

Report - Action Lab “Sufficiency in the Swiss Habitat” 06-2022

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1. Context and goals

The built environment in its broadest sense - “habitat” - including building construction, renovation and maintenance, together with all energy services, associated mobility, local services, governance, and associated manufacturing - is responsible for well over half of all energy and material resources used in Switzerland, and other rich countries.

The project SWICE ([Sustainable Wellbeing for the Individual and the Collectivity in the Energy transition](#)), launched in May 2022 and conducted by a consortium led by EPFL, aims to reduce Switzerland’s energy use by adapting buildings and urban environments, facilitating low energy lifestyles, and ultimately improve wellbeing with a much lower resource footprint. The “work package 2” (WP2) of which this workshop was part focuses on alternative provisioning systems and frameworks, as well as demand- and supply-side analysis, transition roadmaps and public policy instruments. Working closely with stakeholders is a key part of the project, when possible using living labs.

This first Action Lab focused on the basics, such as how people understand sufficiency, how they feel about it, how they discuss (or don’t) this topic, and who should be at the table for future rounds. It was named “Sufficiency in the Swiss Habitat”, and participants were informed that *“we will look into one of the most promising (and ignored) ways to reach high wellbeing with a low resource consumption, essential to stop the climate and biodiversity crisis. After a short overview of the latest science, we’ll explore language, associations, emotions, examples, obstacles, and stakeholders to engage on the way to a sufficient Swiss habitat - producing a first action plan of this journey”*.



The research published in this report was carried out with the support of the Swiss Federal Office of Energy SFOE as part of the SWICE project.

2. Structure, process, participants

The action lab took place on Monday 13.06.2022, 15:00-17:00 at the SwissTech Convention Center, in a well-equipped windowless room with 6 tables and 48 chairs. It was organized within the context of “Showcase 2030”, a large two-day free event covering “Scaling solutions for a net positive planet” with hundreds of participants. Being part of the larger event had both good sides (excellent organization, top-quality venue, many potentially interested participants), and less good aspects (79 registered participants, of which only 21 joined, an audience rather broad but not representative of society).

The two-hour action lab started with the IPCC perspective of sufficiency in buildings, presented by Yamina Saheb, the [IPCC AR3 WG3](#) author leading IPCC’s sufficiency work, which was included in IPCC’s recommendations for the first time. Yamina’s presentation was the only part via Zoom, everything else took place in person.

The first estimates of energy use in the Swiss habitat were [shared](#) by Sascha Nick, his analysis based on a master project by Amaia Soubelet, in turn built on the Decent Living Standards framework. As an illustration for our work, Sascha also presented some elements of possible public policies.

After the initial presentations lasting together about 20 minutes, 3 successive workshops took place, each about 30 min:

- W1: Sufficiency and habitat: language, thoughts, emotions
- W2: Sufficiency and its absence in public discourse and public policy
- W3: Stakeholders, action, and the way forward

We had a total of 21 participants, mostly from academia (researchers, master and doctoral students, many disciplines), architects, and several representatives of public administration, but no elected politicians, companies, housing cooperatives, investors, citizens organizations or NGOs.

3. Results

Workshop 1: Sufficiency and habitat: language, thoughts, emotions

- **How people talk about sufficiency**
 - **Words used to describe sufficiency**
 - sustainable lifestyle, degrowth, mobilité douce, plant-based diets, library of things, food sharing, cooperative, open source, non-profit, less profit
 - Policies, co-benefits
 - Quotas / rationing of resources, sharing
 - Unavoidable, the point of non-return has passed, anticipate chaos, accompany change
 - Deconstruct status and habits
 - **Collective and individual perspective**
 - From individual to collective wellbeing
 - From individual freedom to group solidarity

- Collectivism, communism, socialism, open flow of ideas, removing restrictions based on IP rights, direct democracy
 - “Kibbutz” ideals -- collective well-being, holistic view of life, life-balance, less competition, universal basic income -- a floor that lets people relax
 - **Rethink goals**
 - Re-establish time/freedom/health as the real purpose of life and community
 - Behavioral changes, think about life in a different way, move away from a materialistic society, rethink businesses, profits, etc.
- **How people think about sufficiency**
 - **Goals, priorities, time**
 - Rethink priorities
 - Reconnect with yourself, family, humans, nature
 - More time for living, culture, sport, associative work, ...
 - Less time working / 4-day working week?
 - No monetary goals
 - Less individualism, more collective way of living and thinking
 - Cooperation becomes the dominant organizing principle, replacing competition; people build on each other’s ideas
 - **Inequality vs. inclusion, fairness**
 - Need to support people in the transition
 - Unequal responsibilities: if so, on what basis?
 - Quotas, sharing, resource allocation: if unequal, on what basis? By market (example carbon tax) or non-market governance (examples: completely equal, democratic allocation, allocation by algorithm)?
 - Which services should be human rights, which can be market commodities?
 - Need some freedom and flexibility in allocation (examples: “less personal space is stressful for introverts”, “younger people may need a larger clothes ration”)
 - Give people individual responsibility; yet how to ensure the transition still happens?
 - How to ensure the rich and powerful do not get around the rules, and undermine the whole transition?
 - **Limits, restrictions, sharing**
 - Very attractive, restriction does not mean reduction in wellbeing
 - Quantity vs Quality - Positive narrative associated to a limiting environment
 - What happens to status / social class if no longer materially based?
 - How to build a shared understanding on collective wellbeing?
 - How to overcome social inertia and gain acceptability?
 - Can (or should) capitalism survive?
 - Attention not to get into authoritarianism
 - **How to understand sufficiency?**
 - Who defines sufficiency?
 - PB, UBI, doughnut economics, needs, satisfiers, ... also political economy?
 - How to create universal awareness at every level: individual, family, organization, commune?
 - How to help less educated people catch up quickly on essentials?
- **Emotions provoked**
 - **Fear:** lacking, authoritarianism, unequal distribution between social classes, losing comfort; fear vs. freedom of living with less

- **Happy / enthusiastic:** having more time, empathy, connecting to nature, returning to collectivity and social activities, common good, hope, excitement, fulfillment and alignment with your values and planetary boundaries, acting and being connected with reality (people, nature...)
- Urgency, apprehension, longing
- Doubtful, unsecure, suspicious, ecstatic, frustrated, disappointed
- Additional emotions:
 - Suffocation if enforced, despair of it working if it's not enforced
 - Loss of freedom - but great to enforce for companies
 - Insecurity: is my work valued less? Retirement accounts shrink, pay goes down
 - Frustration and powerlessness, as we are aware that we can do something individually, but we are also victims of a system serving and manipulated by the powerful, who do not want to change

Workshop 2: Sufficiency and its absence in public discourse and public policy

- **Positive examples of sufficiency**
 - Buildings and neighborhoods
 - Neighborhoods where most destinations are within walking distance
 - Build less / revise land-use and zoning rules to promote sufficiency in habitats
 - Impose construction and operating energy in building standards
 - Subsidies to renovate buildings, solar panel, e-bike, to encourage individuals
 - Occupancy rules in cooperatives to redistribute space
 - Energy communities, citizen energy
 - “2000 Watt society” principles adopted by cities
 - Mobility, nutrition, packaging, sharing
 - CO₂ tax to reduce individual cars and promote public transport, car sharing (mobility.ch), improve public transport (new network + adapted corridors)
 - A meat-free day in institutional catering
 - Enforce reusable containers, ban single use plastic bags, enforce a % of recycled material in new feedstock (plastic in packaging, recycled fiber in paper, etc...)
 - Government/communes encourage sharing initiative (LoT)
- **Obstacles to systematically including sufficiency**
 - Fear of change, difficulties of changing habits at all levels, slow social acceptance, cultural pressure to accumulate wealth and status
 - Politicians' fear of public opinion, short-term focus, lobbying, lack of interest from politician party, too strong connections with industry
 - Is sufficiency anti-progress? Lack of positive narrative around sufficiency
 - Who are our heroes / people admired by society? How do they live?
 - Politico-administrative system designed for stability, very slow
 - Growth and profit-based economic system and power structures, the opposite of sufficiency; dominance of neoclassical economic thinking
 - Ethical validity to impose sufficiency restrictions (people felt stuck in narrow spaces during Covid)
 - Are shelter, health care, etc. a human right or a market-based commodity? Cannot be both
- **Ideas to overcome obstacles**
 - Citizens' assemblies (random draw, or not?)
 - Change economic system, move away from profit and accumulation of capital, reduce inequality
 - Economic instruments (like CO₂ tax) that would legitimize sufficiency

- Awareness campaigns, debunk fake ideas, workshops, imagine new futures, share success stories, create inspiration
- Show people impact of climate change to put in perspective their “loss of freedom”
- Ban: lobbying, advertising (all or only “bad” products),

Workshop 3: Stakeholders, action, and the way forward

- **Would you like to be involved in this process, and how?**
 - Almost all: YES! ... for future workshops, surveys, etc.
- **Who else should be involved? Can you please provide an introduction?**
 - Scientific experts from different disciplines incl behavioral scientists & anthropologists, schools, universities, transdisciplinary approach
 - Elected politicians and policymakers, people working at the city, canton and federal level
 - Architects & designers, builders, building owners / investors, companies linked to construction and renovation (cement, wood)
 - People who work on sufficiency in other countries
 - Sustainability and climate activists, NGOs, associations
 - Press and media
 - Families... everyone from different social background, different jobs, people who care and people who don't care
 - Cooperatives, libraries: Le Vorace, La Mule; la Manivelle, Maison de la Durabilité
- **How could we work together?**
 - Citizens' assembly
 - Work together on collective intelligence, share knowledge, involve a very broad public, create bridges between different people
 - Series of workshops. Should be a continuous process over a period time to allow going to the bottom of things, leading to concrete and actionable recommendations.
 - Press: create more content and awareness on the topic of sufficiency and whether the local government is doing enough to support it.
 - Scientific experts from different disciplines to derive solutions from the workshops and present them to the general public/policy makers
 - International collaboration, apply similar methods in different countries, especially policies that already work elsewhere
 - Make it easy to take action, provide tangible changes for people who do want to make changes
- **Proposed next steps**
 - Ask people their dream scenarios on the topic (what do they want the most in the world) and then question why they have these aspirations and whether we can disconnect it from consumption
 - Other participants' opinion on proposed next steps/ideas to solve the problem (for e.g. would you be happy to have a communal area in exchange for a smaller apartment? etc.)
 - Do multiple workshops with all stakeholders mentioned above, include surveys
 - Benchmark sufficiency measures beyond Switzerland
 - Canton could give people one day off if they attend a workshop on sufficiency -- focused on actionable steps
 - Citizens' assembly
 - Talk to the team of collectif 43m2
 - Create bridges between people who think in systems
 - Workshops on non-violent communication

4. Discussion and next steps

This first small-scale action lab, in majority composed of academic participants, nevertheless provided a broad range of highly interesting insights, summarized in the “Results” section, and can provide a good starting point for subsequent work.

In preparation for future stakeholder workshops and actions labs, we propose to focus on the following:

1. Representativity of participants, how to broaden next time, whom to include and how
2. Define a clear expectation of the expected output (each workshop / actions lab should have a clear and distinct focus) and what would count as success
3. Provide a more structured setting for discussion, perhaps following the framework developed to summarize “**How people think about sufficiency**” in the previous section:
 - a. Goals, priorities, time
 - b. Inequality vs. inclusion, fairness
 - c. Limits, restrictions, sharing
 - d. How to understand sufficiency?
4. In preparation for future labs, two documents could be prepared, to read before meeting:
 - a. A summary of main facts, sources, models and frameworks of sufficiency
 - b. Suggestions of possible ways to structure the outputs, being careful not to impose any particular model, just help participants more effectively structure their results
5. Finally, a clearer process what happens after the workshop / actions lab

The results will remain online and accessible; the short link go.epfl.ch/sufficiency should remain operational.

5. Photos, impressions





Annex 1: Instructions and worksheet for each group

Team x working document

Instructions:

1. Form teams, one per table, which remain the same for all three workshops
2. Choose facilitator (can change for W1-W2-W3): keep time, ensure respect + everyone can speak
3. Write your names in the "Team x participants" list
4. Read the instructions in **blue** for the workshop, take 10 min to discuss as a team, then start writing in the space below.

Your Notes and Observations: ...

(any notes or observations related to participants, facilitators, process, conflicts, (lack of) respect, listening, effective collaboration etc.)

W1 - Sufficiency and habitat: language (E-F-D), thoughts, emotions

1. Using less surface, less daily mobility, buying and owning less stuff
2. Collective vs. individual provisioning of daily needs (food, child care, health care, repairs, ...)
3. Restricting energy, space, mobility, or other resources per person (using regulation, taxes, social pressure, information, or other measures)
4. Transitioning from private/market governance to "social licensing", i.e. winning legitimacy, credibility, trust of the community. (*Social licensing is a contract between the collective (city, canton) and any organization delivering essential services, to ensure that the providers we depend upon are working in the public interest, > [learn more](#)*)
5. More time, connections, freedom, health
6. Links between 1-4 (actions and objectives) and 5 (wellbeing co-benefits)
7. Ethical implications: what are the likely effects, and how will this affect different groups?

For each of the above topics, write the words you use to describe it (please use English as your working language; adding expressions in French or German would be appreciated, if you can).

Write your answer here:

- ...
- ...

Indicate the thoughts you associate (positive, negative, reminds me of ...), at least one per topic.

Write your answer here:

- ...
- ...

Which emotions (as opposed to thoughts in the previous question) does this topic provoke in you?

Write your answer here:

- ...
- ...

W2 - Sufficiency and its absence in public discourse and public policy

1. Positive examples of sufficiency in public discourse or public policy
2. Obstacles to systematically including sufficiency in public discourse or public policy
3. Ideas to explore to overcome obstacles

Write your answer here: (Positive examples of sufficiency)

- ...
- ...

Write your answer here: (Obstacles to systematically including sufficiency)

- ...
- ...

Write your answer here: (Ideas to overcome obstacles)

- ...
- ...

W3 - Stakeholders, action, and the way forward

1. Would you like to be involved in this process, and how?
2. Who else should be involved? Can you please provide an introduction?
3. How could we work together? (multi-stakeholder projects)
4. Propose next steps

Write your answer here: (Would you like to be involved?)

- ...
- ...

Write your answer here: (Who else should be involved? Can you please provide an introduction?)

- ...
- ...

Write your answer here: (How could we work together?)

- ...
- ...

Write your answer here: (Propose next steps)

- ...
- ...

Annex 2: Detailed replies - all groups - unedited

Your Notes and Observations: (none)

For each of the above topics, write the words you use to describe it (please use English as your working language; adding expressions in French or German would be appreciated, if you can):

- Public and non-motorized transport (mobilité douce), sustainable lifestyle, degrowth, plant-based diets
- Library of things, food sharing,
- Policies, restriction does not mean reduction in wellbeing, co-benefits
- Cooperative, open source, non-profit, less profit
- (Un)fair transition? Unequal responsibilities
- decreasing - décroissance, Low waste living, Slow living, degrowth
- Quotas - rationing of food and other materials, sharing
- Quotas, communism -- collectivism,
- Socialism, open flow of ideas, removing restrictions based on ip rights, direct democracy
- Ideal -- collective well-being, holistic view of life, life-balance
- Kibbutz ideals -- collective society, less competition, universal basic income -- a floor that lets people relax
- Behavioral changes, thinking about life in a different way, move away from materialistic society, rethink businesses, profits, etc.
- Deconstruction of a status/habits as starting point → correlation btw high status and quantity of goods, the more we have, the more we want. Markers/indicators of people are not good ones.
- Unavoidable, the non return point is passed, gvt/states, ... its a tool to accelerate change and behaviors. Anticipate chaos, accompagner le changement. Covid helped..!
- To transition from a system of individual freedom, to a system of group solidarity. Maximizing the wellbeing of the group rather than the one of each individual
- Great! Any time! The challenge is to get the people to associate these values to sufficiency. (Re-)establish time/freedom/health as the real purpose of life and community.

Indicate the thoughts you associate (positive, negative, reminds me of ...), at least one per topic:

- Harmony between professional and private life, humans and with nature
- Change of priorities
- Boundary with authoritarianism
- Quotas: absolute and equal for everyone or unequal and relative
- Who defines sufficiency
- Revenu universel
- More time for living, 4 days working week
- More time for associative work, cultural, sport...
- Reconnect with family, nature, yourself, not money and work -> change of life goals
- Less individualism, more collective way of living
- Doughnut economics
- Social inertia
- Restriction, social acceptability, challenging
- Coordination challenge, effort vs benefit, how to account for spillover benefit of individual provisioning
- Restriction is too strong, lead to uprisings, high energy prices conditions would automatically drive change (ex. Prices of housing in hong kong)
- Difficult to achieve, good end. Not sure to understand properly, how to define public interest
- Very attractive,
- Possible but unproven? 5 do not justify 1-4, subjective

- Segmented system today (social classes), streamline into one system. Imposition of a vision, responsibility and decision for everyone is fragile.
- Reducing our consumption -- some areas are subjective -- some people might need more space for mental balance, "Needs" can be person dependent - younger people may need a larger clothes ration, etc. Need some freedom to define for yourself how you reach the goals.
- Rationing of food and other materials -- "ration" is negative, rich can get around rules, how to define what's needed (see 1)
- Carbon taxes, fines -- but then it becomes only something that the rich can do. Something else, like drivers license point system may work, where the fine isn't monetary but privilege based. Cut out demand. Points against consumption like the drivers license systems in western countries -- could affect certification of factories or companies -- they can't operate if they don't meet the standards
- Positive -- everyone gets an opportunity, you can benefit from other people's ideas, build on each other's ideas.
- Very positive -- we can achieve goals faster with more collaboration, negative -- productivity?
- Positive -- time optimization -- working to achieve goals instead of passing time/working your 40-42 h/week
- difficult to embed sufficiency in daily practices/ either we are extreme and make a radical choice for the land; or we give people individual responsibility
- we need a supportive framework to make this possible to avoid weighting on people
- the traditional mindset are blinders
- think out of the box
- vue dans le temps et espace différente, ce n'est pas trop l'éducation qui donne cette conscience, regarder bien être famille versus au delà
- il y des personnes 'peu éduqués', le système le plus commode est celui
- remet en question le capitalisme
- Quantity VS Quality - Positive narrative associated to a limiting environment

Which emotions (as opposed to thoughts in the previous question) does this topic provoke in you?

- Fear of lacking
- Fear of authoritarianism
- Fear of unequal distribution between social classes
- Fear of losing confort
- Enthusiastic about having more time
- Urgency
- Fulfillment and alignment with your values and planetary boundaries
- Happiness of acting and being connected with reality (people, nature...)
- Hope that we talk about it more
- Disappointment
- Apprehension, longing
- Doubtful, unsecure
- Frustration, limited
- Suspect
- Ecstatic
- Frustrated
- Less personal space = stressful (for introverts), concern about liberty, awareness
- Suffocation if enforced, despair of it working if it's not enforced
- Loss of freedom -- but great to enforce for companies
- Insecurity, is my work valued less? Companies, retirement accounts take losses, pay goes down

- frustration et impuissance on est conscient qu'on peut faire quelque chose d'individuel mais on est victimes d'un système avec des enjeux qui servent des puissants, manipulés par ces gros systèmes qui ne veut pas changer
- limits to growth
- empathy, sensibilité à la nature
- sentir de contribuer au bien commun, espoir, excitation
- sensibilité de communauté, rationnel et pas instinctif
- Guilt / Fear VS Freedom of living with less
- Choices btw way of living, goods,
- Positive to find back collectivity and social activities

Positive examples of sufficiency:

- Government/communes could encourage sharing initiative (LoT)
- Improving public transport (new network + adapted corridors)
- Subvention to renovate building, solar panel, e-bike, to encourage individuals
- Start on energy community development
- CO2 tax that reduced car mobility (individual) and promoted public transport
- LULUCF in Switzerland promotes sufficiency in habitats (build less)
- Neighborhoods where most needs are in walking distance
- Train system
- Car sharing -- mobility.ch
- tour Lacaton Vassal pour garder les personnes dans le bâtiment, demander aux personnes si elles étaient contentes; inventaire des personnes dans le bâtiment et redistribution — coopératives zurichoises, coopératives avec plein de logements, redistribution obligation; occupancy rules
- Introduction of one day meat-free in the “restauration collective”
- In the policy for housing in Geneva, they impose rates of grey energy, ratio of energy consumption per SQM, etc...
- Enforcement of reusable containers
- Banning of single use plastic bags
- Enforcement of a % of recycled material in new feedstock (plastic in packaging, recycled fiber in paper, etc...)
- “2000 Watt society” principles adopted by some cities

Obstacles to systematically including sufficiency:

- Politician fear of public opinion
- Slow politico-administrative systemic
- Short-term mandate and reelection
- lobbyism
- Lack of interest from politician party
- People think it will cost them and doesn't want to reduce their capital
- Fear of change, difficulties of changing habits
- Huge structural power of financial system in place
- Social acceptance
- Economic model: today's economic market strives for more space, more things
- Ethical validity to impose restrictions concerning sufficiency (people felt stuck in narrow spaces during Covid)
- Profit focus
 - why political system favors not informing or changing
 - correlation between GDP and CO₂ will never break

- Lack of data available to define what is sufficiency/how much
- Cultural pressure to accumulate wealth
- à Genève on démolit, on rase, on reconstruit, sans respect du lieu, de l'écologie
- le marché immobilier, la santé, le logement etc sont un droit ou pas? ou du marché?
- posséder donne un statut, on n'est pas prêt à abandonner ce statut
- la sufficiency est retrograde, antiprogrès?
- l'histoire de renoncer, quantitatif contre qualitatif — on n'est plus dans le qualitatif
- renoncer c'est quand on est dans l'abondance; renoncer n'est pas forcément négatif - changement de tête - sentiment d'être dans la collectivité.
- individu global; reprendre idée d'être collectifs
- cooptation, fin année 60 journaux années 70 on se bat ensemble etc avec personnes noires - de la militance radicale tokenisation, faire un allié au lieu de battre l'ennemi, ceci perdure aujourd'hui
- Sufficiency is antithetical with the notion of growth, which remains the single biggest axiom underlying economic liberalism!
- Our policy makers have often a conflict of interest since they have mandates with industry, or are part of it, asking for creating the conditions for growth
- Lack of positive narrative around sufficiency. It is still perceived as a step backwards ("less of...")
- The over dominance of the neoclassical economic mantras, and the absence of real debate
- Polarization (sufficiency belongs to the left, triggering reaction and resistance from conservative forces)
- Need to reconcile the notion of sufficiency to the class segmentation of society (what does sufficiency mean for the various sub-groups; who should do what effort).
- We need to change our heroes. As long as the people admired by society are the right and famous, living lavish lives, it will be difficult to convince the greater number to behave with moderation

Ideas to overcome obstacles:

- Citizen assembly (with/out tirage au sort ?)
- Sensibilisation campaign and debunk fake ideas
- Include need to act on ecological transition in the constitution
- referendum
- Rethink financial sector
- Regulation (or forbid) lobbyism
- Show people impact of climate change to relativise the "loss of freedom"
- Educational campaign, workshop,
- Stops encouraging consumption : forbid advertisement ?
- Education and information (long-term)
- Economic instruments (like CO2 tax) that would legitimize sufficiency
- Extremely tight housing market situation (ex. California where demand outgrows supply) that would promote sufficiency: sharing spaces, utilizing land more efficiently
- Revolution! (economic revolution -- move away from growth and profit -- less focus on unicorns)
- Provide external spaces and shared spaces along with information of how many people the building units are sufficient for (make data publicly available)
- Reduced inequalities
- lire en haut
- nous sommes en début d'une révolution
- enseignement différent, histoire écrite de manière différente
- travailler sur l'éducation
- créer des nouveau futurs
- sobriété - côté moralité à retravailler
- More tax and other incentives (negative to "punish" the wrong behaviors (e.g. additional tax on SQM); positive to nudge the right behaviors (e.g. access

- Incentive to industry and promoters to build housing according to sufficiency specs
- Communication/sensitization/educational campaigns
- Sharing of success stories. Create inspiration.
- Reduce or ban advertising (at the very least for all the product categories with negative impact on society or the environment)

Would you like to be involved in this process, and how?

- Everyone : yes
- Yes, we would be ready to attend other workshops and surveys for example
- Surveys, workshops
- Yes
- Many people should be involved
- YES!
- Potentially yes for Louisa and Gianluca (conditions to be discussed)

Who else should be involved? Can you please provide an introduction?

- Cooperative in lausanne (le vorace, la mule)
- Library of things (la Manivelle, Maison de la Durabilité)
- Actors from the Financial sector
- Policy makers, people working at the city, canton and federal level
- Families... everyone from different social background, different jobs
- Transdisciplinary approach
- schools, universities
- Lee Howell of [Villars Institute](#) (Alexis Dunand)
- Scientific experts from different disciplines
- People that work on sufficiency in other countries
- Climate activists
- Policymakers
- Try to cover a large section of the demographics (and not only academics!)
- Stakeholders who would potentially be negatively affected (companies who want to produce, offer more to customers, thus against sufficiency)
- People who don't care, avoid the issue, don't currently take any personal actions -- talking amongst ourselves can only do so much.
- Politician - personal contact that Anaelle will contact
- Press -- more stories about specific sufficiency needs/etc policies
- The Lausanne Guide: hello@thelausanneguide.com
- mayors, promoters, housing owners, syndic
- 43mètres carrés collectif – places sans logement à Lausanne, très militant, introduction possible
Mathieu, camp à la haute école du travail social
- XR, Climate Strike
- subsidized, people in difficulty etc.
- a very good moderator
- necessary to have a good representation of population
- Behavioral scientists & anthropologists
- Politicians and policy makers
- Industry (cement producers, construction companies, etc...)
- Real estate and traders
- House seekers (as rentals or purchase) to understand their decision process and criteria
- Bankers
- Instagram influencers

- Architects & designers

How could we work together?

- invite them to explain their business model
- Do a workshop like this one to know their needs, thoughts, advice...
- Scientific approach, to give solutions to policy makers
- Scientific experts from different disciplines to derive solutions from the workshops and present them to the general public/policy makers
- International collaboration, apply similar methods in different countries, especially policies that already work elsewhere
- Make it easy to take some action -- "Do something!" -- it doesn't have to be all or nothing. Provide tangible changes for people who do want to make changes.
- Press: create more content and awareness on the topic of sufficiency and whether the local government is doing enough to support it.
- see the points mentioned above, work on collective intelligence, question 3 of workshop 2, work together, share knowledge, involve a very broad public, create bridges between different people
- Citizen assembly
- Series of workshops. Should be a continuous process over a period time to allow going to the bottom of things, leading to concrete and actionable recommendations.
- Coup d'état par un groupe de leaders éclairés

Propose next steps:

- Do multiple workshops with inviting all these stakeholders
- Make surveys
- Sensibilisation campaigns adapted for everyone
- Increase funding for all these research activities
- Involve people mentioned above
- Benchmark sufficiency measures beyond Europe
- write your answer here: (Propose next steps)
- Canton could give people one day off if they attend a workshop for 2 hours on sufficiency -- focused on actionable steps
- Ask people their dream scenarios on the topic (what do they want the most in the world) and then question why they have these aspirations and whether we can disconnect it from consumption
- Other participant's opinion on proposed next steps/ideas to solve the problem (for e.g. would you be happy to have a communal area in exchange for a smaller apartment? etc)
- assemblée citoyenne?
- go the team of 43m2
- create bridges between people who think in system
- workshops on communication non-violent communication
- Will depend of the adopted format for the collaboration