

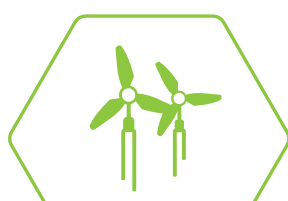
**Interreg  
Europe**



Co-funded by  
the European Union

**FEEL**

**FEEL helps policymakers understand the frugal city approach, applying resource sufficiency and community cooperation to achieve a greener Europe.**



**GREEN**



**1.62 M  
EU FUNDING**

**Mar 2023  
May 2027**

**An interregional cooperation project for  
improving energy efficiency policies**

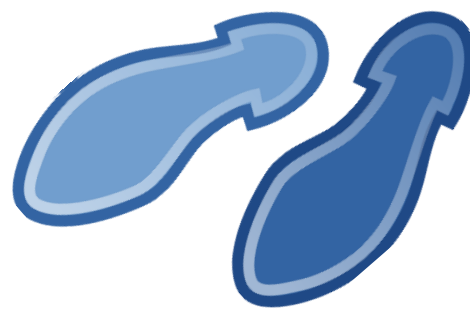
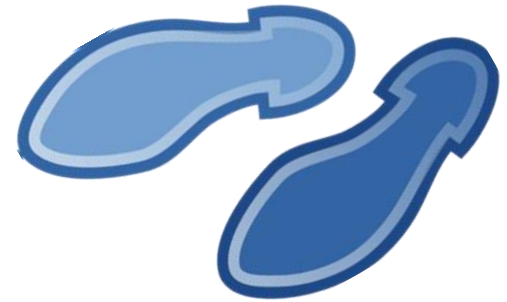
**Project Partners**

**Local Climate and Energy Agency of South Brittany (FR)**  
Cork City Council (Comhairle Cathrach Chorcaí) (IE)  
Bistrita Municipality (RO)  
Frederikshavn Municipality (DK)  
Liguria Region (IT)  
Valencia Climate and Energy Foundation (ES)  
Mazovia Energy Agency (PL)  
North Sweden Energy Agency (SE)  
Energy Cities (FR)



# This is the 2<sup>nd</sup> FEEL Project Newsletter

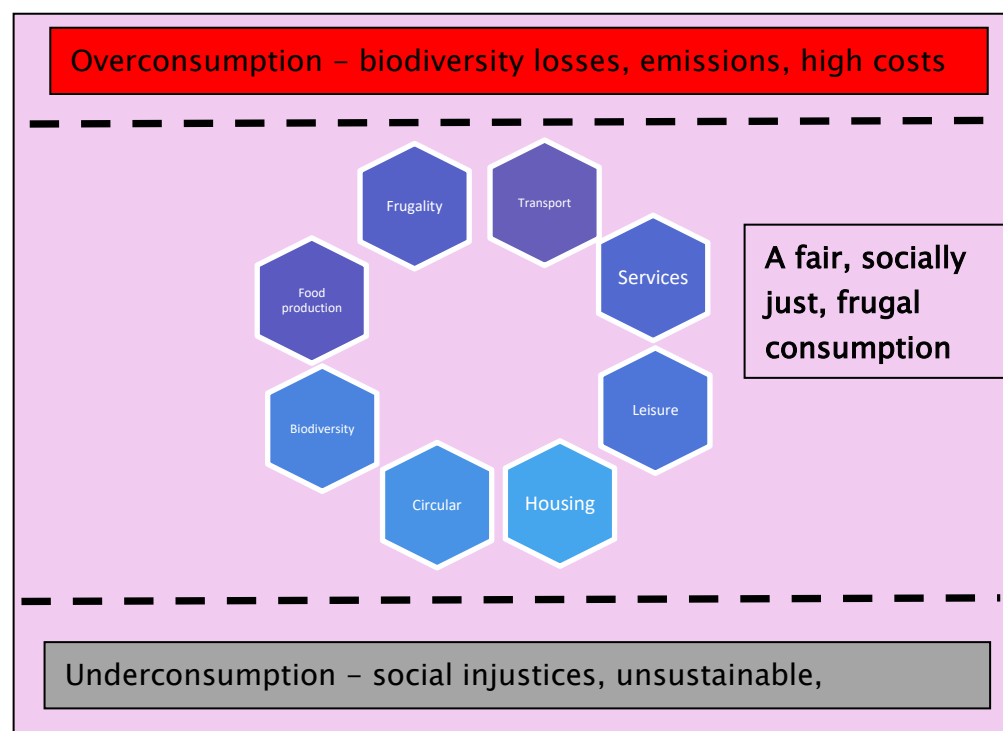
*Semester two of the FEEL Project started in September 2023 with partners learning more about the frugal city concept. Following two Thematic Events, partners have been inspired by the presentations and good practices experienced in partner cities. Partners visited Warsaw on the 26<sup>th</sup> & 27<sup>th</sup> June and Valencia on the 7<sup>th</sup> & 8<sup>th</sup> of November to observe the good practices implemented in the city. From the visually engaging energy monitoring display in Wawer district in Warsaw to 'La Petxina', the Superblock in Valencia, the actions have inspired partners to transform their cities into resource conscious, socially just and inclusive societies. The thematic events focused on defining sufficiency, creating business models, and discovering actions that can be employed to support the concept.*



# Defining Sufficiency

In Warsaw, Benjamin Best of Wuppertal Institute introduced the partnership to the idea of sufficiency and the concept limits that should be set by governments. The frugal city is one where resources are managed responsibly through re-consideration of demand for what we need rather than demand for what we want. Sufficiency is defined by the Intergovernmental Panel on Climate change as “a set of measures and daily practices that avoid demand for energy, materials, land and water while delivering human wellbeing for all within the planetary boundaries.” The key word in this statement is avoid- by practicing avoidance of resource use, carbon emissions can be decreased, and resources preserved across all sectors achieving national targets and improving health and wellbeing in our cities.

Sufficiency employs low-tech solutions like cycling to work, repairing products, reducing heating temperature, and repurposing buildings for transitions. In a frugal society, circularity pathways are optimized across socio-demographics and sectors. Sufficiency is almost the balance between overconsumption and poverty. In overconsumption, the costs become too high for those in poverty, emissions increase causing pollution and habitats for biodiversity is diminished. Underconsumption then is socially unsustainable as citizen are not maintaining a suitable standard of living. The frugal city underpins living in a fair and just society with support offered to those struggling.



## Post-Growth Innovation

The current obsession with economic development and extracting resources as if they are infinite cannot continue. By doing so, we are destroying the very life we are creating on this earth. By reducing development and implementing the frugal city concept, we can live productive lives that preserve the world for future generations. Sofia Greaves, a postdoctoral researcher from the University of Vigo in Spain presented the post-growth movement concept to the partnership in Valencia. Post-Growth innovation presents the idea that by focusing on economic growth, social and economic problems will continue to cause impact our cities. De-growth and frugality can be an opportunity for progress and a fairer society in our cities.

# Low-tech Magazine

Frugality inspires individuals to consider a different pathway when looking at solutions to everyday issues. For example, instead of consuming energy from the grid, could a washing machine be powered through the exercise undertaken by its citizens in the gymnasium or what if factories only functioned when the wind power was sustainable enough to run its machines. Imagine a time when this may be the only option because resources have become so depleted that its environmentally and financially unsustainable to extract them. In Valencia, the FEEL Partnership learnt from Kris De Decker about running a city on human power alone. Chris runs a website called the Low-Tech Magazine ([Here](#)) that will go offline when the power from the solar panels is not sufficient. The site offers simple solutions that can be implemented at home to generate or save power at home. Running a city on human power, while extreme and radical in its utopian form is the innovative and stimulating conceptual action the frugal city aims to inspire. By considering a new way of accomplishing everyday tasks, resources can be conserved, emissions reduced, and financial savings made.



## Comfortable Frugality

The world has become very dependent on technology that is not needed to live comfortable lives. When you consider the multitude of present-day kitchen items developed with simplicity in mind, we discover that some items are surplus to requirements. For example, do we really need a battery powered salt or pepper grinder? By reconsidering the raw materials that are required to develop the batteries, plastic covering, and internal blades, we can reduce the energy costs of production and conserve resources for more pressing requirements.



Overconsumption



Frugal living

or



# ALOEN's actions thanks to the FEEL Project

The two thematic events in which ALOEN took part with its stakeholders, in Warsaw and Valencia, helped to refocus the issues on which the city of Lorient wishes to move forward.

Creation of a local Low Tech Lab.

Inspired by the Ciutat Lab, one of our Spanish partner's good practices, and the Low-Tech Lab in Concarneau (France) presented in the Thematic Event in Warsaw in June, the City of Lorient and ALOEN want to create a Low Tech Lab in Lorient.

The aim of this project is to develop low tech, not only low-tech objects, but also services, know-how, lifestyles and even a philosophy, which integrate technology according to 3 key principles: Useful, Accessible and Sustainable.

ALOEN and the City of Lorient brought together interested local players on December 18<sup>th</sup>, 2023, to lay the first stones of a Low Tech Lab. The Low Tech Lab could take the form of a place that could host a



low-tech workshop, a guinguette, a workspace, and so on. It could also be a network of existing places (a carpenter's workshop, a third-party kitchen, eco-lieu with light habitats, etc.).

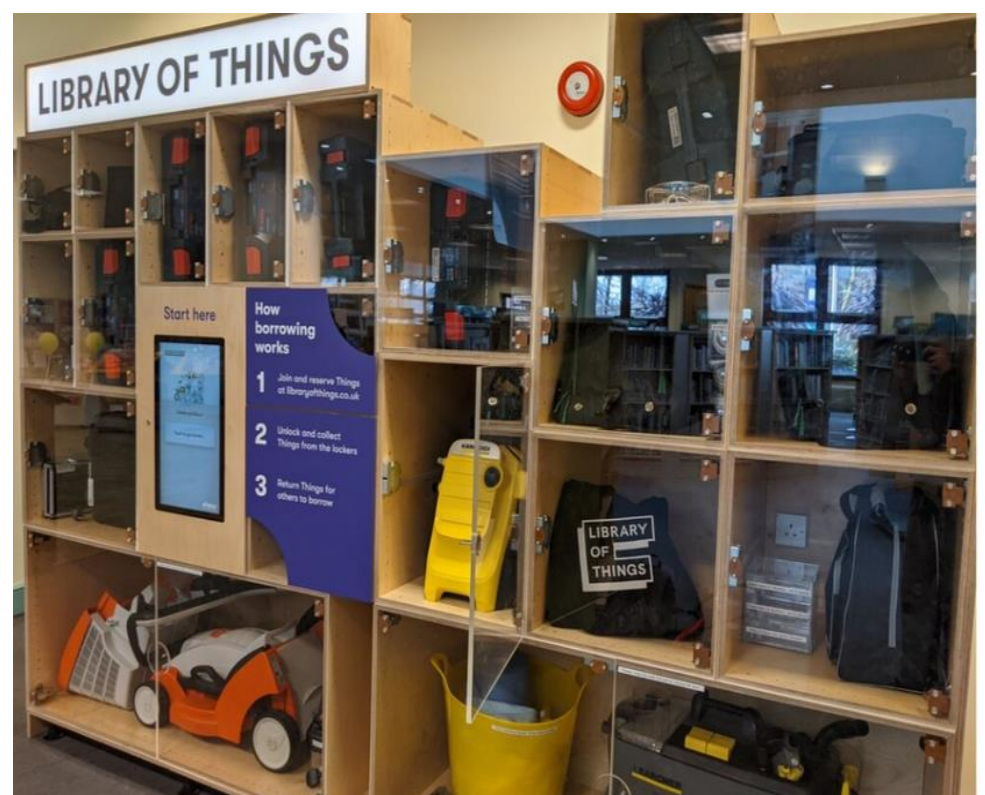
One of the first actions will be the organization of a Low Tech Tour in early summer 2024, an event lasting around a week, aiming to bring together up to fifteen members on a bike trip to meet low-tech players in the surrounding area. The meetings will be open to as many people as possible to raise awareness of low-tech.

A Low-Tech conference will be held on February 2nd, 2024, in Lorient, organized by a member of the local Low-Tech Community. It will cover topics ranging from low-tech lifestyles to companies and professions adapting to the low-tech philosophy.

Towards the creation of an Object-library?

The idea of an Object-Library came up at a community meeting involved in empty-home events. Inspired by our Swedish partner FEEL's sports library and an Objethèque in Quimper (France), ALOEN will be exploring the subject further, to find out more about how an Objethèque could be set up.

An exchange took place with the Objethèque in Quimper on January 12, 2024 to find out more. And we're looking forward to the Study Visit with our Swedish Partner from the FEEL project to find out how their sports library is set up and runs.

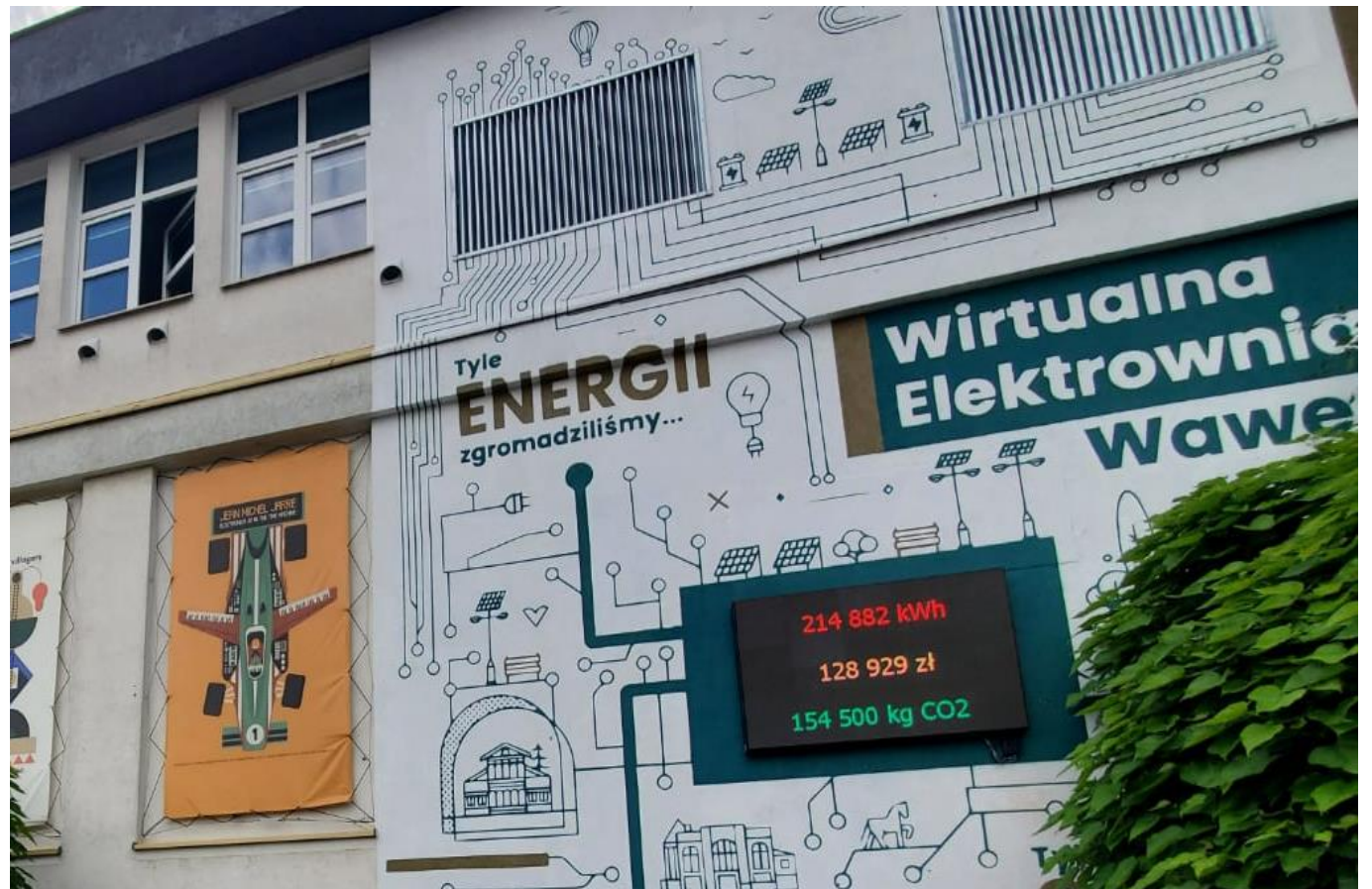




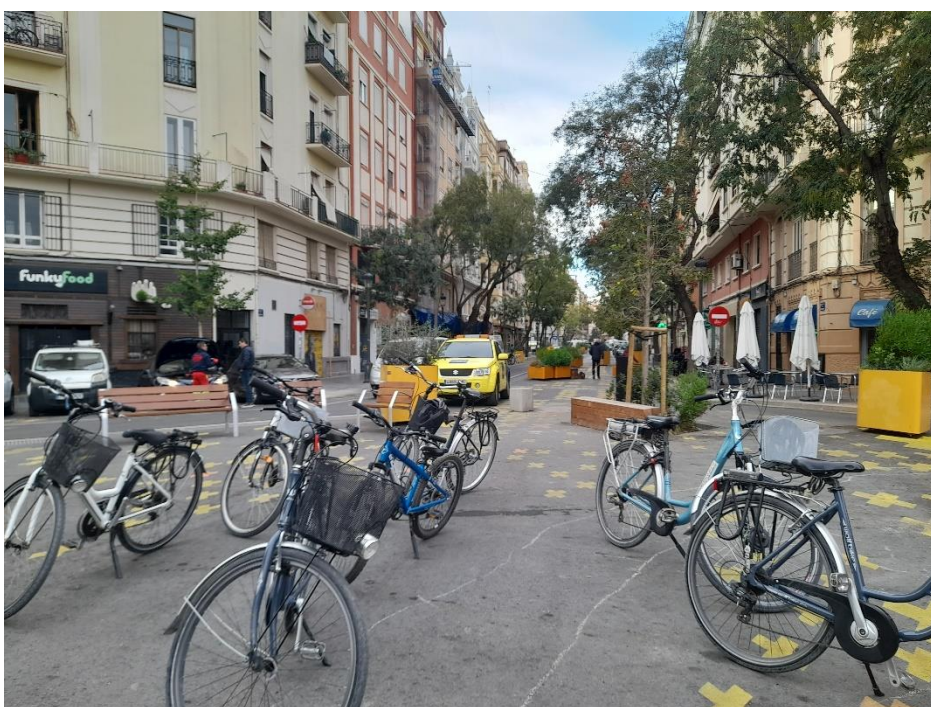
# Cork City Council- Sufficiency before Efficiency

Our Warsaw partner held a thematic event focusing on developing ultra-simple solutions, defining sufficiency and how to engage with communities to adopt the frugal approach in their everyday lives. The Wawer district of Warsaw has an energy display announcing how much energy has been saved from the installation of solar and other types of renewable energy in the district. The practice digitally engages with citizens about the financial savings and environmental benefits that can be achieved through green energy. By disseminating this information, citizens can be influenced to install their own renewable energy systems creating a cascading effect.

Cork City Council developed a Climate Action Handbook to advise and guide tenants on how to save energy at home and reduce the effects of climate change. The handbook is the initial step homeowners should take in moving to a more frugal way of life. Sufficiency before Efficiency.



The housing sector in Ireland is under pressure due to a lack of available or suitable buildings with an increased population. Benjamin Best spoke about sufficiency actions that reduce the need to increase development and instead consider the transition of buildings for other uses. Vacant or derelict buildings that may be designed for a particular use but could easily be suitable for another use. In this way, resources are kept in circulation, raw materials conserved, and production costs reduced.



In tandem with the transition of unused buildings, there is a need to consider circularity in construction and demolition waste. According to the Environmental protection Agency in Ireland, 9 million tons of construction and demolition waste was created in 2021.

Historically, cities work towards economic and technological development at all costs. In the frugal city, urban planning is focused on providing services to residents in a socially just and easily accessible manner. Urban planning in Valencia is ahead in terms of the cycle ways developed through the city

park. Sofia Greaves of the University of Vigo, an urban planner working on the idea of Post-Growth planning spoke about the post-growth city. An initiative that looks at how resources in a city can be managed with the aim of creating optimal planning for social, economic, and infrastructural services. With the learning from the thematic events, Cork City Council will be moving towards a more frugal and considerate city.



# Frederikshavn Municipality inspired by the cycling infrastructure in Valencia

In Frederikshavn Municipality, the project has changed hands regarding participation in the exciting interregional FEEL project and achieving the objective. This means that we, Steen and Simone, from the Center for Technology and Environment in Frederikshavn Municipality are now project coordinators and are responsible for contributing to the FEEL project from our region (Denmark). The goal remains to develop a policy that places frugality even more firmly on the political agenda. This involves creating awareness about it, implementing behavioral change, and ultimately laying the groundwork for new actions.

Both of us participated in the second Thematic Event in Valencia. In addition to meeting both lead partners and other project partners, which was very educational, Valencia's work in promoting cycling in the city was particularly inspiring.

In our region there is a growing recognition of the need to revisit some of the earlier projects aimed at encouraging more people to cycle in Denmark. The objective is not only to understand the successes and challenges faced in these past endeavors but also to explore the potential for reactivating and updating these initiatives to align with current needs and technologies. Given the significant environmental and health benefits associated with cycling, reinvigorating these projects could play a crucial role in enhancing sustainable transportation throughout the country. This involves not only revisiting the strategies and infrastructure developed in the past but also engaging with communities to reignite enthusiasm for cycling and incorporate contemporary approaches to urban mobility.

After the Thematic Event in Valencia, we continued working on the project in Frederikshavn Municipality. In February, we are holding meetings with our stakeholders internally in the municipality and externally to get their input on whether they have ideas for how we can put frugality on the agenda within their areas and, most importantly, if they are already engaged in initiatives that support the frugal agenda. The purpose is later to incorporate these actions into our frugality policy to be.





# Bistrita presents the FEEL Project at the "European Researchers' Night" event

Every year, on the last Friday of September, the European Researchers' Night (an event organised in most EU countries) makes science accessible to all through scientific activities that combine education with entertainment, displaying the diversity of science and its impact on citizens' daily lives in fun, inspiring ways.

In 2023, the European Researchers' Night has been organised in 26 countries, in more than 400 European cities. Bistrita joined the European cities of science and innovation 2023 event, becoming part of the most renowned initiative to popularise science at European level.

As part of this initiative, Babeş-Bolyai University (Bistrița University Extension) and the Bistrița – Năsăud County Museum organised in Bistrita, on 29 September 2023, the event "European Researchers' Night 2023", which included a multitude of interactive activities for the community (presentations, exhibitions, experiments, interviews, competitions, workshops, and games).

During this event, the "Frugal cities through Energy Efficiency and Low-tech communities" project, in which Bistrita municipality is a partner, was presented to the public. The project objective was highlighted, the term frugality was explained, the difference between frugality and efficiency and it was emphasized that by participating in the FEEL project, the municipality of Bistrita will improve and revise its Local Public Policy "Regeneration of the historical centre of the municipality of Bistrita", especially by introducing the frugal approach and the concept of sufficiency in the field of urban regeneration.



At the stand set up for Bistrita City Hall the project poster and information materials were displayed. Here those interested could ask for more details and have discussions with the persons directly involved.

It was very important for the municipality to have the opportunity to present and disseminate the FEEL project at this event due to the wide public participation from children of all ages, teenagers, but also adults who had the chance to participate in activities to higher education and research institutions, economic units, associations, and NGOs.



# Liguria meet to progress the FEEL project.

Regione Liguria organized **three meetings** with its stakeholders following the Thematic Events. The **first meeting**, hosted by A.R.T.E Imperia (Regional Territorial Agency for Construction of the Province of Imperia) on **14<sup>th</sup> July 2023** involved the representatives of the institution and the Liguria Region, focused on defining the role and activities that the local authority will implement up to 2025. These activities are: contributing to the improvement of the regional policy **Garanzia Occupabilità Lavoratori (GOL) programme, funded by the Next Generation EU – PNRR**, the identification of new professional figures and new training services focused on the issues of active citizenship, environmental sustainability, and education on frugality and energy use.

The training services aimed at young NEETs promote training opportunities at the pilot desk launched at the A.R.T.E. Imperia headquarters, to expand social housing services, spread sustainable behaviours consistent with the principles of "frugality" and strengthen collaboration with the weakest social groups and employment centres.

The **second meeting**, held on 18th October 2023, was attended by representatives of the European and International Affairs Sector of Regione Liguria,

A.R.T.E. Imperia, Liguria Ricerche S.p.A (an in-house company supporting economic planning) and IRE S.p.A. (Ligurian Regional Agency for infrastructure, building recovery and energy).

It focused on the **participatory comparison of good practices** that, Regione Liguria had previously identified, with support from IRE S.p.A. and the FEEL partnership. By creating a matrix, the good practices that best express the objectives of the project and attract and interest the other partners, have been selected.

Finally, an **extended group of key stakeholders** attended the **third meeting**, organized in collaboration with A.R.T.E. Imperia at their headquarters on **December 12, 2023**.

Representatives from the Imperia Employment Centre, Cooperatives in the Imperia area, Environmental



Education Centre of Imperia, University of Genoa, Confcooperative Liguria – Imperia section, Alpi Liguria Regional Natural Park, User Service Centre, Regional School Office, Imperia Construction School – Joint Territorial Committee, Ture Nirvane Cooperative, the social enterprise MeWe collaborative living and the ISFORCOOP training agency of La Spezia attended.

The **first session** of the meeting focused on the **presentation of the project**, the characteristics, objectives, and actions implemented to date. In addition, the Policy Instrument chosen, The Garanzia Occupabilità Lavoratori Program (GOL), funded by Next Generation EU – PNRR, presented on how the entity would like to act following the FEEL Project.

The **second session** allowed the participants to offer a presentation of themselves, their reality, and their observations through a **workshop** in which they were asked to indicate how and what possible actions their sector can provide a contribution on the three themes of **frugality, sustainable living, and NEETs**.

The latter theme was the subject of an interesting exchange of ideas, opinions, and ideas between the local actors. In fact, there was talk of the need to activate two types of training within the GOL program:

- on the one hand, to activate green training through transversal paths, and therefore attentive to the issues of sustainability understood at 360 degrees.
- on the other hand, to strengthen the direct link between the completion of a training course and the person's integration into the world of work.



# Valencia Climate and Energy Foundation Welcome the FEEL Partnership

On 16th June 2023, the Valencia Climate and Energy foundation hosted the local kick-off meeting of the FEEL project. This meeting was held in the 1st Energy Office of Valencia gathering local and regional stakeholders from the public sector (Regional Energy Agency, EU Funds department of the Regional Authority, Municipal Innovation Center and Chamber of Commerce), as well as from the private sector (local energy services cooperative), academia (Technical University of Valencia) and local civil society organizations involved in the energy transition of the city.

The meeting was a good opportunity to introduce the local stakeholders to the FEEL project and the new concepts of Frugal Cities, Energy Sobriety and Low-Tech Communities. IVACE, the regional energy agency which acts as an associated partner in the Valencia case study, presented the current 2021–2027 operative programme supporting energy transition projects in the Valencian Community with



different subsidies. There was also an opportunity to learn from the successful Interreg Europe project “Delta Lady” that supported the electrification of boats in the Natural Park of Albufera of Valencia with subsidies from the ERDF program. Finally, local stakeholders were asked to identify stakeholders and good practices of interest in the Valencian territory related to the themes of the project to form a group to monitor the project and exchange good practices with other project stakeholders at a European level.

Shortly after the local kick-off meeting, during 27<sup>th</sup> and 28th June 2023, Valencia Climate and Energy, together with local stakeholders from IVACE and the Technical University of Valencia, attended the first Thematic Event of the project in Warsaw. The presentations and site visits raised some interesting questions that will need to be answered at local level, such as the options to understand how the one-stop-shops for energy transition can integrate sufficiency and frugality with the support of the Operational Programme, or how scaling up from low-tech initiatives beyond pilot projects can be achieved in Valencia.

After summer, the Valencia Climate and Energy foundation welcomed the FEEL consortium to the city of Valencia, where the project Thematic Event 2 (focused on the “Transition to the Frugal City: business model; public acceptance and adoption”) was held in November 2023. The Valencia Climate and Energy foundation co-organized the event, which included an inspirational tour to several good practices identified in the city, where project partners had the opportunity to discuss and reflect about the barriers and enabling factors that influenced the development of some important projects for the city of Valencia. The local FEEL group was also invited to participate in the TE2, and some local stakeholders from academia and the private sector took part in the activities.

Local work will be shaped by some of the conclusions of the TE2, including the need to make the transition fun and cooperatively, the requirement to keep an open mind regarding the results of the process, as well as the importance (and, sometimes, difficulty) of achieving public acceptance.



# Mazovia Energy Agency develop frugality.

The FEEL project Thematic Event #1 on "Developing the frugal approach: ultra-simple solutions, sufficiency and community engagement" was held in Warsaw, Poland on June 27–28th, 2023. The meeting focused on exploring and discussing, as follows:

- Frugal approaches: Finding ways to achieve similar results with less. It encourages creativity and resourcefulness to avoid unnecessary consumption and spending.
- Energy and resource management: This refers to how we handle everything from electricity and water to materials and waste. The goal is to use these resources wisely and efficiently.
- Ultra-simple solutions: This focuses on using straightforward and inexpensive solutions that are easy to implement and understand. Think low-tech methods, readily available materials, and DIY approaches.
- Sufficiency: This emphasizes using only what we truly need rather than indulging in wasteful consumption. It promotes responsible buying habits and finding satisfaction with less.
- Community engagement: This highlights the need to involve the community in decision-making and implementation processes related to energy and resource management. It encourages collaboration and ensures the solutions cater to the needs and preferences of the people they affect.



Following the Warsaw meeting, Thematic Event 2, titled "Transition to the frugal city: business model; public acceptance and adoption", was held in Valencia, Spain on November 6–8th, 2023. This subsequent event delved deeper into the practicalities of implementing frugal approaches within urban environments. Partners explored how to develop sustainable business models, foster public acceptance of these changes, and encourage widespread adoption. Discussions centered around innovative financing mechanisms, effective communication strategies, and community engagement initiatives that could bridge the gap between intention and action.

As part of this collaborative effort, project partners actively exchanged best practices from across Europe. These diverse approaches adapted to the unique circumstances of each region, provided valuable insights and inspiration. With the help of regional decision-makers and policy changes, these proven solutions could be effectively reapplied and implemented in new contexts, fostering broader sustainability progress across Europe. This cross-pollination of ideas serves as a testament to the power of international collaboration in tackling shared environmental challenges.

This collaborative effort aimed to achieve the three pillars of frugality: **Improve** for efficiency, seeking to optimize existing systems and processes to minimize waste; **Avoid** for sufficiency, promoting mindful consumption and behavioural changes to reduce overall demand; and **Shift** for both, embracing innovative, low-cost solutions that simultaneously improve efficiency and reduce consumption. By working together, the project partners hope to develop replicable strategies and tools that empower communities to adopt more sustainable lifestyles.

Frugal living isn't a solo act! These meetings bring together regional decision-makers, businesses, and community groups. Imagine engaging local leaders to secure their commitment, collaborating with businesses to develop sustainable solutions, and empowering communities to actively participate in



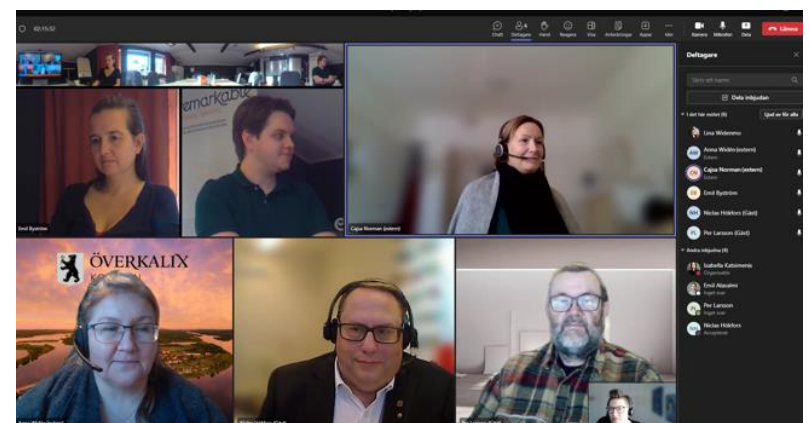
## Successful regional launch of FEEL project in North Sweden.

North Sweden Energy Agency arranged the kickoff and Regional Conference in Associated Partner Överkalix Municipality 17th August 2023. During the conference all local stakeholders participated, and North Sweden Energy Agency presented policy improvement in Överkalix Municipalities Energy plan. Also, during the kickoff, North Sweden Energy Agency presented the outcomes from Thematic event 1 in Warszawa including all good practices. Stakeholders worked in groups to identify learning opportunities from this list of good practices for Överkalix Municipality as interregional learning.



Back row from left: 1. Cajsa Norman, 2. Harri Kylmänen, 3. Per Larsson, 4. Jan Johansson, 5. Niclas Hökfors, 6. Per Nilsson Tourda, 7. Rune Ekholm, 8. Emil Byström. Front row: 1. Lina Widenmo, 2. Siv Larsson, 3. Anna-Lena Bjälmsjö, 4. Anna Widen, 5. Isabella Katsimenis.

In October Associated Partner Överkalix Municipality stakeholders and North Sweden Energy Agency started to prepare for Thematic event 2 in Valencia. Preparing the workplan and reviewing good practices. Frugality examples and low-tech solutions became more implemented in workplan and in policy improvement of Överkalix Municipalities Energy plan.



In November Associated Partner Överkalix Municipality stakeholders and North Sweden Energy Agency went to Valencia and participated in Thematic event2. The capacity building included min challenging examples of frugality that opened new doorways. Especially visit to OSS and biking on ring road gave a lot of inspiration.





Comhairle Cathrach Chorcaí  
Cork City Council



MUNICIPIUL  
BISTRIȚA



AJUNTAMENT  
DE VALÈNCIA



València  
Clima i Energia



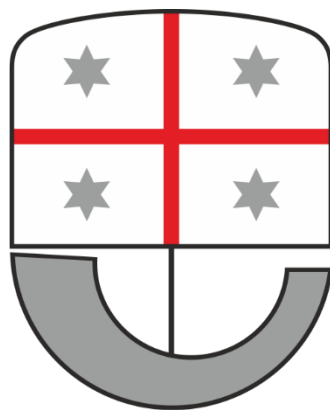
Energikontor  
Norr



ÖVERKALIX  
KOMMUN



ENERGYCITIES



REGIONE LIGURIA



**MAE**

Mazowiecka Agencja  
Energetyczna

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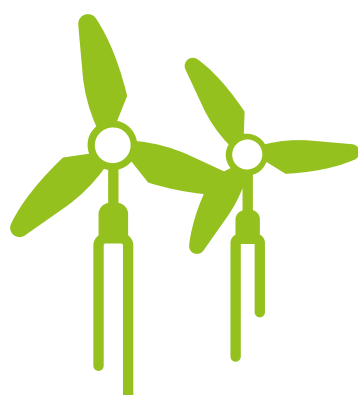
[www.interregeurope.eu/feel](http://www.interregeurope.eu/feel)



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