The webinar will start in a few minutes. You can already join us on slido using the event code #eSufficiency2. This will be an interactive session, so make sure your webcam and microphone both work.
Agenda

Welcome
Marie-Laure Falque Masset, AREC Île-de-France

Cargo bikes as a part of the modal change for a sustainable transport system
Johanna Wallin, Energikontor Sydost

Project REDI- working to improve digital meetings in public sector
Therese Silvander, Northern Småland Energy Agency

Sustainable mobility in green Kronoberg
Christel Liljegren, Energikontor Sydost

Q&A/Discussion
E-Sufficiency Webinar Series

**Webinar 1**  
Energy sufficiency: consumers and buildings – 3 November

**Webinar 2**  
Energy sufficiency: mobility and public space – 9 December

**Webinar 3**  
Energy sufficiency: digital sobriety – 8 January
Energy sufficiency: what, why, where, how

- **Priority essential needs** in individual and collective energy usage. Supressing wasteful uses, limiting urban sprawl, reducing packaging, etc.
- **Reducing the amount of energy required** to satisfy each need. Insulating buildings, improving the performance of appliances and vehicles, etc.
- **Prioritising renewable energies**, through an ambitious but realistic development that can eventually replace fossil and nuclear energy.
Energy sufficiency: what, why, where, how

• Energy sufficiency is an approach that aims to **reduce energy consumption through changes in behaviour, lifestyle and collective organisation** (less car use, more local and better quality food, etc.).

• Energy sufficiency is therefore defined by what is a matter of **lifestyle choices** and therefore **behavioural choices**, thus **differentiating** it from **energy efficiency**, which uses only technologies that reduce energy consumption at the scale of a given object or system (less energy-consuming vehicle, renovated building, etc.).

*And never remember that:*
**The goal is not the product but the service:** I don’t need a car but I need to travel, I don’t need a smartphone but I need to communicate. It is a complete change of philosophy.
Energy sufficiency: what, why, where, how

**Dimensional sufficiency:** the correct dimensioning of facilities in relation to their conditions of use (e.g. the use of vehicles adapted, in weight, volume and power, to the use of local and inter-urban travel)

**Uses sufficiency:** the proper use of equipment with a view to reducing consumption (e.g. the speed limit on the road)

**Collaborative sufficiency:** the mutualisation of equipments and of their use (e.g. car-sharing formulas or encouraging coworking premises).

**Structural sufficiency:** creating, in the organisation of space or of our activities, the conditions for moderation in our consumption (e.g. land use planning with a view to reducing the distances we have to travel to work, to shops)
Energy sufficiency: what, why, where, how

Tactical urban planning in Barcelona: an example of structural sufficiency
Tactical urban planning = short-term actions for long-term change

Restructuring of entire sections of neighbourhoods in favour of soft mobility, with soothed public spaces (vegetalisation, biodiversity, games, smart street furniture) and restriction of car access + consultation with local inhabitants

Intersections in Barcelona