



THINKING LABS SUPPORTING SUSTAINABLE, 1.5° LIFESTYLES: MULTIPLE ROLES, MULTIPLE STAKEHOLDERS

*** WITH A PERSPECTIVE FROM HUNGARY ***

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WHAT ARE THINKING LABS?

- **Definition we adopted in the project:**
 - Literature (as used in public policy-making): „islands of experimentation' for applying innovative methods to address public problems" (McGann et al. 2018: 250)
 - Interactive workshop formats in which small groups of citizens and/or stakeholders come together to work on specific questions or problems and co-create results that are then analysed and utilized in projects
([Vadovics et al., 2024](#), [Lehner et al., 2024](#))



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- **Differences between thinking labs and living labs**



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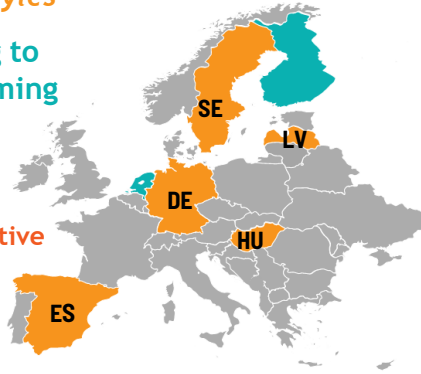


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About the EU 1.5° LIFESTYLES project

Research project on 1.5° lifestyles

- Horizon 2020 project aiming to contribute to the mainstreaming of 1.5° lifestyles in Europe
 - Find most impactful lifestyle options
 - Work towards creating supportive context to enable change
- 7 partner countries
- 5 case countries



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THINKING LABS IN THE EU 1.5° LIFESTYLES PROJECT

- Integral part of the research methodology
 - With single stakeholder groups - citizens
 - With multi-stakeholder groups - experts, from
 - different sectors (policy, business, research, non-profit, media)
 - and different lifestyle domains (mobility, housing, nutrition, leisure)
- We organised them at different points of our research in the 5 case countries (DE, HU, LV, ES, SE)
 - The methodology used was the same in all countries for comparability of results (training workshop, guidebook)



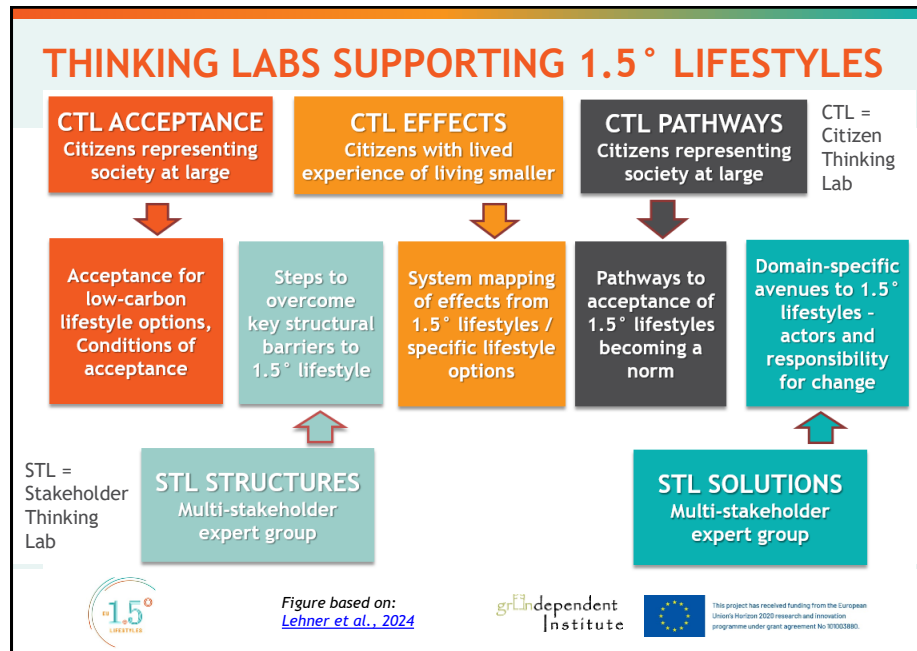
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THINKING LABS: VARIETY OF METHODS - SAFE ENVIRONMENT - DEMOCRATIC DELIBERATION

- Thinking labs were all the same in terms of providing a safe and neutral environment
 - With participant consent for using and sharing any outcomes
 - Participants attending voluntarily - compensation can be provided, varies by country/recruitment method used, it may influence outcomes
- Within such a context, a variety of methods were used, e.g.
 - With citizens:
 - serious board game, facilitated group discussion
 - With stakeholders:
 - board game, back-casting, facilitated group discussion, mini focus groups



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THINKING LABS - USEFUL RESEARCH TOOLS for sustainable consumption and lifestyles

- Small sample size, but we collected valuable data and information
 - more involvement, more personal (e.g. Climate Puzzle)
 - often already involves social negotiation (e.g. conditions of acceptance, pathways)
 - discussion across sectors and domains, comparing & contrasting points of views
- **Worked for many purposes:**
 - Test and modify acceptance of lifestyle options
 - Discuss lived experience of lifestyles, rebounds and spillovers
 - Plan and discuss future pathways, with concerns and positive outcomes
 - Deliberate policy options, responsibilities and tasks
- Built on one another, also across citizen and stakeholder labs
- May need to be used together with other research methods



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THINKING LABS - MORE THAN RESEARCH TOOLS!



- Dissemination, communication, sharing opportunity
- Support interaction between stakeholders, understanding one another's reasoning... in a safe and politically neutral context
- Provide inspiration and learning

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THINKING LABS - MORE THAN RESEARCH TOOLS!

- Provide networking opportunity for stakeholders - important to provide nice breaks 😊
- Provide space for meeting with like-minded people
- Contribute to creating a practice community: organise in a way that supports your topic and principles (walking the talk)



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IF YOU WANT TO KNOW MORE ABOUT THE CONCRETE THINKING LAB PROCESSES AND RESULTS...

- **CTL Acceptance:**
Vadovics, E., Richter, J. L., Tornow, M., Ozcelik, N., Coscieme, L., Lettenmeier, M., ... Scherer, L. (2024). [Preferences, enablers, and barriers for 1.5°C lifestyle options: Findings from Citizen Thinking Labs in five European Union countries](#). *Sustainability: Science, Practice and Policy*, 20(1). <https://doi.org/10.1080/15487733.2024.2375806>
- **CTL Acceptance and CTL Pathways:**
Domröse, L., Tornow, M., Coscieme, L., Meo, B., Cap, S., Lettenmeier, M., EU 1.5° Lifestyles project consortium (2024). *Effective Options for a Transition to 1.5° Lifestyles at the Household Level*. EU 1.5° LIFESTYLES (Policies and tools for mainstreaming 1.5° Lifestyles) - Deliverable D2.3, European Commission Grant Agreement No. 101003880.
- **CTL Effects:**
Richter, J.L., Lehner, M., Elfström, A., Henman, J., Vadovics, E., Brizga, J., Plepys, A., Mont, O. (2024). [1.5° lifestyle changes: Exploring consequences for individuals and households](#). *Sustainable Production and Consumption*, 50: 511-525, <https://doi.org/10.1016/j.spc.2024.07.018>.
- **STL Structures:**
Kreinin, H., Fuchs, D., Mamut, P., Hirth, S., & Lange, S. (2024). Transforming provisioning systems to enable 1.5° lifestyles in Europe? Expert and stakeholder views on overcoming structural barriers. *Sustainability: Science, Practice and Policy*, 20(1). <https://doi.org/10.1080/15487733.2024.2372120>
- **STL Solutions:**
Mamut, P., Fuchs, D., Becker, L., Laksevic, K., Kreinin, H., Brizga, J., (2024) [From responsibility ping-pong to shared responsibility for 1.5° lifestyles? Examining European stakeholder perspectives](#). Bristol University Press, p. 1-22. <https://doi.org/10.1332/27528499Y2024D0000000039>
- **All CTLs and STLs:**
Lehner, M., Richter, J. L., Kreinin, H., Mamut, P., Vadovics, E., Henman, J., Mont, O., & Fuchs, D. (2024). [Living smaller: acceptance, effects and structural factors in the EU](#). *Buildings and Cities*, 5(1), pp. 215-230. DOI: <https://doi.org/10.5334/bc.438>
- Check the [EU 1.5° Lifestyles project website](#) for more!



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Many thanks for your attention -
I look forward to your questions!

Reach me via email:

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EU 1.5°
LIFESTYLES



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