

Session 1

Sustainable Lifestyle: LESS IS MORE!



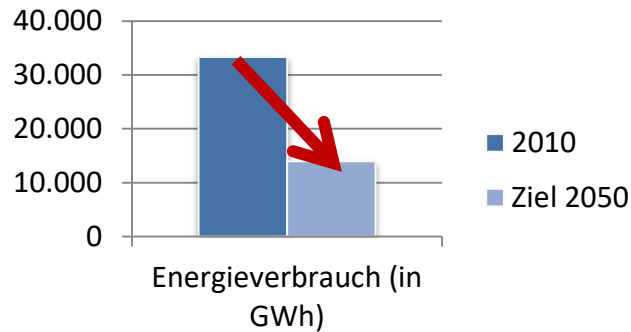
Motivation: My story

- 1969 born in the countryside of Northern Germany
- 2000 finished architectural studies in Braunschweig, Germany
- 2002-2012 target GmbH: company for Environmental Technologies, renewable energies and Climate Protection, e.g. leading all passive house planner courses in Northern Germany
- Start to widen the field of consideration from building side to overall climate protection concepts for e.g. municipalities
- Since 2012: City of Hannover, department of climate protection, project leader Concept “**Masterplan 100% Climate protection - On the way to a climate neutral Region of Hannover till 2050**”,
- actually working for the climate protection action programme for the next decade till 2030
- 2019: free cooperation IG Passivhus Sverige

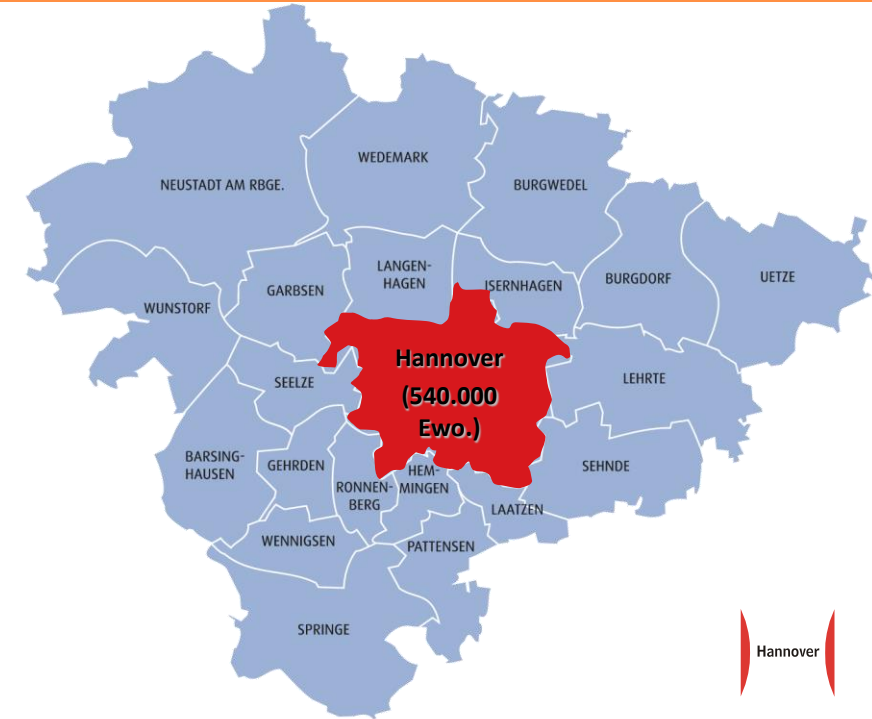
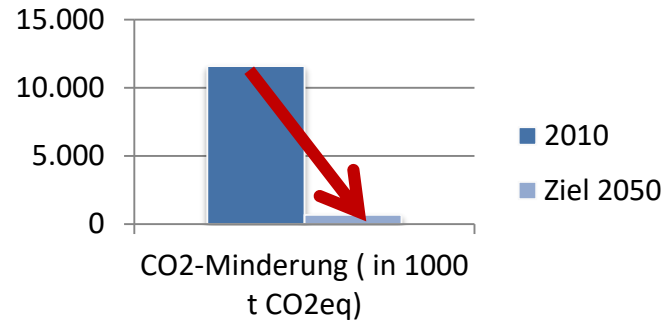


Masterplan 100% climate protection: Concept

Energy consumption:
**at least 50 % reduction
compared to 1990**



Greenhouse gas emissions:
**95 % reduction compared to
1990**



Bringing together all facts what it really means to reach the goal of 2 degrees of global warming.

- > We need not only to be very much efficient and 100% renewable,
- > we have to bring all our resources into cycles and
- > we need very much a turnaround on a lifestyle based on sufficiency and sustainability.

What is “Sustainability in Lifestyle”?

**The best energy is the one you don't even consume =
The most effective form of efficiency is the sufficiency!**

It is not about a total renouncement,
but the restriction of all the little and big
consumption topics.

I want to break down the abstract term “climate protection” into daily life
and the possibilities of a life with the **principle of less instead of more.**



Levels of consideration for sufficiency

Examples for climate protection and sufficiency in:

- Residential Buildings
- Mobility
- Everyday life
 - Eating and drinking
 - Work
 - Clothing / Goods and consumption
 - Waste



Residential Buildings: Frame

What is a must for the total building stock:

- building ALL **new buildings** in the **highest available efficiency standard** (Passive House standard).
- refurbishing ALL **existing buildings** in the **highest technical possible standard**
- combine this with **100% renewable energies**
- and Sufficiency in Resources of Materials
reusable, separable, sustainable materials
-> **target: constructions must be 100% recyclable and reusable**



Residential Buildings: Examples for Sufficiency

User behavior

- reduction of the average comfort temperature
- avoid standby losses ...



Residential Buildings: Examples for Sufficiency

Reduction of land consumption

- **no increase in specific living space / reducing it**
- other aspects: better to reinvent, refurbish and redesign existing buildings the A/V-ratio, the number of apartments and occupants per building

Average residential floor space per capita in m²



Note: data for 2009 builds, * China figures urban only, assumes average national household size

Sources: CommSec, RBA, UN, US Census

shrinkthatfootprint.com

Residential Buildings: Examples for Sufficiency

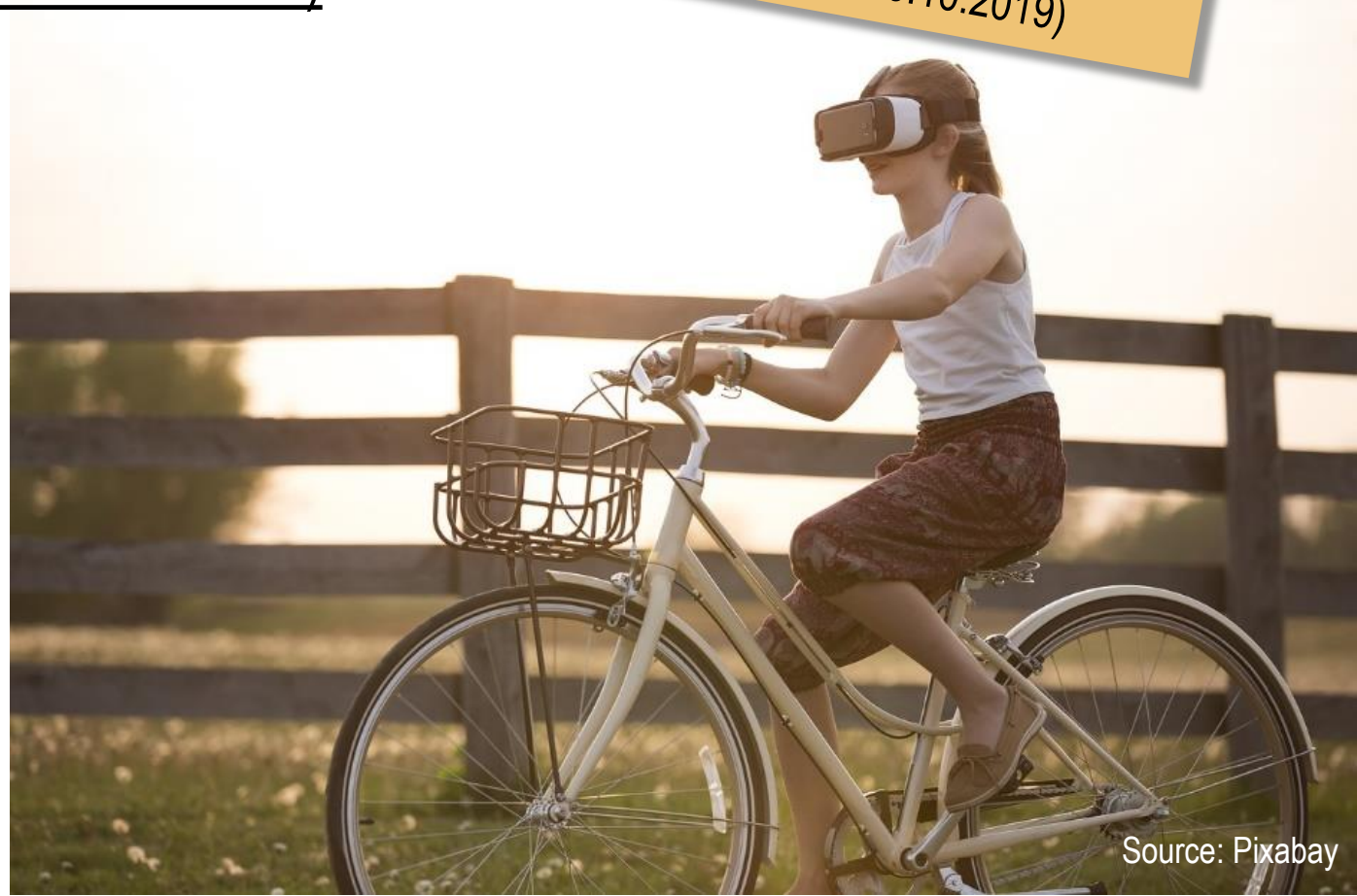
Digitalization / Smart technologies

- There is and will be a very high potential in careful and only intelligent use of smart technologies (planners and users)

Electricity

- buying only electrical appliances with the lowest consumption,
- proving the need of more appliances or to share them
- **having more real than virtual life**

According to a study by the Royal Institute of Technology in Stockholm, the **Internet is currently responsible for around 10% of global electricity consumption.**
(source: HAZ, 15.10.2019)



Mobility: Frame

There is a need of a complete and complex turnaround in mobility!

- Basis: the conversion of all drive systems of the vehicles
- As important are:
 - general concepts for cities and the rural area
 - expansion of all kinds public transport
 - shared spaces and other concepts to give the same role and space for cyclists, pedestrians and cars
 - ...



Photograph: Busses:üstra;H Stromert and Autofreier Sonntag: LHH



Mobility: Examples for Sufficiency

- Check always (work and private): Do you really need to fly?
- Share mobility wherever possible: Car-sharing (from companies or with your neighbor),
- Stop “parent-taxi” (check busses, cycle-ways and sharing opportunities for all ways for your children as well as for yourself)

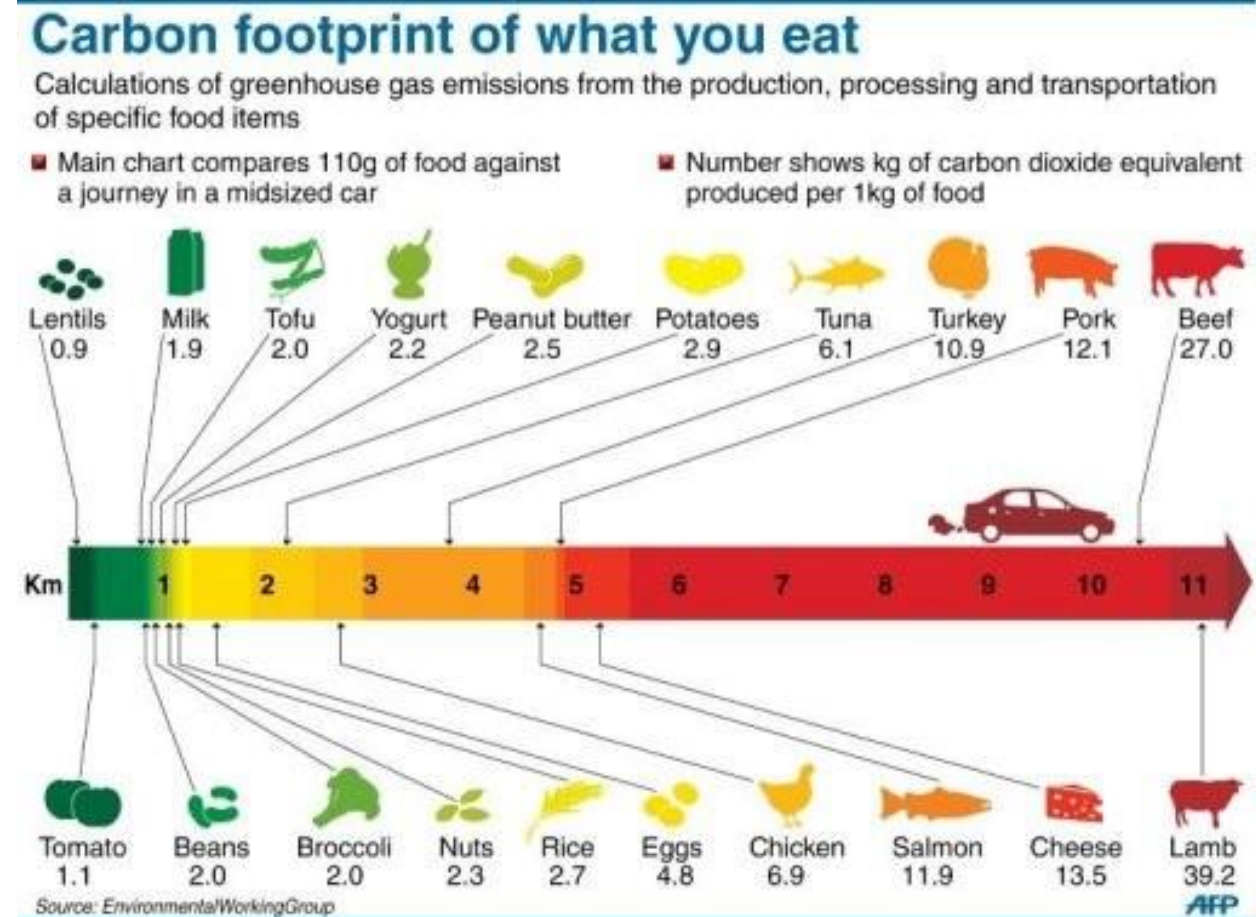


Everyday life: Eating and drinking Examples for Sufficiency

- Have you already thought about the greenhouse gas emissions of the foods you eat and drink?
- Buy food with the principles **organic, regional and seasonal**



Gabi Schlichtmann, Dipl.-Ing. Architect, Hannover, Germany



Everyday life: Work Examples for Sufficiency

- Reach work and all outside dates by train, bus or bicycle
- Avoid standby losses wherever possible
- Initiate competitions for energy-saving measures in the company
- Promote home and teleworking



Photograph: Pixabay.com



Photograph: Landeshauptstadt Hannover; üstra AG , RICOH DEUTSCHLAND GmbH

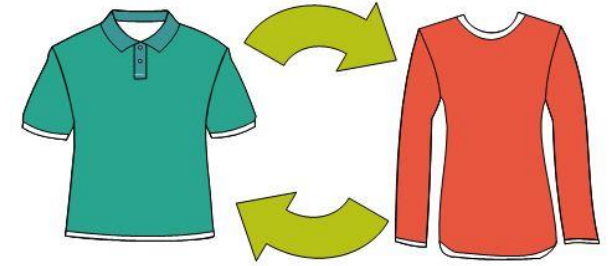
Everyday life: Clothing / Goods and consumption / Waste Examples for Sufficiency

Clothes: exchange with others, buy second hand and pay attention in all things to where they come from

Shopping: always ask if you need it

Reduction of waste wherever possible

- Reduction of plastic, avoid packaging, use of vegetable bags
- repairing before throwing away
- trying a new principle of life based on exchange, share, surrender
- and giving joy to others while doing this



<https://www.ausbesserungswert.de>



All you need is Less!

Decide for a conscious life

There are always many reasons not to do something yet, but try to do the first little step **TODAY!**

And most important: Have fun while doing it!

