makers and representatives of initiatives were invited. These workshops were designed to validate and complement survey results and were therefore based on preliminary survey results. As in the survey, the workshops focused on the topics of WP 4.2. (cooperation between initiatives and municipality) and also on WP 4.3 (multiple effects). However, for various reasons discussed in the following section, the main interest of participants and thus focus of the workshop had been on WP 4.2 rather than WP 4.3.

According to the description of work, the WP 4.3 workshop should not only identify effects on sufficiency related system and lifestyle changes but also on health, justice and gender equality.

When approaching the different sufficiency initiatives the research team realized large differences in the national settings, for example the political structure at local level, the types of initiatives or the responsiveness and availability of participants. Therefore, each country developed a workshop design adapted to national circumstances. The following section gives a brief overview on the basic fact about the workshops in each country. The detailed methodologies can be found at the beginning of each workshop analyses in section 3.2.

There was no workshop for India, as this was not part of the scope defined in the description of work. Also, no Indian partner was included to the FULFILL consortium regarding WP 4, which would made the organisation of workshops very difficult.



## Denmark

- Time and Date:
- Friday, September 2<sup>nd</sup> 2022
  - from 12 a.m. to 4 p.m.
- Participants:
- 18 participants invited --> 7 representatives of initiatives or municipalities attended
    - 3 representatives from initiatives in the housing sector
    - 1 representative from a initiative in the mobility sector
    - 2 representatives from municipalities
- Methodology:
- Online Workshop
  - First part about identifying barriers
  - Second part about identifying drivers
  - Additional statements acquired through direct contact with initiatives that could not attend to workshop

## France

- Time and Date:
- Wednesday, September 7<sup>th</sup> 2022
  - Tuesday, September 27<sup>th</sup> 2022
  - Both workshops from 9:30 a.m. to 12 a.m.
- Participants:
- 33 participants invited --> 8 participants in Workshop 1; 13 participants in Workshop 2
    - Representatives of 7 initiatives across both workshops
      - 1 initiative from the housing sector
      - 1 initiative from the mobility sector
      - 2 initiatives from the consumption sector
      - 3 initiatives related to transversal, multi-sector changes
    - Representatives of 7 local municipalities across both workshops
- Methodology:
- Online Workshops
  - Workshop 1 intends to let the participants know each other and describe their initiative. Then they classified actions, drivers and barriers relevant for them, using the ISM (Individual / Social / Material) model from SSH (Social Science and Humanities)
  - Workshop 2 allowed people to share their personal experience and feed-back on the interaction between Initiatives and local authorities and explore recommendations



## Latvia

- Time and Date:
- Friday, November 4<sup>th</sup> 2022
  - from 5 p.m. to 7:30 p.m.
- Participants:
- no exact number on invited initiatives, due to snowballing method --> 12 participants
    - 2 members of Green Liberty
    - 4 from municipality
    - 6 from initiatives
- Methodology:
- In-person workshop
  - First section was part of the deliverable 4.3 and covered the effects achieved by initiatives.
  - Second part complies with deliverable 4.2. and focuses on governance issues.
  - The format of the discussion was open dialogue.

## Germany

- Time and Date:
- Thursday, September 7<sup>th</sup> 2022
  - from 5 p.m. to 7:30 p.m.
- Participants:
- 157 initiatives invited --> 19 initiatives registered --> 15 representatives of initiatives attended
    - 2 participants from the housing sector
    - 3 participants from mobility sector
    - 2 participants from food sector
    - 6 participants from transition town movement
    - 2 participants from education and research
- Methodology:
- Online Workshop
  - Focus on volunteer initiatives due to difficulties in finding a mutual time of the day for professional initiatives, city administration and volunteer initiatives.
  - First section was part of the deliverable 4.3 and covered the effects achieved by initiatives.
  - Second part complies with deliverable 4.2. and focuses on governance issues.
  - Additional statements of one representative of city administration via E-Mail



## Italy

- Time and Date:
- Friday, January 27<sup>th</sup> 2023
  - from 2 p.m. to 5 p.m.
- Participants:
- 37 initiatives invited --> 10 representatives of initiatives attended (most initiatives were active in more than one field)
    - 9 initiatives work on community building;
    - 8 initiatives work on climate change mitigation and adaptation;
    - 7 initiatives work on biodiversity conservation;
    - 7 initiatives work on public health;
    - 5 initiatives work on employment opportunities;
    - 4 initiatives work on social inequalities;
    - 3 initiatives work on poverty reduction
- Methodology:
- Online and in-person workshop
  - Key challenge in finding a time slot where most initiatives could attend
  - Open discussion



### 3. Results

In a first step, FULFILL WP4 mapped nine initiatives in Denmark, Germany, France, Italy and Latvia, and five from India. For some countries, further examples were researched and documented which can be found in Annex 1.

#### 3.1. Analysis of the survey results

FULFILL WP applied a mix of quantitative and qualitative analysis to shed light on the relationship between municipalities and local sufficiency initiatives as well as the impacts aimed by initiatives. This following section on the main characteristics of the sample of 64 local sufficiency initiatives is identical to deliverable 4.3.

#### Main characteristics of the sample

Most of the initiatives are relatively young. More than half (36 out of 64) were founded in 2016 or later. Only six were founded before 2001. The initiatives are relatively small, over 40 of them consisting of 20 or less individuals. It should be noted, however, that it is difficult to count those who are "part" of the initiative, as many do not have a distinct membership. The question was relatively open in that regard, as sometimes the number of people active in a group might be the relevant number. For a housing project it is those living there, for some initiatives organized as a company it might be employees, which can be part- or full-time. Most initiatives do not have their own premises: 13 own land, 16 have an office. Some clarified that they use shared premises provided by another organisation or, in some cases, municipal facilities like a library.

As intended, the initiatives are spread quite evenly across the three areas defined by the project. 18 are active in housing, 25 in food, 26 in mobility and 25 in products or services (more than one area could be chosen). 27 chose to specify their area, mostly not contradicting the four areas. However, some additional areas such as global development or education were named.

Most initiatives (55)<sup>2</sup> are happy to address anyone who is interested, with a large group (18) also focusing on people living in the same village, district or town. They mostly (42) work under the assumption that their target group already thinks about sustainability to some extent, only 11 and 10 respectively think that their target group thinks about sustainability a lot or not at all.

The role of the person responding to the survey was also recorded to help interpret some of the answers. Most individuals were active in leading the organisation or a team within it in some form (62), with only 13 being paid as part-time or full-time staff.

#### Integrated Analysis

The following analysis includes the responses to more than ten qualitative and quantitative responses in one segment as there are multiple connections between the different angles on the impacts of initiatives.

As it is almost impossible and certainly outside the scope of this survey to actually quantify impacts of both sufficiency lifestyles and of initiatives on these lifestyles, the focus was put on the intended impacts and perceptions of the initiatives.

A simple conceptual model was employed to guide survey design and analysis: Based on the literature review and conceptual work in work package 2<sup>3</sup>, there are three main areas an initiative could have impact on sufficiency: habits, infrastructures and societal frameworks. Habits are sufficiency measures taken by individuals due to permanent lifestyle changes, sufficiency infrastructures are physical and non-physical infrastructures enabling sufficiency habits and a sufficiency

<sup>2</sup> The number in brackets indicates the number of answers.

<sup>3</sup> See [Deliverable 2.1 Literature review for analysis of lifestyle changes](#)

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societal framework describes institutions, legislation, norms enabling sufficiency habits<sup>4</sup>. Influencing habits would more or less mean a direct targeting of individuals. Infrastructures would be mostly physical structures that make sufficient lifestyles easier. Societal frameworks are about public debates and values. We assume that, consciously or not, any initiative will pursue at least one of those forms of impact. In an additional series of questions, we went into more details on how habits, infrastructures or societal frameworks are targeted. Table 2 connects these more detailed questions to the area of impact they belong to. In the structure of the survey a broad question (habits vs. Infrastructure vs. societal frameworks) was combined with a more detailed question on types of influence. Both responses were put in context by additional qualitative answers. One asking about the intention of the initiative, another about the meaning of the term “sufficiency”.

Table 2 Areas of impacts and possible types of influence

| Most important area of impacts | Type of influence                                                                                           |
|--------------------------------|-------------------------------------------------------------------------------------------------------------|
| <i>Societal Framework</i>      | Showing the need for more sustainable and sufficient lifestyles to society                                  |
| <i>Habits</i>                  | Showing the need for more sustainable and sufficient lifestyles to individuals                              |
| <i>Habits</i>                  | Explaining and showing the benefits of a more sustainable and sufficient lifestyle to individuals           |
| <i>Infrastructure</i>          | Creating the needed infrastructure for sustainable and sufficient lifestyles                                |
| <i>Infrastructure</i>          | Demanding better infrastructure from politicians and administrator                                          |
| <i>Societal Framework</i>      | Changing the public debates on sustainability and sufficiency                                               |
| <i>Societal Framework</i>      | Demonstrating to society and decision makers that more sustainable and sufficient ways to live are possible |

The largest group of initiatives (27, some invalid responses) chose “changing the habits of people” as their most important aim, closely followed by “working to provide infrastructures that allow people to live more sustainably and sufficiently” (20) with only few (5) focusing on societal frameworks. These priorities are not overly surprising, as the initiatives in the sample were mostly local, practice-oriented groups. However, looking at the following question, reviewing various types of influence on the three areas, the picture becomes more diverse. The type of influence that was picked most often (41) was “demonstrating to society and decision makers that more sustainable and sufficient ways to live are possible”. In our conceptual model, this was clearly considered as a way of influencing societal frameworks. That would lead to the conclusion that initiatives are very much aiming for broader societal change, by first influencing the habits of a small group which then serves as an example. “Think global, act local” might be the slogan. “Explaining and showing the benefits of a more sustainable and sufficient lifestyle to individuals” was a second type of influence (37), underlining the general agreement on the importance of individuals. However, “creating the needed infrastructure for sustainable and sufficient lifestyles” was also picked by almost half the initiatives (31). Therefore, it seems that within our sample, there is a dominant understanding that changing local infrastructures and habits within a smaller group, either inside the initiative or in a local environment, is a starting point to “trickle up” to broader societal changes. Qualitative responses confirm this analysis, with a larger part of the sample focused on their local community as well as some typical intentional communities (eco-villages, tiny house communities etc.) focused on their members, but trying to set an example. This dominant bottom-up approach is confirmed by looking at the types of influence for infrastructure. 31 initiatives picked “Creating

<sup>4</sup> Sahakian, M., & Wilhite, H. (2014). Making practice theory practicable: Towards more sustainable forms of consumption.

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the needed infrastructure for sustainable and sufficient lifestyles" whereas only 21 chose "Demanding better infrastructure from politicians and administrators". The bottom-up approach is confirmed in the free-text answer regarding the intention of the initiative. Practically the total focus lies on what they are doing and offering themselves, not on political demands. Again, those seem to be second order impacts. Comparing the different fields that initiatives are active in, this general trend holds everywhere. However, initiatives in housing and mobility are more likely to also consider infrastructures than those in food and products or services.

There is an interesting result that might speak to the mindset of the initiatives or even their theory of change, so how they assume to be affecting changes: The lowest result for the different types of influence (selected 20 times) was "Showing the need for more sustainable and sufficient lifestyles to individuals", while "Explaining and showing the benefits of a more sustainable and sufficient lifestyle to individuals" was at 37. Showing the need to society also came out at only 23. This seems to be a clear indication that the focus of sufficiency initiatives is not on climate change or planetary boundaries as a "push" towards sufficiency, although these issues are generally taken for granted within the groups. Their priority are benefits and a positive vision of a different society. This pattern becomes even clearer in the text answers. As a matter of fact, some even avoid using the term sufficiency. It can be seen as too negative, as it could mean "doing without". For example, local initiatives refer to the "burden of property", that "those who live sufficiently don't have to limit themselves", "we can easily live with less". The emphasis on the opportunities of sufficiency is confirmed by the fact that the initiatives see themselves as rather focussing on solutions (34), than problems (6). This constructive and positive take on sufficiency is confirmed by the few responses from India, referring to Jainism or Buddhism aiming at the middle path between ascetism and abundance.

The points made above correspond quite closely to the responses given to the direct question (free-form). The initiatives support each other and support the neighbourhood, creating communities and new opportunities.

Much of this overall tendency towards the local and concrete might be a result of the sampling strategy chosen, and there is no denying the appeal of "getting something done" locally while hoping to influence society more broadly. However, this aspect should also be seen critically, as not targeting the broader frameworks and infrastructures of society is equivalent to fighting an uphill battle. It is difficult to convince people to cycle on streets made for cars, to consume less while constantly targeted by commercial advertising or to live in tiny houses when much of the social status depends on the size of our residence. If initiatives only look for solutions but do not address the underlying driving-forces in society, it becomes difficult to effect change at the structural level.

The working areas, meaning the areas that initiatives hope to have an impact on, were rather broad, with the environment (48) and climate (44) in the lead, along with community (48). Again, the aspect of creating communities is an essential part along with various environmental goals. The topic of gender equality, that we also hoped to capture in our study, was only named 7 times, and not in any of the free-form responses. This can certainly be seen as a deficit, as there are strong indications for sufficiency being both positively and negatively connected to gender equality and the non-market care economy. Intentional communities must take care to equally distribute volunteer work among all members.

While, it was only possible to get information on the intended impact of local initiatives, we did ask them if they could imagine their impact could in theory be measured or supported with evidence. A clear majority (42) does think so. The free-form explanations why that would be the case yields a diverse picture. Quite a number of initiatives argued why they see their initiative having an impact, with valid reasoning, but no actual measurements offered. Others provided ideas such as measuring visibility in local media, which could be seen not so much as an impact, but an avenue to impact if public opinion is supposed to be influenced. Some had very concrete measures like the numbers of customers, the number of items shared or the number of users. Yet these are also only proxies at best, with actual sufficiency difficult to measure. Only a small number mentioned indicators that could truly be seen as measures of sufficiency at the physical (e.g. emissions) or psychological (e.g. sociological studies) level.



As also stated in deliverable 4.2, based on the sampling strategy we were not able to discern any significant differences between countries that would not be caused by the sampling strategy.

## 3.2. National workshops

### Denmark

*Authors: Ida Bilander (INFORSE), Gunnar Boye Olesen (INFORSE)*

#### The program of the workshop was as follows:

##### Introduction

- Short introduction to INFORSE Europe and the FULFILL project.
- What is Sufficiency? How do we work with sufficiency in this project?
- Short introduction round, where each participants presented their initiative.

##### 1<sup>st</sup> part: Identifying Barriers

- What barriers / difficulties have you encountered in your initiative, during the first development phase, during daily management and when it comes to further development?
  - Participants used post-it notes (sticky notes) to write down barriers in each of the three phases described above. The post-it notes were colour-coded, so that each phase had its own colour.
- What kind of barriers were they? Sort them into three categories: Legislation, financial or consultancy / knowledge?
  - The participants sorted their post-it notes. When sorted, it was possible to see that all three categories contained all three colours, meaning that there were barriers in all three of them the development phase, the daily management and in further development, which related to all of them legislation, finances and knowledge/consultancy.

##### 2<sup>nd</sup> part: Identifying Drivers

- What drivers have you encountered? Situations where the municipality has helped you move forward / solve a problem?
  - We had an open discussion about this, where all participants shared their experiences.
- How can municipalities help overcome the barriers identified in the first part of the workshop?
  - Participants were encouraged to see possibilities and not focus on practicality or whether an idea had the needed resources to be carried out. This was an exercise about coming up with solutions, not developing finished concepts.
- Round-off.
- What is next in the FULFILL project? Information about future work, webinars etc.
- Networking: Follow FULFILL and INFORSE on social media, connect with each other and spread the word about the project to colleagues.
- Goodbye and thank you.



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### **Who attended, what was the discussion like?**

Due to a few last-minute cancellations, we only managed to bring together 7 participants for the workshop. There were three people from two different eco-villages, one from a regular village working with sustainability, one from a rural car-sharing initiative, and two from local municipalities, these were officials who had worked with citizen-driven initiatives and sustainability before.

Everyone participated and contributed very well in the workshop. They were interested to share their knowledge and come up with new ideas.

In order to collect data from more initiatives, we decided to contact the ones that could not attend, and ask them the questions via email or by phone. This way, we received responses from more different kinds of initiatives and a larger group of informants. By email we received answers from one more eco-village, one anti food-waste initiative and one clothes-sharing initiative.

### **Summary of effects**

All initiatives seemed very concerned with their projects creating some kind of impact, either on specific climate related issues, on the social wellbeing and lifestyle opportunities of their participants or on the general knowledge of the subject in focus. The three Ecovillages were very focused on creating spaces that make new ways of living, in better balance with nature and climate, possible. They want to do this to offer a different way of life for their residents, but they also want to act as a demonstration to the surrounding society, showcasing what is possible in the way of sustainable lifestyles. Some Ecovillages also have specific focus areas, such as improving food production through permaculture techniques, experimenting with new building materials and techniques or working on social structures and decision-making processes. The initiatives focusing on sharing and reusing of resources were aiming at effects related to a specific subject, for example mobility.

### **Knowledge sharing**

For some initiatives, their main focus has been on sharing knowledge about how to make sustainable choices in ones' own life, thereby educating citizens and participants to take action. In one intentional community this resulted in the development of 50 Green Action Plans for 50 families living in the village. They also held several public talks about different topics related to a climate friendly lifestyle. The ecovillages are also focused on sharing knowledge and on acting as demonstration sites, showing the surrounding society an alternative way of living. One is doing this through a Folk High School and others have regular guided tours around the village. They also report that there is a lot of public interest in the villages. They get requests from many citizens, journalists, schools etc. who are interested to learn about their work.

### **Sharing or reusing of resources – reducing consumption**

The local car-sharing initiative has resulted in better mobility opportunities for citizens, making it easier to avoid buying car number two or three.

The many repair cafés, represented by a Danish repair café initiative, work to ensure that items are used for as long as possible. Each café gathers data about how many kilos of "things" they are repairing every year. This number gives an estimate of the amount of trash avoided by using these cafés. One of the cafés participating in this project has repaired 87 kilos of items. This is just one of 75 cafés across the country.

### **Reducing Waste**

One Ecovillage has actively worked to reduce household waste and promote recycling. Through this work they managed to reduce the amount of "general" household waste of the participating residents by 38% during the project period. Another initiative, concerned with reducing waste,



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gathers excess food from retailers and distributes it among shelters and other projects. In 2021 they rescued 1572 tons of food, which, according to their calculations, resulted in 3.9 million meals for people in need. Every year they create a report where they describe the effects of the initiative.

## Germany

*Authors: Michael Buschka (Wuppertal Institut), Philipp Schepelmann (Wuppertal Institut), Raphael Moser (Wuppertal Institut)*

### Workshop conception and implementation

The main challenge for setting the workshop date was to find a mutual time of the day when professional initiatives, city administration and volunteer initiatives can participate. While professional initiatives and employees from the city administration would probably be available during the day in their working hours, volunteer initiatives would rather have time in the evening hours after work. Because of the focus on volunteer initiatives, the workshop was scheduled between 5 p.m. and 7:30 p.m. on a weekday. In line with the previous expectations, mainly volunteer initiatives were represented at the workshop.

The initiatives represented can be classified as follows:

- two initiatives from the housing sector
- three initiatives from the mobility sector
- two initiatives from the food sector
- six initiatives across the transition town movement
- two persons from the field of education and research

The overall willingness to participate in the workshop must be rated as low. Of the initiatives that were analysed in the screening, only two were represented in the workshop. With regard to the initially low number of registrations, a larger group of 157 initiatives had been successively invited. In the end, 19 initiatives were registered and 15 representatives of initiatives attended.

The workshop was essentially divided into two sections. As part of the deliverable 4.3 of the FUL-FULL project the first section discusses to what extent effects can be achieved by the activities of initiatives, for example through changes in habits, infrastructures or in the social context. The second part focuses on governance issues. Each section started with a short presentation of survey results, followed by a discussion of the results.

### What kind of effects are targeted?

The discussion showed that the represented initiatives do not necessarily have specific impacts in mind. At least not in terms of the effects categorised in the survey (habits, infrastructure or societal framework). Rather, the initiatives expressed an interest in achieving a broad, not further specified societal impact:

*"I see a huge problem in the fact that we are not able to have a broad impact with our initiatives."*



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This led to a discussion of drivers and barriers to widespread impact. One of the barriers mentioned was the language used by initiatives. This means that a specific terminology can only reach a specific target group and may exclude other people.

As many initiatives work on a voluntary basis, the lack of professionalisation can be seen as another barrier to achieving a broad impact. Though, voluntary initiatives can set impulses for professional initiatives that do have some broad impact.

*"[...] they are the professionals who implement this on site, we can't do everything, we can't be active in all these areas, but we can set impulses. [...] There are already these actors on the ground who are professional, and you have to join forces with them."*

The initiatives brought some examples to the discussion on how to achieve (broad) impact. For example, one Transition Town initiative, organises a clothing swap meet with 500 participants. In addition, cooperation with professional institutions and organisations was mentioned, e.g. adult education centres, environmental associations or city administrations, which can influence the impact and effect type.

However, the lack of professionalisation can be seen as a barrier. According to the workshop participants, professionally organised initiatives are more likely to have a broad impact.

*"Once you have the first paid position and then the second part-time position, then you can have much more of an impact across the board."*

Despite the problem of not having enough broad impact, some initiatives were able to provide examples of their impact, which can be categorized into habit or infrastructure. For example, one Community Supported Agriculture initiative had been invited to partner up with one farm in their second generation. Another example from a cargo bike initiative was that they had influenced a big organic market chain in Germany to use more cargo bikes.

### **Health, energy poverty and gender equality**

The second block was dedicated to finding out whether the topics health, energy poverty or gender equality had been addressed by the initiatives. Most of the initiatives did not seem to have an explicit goal for one of these topics, as only one could share its approach to gender equality. This initiative was a housing project that aimed to increase diversity in the building and housing sector by ensuring that women do the majority of speaking in meetings with authorities and planners.

### **Summary**

Overall, the contributions from sufficiency initiative representatives during the workshop indicated that initiatives aim to achieve a broad impact, rather than a specific type of impact, such as changing habits, infrastructure or the societal framework. Although some initiatives have specific examples of impact - for example the cargo bike initiative, which could influence an organic market chain to use cargo bikes - the overall opinion was that the type and amount of impact is depends mainly on their professionalisation. There was also only one initiative aiming at gender equality. There was been no evidence that health or poverty were relevant issues.

### **France**

*Authors: Laure Charpentier (négaWatt)*



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The following effects were identified using the data from the T.4.2 online workshops that took place with 7 participating initiatives (and 4 municipalities) and from the survey filled out by representatives of the sufficiency initiatives.

### **Workshop conception and implementation**

We chose to implement a 2-steps workshop, and to propose those as online sessions.

Why **Online** workshops? To enable participation from each one's location, as initiatives are spread all over France.

Why **2** workshops? Workshop 1 intends the participants to know each other and their initiatives, and develop confidence so that the second workshop can be fully productive, people being confident enough to share their personal experience and feedback in a direct and contributively manner.

The 2 workshops took place in the morning, (sept 7th and sept 27th) on a 2h30 duration basis. Note that web-tools were implemented, and that we took care to propose previous online support to ensure that people will be comfortable using those tools during the online workshops.

Participation was satisfying. As the initiatives were previously reached by phone for an interview, (as well as some local authorities), they had committed to attend. Although the number of participants was more important for workshop 2 (13 participants) than for Workshop 1 (8), including 4 local authority representatives.

The initiatives represented can be classified as follows:

- one initiative from the housing sector
- one initiative from the mobility sector
- two initiatives from the consumption sector
- three initiatives related to transversal, multi sector changes

The impacts of sufficiency initiatives can be considered from different perspectives:

### **Promote adoption of a new practice or develop focus on the change process**

Each initiative is willing to help and support adoption of a sufficient practice. Depending on the initiatives purpose, it can be in a specific area (mobility, housing, reuse of material, of container, food etc...) or by providing practical solutions (like tiny houses, carpooling lines, returnable packaging or low-tech objects). Or it can be wider, by focusing on the change process itself from the inhabitant perspective. In that field, the initiative encourages people to define themselves in which area it makes sense to adopt a more sufficient practice.

### **Quantitative impacts are only part of the target**

Some initiatives have developed KPIs (Key Performance Indicators). Those initiatives are mature enough and are willing to achieve a balanced business model. This drives them to be accountable on measuring activity and impacts.

Some other initiatives can provide ad hoc quantitative measurements. Like one initiative quantifying the reduction of carbon footprint by dedicated survey. Another tiny house initiative can provide data on the impact of tiny houses as principal residence (energy consumption, land occupancy...)

### **Qualitative impacts are mainly expected for wider inspiration**

All initiatives are acting consistently with their vision of a desirable future. This means that the supported practices play a role in spreading their vision.



For the beneficiary itself, adopting a new practice can trigger considering other possible practice changes in other areas. For example, this is obvious for tiny houses:

*"Sufficiency is one of the goals of building a tiny house. Between 13 and 16 m<sup>2</sup> on the ground, the limited space available drives to drastically reduce the quantity of objects owned. In addition, these homes seek to be as independent as possible. Very ingenious with low tech systems, interior design or even life-style (natural household products, slow cosmetics, veganism, zero waste, etc.)! All energy needs are calculated to adjust to the power of the solar panels or the capacity to collect rainwater. This drives people to develop a higher awareness of the impacts on the environment. The dry toilets are composted. The compacity of this housing leads to very interesting technical innovations that we carefully glean (ex: fridge with motor located under the trailer to avoid overheating the habitat during summer...)."*

### **Health, energy poverty and gender equality**

Diversity and precariousness were stressed by several initiatives, as being part of their concerns. For a mobility initiative "Our passengers are often initially people in precarious mobility situations". A tiny house initiative also mentions that "tiny house is also a way to property for people who are denied access to renting". For the low tech initiative, it is even mentioned as the root motivation for the project to address "inhabitants from the district, a public who faces precariousness. We try also to encourage as much diversity as possible in our initiative. Everyone is therefore welcome." Same thing for another initiative "...initially designed for inhabitants (children and adults) and regardless of their awareness of environmental issues".

### **From individual consumption attitude to pro-social skills development**

Almost all initiatives emphasize co-benefits that are not quantitative but social skills related.

Key words are "cooperation, mutual help, collective intelligence, knowledge sharing, human links, conviviality, solidarity, empowerment, local network, social experimentation..."

The initiative group appears to be an intermediate melting pot that makes it possible to reach a higher level of autonomy and be less dependent on the consumption society. It nourishes the sense of belonging and of solidarity within a concretely perceived community.

This wording from one initiative summarizes this impact: "We are seeking to promote (sufficiency) through a collective experience where everyone is an actor of its own change and where learning is multiple and shared by all in order to move from individual change to collective change."

### **Impact beyond direct beneficiaries as a perspective**

As a conclusion, we can stress that impacts develop beyond the direct beneficiaries. For example: tiny houses can be identified in the landscape, carpooling lines show dedicated infrastructures, returnable packaging boxes are made available in shops...

Actually, by making those alternatives visible in people's day-to-day living environment, they influence potential future beneficiaries.

It enhances the material environment and can be a path to normalization of the sufficient practice, leading a new range of people to adopt those practices.

## **Italy**

Authors: Riccardo Mastini (Politecnico de Milano)



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The program of the workshop was as follows:

- Short introduction about the FULFILL project
- What is sufficiency? What types of initiatives represent sufficiency-in-action?
- Short introduction round during which each participant presented their initiative

Given that the initiatives participating in the workshop are based across Italy, we decided to organize the workshop online. The key challenge for setting the workshop date and time was to find a time slot when most initiatives could attend. In the end we opted for organizing the workshop on January 27<sup>th</sup> between 2 p.m. and 5 p.m. CET.

Overall, representatives of 10 initiatives participated in the workshop. The initiatives represented are active in the following fields (some of them are active in more than one):

- 9 initiatives work on community building;
- 8 initiatives work on climate change mitigation and adaptation;
- 7 initiatives work on biodiversity conservation;
- 7 initiatives work on public health;
- 5 initiatives work on employment opportunities;
- 4 initiatives work on social inequalities;
- 3 initiatives work on poverty reduction.

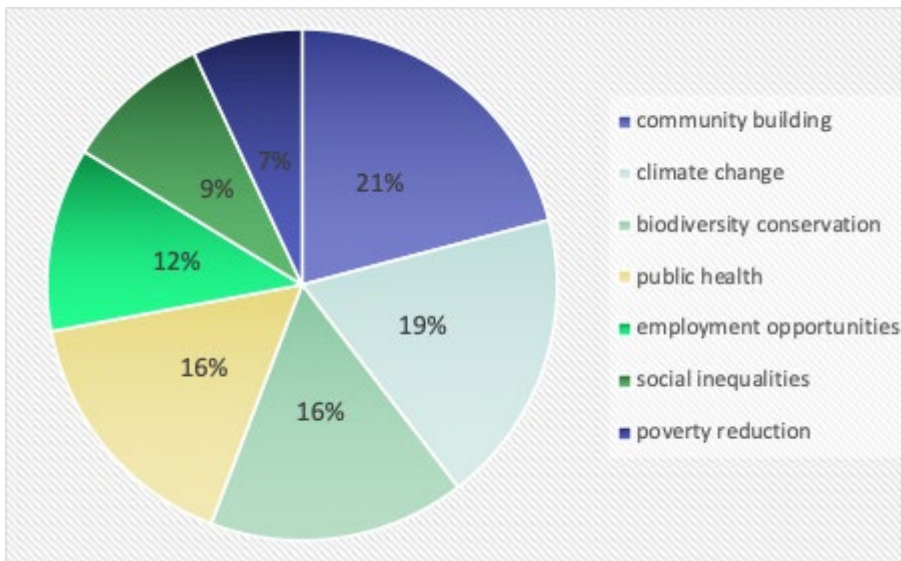


Figure 1 Share of fields in which the initiatives represented in the workshop are active in.

The representatives of the initiatives who participated in the workshop indicated the following issues as the pivotal ones for which they need support from local administrations.

- 9 initiatives require support with financing;
- 7 initiatives require support with involvement in decision making;
- 6 initiatives require support with networking;
- 2 initiatives require support with outreach;
- 2 initiatives require support with permits issuance

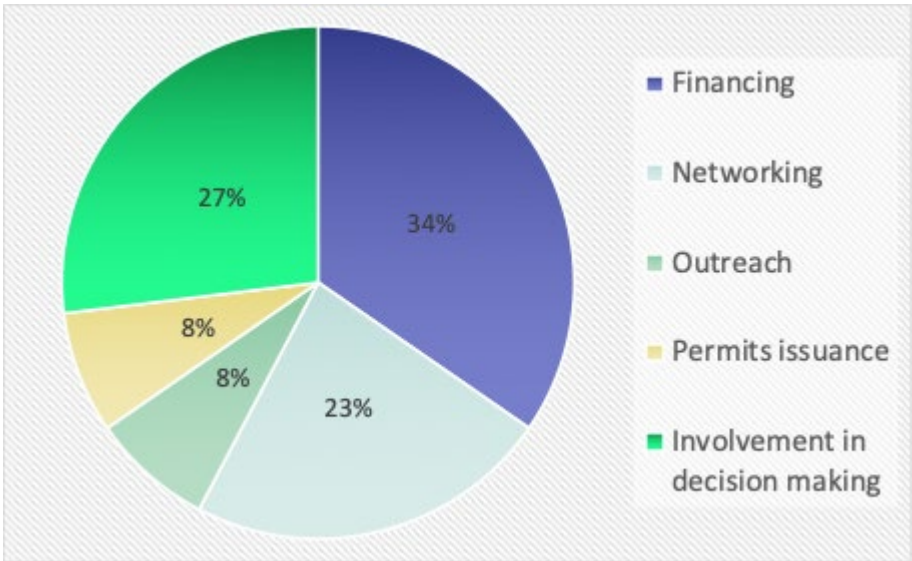


Figure 2 Ratio of issues for which the initiatives participating in the workshop require support from local administrations.

**Summary of effects**

The representatives of the initiatives who attended the workshop appeared to have a multiplicity of effects they wish to pursue through their activities and they do not necessarily align clearly with one another. Crucially, the language used by organisations operating in different fields do not share the same keywords. For instance, the activities engaged in the fields of employment opportunities, social inequalities, and poverty reduction tend to use a more politically-charged language than the organizations active in the fields of climate change, public health, and environmental conservation. The former organizations tend to stress the importance of addressing environmental issues as a way of ultimately redressing social problems, whereas the latter organizations focus on addressing environmental issues per se.

Another critical element to be investigated in the context of assessing the effects pursued by the organisations pertains the scale at which activities are envisioned. While some organisations conceive their mission as limited to one single location (be it a town, a city, or a region), other organisations aspire to replicate their activities across locations in the form of a federation structure. The difference in approach arises from the fact that the former sees the issue they work on as context-specific, whereas the latter organisations detect nation-wide trends that drive the issues they fight against. Such difference in the approach affected the way in which the two kinds of organizations operate: for those that want to scale up their initiatives the design of best practices and networking activities are pivotal, whereas for the initiatives that intend to operate only on site the establishment of trust with the local decision-makers is of primary importance.

Thirdly, it is worth to mention that all the organizations that attended the workshop emphasised the idea that cooperation among themselves, even across fields, would be beneficial to the achievement of their mission. The fact that the organisations operate on fields that do not necessarily share the same drivers and dynamics did not appear to discourage communication and the sharing of best practices. On the contrary, all representatives maintained that knowledge sharing is a pivotal aspect of improving their activities. Learning about the opportunities and barriers encountered by organisations operating in a different field can prove to be a useful element in strategizing and catalysing towards greater integration of socio-environmental campaigns.



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In conclusion, we had the clear impression that while the effects pursued by the various organizations that attended the workshop differed in the use of language and in the scale at which they want to operate, they all nonetheless agreed on the importance of exchanging and learning from one another. While the effects pursued are context- and site-specific, they share nonetheless similar dynamics that make workshops like the one we organised on January 27th a valuable forum for advancing their missions and increasing the effects that they are able to achieve.

## Latvia

*Authors: Jānis Brizga (Zala Brivibap), Krista Pētersone (Zala Brivibap)*

### **About sufficiency initiatives in relation to municipal strategies and policies (governance).**

Workshop in person in a big city in Latvia

November 4<sup>th</sup>, 2022

### **Methodology of the workshop**

The participants (12 together) of the workshop represented two groups: (1) environmental and planning specialists from the municipality and (2) members and activists from a local environmental NGO

The discussion was organized into 4 blocks. After the introduction of the sufficiency framework and example initiatives, the participants were invited to describe the present situation and highlight the main directions of change as well as identify enablers and barriers for collaboration between sufficiency initiatives and the local authority. The format of the discussion was open dialogue.

### **Summary of effects**

All sufficiency initiatives appeared to be focused on the issue they want to address (e.g. resource conservation, food safety, energy efficiency), but most importantly to support their participants and clients. Initiatives are also particularly interested to serve as an example to be replicated in other places and communities, e.g. direct food supply or free-shop aims to spread across the country and engage more communities. Some initiatives also have particular areas of focus, such as enhancing organic food production in urban gardens or stimulating more sustainable mobility by promoting cycling (cargo bikes).

Most of the workshop participants were specifically interested in the more transparent and inclusive municipal decision-making process. In 2022, the municipality adopted its sustainable development program. The process included public discussions and proposals were taken into consideration when defining the strategic areas and planning the municipal budget. For the municipality, the public hearings provide a comprehensive mapping of citizens' interests and priorities. Further involvement is expected through participation and investments when implementing the projects. The city is also planning to launch a "participatory budget" initiative in 2023. Currently, there is an app that allows reporting on urban issues and suggestions for improvement. More collaborative approaches are on the way in the framework of the future "European Culture Capital 2027" and "EU Climate Neutral Cities" programs.

Knowledge sharing is also an important element for most of the initiatives, informing people about how to live sustainably and inspiring participants to engage and take action. For example, one of the most active NGOs in the city is organizing regular webinars to discuss the specific environmental problems in the city. Action orientation is one of the important differences between communication styles of sufficiency initiatives and local municipalities. The municipality is mostly



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interested in receiving support to distribute relevant information about environmental topics published on the official channels, as its reach is limited. Collaboration with civic society would be beneficial to amplify the messages and engage more followers. However, the initiative representatives also stress the need for direct contact – reaching out to people in more remote areas, and communication outside social media.

Justice also appears to be important for some of the initiatives, especially if they are socially oriented (e.g. a community fridge is providing free lunches from expired food).

Transportation was highlighted as the main source of GHG emissions. Some of the participants mentioned that cycling infrastructure was rather well-suited for everyday mobility, however, there is a lack of incentives to engage a larger part of the population in car-free lifestyles. The representatives of the municipality noted that the number of private cars is increasing despite the shrinking population.

Some of the initiatives have also helped to deal with very practical issues and eliminate some of the barriers limiting them. For example, a pioneering community composting initiative went through the experimental stage trying to find the best design, which would be accepted by local people and be practical (the composting container was stalled 2 times). Other initiatives have to deal with regulatory barriers, e.g. for the community fridge, it took several months of negotiation between the local municipality, initiative, and food safety administration to find the best solution for everyone and also set the example for other places wanting to replicate the initiative.

### **Health, energy poverty, and gender equality**

Health, poverty, or gender issues were not much highlighted by the participants of the workshop. Some of the participants highlighted the importance of health aspects which are particularly important for the food initiatives (allotments, short food supply chains, community gardens).

Energy poverty also was highlighted as a local problem as many people live in poorly insulated wooden buildings heated with firewood, thus also contributing to the city's air pollution. However, none of the initiatives present at the workshop really addressed this problem.

None of the initiatives specifically focus on gender issues, but our observation was that most of the people involved in the initiatives are women, especially initiatives focusing on food, and resources. One initiative started as a private clothes-swapping event among members and then was opened to the wider public, and most of the items at Changepoint are women's clothing.

### **Summary**

Discussions with the workshop participants show that sufficiency initiatives aim to have a broad influence rather than a particular kind of impact, including altering societal norms, infrastructure, or practices. However, none of the initiatives systematically assess their effects on urban sufficiency, and also health, poverty, and gender questions are addressed only indirectly. Most of the initiatives are rather focused on practical solutions e.g. provisions of sustainable food, resource sharing, and use of public spaces.

## **3.3. Main workshop results**

The FULFILL partners organized their workshop in a pragmatic way adapted to the availability of initiatives and national circumstances. Almost all partners opted for online workshops, mainly because initiatives were invited from all over the country, and this was the easiest way to reach many different initiatives. Only the Latvian workshop was fully in-person and therefore had mainly initiatives from the city of Liepaja. The Italian workshop was organised in a hybrid format and was both in-person and online. The French workshop was implemented in two online sessions.



Regardless of the different practical implementation, the discussions with sufficiency initiatives and local authorities were quite similar. The workshops identified barriers and drivers in the cooperation between initiatives and municipalities and discussed possible improvements. More barriers than drivers were mentioned by the participants. This is partly because some workshops simply did not focus on the positive aspects. In general, the workshops indicated that negative aspects were more present to the workshop participants and success stories were exceptional.

Finding a suitable time and date for the workshop was an issue for some countries, as participants from city administrations or professional initiatives only had time during their working hours, and voluntary initiatives could only attend in their free time after work.

The availability of participants is one of the reasons why the composition of workshops varied from country to country. The FULFILL partners invited in total, about 260 participants from initiatives or municipalities. About 70 people attended the workshops. In general, the conversion rate from invitations to participation, had been between 30% and 70%. The only exception was Germany with 157 invitations and 15 participants, resulting in a relatively low conversion rate of 10%. The workshop participants were mostly representatives of initiatives. While Denmark, France and Latvia also had participants from municipalities, Germany and Italy had none. Some project partners had email contact with participants who could not attend the workshop, which contributed to complementing information e.g., of municipalities.

The participating initiatives represented the housing or district planning sector, the mobility sector, and the food and consumption sector. Some initiatives covered all sectors, addressing cross-sectoral sustainability transition (such as eco-villages). Although all the initiatives which participated in the workshops could be categorised in these groups, there were differences in the specification of the initiatives in each country. While the Danish workshop had been attended by representatives of eco-villages, the German workshop had a representative of a community project. The food initiatives included community supported agriculture, urban gardening or food sharing. The mobility initiatives both represented the sharing sector with car and cargo bike sharing. Activists from the transition town movement and eco-villages, for example, represented cross-sectoral sustainability initiatives.

In contrast to the workshop results of 4.2. it seems that local initiatives had many different ways of addressing their effectiveness. This result corresponds to the large variety of initiatives that participated in the workshops in all 5 countries, which differ in their topic or field of activity, size and the level of professionalism. Despite of their differences, they have in common that they aim at a societal impact to address climate change mitigation. In order to achieve this, secondary impacts have been identified that target either societal impacts or climate change itself.

Across all countries the most striking resemblance had been the interest in knowledge sharing and learning. This concerns both the sharing of knowledge among each other, but also with the public. For this purpose, they implement different activities, such as public talks or campaigns aiming at informing people about sustainable behaviour and lifestyles. The local initiatives have also shown high interest in exchanging and sharing information with other initiatives – even if they work in different fields – as they see every piece of knowledge, every lesson learned and every cooperation with other initiatives as a contribution to the success of their initiative and their cause.

In order to create societal impact, it is important to reach a large number of people. The workshops identified some barriers and drivers for reaching large audiences. In this context, professionalisation was mentioned as a barrier and driver. On the one hand, a lack of professionalisation of an initiative can lead to lower outreach, as they often work on a voluntary basis with limited personal or financial resources. On the other hand, one initiative mentioned that it is not necessary for every local voluntary initiative to be professional. There are professional institutions, organisations or initiatives that already have a broad impact, with which they could cooperate to increase the outreach. The choice of issues also defines the scope of impact. To reach a specific target group, it may be recommendable to focus on specific issues and solutions. A wider audience can be reached by addressing societal change in general. In addition to knowledge, organising events is a good way to reach an audience. At the local level, initiatives need to gain the trust of municipal decision makers, but at national level it seems to be more important to provide best practices and

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to create networks. It is also mentioned that each manifestation of local sufficiency initiatives leads to more recognition and makes sustainable solutions visible to a wider audience, for example, returnable packaging boxes in shops or tiny houses in the public space.

Most of the initiatives aim at some qualitative effects by means of changing individual behaviour or societal structures. They want to offer and demonstrate sustainable lifestyle changes in order to inspire people and eventually societal transformation.

Most voluntary initiatives do not measure quantitative effects, but more professional initiatives tend to do so. One example is a repair café that measures the kilos of goods repaired each year. Initiatives in the building area, such as eco villages or tiny houses, can measure their energy consumption and CO<sub>2</sub> emissions. Some initiatives even have developed key performance indicators (KPI).

Other initiatives do not measure effects but can provide examples of successful impacts. For example, a cargo bike initiative had a positive impact on an organic supermarket chain by increasing the use of cargo bikes in all their locations.

Another aim of this deliverable was to identify what initiatives are doing and what impact they are aiming for in terms of health, energy poverty and gender equality. Most of the initiatives did not highlight these issues and very few are active in these areas. It can be seen that diversity and social justice are part of the initiatives' concerns, but not a priority. For example, some initiatives are aware that the language they use may be exclusive. An initiative in the housing sector addressed the issue of gender equality by always having a woman as a spokesperson, for example in planning meetings.

Following the conceptual model mentioned in the survey, the results of the workshops can also be grouped into the three main areas: habit, infrastructure and societal frameworks. By aiming at societal changes in general these initiatives focus primarily on changing habits and the societal framework. To achieve these goals, the initiatives also recognise that infrastructure changes are needed to facilitate sufficient lifestyles.



## 4. Conclusions

The aim of this work package is to identify, at the meso-level, the multiple intended and actual effects of sufficiency initiatives. The methodology of this analysis was divided into two parts. The first part was a survey among local sufficiency initiatives that was designed by the Wuppertal Institute with the support of all project partners. Besides collecting key data on the initiatives, the survey focused on two topics: the impacts the initiatives were aiming at and the interaction with municipal governments and administrations. The survey was conducted in 5 EU-countries: Denmark, Germany, France, Italy and Latvia. In order to add an international perspective, Indian initiatives also participated in the survey. But due to a very low response rate from the Indian Initiatives no robust findings could be obtained. In total, 64 valid surveys were analysed from the EU participants and 3 from India. The second step of this work package had been the organisation of national workshops with initiatives and municipalities. Based on the preliminary results of the survey, the workshops aimed at analysing the cooperation between initiatives and municipalities as well as the multiple effects of the initiatives. In order not to limit the results and to allow for unexpected results, the planning of the individual workshops was not restricted by guidelines, so that each project partner could design the workshop according to what each partner deemed necessary. The workshops were held in 5 countries by the corresponding project partners: International Network for Sustainable Energy-Europe Inforse (Denmark), Wuppertal Institute for Climate, Environment and Energy (Germany), Association négaWatt (France), Politecnico de Milano (Italy) and Zala Briviba (Latvia). In total 70 representatives of initiatives and municipalities attended the workshops. No workshop was intended in India, as they should be represented only by the survey results.

In contrast to the consistency of results reported in Deliverable 4.2, survey and workshops produced different types of results. While the survey focussed on the intended impacts of local initiatives the participants of workshops were more interested in barriers and drivers and on how to improve their overall effectiveness. The differences in emphasis are a result of the open dialogue format of the workshops, which allowed the representatives to steer the discussion in the direction of their interest. Nevertheless, both, survey and workshops, show similar tendencies describing the areas of impacts.

In the analyses of the survey and workshops the impacts of sufficiency initiatives were defined in three areas: habits, infrastructures and societal frameworks. Most of the initiatives show evidence in working in a practical way with a button-up approach, with the aim of influencing the societal framework, by "explaining and demonstrating the benefits of a more sustainable and sufficient lifestyle to individuals" (Annex 1, Question 16). In order to meet this objective, the workshop revealed that initiatives use subordinate goals such as gaining or sharing experiences and having a broad impact, which can be anything from awareness raising to influencing individuals or municipalities. As with experiences, it is important for initiatives not only to share their knowledge with society, but also to have an exchange with other initiatives in order to improve their work. Broad impact depends partly on the professionalism of the initiatives, but some initiatives made it clear that more professional and "bigger" initiatives can also be used to plant ideas on a larger scale.

Initiatives are aware of the fact, that societal change cannot depend solely on changes in individual habits, but also changes in infrastructure that support sufficient behaviour. Initiatives on housing and mobility are more likely to address infrastructures than those focusing on food or products.

Most initiatives believe that their impact on sufficiency can be supported by evidence. Much of this is qualitative, such as the provision of best practice examples or their visibility in the media. Quantitative measures of sufficiency tend to be provided by more professional initiatives, such as the number of goods repaired even concrete metrics such as reductions of CO<sub>2</sub> emissions.

There is a large deficit in targeting gender equality among the initiatives, although there is evidence that sufficiency is both positively and negatively associated with the non-market care economy.



Most local initiatives face an uphill battle, as small and local initiatives can only share their knowledge and motivate individuals in rather specific wealthy and educated milieus. Many of them are also able to provide some infrastructure to support a sufficient lifestyle. Even if their goal is to change the societal framework, they often lack outreach and remain a niche activity within an altogether unsustainable urban system.



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## Annex 1: Quantitative Survey Results

This Annex shows the quantitative elements of the survey in tabular form. Qualitative responses (open text fields) can unfortunately not be shared as they would in many cases reveal the identity of respondents. In this deliverable the general part of the survey is shown as well as the part focusing on impacts. The middle section focusing on the role of municipalities is included in deliverable 4.2.

Table 3 Quantitative Survey Results - General Questions

| General Questions                        |             |
|------------------------------------------|-------------|
| <b>Number of Surveys</b>                 |             |
| Country                                  | Surveys     |
| DK                                       | 8           |
| DE                                       | 26          |
| FR                                       | 10          |
| IT                                       | 10          |
| LV                                       | 10          |
| ALL                                      | 64          |
| <b>Question 2: Year Founded</b>          |             |
| Year                                     | Initiatives |
| before 1990                              | 3           |
| 1991 to 1995                             | 0           |
| 1996 to 2000                             | 3           |
| 2001 to 2005                             | 3           |
| 2006 to 2010                             | 4           |
| 2011 to 2015                             | 15          |
| 2016 to 2020                             | 26          |
| after 2021                               | 10          |
| <b>Question 3: Number of Individuals</b> |             |
| Number of individuals                    | Initiatives |
| less than 5                              | 5           |
| 5 to 10                                  | 22          |
| 11 to 20                                 | 13          |
| 21 to 50                                 | 6           |
| 51 to 100                                | 4           |
| 101 to 200                               | 5           |
| 201 to 300                               | 3           |
| 301 and more                             | 3           |
| No Answer                                | 3           |



## General Questions

### Question 4: Fields of action

| Field                              | Initiatives |
|------------------------------------|-------------|
| housing                            | 18          |
| food                               | 25          |
| mobility                           | 26          |
| products, services and consumption | 25          |
| other                              | 27          |

### Question 5: Premises

| Premises     | Initiatives |
|--------------|-------------|
| none         | 41          |
| area of land | 13          |
| house        | 8           |
| office       | 16          |
| workshop     | 13          |
| café         | 3           |
| other        | 21          |

### Question 6: Target audience

| Target audience                                | Initiatives |
|------------------------------------------------|-------------|
| anyone interested                              | 55          |
| older people                                   | 6           |
| college/university students                    | 8           |
| children                                       | 5           |
| unemployed                                     | 5           |
| neighbors                                      | 8           |
| families                                       | 11          |
| people with low incomes                        | 10          |
| people with a migration background             | 4           |
| people living in our village / district / town | 18          |
| other                                          | 11          |

### Question 7: Sustainability Attitudes

| Are the people you are trying to reach rather ...             | Initiatives |
|---------------------------------------------------------------|-------------|
| ... People already thinking about sustainability a lot        | 11          |
| ... People somewhat thinking about sustainability             | 42          |
| ... People hardly thinking about sustainability or not at all | 10          |



## General Questions

### Question 8: Personal Role

| Personal Role of Respondent                          | Initiatives |
|------------------------------------------------------|-------------|
| CEO                                                  | 11          |
| president / chairperson                              | 21          |
| team leader or involved in organization / management | 30          |
| full time staff                                      | 7           |
| part time staff                                      | 6           |
| volunteer                                            | 25          |
| resident                                             | 4           |
| other                                                | 6           |



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Table 4 Quantitative Survey Results - Impacts

| Impacts                                                                                                     |                    |    |                    |
|-------------------------------------------------------------------------------------------------------------|--------------------|----|--------------------|
| <b>Question 15: Impact Areas</b>                                                                            |                    |    |                    |
| Area of impact                                                                                              | 1 (most important) | 2  | 3 (less important) |
| Habits                                                                                                      | 27                 | 16 | 9                  |
| Infrastructures                                                                                             | 20                 | 19 | 13                 |
| Societal Framework                                                                                          | 5                  | 17 | 30                 |
| <b>Question 16: Types of Influences</b>                                                                     |                    |    |                    |
| Type of influence                                                                                           | Initiatives        |    |                    |
| Showing the need for more sustainable and sufficient lifestyles to society                                  | 23                 |    |                    |
| Showing the need for more sustainable and sufficient lifestyles to individuals                              | 20                 |    |                    |
| Explaining and showing the benefits of a more sustainable and sufficient lifestyle to individuals           | 37                 |    |                    |
| Creating the needed infrastructure for sustainable and sufficient lifestyles                                | 31                 |    |                    |
| Demanding better infrastructure from politicians and administrators                                         | 21                 |    |                    |
| Changing the public debates on sustainability and sufficiency                                               | 23                 |    |                    |
| Demonstrating to society and decision makers that more sustainable and sufficient ways to live are possible | 41                 |    |                    |
| <b>Question 17: Reason of Founding</b>                                                                      |                    |    |                    |
| Reason of foundation                                                                                        | Initiatives        |    |                    |
| rather problem oriented                                                                                     | 6                  |    |                    |
| rather solution oriented                                                                                    | 34                 |    |                    |
| both                                                                                                        | 17                 |    |                    |
| cannot say / does not apply                                                                                 | 3                  |    |                    |



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## Impacts

### Question 18: Working Area

| Working area                        | Initiatives |
|-------------------------------------|-------------|
| environment                         | 48          |
| climate / green house gas emissions | 44          |
| biodiversity                        | 25          |
| health                              | 30          |
| gender                              | 7           |
| economy                             | 24          |
| employment                          | 10          |
| poverty                             | 11          |
| community                           | 48          |
| inequality                          | 23          |
| Other                               | 11          |

### Question 19: Possibility of Measurement of Impact

| Measurement possible? | Initiatives |
|-----------------------|-------------|
| no                    | 11          |
| yes                   | 42          |



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