



Covenant of Mayors
for Climate & Energy
EUROPE



Energy sufficiency in Paris Region

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www.eumayors.eu

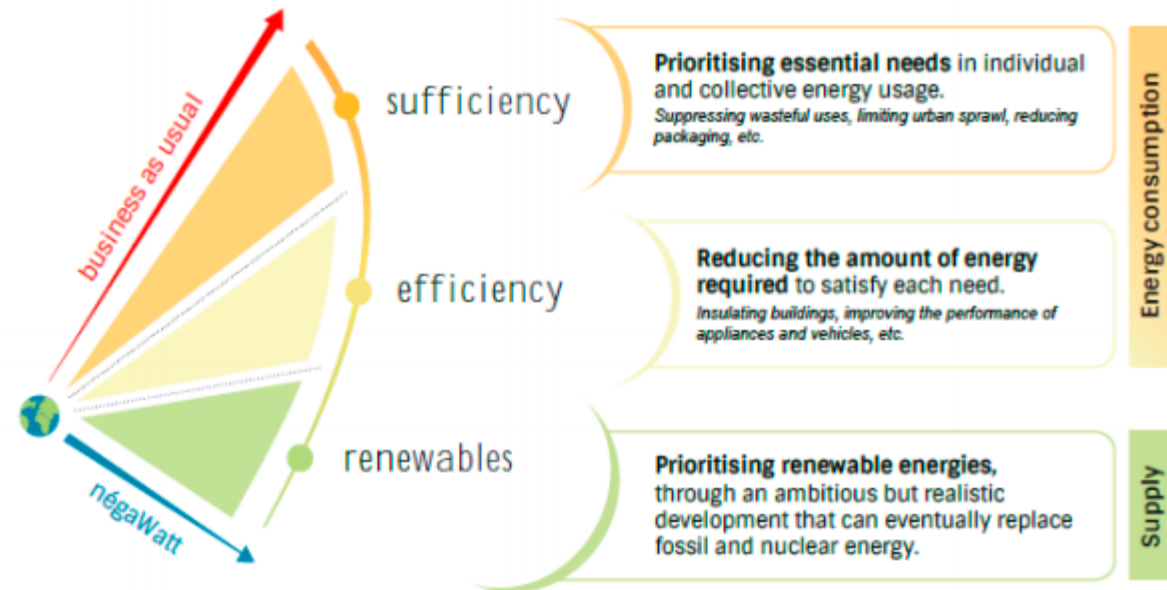


AREC
AGENCE RÉGIONALE
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What is energy sufficiency ?

Energy sufficiency is an approach that aims to reduce energy consumption through changes in behaviour, lifestyle and collective organization.





What is AREC doing ?

Regional animation to support the regional energy and climate strategy

- Workshops' series : imagine together a chosen, fair, collective and innovative sufficiency for the region and recommendations
- Observatory
- Study on the imaginaries of sufficiency
- Assistance to local authorities



Structural sufficiency

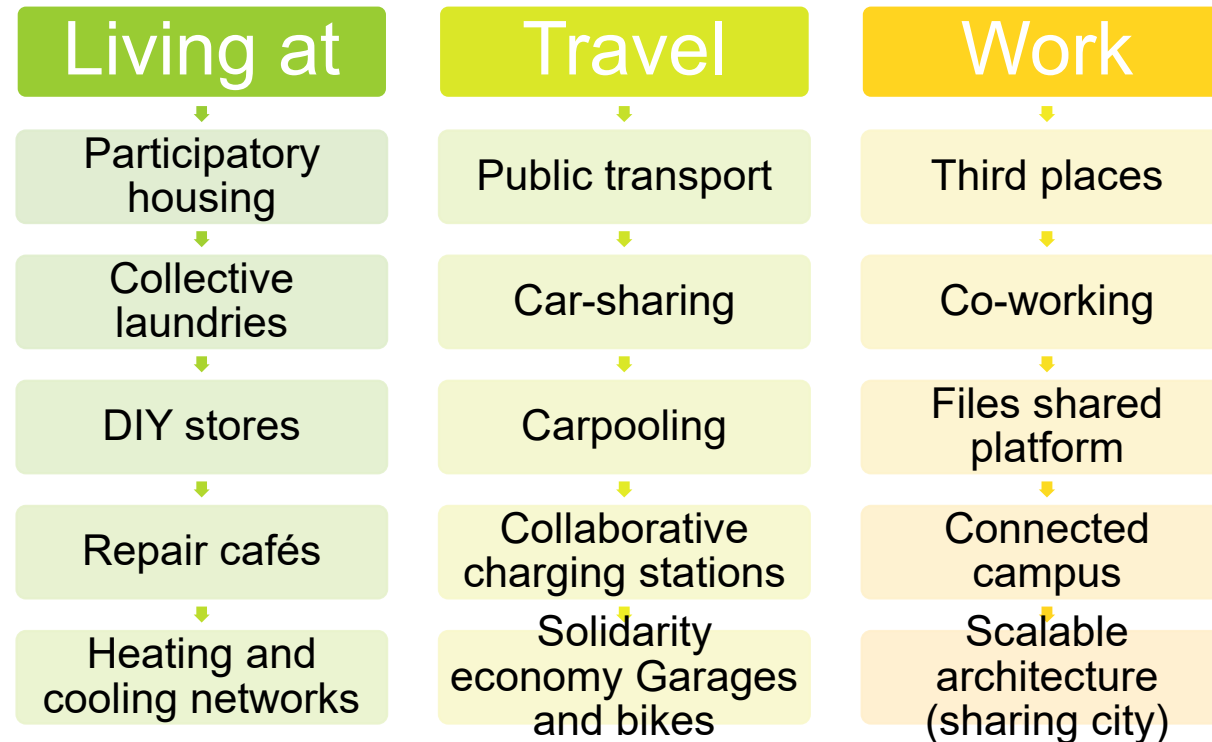
Creating, in the organisation of space or of our activities, the conditions for moderation in our consumption (e.g. land use planning with a view to reducing the distances we have to travel to work, to shops)

Objectives	Means	Examples of impacts	Example in Ile-de-France
Refreshing the city	Nature-based solutions, reflecting materials, water management	Improved summer comfort, less need for air conditioning	Paris adaptation plan 2050
Combating urban sprawl	Dezoning the city	Reduce the distances, decrease the number of travels	15-minutes city / urban proximity, « 1000 cafés »
Ensuring equitable access to public space	Pedestrian zones, bicycle paths, public transports	Increase active mobility : walk, bike, ...	« RER Vélo » (regional bicycle paths network)
Ensuring a local food supply	Desartifying lands, curbing the sprawl of agricultural lands	Decrease in long-distance transport, growth in local food systems	Territorial food project, territorial vegetables gardens



Collaborative sufficiency

- The mutualisation of equipments and of their use (e.g. car-sharing formulas or encouraging coworking premises).





Uses sufficiency

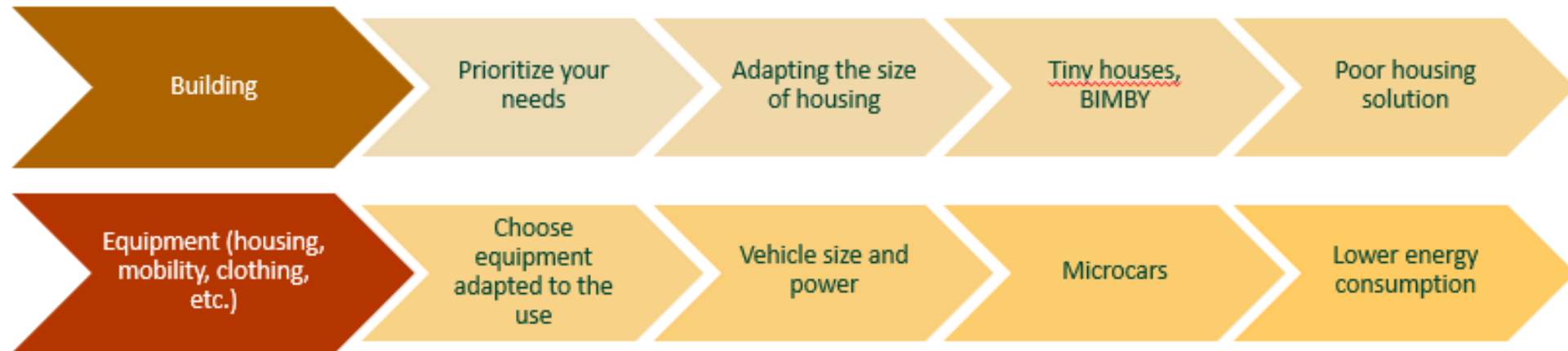
The proper use of equipment with a view to reducing consumption (e.g. the speed limit on the road)

Initiative	Examples of impacts	Example in Ile-de-France
Energy neighbourhood	Saving water, saving energy	DECLIS challenges organised by local energy agencies
Together for energy	Lower gas and electricity bills, fighting energy poverty	Local energy agency in Eastern Paris
Educational apartments	Control the consumption of heating, electricity and water, and stand-by power of electrical appliances	Nomad'appart : Travelling educational apartment in Western Paris
Assistance to the users	Breaking the rebound effect, limiting the use of equipment	User's guide for new premises
Starred towns and villages	Reduction of light pollution, energy saving	22 local authorities awarded by ANPCEN in IDF Projet de Paris Est Marne et Bois
Eco-driving training	Reduce consumption, increase life of vehicles	Groupe La Poste
Low tech	Reduce energy consumption, materials and resources	POC21

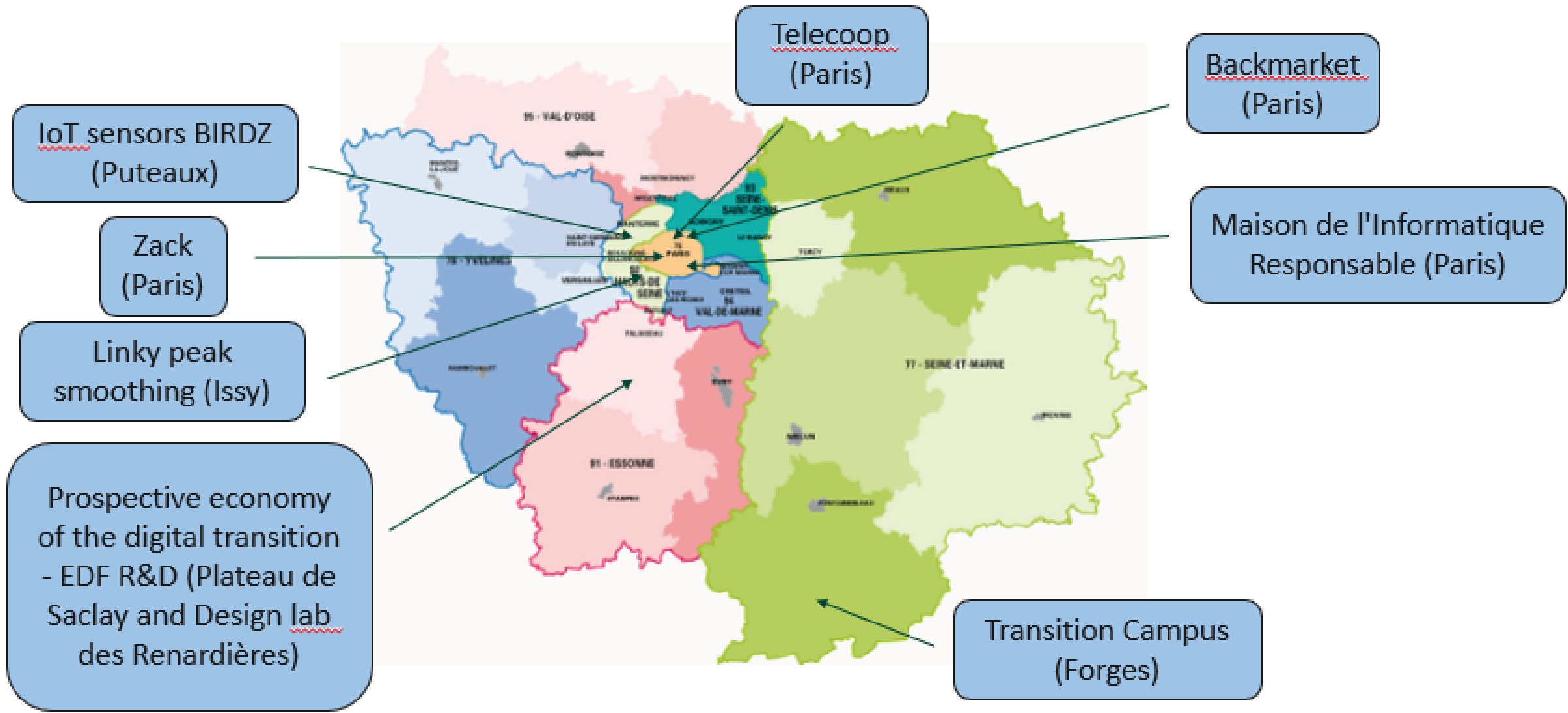


Dimensional sufficiency

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)



Inventory of projects related to digital sobriety in Île-de-France





More information on www.fedarene.org

Home / Working groups

Energy sufficiency

Overconsumption has become a pervasive issue in our society. Even if our products are increasingly using less energy, **we consume more of them**, perpetuating a vicious cycle of **growing energy demand**. Yet, in order to meet our **climate targets**, we need to consume differently and become more energy sufficient.

Working Group Chairs

AREC Île-de-France
Energy sufficiency is a learning to be, a learning to do and a learning to live together

Cycle E-Sufficiency webinar #3: digital sufficiency
8 JANUARY AT 10:30 CET

Cycle E-Sufficiency webinar #2: mobility and public space
9 DECEMBER AT 10:30 CET

Cycle E-Sufficiency webinar #1: consumers and buildings
3 NOVEMBER AT 10:30 CET

Watch

Watch

Watch



Thank you for your attention

- Minutes and slides of workshops

Cycle 1 : <https://www.arec-idf.fr/inventer-le-recit-de-la-sobriete-energetique-en-ile-de-france.html>

Cycle 2 : <https://www.arec-idf.fr/evenements/lancement-du-cycle-2-sur-la-sobriete-energetique-recommandations-pour-laction.html>

- Articles, replays, studies

<https://www.arec-idf.fr/sobriete-energetique.html>

- EU project www.sufficiency.org

- ECEEE report https://www.eceee.org/static/media/uploads/site-2/Events/2019-05-16%20Paris%20Sufficiency%20Workshop/english_paris_workshop.pdf

- ENOUGH network <https://www.researchgate.net/project/ENOUGH-International-network-for-sufficiency-research-policy>