

**Project acronym:** EnergyPROSPECTS  
**Title:** PROactive Strategies and Policies  
for Energy Citizenship Transformation  
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# EMPOWERMENT TOOLKIT AND KNOWLEDGE REPOSITORY

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## Fostering individual empowerment

[Please start here doing Activity 1].

### Self-reliance, capacity, and motivation

Commitment to energy conservation and the deployment of renewable energy sources are on the EU's agenda not only as a matter of climate policy, but moreover as a matter of energy independence and security. Boosting these measures requires levers of technological change and innovations, alongside shifts in citizenry behaviour that enable a safe transition to a net zero emission energy system, while minimising potential risks and trade-offs between policy objectives.

At the micro level, our lifestyles and energy consumption habits require an overhaul (Lettenmeier et al., 2019) as "tackling the energy transition and climate change represents the way forward as a society" (Interview 28, Energy Cooperative). Changes in energy-related attitudes and behavioural aspects will be swayed by individual motivations, alongside the opportunities and challenges these individuals face. A central challenge is looking to maintain decent living standards. Nonetheless:

you feel better about yourself if you do that. Plus, you get some satisfaction from it. And I certainly do take a lot of pride from my work. I'm not grudgingly doing the work; I am enjoying it. It makes me feel good in myself, I like it. (Interview 14, Energy Cooperative).

Indeed, to define what living well entails and what it means to be fulfilled may contrast between different people. For some, it may mean making a small (or large) individual contribution to change. Yes for others, it may mean striking a balance between individual desires and responsibility for the environment, or even sharing community experiences of fighting together towards sustainability.

### Motivations

The starting point is for you to understand that motivation is our daily fuel. It helps us to mobilise ourselves every day to make choices, decisions, to seek out different solutions to daily problems. In short, it help us to act. There is no single motivation behind our behaviour, but rather a set of factors that drive our actions. In other words, we may make certain life decisions such as taking public transport instead of a private car. This decision can be for a for non-environmental reasons, perhaps because it is cheaper or due to parking difficulties. Nonetheless, this decision still achieves positive environmental outcomes. Below are some of the thoughts of ENCI initiative members:

I can give you an example, it's that I don't have a car, so I mainly walk and cycle out of choice. Finally, it's not, I don't know necessarily at the start for energy or climatic reasons, that. Let's say that a few years ago, I preferred to go to work by metro (...) then I started to take the bike a bit. Then in winter, when it was too cold to cycle, I would take the metro again, then afterwards I got used to it. I actually took a liking to taking the bike more often. And now I only ride the bike and all year round, even when it's cold. So suddenly, I don't know to what extent... maybe just down to me. I made the choice. I now have so much more to offer than before (Interview 9, Rail Cooperative Society).

[Please stop here for doing Activity 2].

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# Activity N.º 1

**Tell us about you... (write down your thoughts)**

*What motivates me to read this information?*

*Could I take action to change any of my individual behavioural aspects with regard to my energy consumption? Which ones?*

*Could I make my own contribution to the energy transition? How?*

*Would it be possible to use my personal interests in further (even collective) actions on sustainable lifestyles?*



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# Activity N.º 2

**Let's consider and observe my daily life: What are my lifestyle habits?**

*What kind of food do I eat? where do I buy it? (supermarkets, small shops, cooperatives, self-consumption...).*

*How do I usually move to my place of study/work? and in my leisure time? (private or shared car, public transport, cycling or walking...).*

*Would I say that you I have an efficient home (low consumption appliances, heatpump heating, insulation...)? and my behaviour at home (turning off lights, turning off taps, lowering the temperature of water and the room...) is correct?.*

*Am I informed about low-emission lifestyles through an information resource (e.g. through the written press, social media, by taking some kind of training course ...)?*



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