



My empowerment journey

Notebook for individuals and practitioners



Do you feel you have the skills, autonomy and choices, and resources to make changes in your individual behaviour with respect to energy use?
Please, click here to answer some specific questions

Do you feel you have the skills, autonomy and choices, and resources to influence in your inner circle and with people around you?
Please, click here to answer some specific questions

Do you feel you have the skills, autonomy and choices, and resources to influence the broader energy system?
Please, click here to answer some specific questions

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Disclaimer: the views and opinions expressed in this publication are the sole responsibility of the author(s) and do not necessarily reflect the views of the European Commission. This deliverable should be treated as a working paper and future scientific publications will draw on this material.

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This document contains a set of activities that have been designed both for individuals who wish to improve their knowledge, their autonomy and control over their decisions and their voice and power within institutions related to the energy sector, as well as for practitioners who work on initiatives and who wish to use this series of activities to improve individual and collective empowerment processes within their institutions and in the wider energy system.

Please read this instructions before you start:

These activities are presented within the framework of an empowerment tool developed by the European project EnergyPROSPECTS consortium. So that this tool can be useful to you and to the people you work with in the empowerment process, we suggest that you combine reading the tool with sequentially carrying out these activities. When you finish each section you will be able to know where you are and, if you feel like it, make some commitments to change.



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We put forward two paths for you to follow on your empowerment journey: that of those people who are starting their journey in the collective empowerment, and those whose process is already underway and wish to improve their capacities, benefit from more resources, and increase their sense of control and autonomy.

We suggest that you answer a series of questions that are designed to help you make the decision regarding which path to choose. For each path there are a series of activities that we include in this document.



How individually empowered do you feel nowadays?

YES NO

Do you feel capable (e.g., with sufficient knowledge and skills) to make changes to your behaviour and attitudes regarding the energy system?

<input type="checkbox"/>	<input type="checkbox"/>
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Do you feel you have been granted the opportunities (e.g., you have material resources, infrastructure, a favourable environment) to make changes to your behaviour and attitudes regarding the energy system?

<input type="checkbox"/>	<input type="checkbox"/>
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Do you feel you have autonomy and power when making decisions (e.g. you may choose the way you consume energy at home, the devices you use, how to move from one place to another) within the energy system?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Do you think that your individual actions may have a bearing on the energy system as a whole (e.g., through citizen action initiatives, or participating in public consultations)?

<input type="checkbox"/>	<input type="checkbox"/>
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Decide your journey

If you have answered all (or most) of the questions with a "No", we recommend that you begin your path in "People starting their empowerment journey".



Do you feel you have the skills, autonomy and choices, and resources to influence in your inner circle as well as the people around you?

YES NO

Have you ever participated in any kind of organization or social movement related to the energy sector (e.g., energy production and consumption cooperatives, energy communities, protest movements such as Fridays for Future, Extinction Rebellion)?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

To what extent do you think that participating in such initiatives has/might help you in your commitment to the energy transition (e.g., by feeling part of a community, having a common responsibility and purpose)?

<input type="checkbox"/>	<input type="checkbox"/>
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To what extent do you think that these kind of initiatives are/might be a point of support so that you can express yourself and have a voice on energy issues that are relevant to you (e.g. being able to participate in decision-making, feeling that you have a voice and it is heard by the initiative)?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Decide your journey

- If you have answered the first question with a "Yes", we recommend that you begin your path in "People continuing their empowerment journey".
- If you have answered the first question with a "Yes", but "No" to the rest of them, we recommend that you begin your path in "People starting their empowerment journey" by jumping straight to "collective empowerment".
- If you have answered all (or most) of the questions with a "No", we recommend that you begin your path in "People starting their empowerment journey".



How empowered do you feel nowadays to influence the broader energy system?

YES NO

Have you ever participated - individually or individually or alongside an initiative related to energy transition - in any kind of assembly, forum or public citizen participation initiative?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Do you feel that your knowledge, skills and resources enable you to participate in making your voice heard in the wider energy system?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Do you feel that participating in initiatives related to energy transition has been/might be useful to have control and power over your own decisions in the wider energy system (e.g., by improving your knowledge, being better informed, feeling more empowered to act by having a supportive community)?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Decide your journey

- If you have answered the first question with a "Yes", we recommend that you begin your path in "People continuing their empowerment journey" (without losing sight to "collective empowerment").
- If you have answered the first question with a "Yes", but "No" to the rest of them, we recommend that you begin your path in "People starting their empowerment journey" by jumping straight to "collective empowerment".
- If you have answered all (or most) of the questions with a "No", we recommend that you begin your path in "People starting their empowerment journey".



INDICE:

1. Activity n°1.....	1
2. Activity n°2.....	3
3. Activity n°3.....	5
4. Activity n°4.....	7
5. Activity n°5.....	9
6. Activity n°6.....	11
7. Activity n°7.....	13
8. Activity n°8.....	15
9. Activity n°9.....	17
10. Activity n°10.....	19
11. Activity n°11.....	21

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Title: PROactive Strategies and Policies for Energy
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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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Activity N.º 3

Let's consider and observe my resources and barriers: Have I ever thought about...? Why not...?

(Here there are some questions about possible changes in your behaviour, so that you can reflect on whether they are feasible in terms of the options you have to introduce them and the barriers that prevent you from doing so)

	Possibilities & resources	Possibilities & resources
Consuming less food and/or consume it more sustainably (in small shops, organic products, locally-sourced consumption...)?		
Commuting to my place of work/ study by cycling or walking?		
Or by using public transport?		
Using an alternative to the private car to get around in my leisure time?		
Making fewer leisure trips?		
Reducing my heating and/or hot water consumption?		
Improving my home's insulation?		
Switching my appliances for more efficient or energy-saving ones?		
Buying fewer products and opting for second-hand products instead?		
<p>One last task for now... Why would I do it?</p> <ul style="list-style-type: none"> ● I have made changes in my consumption patterns because... OR ● I could make changes in my energy consumption if... <p><i>(e.g. I would save money, I would have time at my disposal, I have enough information, I feel a personal responsibility, in my inner circle there are like-minded people that support me...)</i></p> <p><i>(Please write down all the ideas that come to mind when thinking about what might motivate you to reduce your energy consumption patterns)</i></p>		



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Activity N.º 4

Let's think about myself

We have asked some questions to people who are currently involved in ENCI collective initiatives regarding their empowerment. Now we would like to invite you to reflect on the same questions before we show you what others say regarding this.

Please try to consider these questions below:

When it comes to energy-related behaviour, to what extent do you feel you have the autonomy and choice regarding your energy options?

To what extent do you feel you are able to influence what is being discussed and decided upon related to the energysystem?

To what extent do you feel that acting to shape the energy system is part of your individual and collective (within the initiative) empowerment?



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Activity N.º 5

Let's think and reflect on my resources and barriers: Have I ever thought about...? Why not...?

(Here there are some questions about possible changes in your behaviour, so that you can reflect on whether they are feasible in terms of the options you have to introduce them and the barriers that prevent you from doing so)

	Individual-personal barriers & constrains	Collective-social barriers & constrains
Consuming less food and/or consume it more sustainably (in small shops, organic products, km0 consumption...)?		
Commuting to my place of work/ study by cycling or walking?		
Or by using public transport?		
Using an alternative to the private car to get around in your leisure time?		
Making fewer leisure trips?		
Reducing my heating and/or hot water consumption?		
Improving the insulation of my house?		
Changing my appliances for more efficient or energy-saving ones?		
Buying fewer products and opt for second-hand products instead?		
<p>One last task for now... Why would I do it?</p> <ul style="list-style-type: none"> ● I have made changes in my consumption patterns because... OR ● I could make changes in my energy consumption if... <p><i>(e.g. I save money, I have time at my disposal, I have enough information, I feel a personal responsibility, in my inner circle there are like-minded people that support me...)</i></p> <p><i>(Please write down all the ideas that come to mind when thinking about what might motivate you to reduce your energy consumption patterns)</i></p>		



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Activity N.º 6

Let's consider and reflect on my potential commitment to an ENCI initiative by:

Please take a brief pause here so that you can reflect more deeply on what you would be willing to commit to as a member of an ENCI initiative, what are your possibilities and what resources can you offer)

	My knowledge and skills are...	My available resources are...
Finding out how I can reduce my energy consumption at home/in the workplace (e.g. using more efficient devices, installing solar panels on the roof...)	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	
Making changes to my consumption patterns (e.g. reducing hot water consumption and/or lowering the temperature, turning off lights...)	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	
Fostering and backing the creation of energy-sharing communities or neighborhoods by getting involved in an organization.	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	
Involvement in assemblies, consultations and public decision-making debates on energy issues, as a "guest" (virtually or in person).	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	
Being a minority shareholder in a project (e.g. a wind farm launcher by a private company with public support) with the entitlement to buy shares.	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	
Being actively and directly involved in the creation of an organization (e.g. an energy community) where the onus is on you and the other members.	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	
Being actively and directly involved in an existing organization (e.g. an energy community) exercising speaking and voting rights in decision-making in all the processes that take place in the organization.	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	
Contributing to the debate on alternative forms of mobility and energy production and consumption (e.g. power transmission lines, solar farms, wind energy) that is promoted by non-profit organizations.	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	
Engagement in climate protest movements (e.g. Friday for Future) against the construction of new power-lines, anti- or pro- nuclear movements...	<input type="checkbox"/> Proficient <input type="checkbox"/> Sufficient <input type="checkbox"/> Scarce <input type="checkbox"/> Lacking	

¹ We refer here both to the personal resources at your disposal (e.g. knowledge and skills, information, availability of time, interest and motivation, space and infrastructure, materials...), and social resources (e.g. having a support network nearby or acquaintances, contact with people, organisations and places, proximity to initiatives and information regarding them...).



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Let's think about myself once more:

After reading these stories, would you change anything about the first two questions:

- When it comes to energy-related behavioural aspects, to that extent do you feel that you have been granted autonomy and choiceregarding your energyoptions?
- To what extent do you feel you are able to influence what is being discussed and decided upon in relation to the energy system?

Activity N.º 7

If you already belong to an ENCI initiative	It you are not yet, but might one day...	Answers
I have the freedom to make decisions on what I do and do not want to do within the initiative (i.e. I can take tailor my choices to my interests)	I have the freedom to make decisions on what I do and do not want to do in relation to my energy choices.	<input type="checkbox"/> No <input type="checkbox"/> Yes, but it could be improved <input type="checkbox"/> Yes, totally
There are different options for participating within an initiative (from occasional and sporadic participation to an active participation)	I could increase my autonomy and choices by participating in an ENCI initiative.	<input type="checkbox"/> No <input type="checkbox"/> Yes, but it could be improved <input type="checkbox"/> Yes, totally
In my organization my knowledge and skills are taken into account when making decisions that affect us all.	I have knowledge and skills in energy operations that I could use to find solutions to reduce net emissions.	<input type="checkbox"/> No <input type="checkbox"/> Yes, but it could be improved <input type="checkbox"/> Yes, totally
I have a voice and it is heard (I can express opinions, discuss) and my opinions are borne in mind (it has relevance within the agreements made) within the initiative	I am interested in engaging an ENCI initiative, but I don't know if I have (or will have the time - and I don't know what it will be).	<input type="checkbox"/> No <input type="checkbox"/> Yes, but it could be improved <input type="checkbox"/> Yes, totally
The initiative acts as a loudspeaker for my opinions, thoughts and demands (i.e. through it I feel I can influence the wider system: educating others, inspiring and giving advice...)	I have many things to say about the energy system, and a strong desire to have my voice heard and acted upon.	<input type="checkbox"/> No <input type="checkbox"/> Yes, but it could be improved <input type="checkbox"/> Yes, totally
<i>If the answers to any of the above is NO or YES, BUT IT COULD BE IMPROVED, try to find out why (e.g. because of the decision-making system set-up in the initiative, because I do not have the time to get more active...)</i>	<i>If the answers to any of the above is NO or YES, BUT IT COULD BE IMPROVED, we recommend you to read on to find out more about how these initiatives work.</i>	



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Activity N.º 8

Let's think again about myself:

After reading these stories, would you change anything about the last questions:

- To what extent do you feel that acting to shape the energy system is part of your individual and collective responsibility?

The intention of presenting you with these stories of others is to make you reflect on your own perceptions and preconceptions on their capacities and possibilities to influence, individually and as part of an initiative, the wider energy system. Have they seemed worthwhile reading? To what extent have they helped you to change your previous answers to these questions? (e.g. varying your perception of your own individual and collective responsibility towards the energy transition, enhanced understanding the roles that third party actors take/should take in this process, etc.).

Here is a selection of examples which may help you to complete what you have answered above. We suggest you consider whether:

- No, I do not do this as it is not viewed as my individual or collective responsibility.
- No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility.
- Yes, I do it but, I think they are not my individual nor collective responsibility.
- Yes, I do it because I feel that they fall within my individual and/or collective responsibility.

If "NO" and/or "they are not my individual/collective responsibility", please try to reflect on how is(are) the responsible(s)

<p>Doing your bit as an individual that complies with the green energy system in the household; for instance, by adopting more efficiency in energy consumption practices, installing solar panels, or using smart appliances.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility. <input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility. <input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility. <input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility. <p>The responsibility is of:</p>
<p>Doing you own as a change-making individual in the household, for instance, by aspiring for self-sufficiency through off-grid energy sources and storage technologies.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility. <input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility. <input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility. <input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility. <p>The responsibility is of:</p>
<p>Doing your bit as an individual within an organisation such as workplace or a school, for instance, through complying with the organisations' climate policies, motivating the organisation to install solar panels on the roof, or initiating energy saving campaigns.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility. <input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility. <input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility. <input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility. <p>The responsibility is of:</p>
<p>Doing you own as a change-making individual within an organisation, mostly through the involvement in</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility. <input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility.

<p>energy market newcomers with the ambition to transform the local energy market, for instance, through renewable energy exchange or flexible markets aimed at optimising production and consumption, or by supporting the creation of energy sharing communities.</p>	<p><input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility.</p> <p>The responsibility is of:</p>
<p>Making your voice heard as an individual in the public sphere, for instance, by participating in societal energy discussions through citizen consultations, assemblies, committees, or fora, in the forms of institutionalised or isolated events, where citizens are invited to express their views on a specific local project or national energy/climate policy.</p>	<p><input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility.</p> <p><input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility.</p> <p>The responsibility is of:</p>
<p>Making your vote count as an individual in the public sphere, for instance, by mobilising votes for the energy transition in referendums for a specific energy transition pathway at different geographical scales, or in general elections that are directly targeting climate and energy transition issues.</p>	<p><input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility.</p> <p><input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility.</p> <p>The responsibility is of:</p>
<p>Doing your share by joining citizen or hybrid organisations, for instance, as a minority shareholder in renewable energy projects or by participating in the enactment of governmental public policies at the local level.</p>	<p><input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility.</p> <p><input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility.</p> <p>The responsibility is of:</p>
<p>Going ahead by building, expanding, or linking citizen or hybrid organisations, for instance, in the shape of energy communities where the power rests in the hands of citizens, in energy cooperatives that promote active engagement for a decentralised energy system, or within initiatives that aspire towards low carbon footprints.</p>	<p><input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility.</p> <p><input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility.</p> <p>The responsibility is of:</p>
<p>Doing the job within social movements to facilitate the energy transition through alignment activities, for instance, in the form of non-profit organisations or unions that launch initiatives such as watt saving competitions in their neighbourhood, or promote debate, acceptance, and acceptability of renewable energy development.</p>	<p><input type="checkbox"/> No, I do not do this as it is not viewed as my individual or collective responsibility.</p> <p><input type="checkbox"/> No, I do not do it, although I do consider that they fall within my individual and/or collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it but, I think they are not my individual nor collective responsibility.</p> <p><input type="checkbox"/> Yes, I do it because I feel that they fall within my individual and/or collective responsibility.</p> <p>The responsibility is of:</p>



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Activity N.º 9

Let's think and reflect on my barriers and constrains to gain power and to overcome disempowerment:

(Here are some examples of actions you can take as an energy citizen. Keep in mind that there are many experiences of energy citizenship, so here we only show some of them, giving you the opportunity to incorporate those that you consider appropriate, in addition).

	Individual-personal barriers	Collective-social barriers	Material barriers
Reduce my energy consumption at home/work (e.g. using more efficient devices, installing solar panels on the roof, avoiding the use of car...)			
Make changes in my consumption patterns (e.g. reduce hot water consumption and/or lower the temperature, turn off lights...)			
Encourage and support the creation of energy-sharing communities or neighborhoods			
Participate in assemblies, consultations and public decision-making debates on energy issues			
Being a minority shareholder in a project (e.g. a wind farm set up privately with public support)			
Being actively involved in the creation of an organization (e.g. energy community)			
Being actively and directly involved in an existing organization (e.g. an energy community)			
Contribute to the debate on alternative forms of mobility and energy production and consumption (e.g. solar farms)			
Participate in climate protest movements (e.g. Friday for Future, Extinction Rebellion)			
Please, fill in out with additional options if you wish:			



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Activity N.º 10

Let's consider and observe my level of participation in the ENCI initiative

Below is a list of questions which will help us ascertain what participation point you are at within the initiative you are involved in.

<p>In my ENCI initiative, I am informed regarding what is happening, the decisions that are made and how they may affect me. There is no exchange of ideas, discussion, dialogue or deliberation.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I am not sure</p>
<p>In my ENCI initiative, I am consulted when information is required on a topic, issue or process of community interest, with the intention of obtaining opinions, standpoints, ideas, values, solutions or priorities from each of the members who are mainly affected.</p>	<p><input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low</p>
<p>In my ENCI initiative, I work together with other members based on a common goal to facilitate understanding and the search for a common solution to the problem.</p>	<p><input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low</p>
<p>In my ENCI initiative, I collaborate with other members on all critical aspects of the initiative, including developing alternatives and finding preferred solutions, which are taken into account.</p>	<p><input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low</p>
<p>In my ENCI initiative, I have control and decision-making autonomy as do other members who act as individuals or groups who can influence and/or benefit from the initiative's creation and maintenance.</p>	<p><input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low</p>



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Project acronym: EnergyPROSPECTS
Title: PROactive Strategies and Policies for Energy
 Citizenship Transformation
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Activity N.º 11

Let's consider and reflect on the stakeholders who could be/have been significantly involved in the creation and functioning of the ENCI initiative.

Have you required/do you require support:

	Who supported you?	How significant was that support?	When does it stop being necessary?
In instigating-continuing with the initiative 's structuring and organisation of the functioning.		<input type="checkbox"/> Vital <input type="checkbox"/> Average <input type="checkbox"/> Lacking	
In funding all/part of the initiative (capitalisation and mobilisation of resources necessary for the case to consolidate and sustain/grow).		<input type="checkbox"/> Vital <input type="checkbox"/> Average <input type="checkbox"/> Lacking	
To networking and coordinating with stakeholders who share similarities with the initiative, enabling cooperation between actors, building and managing multi-stakeholder networks, exchanging knowledge and visions.		<input type="checkbox"/> Vital <input type="checkbox"/> Average <input type="checkbox"/> Lacking	
In making the initiative visible (to the interested public, to general society...)		<input type="checkbox"/> Vital <input type="checkbox"/> Average <input type="checkbox"/> Lacking	
In carrying out technical and scientific expertise activities (e.g. ICT resources, planners, architects, PV or wind energy specialists, project monitoring, facilitating experimentation and pilot projects, facilitating/supporting the adoption and implementation of innovations, etc.).		<input type="checkbox"/> Vital <input type="checkbox"/> Average <input type="checkbox"/> Lacking	
In providing legal advice on how to set up and manage an initiative, how to organise institutionally (lobbying), how to make your voice effective in the public debate (lobbying activities, protest against law projects)		<input type="checkbox"/> Vital <input type="checkbox"/> Average <input type="checkbox"/> Lacking	
Please, complete with additional options if you wish:			



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List of commitments for action

Being an Energy Citizen is not a matter of all or nothing. It ranges from baby steps to full-scale actions. The level of commitment depends on yourself, your motivations and interests, your perception of your capacities, autonomy and choices. We encourage you to start by committing yourself to a few actions. Let's see what you think of these:

- I will reduce my energy consumption through new habits, such as turning off appliances on standby or turning the light off when it is not needed.
- I will start becoming involved by making changes in my home, such as controlling my energy consumption with web or mobile applications.
- I will investigate the advantages of installing solar panel and think whether is worth it to be self-sufficient.
- I will participate in a more transformative change, e.g. I will find out about how to install solar panels (or another type of system) in my place and what advantages it would bring to the community to be able to discuss it and carry it out.
- I already control my energy consumption at home, but now I want to involve more people and create social awareness, both in my workplace and within my inner circle. I will propose the idea of participating to some extent in the energy transition and converting the building into an energetically sustainable one.
- I will learn more about energy communities and the energy transition (e.g. going to conferences and workshops where I can learn about others' experiences and gain scientific knowledge).
- I will join a group of people with whom I share the same interest related to the energy transition and who inspire me to move forward in this topic, or even I can even become the motivation for others.
- I am already involved in energy transition, but I think that the current legislation falls short and with my experience I can contribute valuable ideas. I will initiate the procedure so that citizens can propose to congress the adoption of legislative measures to promote energy citizenship.
- I will find out about planes and government and European projects to participate in any of them. These projects can provide me with a lot of knowledge that will enrich me and new companies with which to share ideas and create a community.
- I have knowledge and contacts. I am going to start a transforming energy citizenship project in which different citizens, associations, political parties and organizations can participate, and that has a greater impact on energy sovereignty at the local level.
- I have knowledge and I want to share it with others. I will do informative workshops, both for the general public and for people active in the energy transition. I want to be a driver and help for others.
- I am willing to actively participate in demonstrations or strikes, even to initiate it with different contacts (NGOs, unions...) to demand changes. We are very concerned and not everything is in our hands, so we demand more responsibility from the rulers and we want the whole world to see it.



