The webinar will start in a few minutes. You can already join us on slido using the event code #eSufficiency3, in order to interact with us through polls and questions.
Agenda

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

Energy consumption and demand needs for our digital economy
Benny McDonagh, Limerick Institute of Technology (IE)

How green is your IT?
Bela Loto, Point de M.I.R - House of Responsible Computing (FR)

Rebound effect: how to drive IT towards sobriety?
Xavier Verne, The SHIFT project (FR)

MOtivating end-users Behavioral change by ICT tools and modular Information services
Ana Tisov, Huygen (NL)

Q&A/Discussion
Watch the previous webinars of our e-Sufficiency Series:

**Webinar 1**
Energy sufficiency: consumers and buildings – 3 November 2020

**Webinar 2**
Energy sufficiency: mobility and public space – 9 December
Energy sufficiency: what, why, where, how

- Prioritising essential needs in individual and collective energy usage. Suppressing 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 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)