



Assises
Européennes
de la Transition
Énergétique

Dijon 23 > 25 juin 2026

Atelier SOLUTION

Sobriété, l'atout gagnant de la compétitivité et de l'engagement eu Europe

Proposé par : **L'Institut Paris Region & FEDARENE**



FEDARENE

Animé par :

- Marie-Laure Falque Masset, L'Institut Paris Region
- Raluca Manolace, ABMEE
- Lina Widenmo, Energikontor Norr

ENERGY SUFFICIENCY WORKSHOP AETE 2026

Marie-Laure FALQUE MASSET,
AREC, Energy and climate department

24 JUNE 2026



AGENDA

Welcome and introduction by Marie-Laure Falque Masset

Sufficiency in Brasov by Raluca Manolace, ABMEE

Sufficiency in Nordbotten by Lina Widenmo, Energikontor Norr

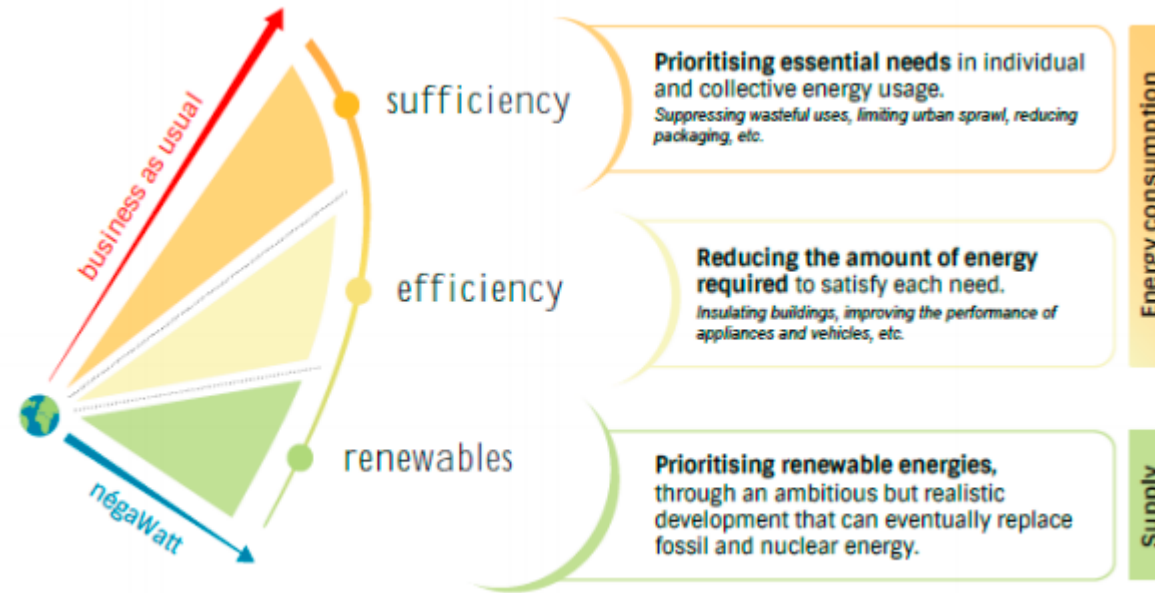
Questions and answers

FEDARENE & INSTITUT PARIS REGION

- FEDARENE is the European Federation of Regions and Energy Agencies. Our members drive the energy and climate transition across Europe through ambitious policies, strategic facilitation, and hands-on support to citizens, businesses, and public authorities.
- With 35 years of experience, the network gathers 90+ members across 24 EU countries, representing over 92 million citizens and a community of more than 1,000 energy professionals.
- Key areas of expertise : energy sufficiency, energy efficiency in buildings, renewable energies, decarbonation for competitiveness, sustainable transport, heating and cooling networks, adaptation to climate change, ...

ENERGY SUFFICIENCY

A set of policy measures and daily practices which avoid the demand for energy, materials, land, water and other natural resources, while delivering a decent living standard for all within planetary boundaries
IPCC - 2023



Energy sufficiency is an approach that aims to reduce energy and resources consumption (raw materials, water, ..) and GHG emissions through **voluntary** and **organized** changes in **behaviour**, **lifestyle** and **collective** organization.

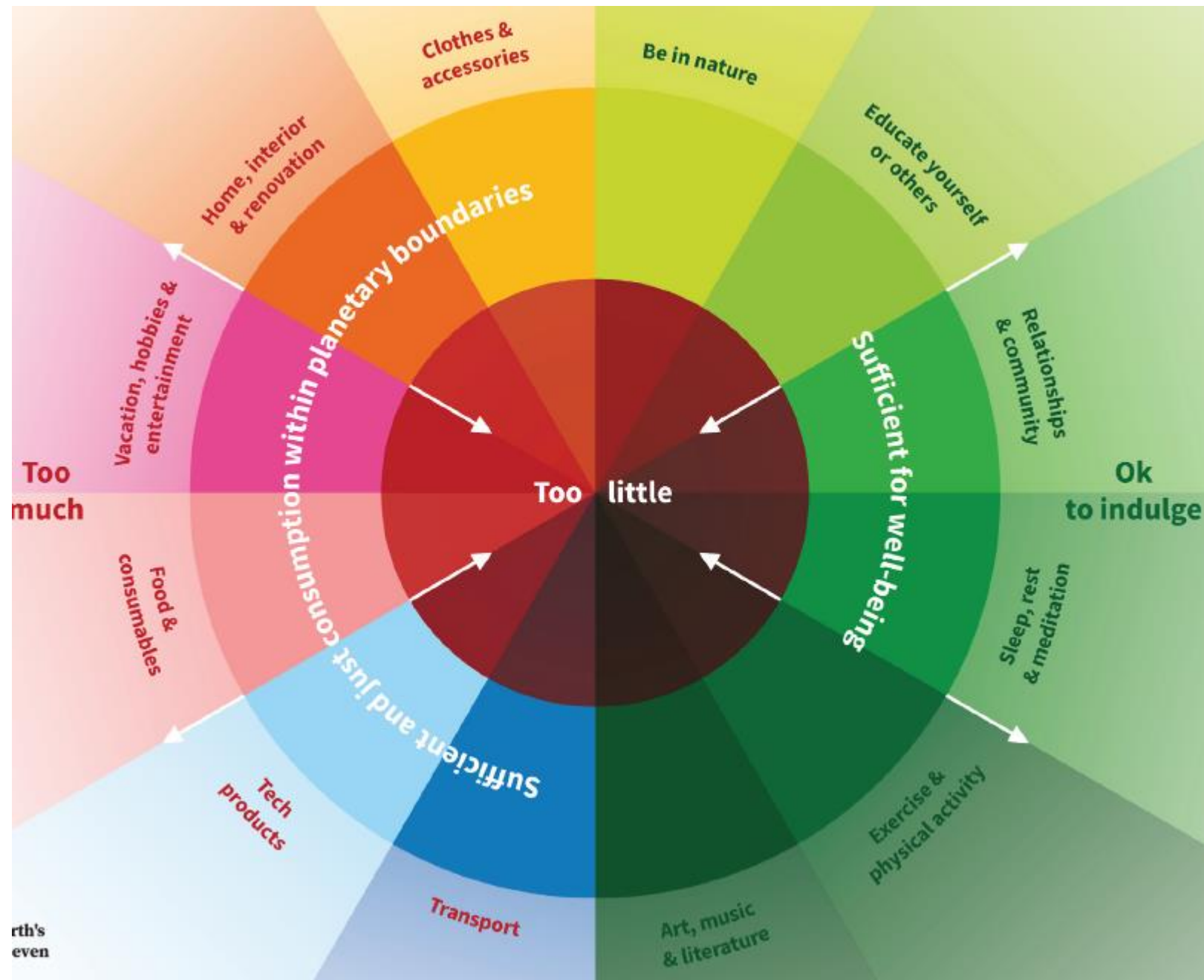
≠ **Energy efficiency**

Aims also at reducing the amount of energy required to satisfy needs but concerns technology (insulation, efficient heating system, ...)

THE DONUT

Doughnut economics is a framework launched by economist Kate Raworth.

Rather than focusing on growth, doughnut economics emphasises the need to balance human needs within the planetary boundaries. The framework takes its name from the diagram associated with it – a doughnut where the outer edge represents planetary boundaries and the inner edge represents the essentials of life that all people need access to.



Source : RISE

SUFFICIENCY MEASURES TYPOLOGY

- Sufficiency in the FULFILL project is creating the social, infrastructural, and regulatory conditions for changing individual and collective lifestyles in a way that reduces energy demand and greenhouse gas emissions to an extent that they are within planetary boundaries, and simultaneously contributes to societal well being
- <https://fulfill-sufficiency.eu/wp-content/uploads/2023/07/D2.2-revised-version-31-July-2023-final.pdf>

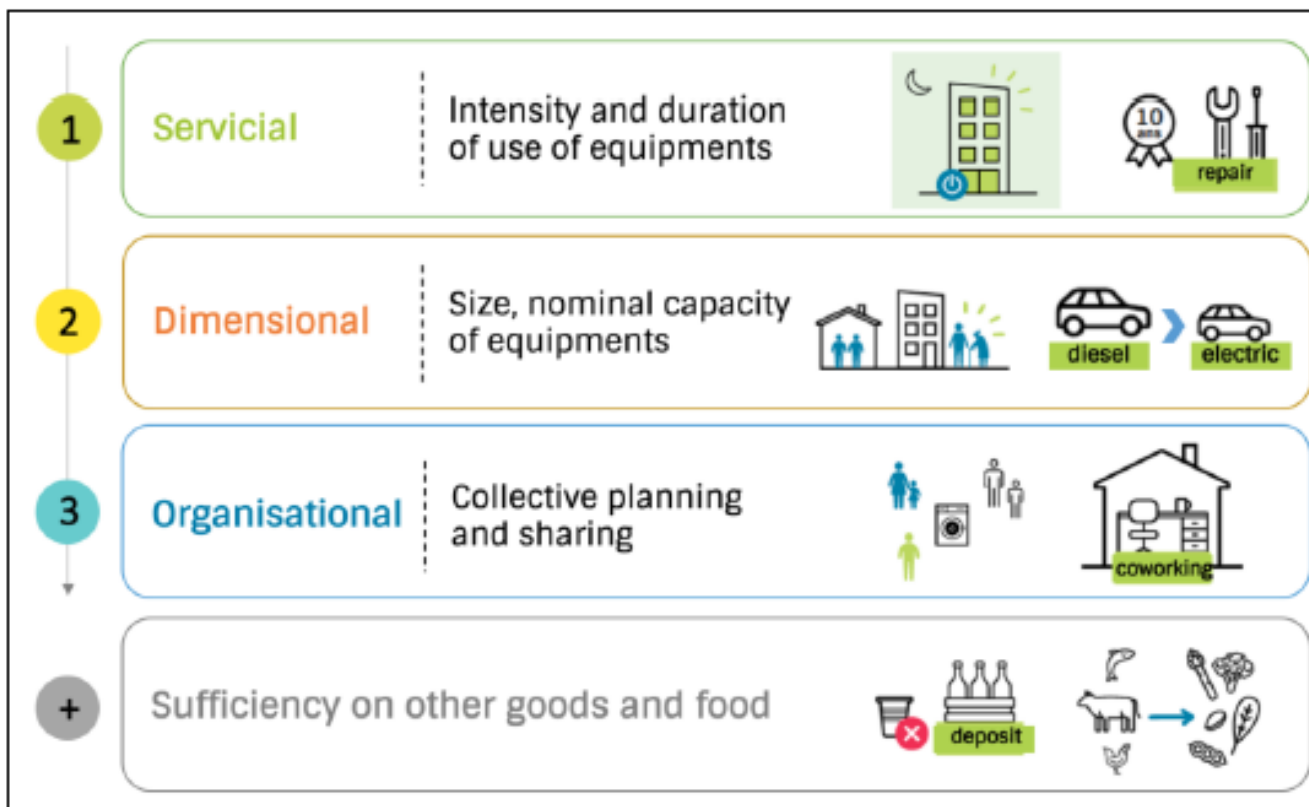


Figure 6: Categorization of sufficiency levers proposed in the CACTUS project, from https://cactus-energy-sufficiency.eu/wp-content/uploads/2021/01/201222_CACTUS-Kick-off_Workshop-Presentation.pdf

WRAP UP FEDARENE & EU EXAMPLES

- Cargo bikes in Växjö -Sweden
- The sponge city in Tulln – Lower Austria
- Slow tourism in Levanto - Liguria
- CopenPay: rewarding eco-responsible tourists in Copenhagen
- The re-GENERATOR urban cultural center in Zabok – North West Croatia
- The Slow Heat project in schools in Brussels
- Digital sufficiency in Waterford - Ireland
- The Night Hawks in Småland - Sweden
- Top energy-saving tips for households, companies, and municipalities in Upper Austria
- Oscar the snake in Brasov _ Romania
- The leisure library in Overkalix

.....

LESSONS FROM THE IEA REPORT AND MORE

Why sufficiency matters now more than ever .

Introduction and context

The conflict in the Middle East has created the largest supply disruption in the history of the global oil market, due to the near halt in shipping traffic through the Strait of Hormuz.

Some 15 million barrels of crude oil and 5 million barrels of oil products typically traversed the Strait each day, equivalent to around 20% of global oil consumption.

These flows have slowed to a trickle. The loss of supply is having significant impacts in global markets, pushing up prices for crude oil above \$100/barrel, and leading to much higher prices for some refined products – notably diesel, jet fuel and liquefied petroleum gas (LPG).

The EU imports more than 90% of its oil and around 80% of its gas, making European countries highly exposed to fluctuations in global oil and gas prices,” according to Reuters

Concerns are growing about the impacts of higher prices on households, businesses and the broader economy...

iea

Sheltering from Oil Shocks

Measures to reduce impacts on households and businesses

DEMAND-SIDE OPTIONS

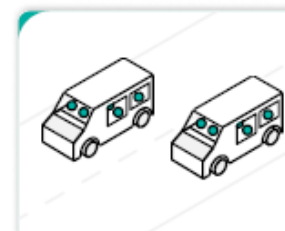
In this report, the IEA details 10 demand-side options open to households, businesses and governments to shelter themselves from today's oil shock and relieve the strains on affordability. .

Most of these options relate to consumption of road transport fuels, but they also cover fuel use for air transport, cooking and industry.

Road transport fuels
Air transport fuels
Cooking fuels
Oil use in industry



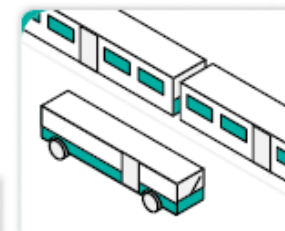
Alternate-day car access
in big cities



Increase car sharing



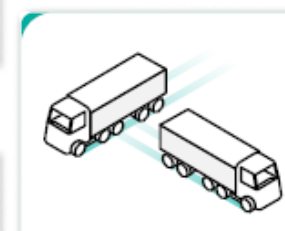
Switch to alternative
modern cooking solutions



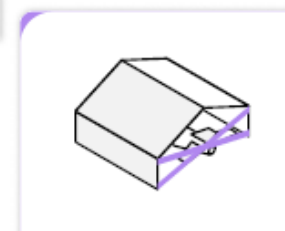
Encourage public
transport use



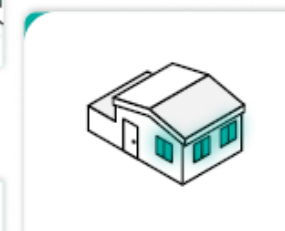
Lower highway speed
limits



Drive commercial
vehicles efficiently



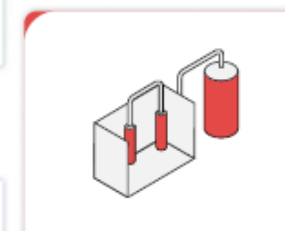
Avoid air travel if
alternatives exist



Work from home where
possible



Free up LPG from
transport for cooking

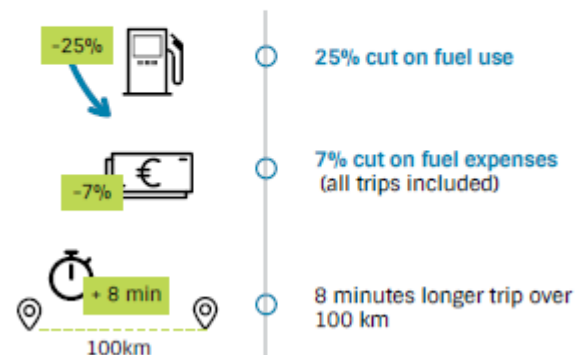


Be flexible with petchem
feedstocks

SUFFICIENCY MEASURES IN MOBILITY

Lowering speed limits on roads and highways

110 Impact of a reduction of speed limits on highways from 130 to 110 km/h



Reducing distances



There is no question of stopping people from moving. They can still do so, but in a less intensive way, notably through reducing the distances they need to travel. **The latter are reduced by 16% on average by 2050** in the négaWatt scenario, starting by the most constrained ones (such as travels to the workplace).



Home working development allows for a reduction of travelling needs, while increasing productivity. A better urban planning mixing residential, office and shop areas would also avoid some of the travelled distances.

- Mobility and transport
- https://negawatt.org/IMG/pdf/wiese_et_al-2024-nature_communications.pdf

SLOW HEAT PROJECT - BRUSSELS

Launched in 2020 by researchers from Louvain-la-Neuve to anticipate energy crises and explore low-energy heating practices: warming people instead of spaces to cut energy use while maintaining comfort.

Objectives: Live without central heating, keep indoor temperature around 15°C -
Test and evaluate comfort, health, and building impacts

Implementation: alternative heating solutions: heated blankets, foot warmers, radiant panels,

Behavioral changes: warmer clothing, group support, ventilation practices

Workshops and monitoring over 3 years

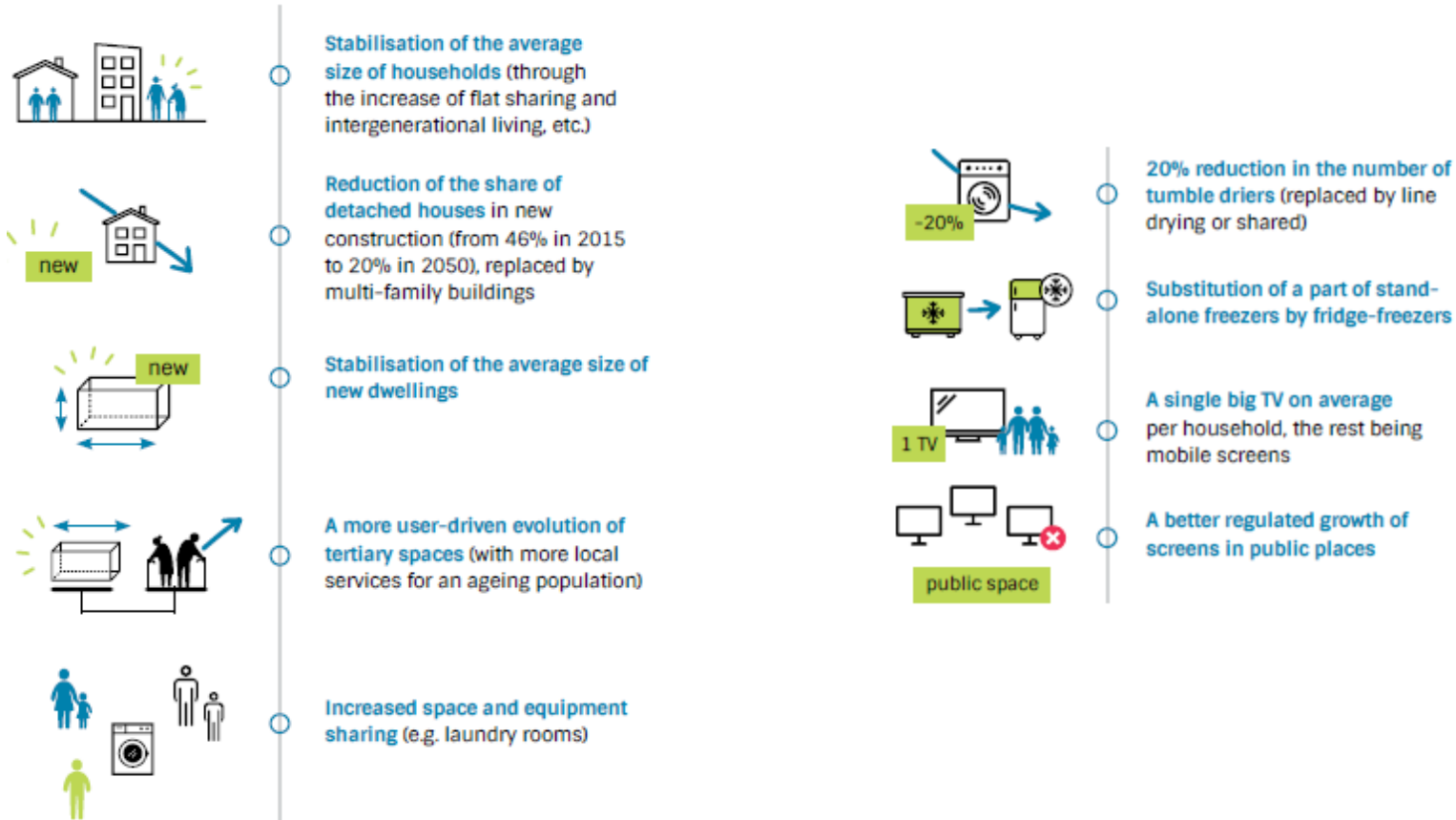
Results: Energy use cut by 57% and comfort maintained at 13–17°C

Challenges: humidity, drying clothes, social norms

Extended experiments in schools and offices

Demonstrates behavioral change as a lever for climate resilience

SUFFICIENCY MEASURES IN BUILDING



According to an American study, **20 to 30% of computer servers in data centres are 'zombies'**: they remain powered on without delivering any services. As much electricity that could be saved!



20% à 30% of 'zombie servers'

■ <https://clever-energy-scenario.eu/wp-content/uploads/2022/11/1810291.pdf>

MERCI !

L'IPR

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www.institutparisregion.fr



FEDARENE





Agency of Braşov for the
Management of Energy and Environment

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www.abmee.ro

WHO WE ARE

Founded in 2003 through a partnership between the Municipality of Braşov and the European Commission's SAVE II Programme, ABMEE promotes sustainability, urban innovation, civic engagement and the advancement of renewable energy solutions.



OUR ROLE

We act as a facilitator between:



local authority



citizens



EU networks

by developing and implementing projects that promote energy transition and sustainability

Our role is not only to work on technical solutions and projects, but also to connect European and national policies with local realities





CORE ACTIVITIES

Promote innovative concepts, sustainable development and urban regeneration

Support local community in energy transition

Facilitate participatory processes

Organize capacity building and tailored events

Develop&implement awareness raising campaigns

KEY PROJECTS

On going
projects

DECA



Energy Communities

HUB-IN



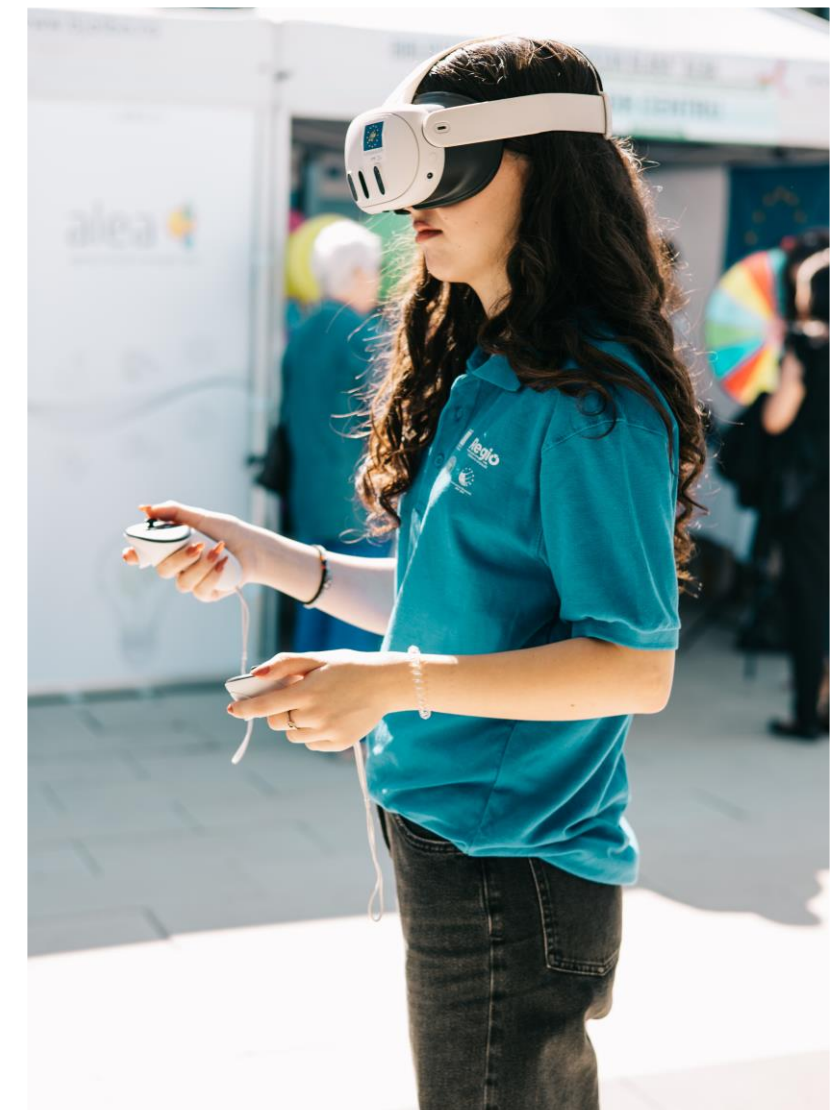
Urban Regeneration

OSCAR



Urban Mobility

V-aiR



Air Quality

The **energy transition** does not start only with infrastructure, technology or investments.
It starts with the **everyday choices** and **behaviours of citizens**.

The most sustainable energy is the energy we do not consume.







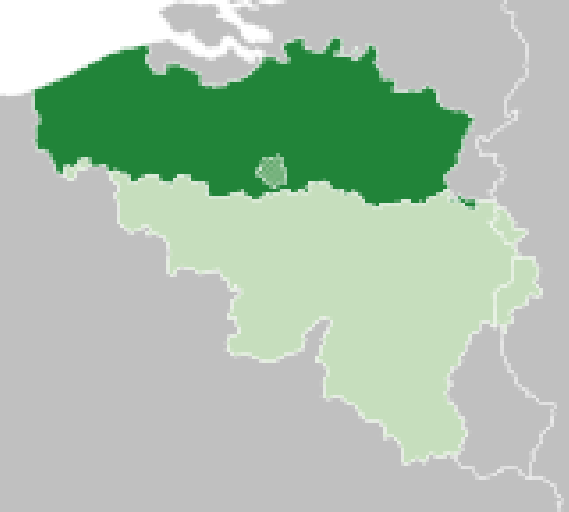
- **Behavioural Change Tool**

OSCAR demonstrates that habits can be changed through: engagement, gamification, social visibility, collective action

- **Community Mobilisation Tool**

OSCAR creates a shared community goal around sustainable mobility. Stakeholders involved include: children, teachers, school principals, parents, municipalities, local energy agencies





2026



OSCAR, THE WANDERING SNAKE

A fun and educational programme for sustainable school mobility

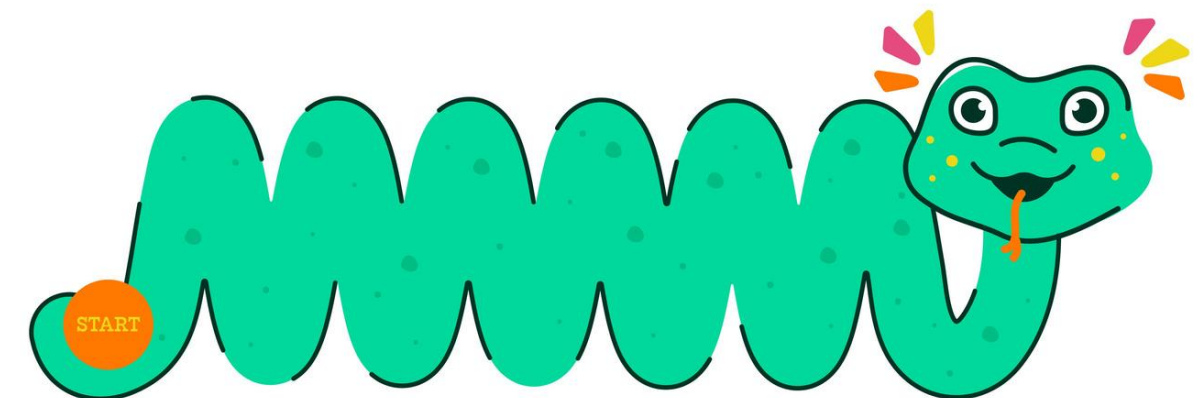
What do we encourage?



two weeks
many colorful dots
one banner

What do we promote?

- healthier daily habits
- children's independence
- road safety awareness
- quieter, cleaner streets around schools



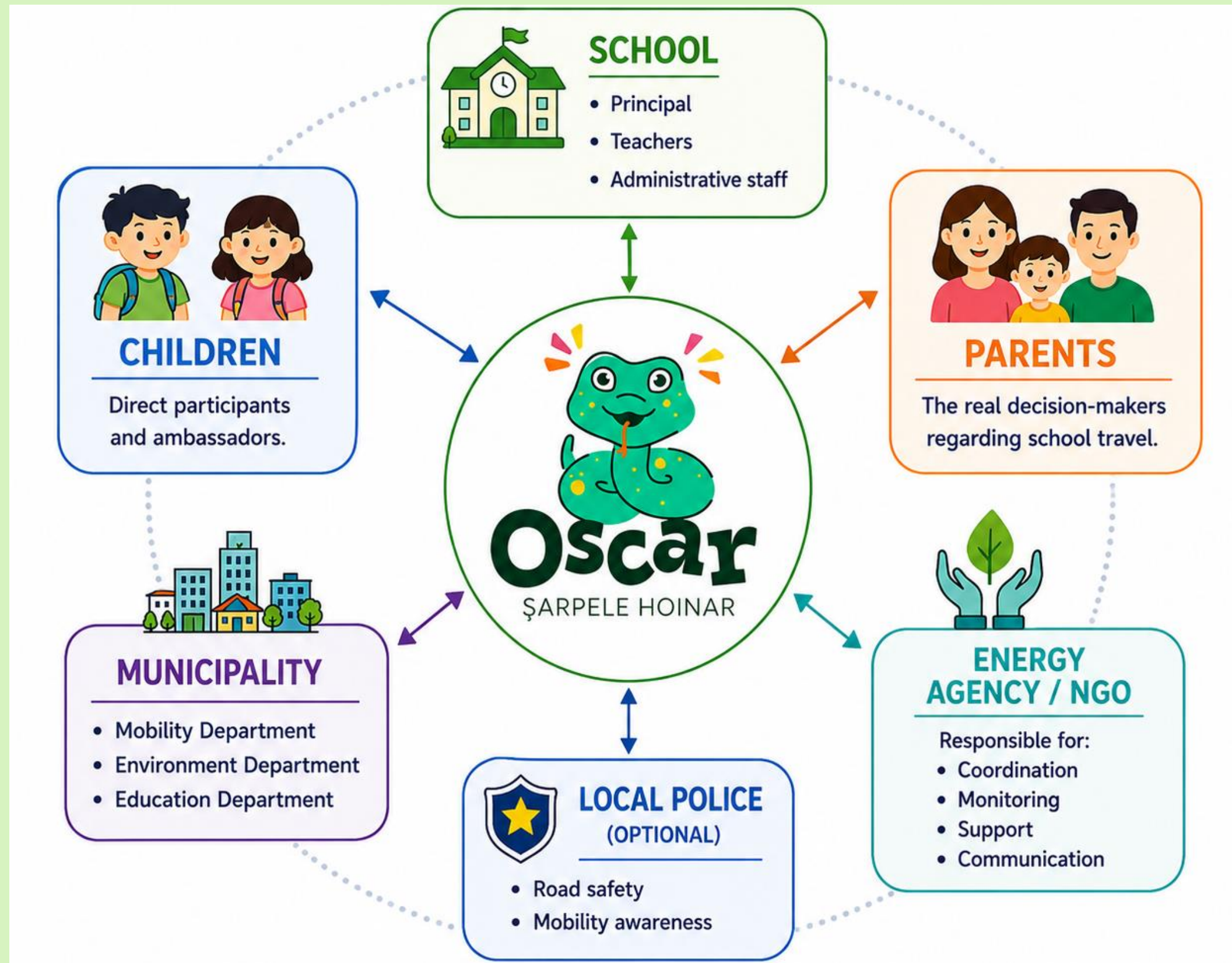


OSCAR in numbers

across 10 editions,
OSCAR has brought together:

- 132 participating cities
- over 500 schools
- nearly 93.000 pupils
- 525.000 km travelled sustainably
- significant CO2 savings

OSCAR ecosystem



OSCAR demonstrates that climate action becomes powerful when sustainable choices are transformed into a collective, visible and enjoyable community experience

Why OSCAR? - Because small changes in the school run can make a big difference.



OSCAR helps create:

- Calmer mornings around schools
- Less traffic and pollution
- Children who arrive in class active, alert and in a good mood
- Practical, hands-on education for sustainable mobility

<https://oscar.oer.ro/>
Data Monitoring Platform



[Despre campanie](#)

[Cum se joacă?](#)

[Resurse](#)

[Înscriere](#)

[Rezultate](#)

[Galerie](#)

[Contact](#)



Jucați Oscar, Șarpele Hoinar!

Astfel, traseul către școală va
polua mai puțin.

[Citiți despre campanie](#)



Doriți să desfășurați o
campanie?

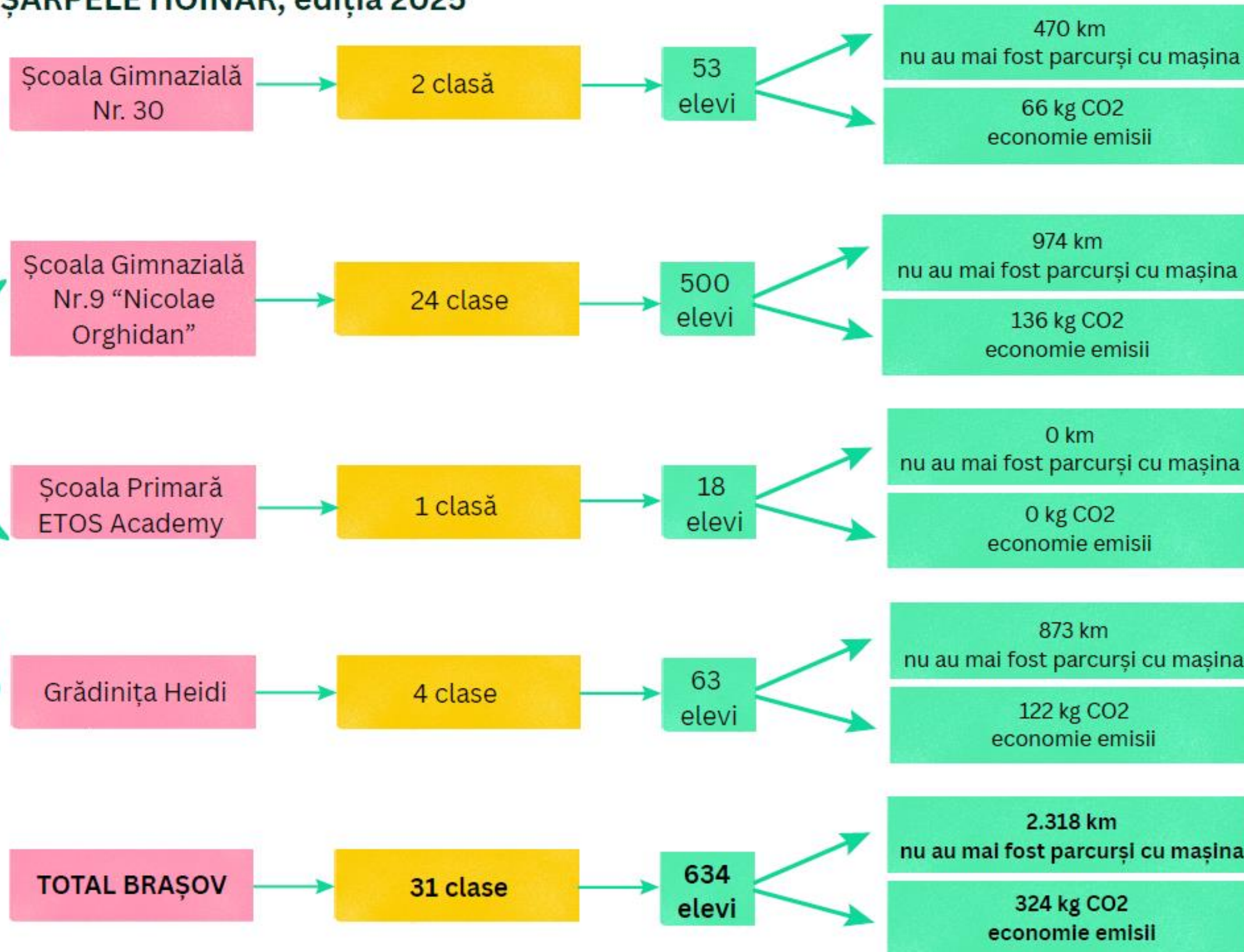
[Contactați-ne!](#)



♥
Distractiv,
Ușor și
Eficient!



Anexa 3
Campanie OSCAR, ȘARPELE HOINAR, ediția 2025



Anexa 2

Fișă rezultate Campanie OSCAR, ȘARPELE HOINAR ediția 2025 Municipiul Brașov



Participanți: 4 Școli, 31 clase, 634 elevi

Coordonator Local: ABMEE - Agenția Pentru Managementul Energiei și Protecția Mediului Brașov

Economii: 324 kg CO₂

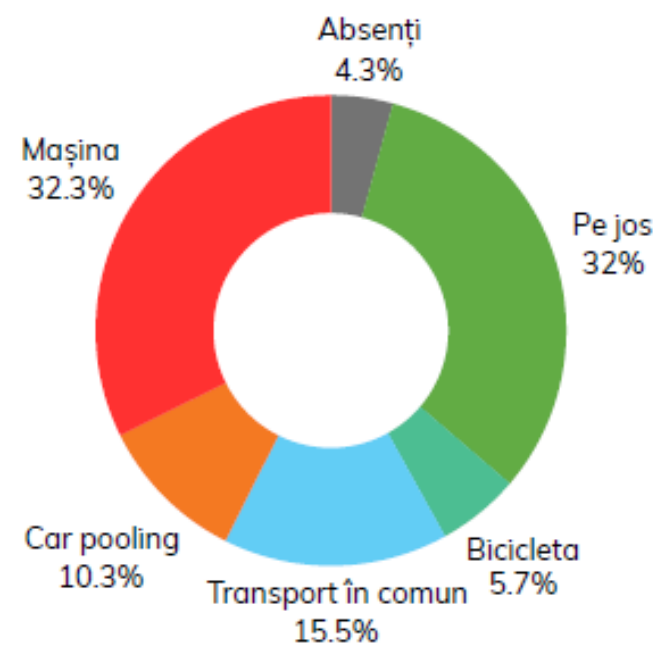


2.318 km
sustenabili



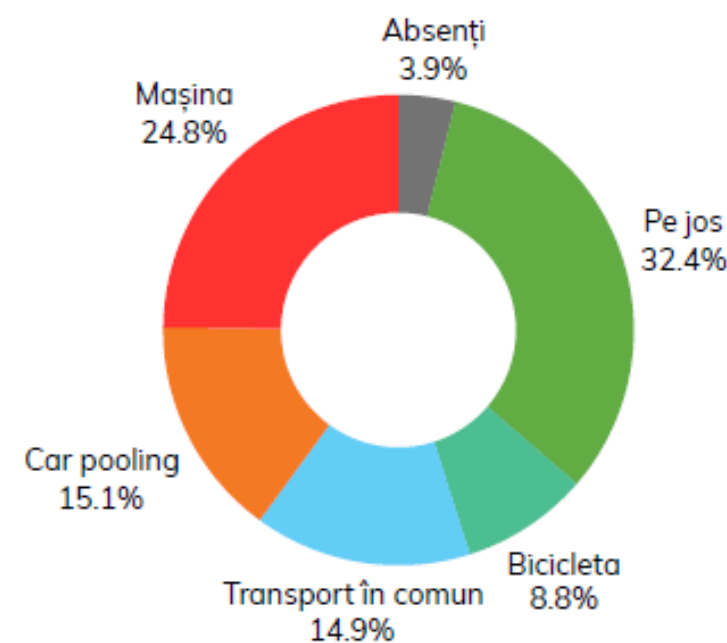
Modalități deplasare:

Înainte de campanie



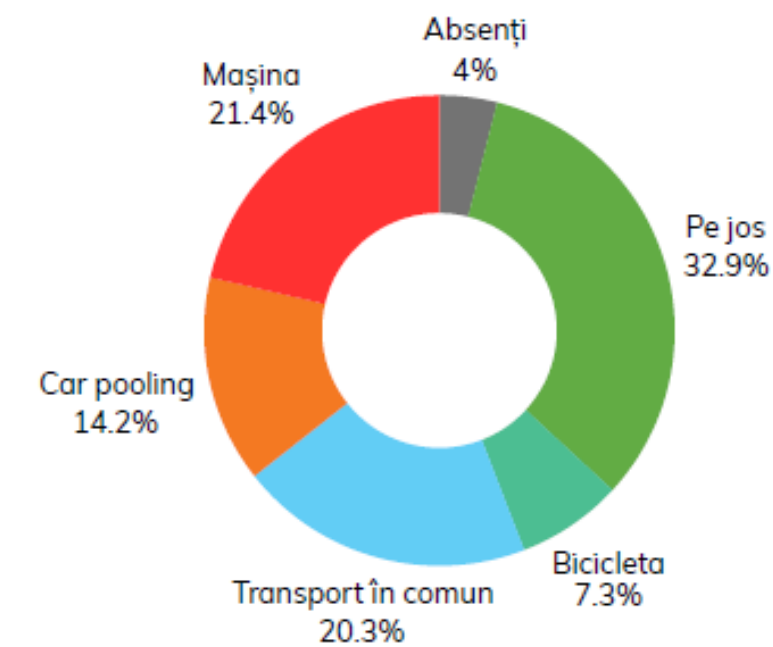
Deplasări sustenabile

În timpul campaniei



Deplasări sustenabile

După campanie



Deplasări sustenabile



Main takeaways from OSCAR

- **Children are powerful ambassadors of change.**
Children influence families.
- **Behavioural change can be fun.**
Change does not need to be imposed.
It can be attractive, motivating and enjoyable.
- **Low-cost solutions can deliver measurable impact.**
OSCAR is a low-budget intervention with significant results.
- **Schools are catalysts for climate action.**
Schools are an entry point into families and communities.
- **Community engagement matters more than technology.**
The success of the project depends more on people than on tools.



Agency of Braşov for the
Management of Energy and Environment



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www.abmee.ro



Energikontor
Norr

Together for Energy and Climate Action in Norrbotten

energikontornorr.se

Norrbotten – Swedens northernmost region

- One fourth of Sweden' (same size as Austria)
- About 250 000 inhabitants
- Very sparsely populated, with long distances = challenges for infrastructure and transport
- Arctic climate with long winters = high heating demands
- 98 % of Norrbotten's electricity comes from renewable sources (hydro, wind)
- Fossil fuels in industry and transport





North Sweden Energy Agency

We are 13 dedicated employees with broad expertise in energy and climate.

Owned by Region Norrbotten and the 14 municipalities of Norrbotten.

We are one of 14 regional energy agencies in Sweden





Medfinansieras av
Europeiska unionen



Project: FEEL

We support Överkalix Municipality in including resource efficiency and frugality into its energy planning



FEEL

Frugal cities through Energy Efficiency and Low-tech communities

Lina Widenmo

lina@energikontornorr.se

JUNE 2026

Project Partners

- **ALOEN- Local Climate and Energy Agency of South Brittany- Lead**

Partner

- **Cork City Council**

- **Bistrita Municipality**

- **Frederikshavn Municipality**

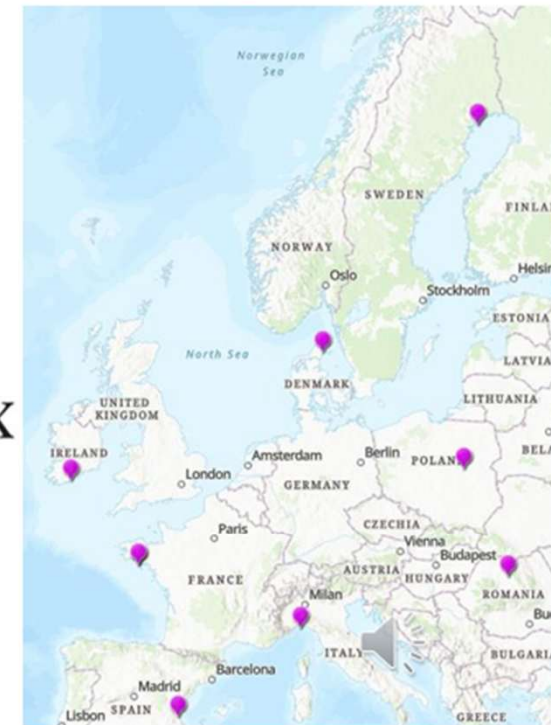
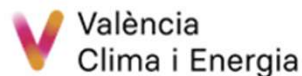
- **Liguria Regione**

- **Local Climate and Energy Foundation, Valencia**

- **Mazovia Energy Agency, Warsaw**

- **Energikontor Norr, Sweden**

- **Energy Cities – Advisory Partner**





Good practise overview

- ✓ Internal market place and Leisure library
- ✓ Active transport in winter
- ✓ Climate leadership training



Photo: Fritidsbanken



Photo: Jesper Sundström



Photo: Övertorneå municipality





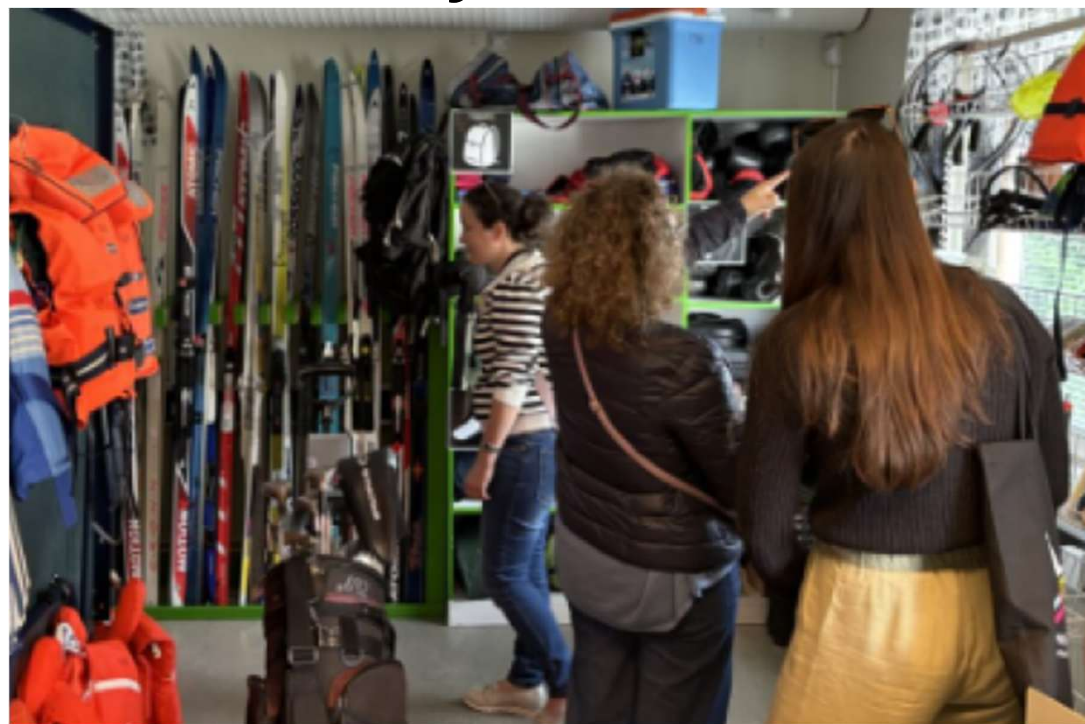
Good practice Internal marketplace and Leisure library



**Internal
marketplace**

ADDED VALUE:
SAVES MONEY
FOR
MUNICIPALITY
AND CITIZENS!

Leisure library





Good practice Active transport in winter

Cycle-to-work benefit scheme



**Make winter cycling,
walking and kicksleding
easier**





Good practice Climate leadership training

Climate Leadership Programme
supporting local leaders

ADDED
VALUE:
NETWORK OF
LEADERS





Thank you!

www.interregeurope.eu/FEEL