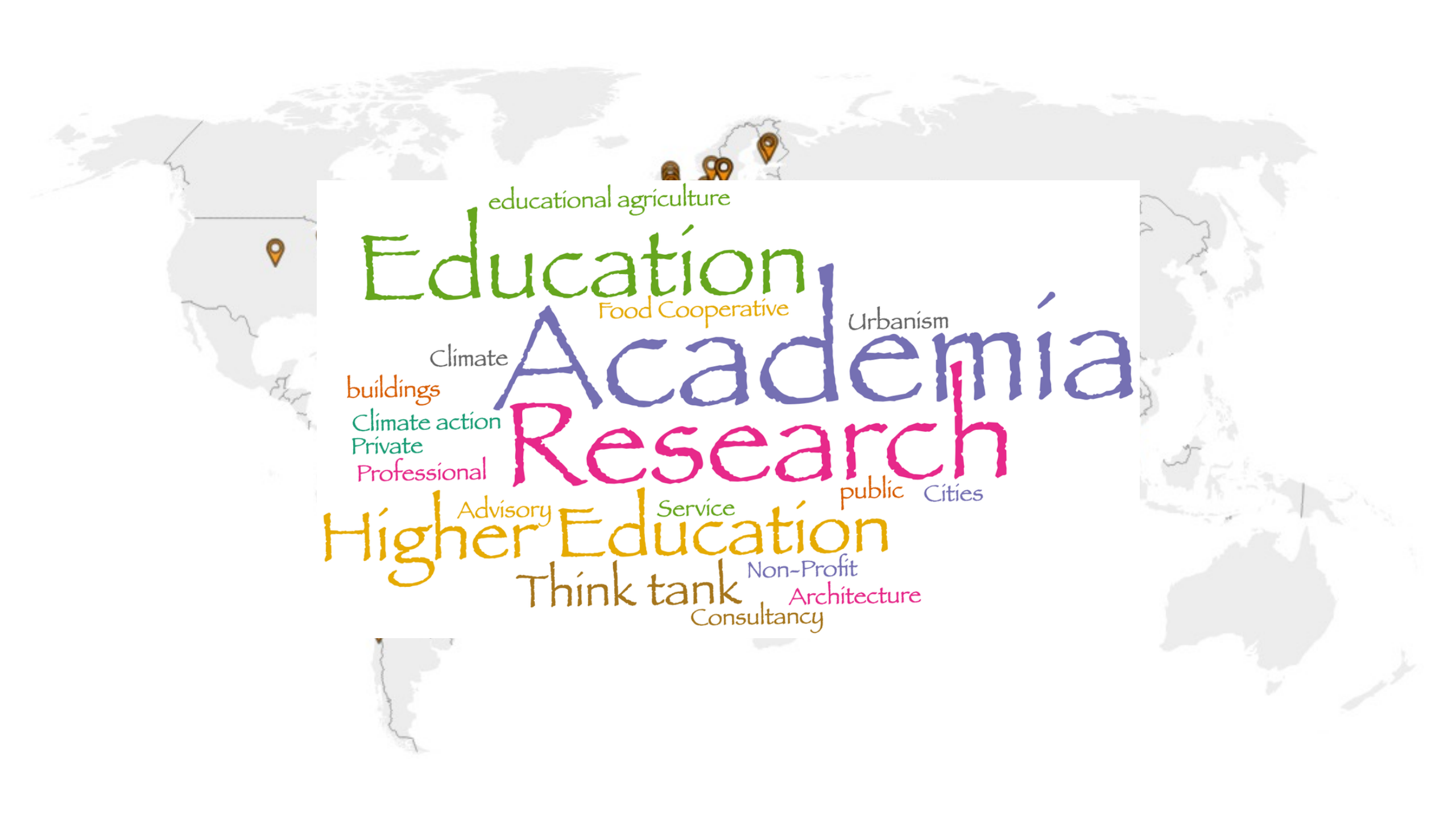


Imagine a future that aligns limits with wellbeing: Introducing Consumption Corridors

English Webinar
SNSF Agora fund
June 24, 2026





educational agriculture

Education

Food Cooperative

Urbanism

Climate

buildings

Climate action

Private

Professional

Academia

Research

Advisory

Service

public

Cities

Higher Education

Think tank

Non-Profit

Architecture

Consultancy

what **challenges** are you facing?



Consuming to live well



- To live a good life, we must meet our human needs
- To meet our needs, we must consume
- But some consume more than necessary...

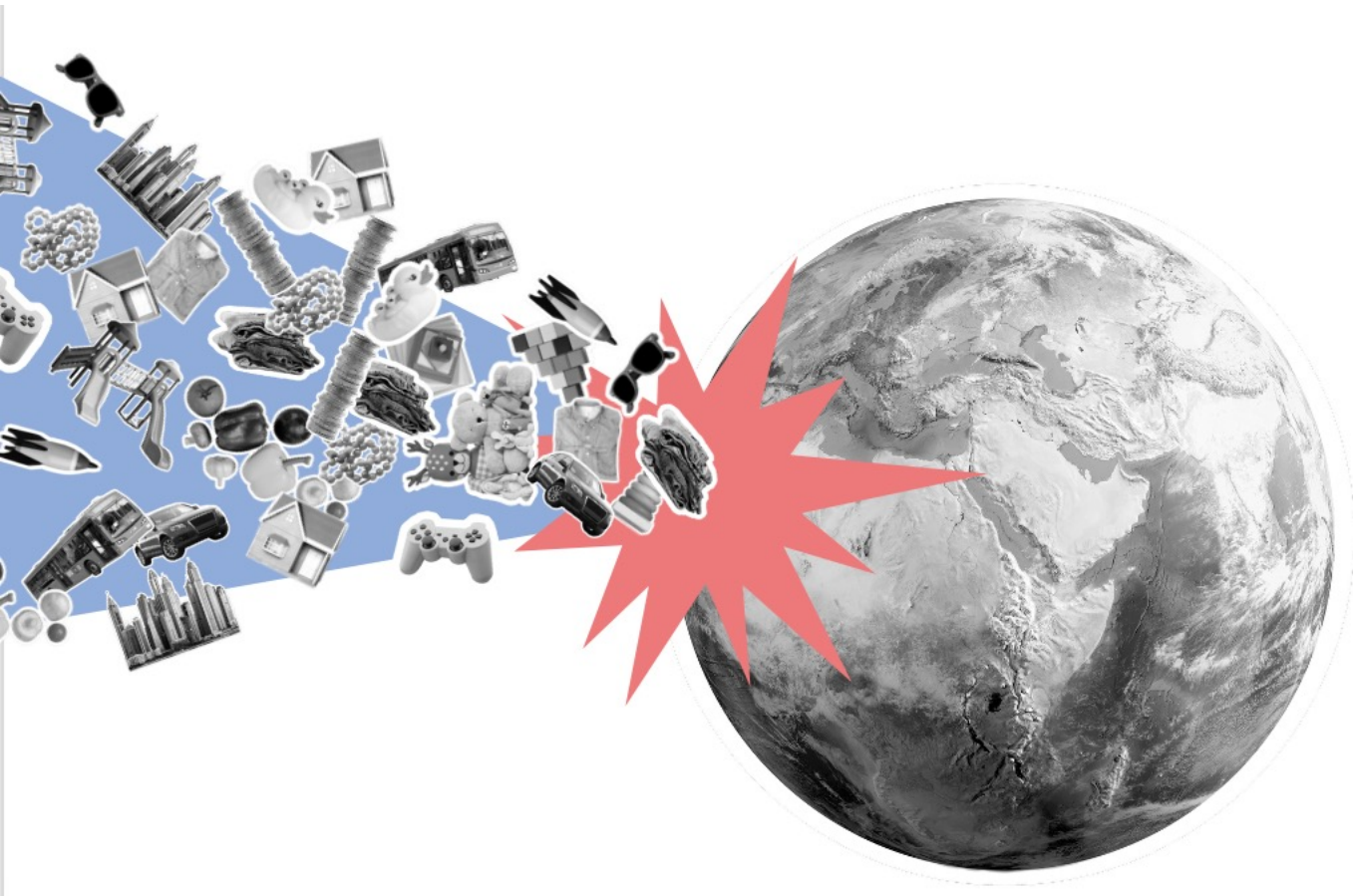
Some people consume more than others



.....●

How can we ensure a **more just** society for everyone, today and for future generations?

The impact of consumption (and production)



.....●

Consumption is a starting point,
systems of provision (production,
distribution need to change)

How can we use our resources
without abusing them?

How much is enough – and how much is too much?



Introducing Consumption Corridors: a way of operationalizing sufficiency

Overconsumption



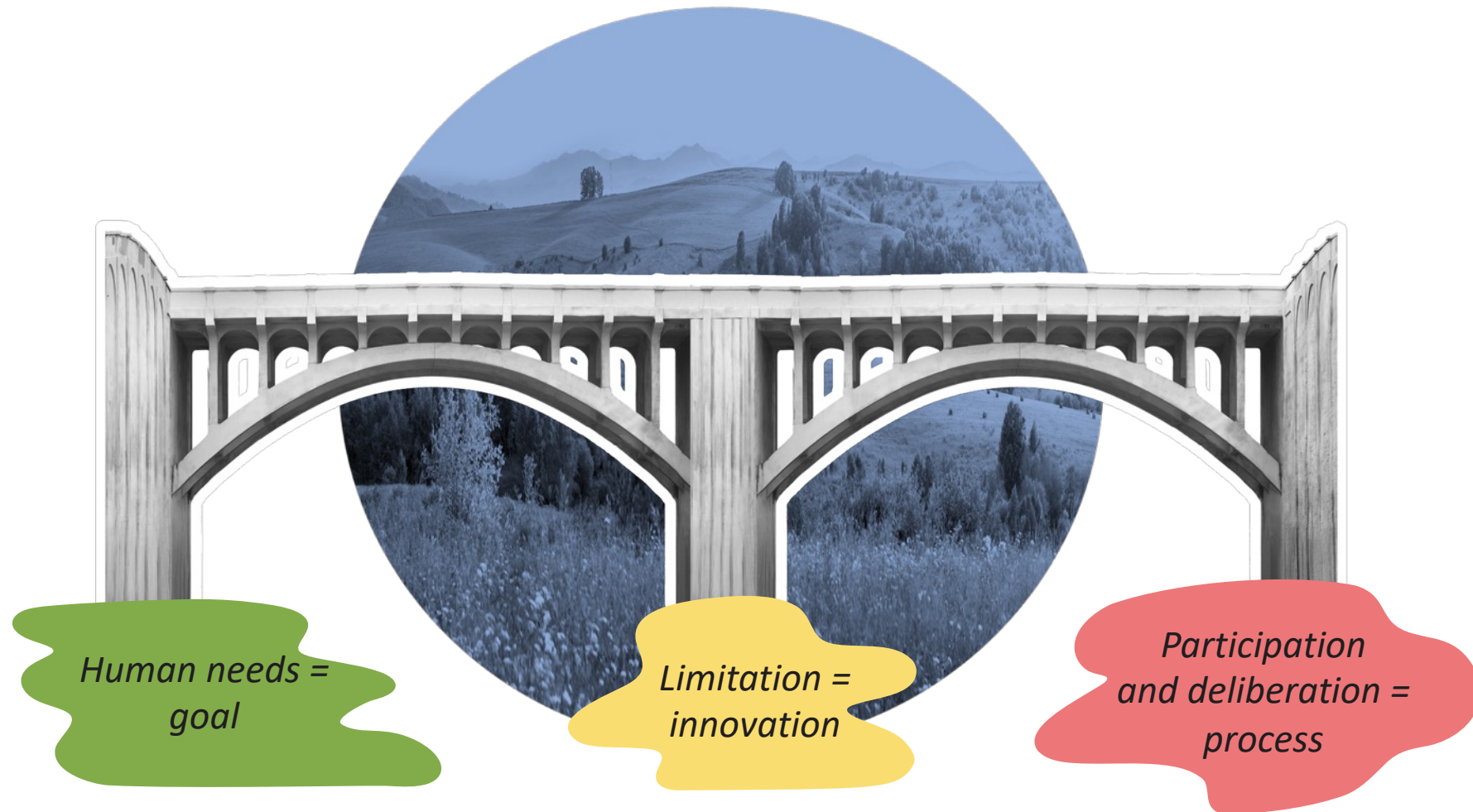
Living in a consumption corridor



Underconsumption



Consumption Corridors: Three Pillars to Discuss Together Today



Workshop goal

- Introduce Consumption Corridors
- Discuss the relevance of human needs / wellbeing as a way of organizing society
- Differentiate satisfiers from needs / the means from the end
- Apprehend limits, discuss their relevance in relation to wellbeing
- Propose ways forward



Workshop Format

- Three parts, three topics
- Break out group discussions, using a white board
- A culture of mutual respect, with active listening and constructive contributions, free from judgment
- Remember what group # you have been assigned to, as you remain in the same group for the entire workshop
- A synthesis will be shared after the webinar, based on the input to the whiteboard and discussions
- Please copy the link in the chat to the white board! Take notes based on your group number



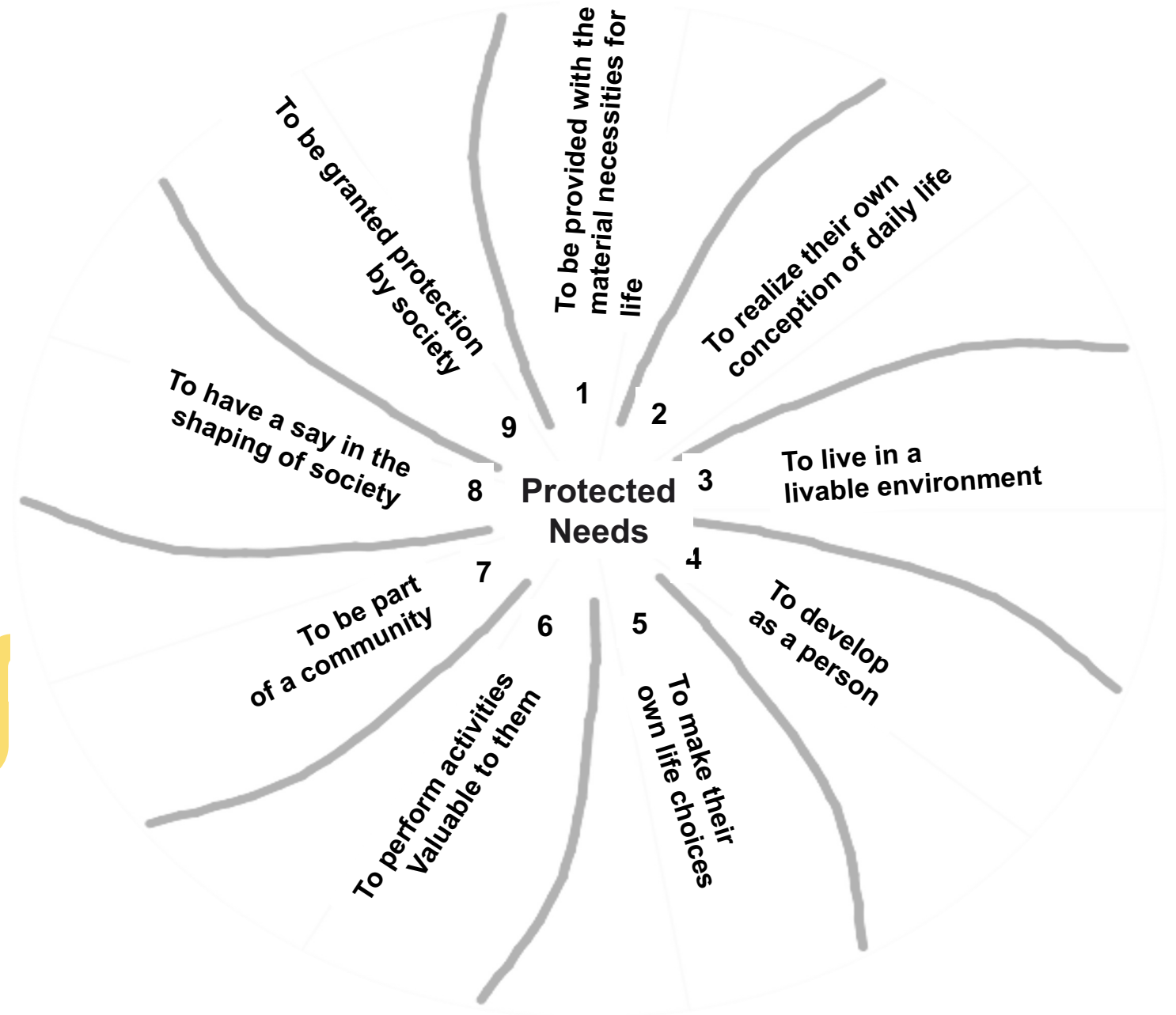
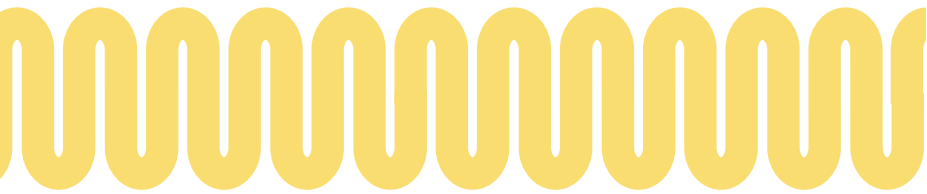
Human needs

- **Human needs:** limited list; needs are finite, can be met, and are non-hierarchical



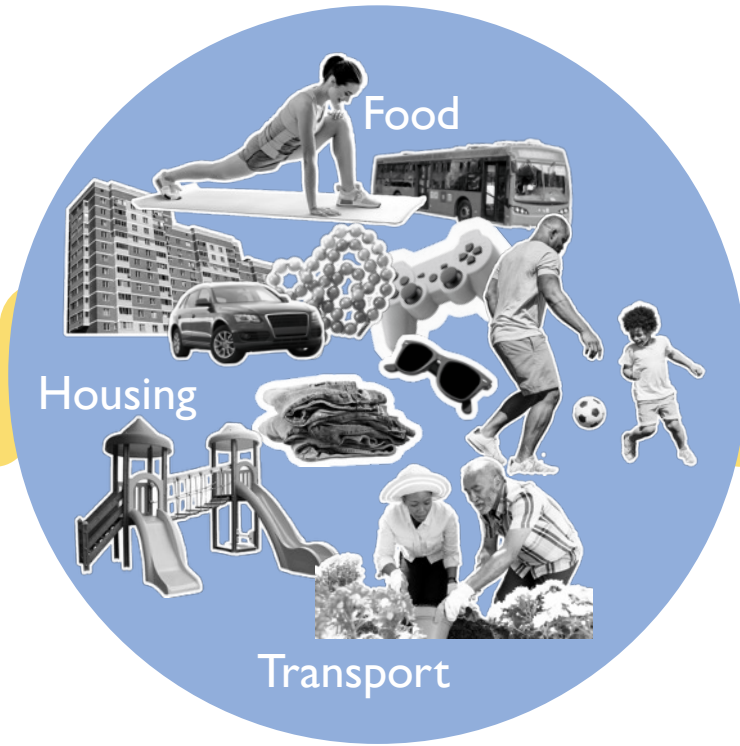
Human needs

One Needs-based Approach



Protected needs
Di Giulio and Defila (2018)

Satisfying Needs: Distinguishing Means from Ends



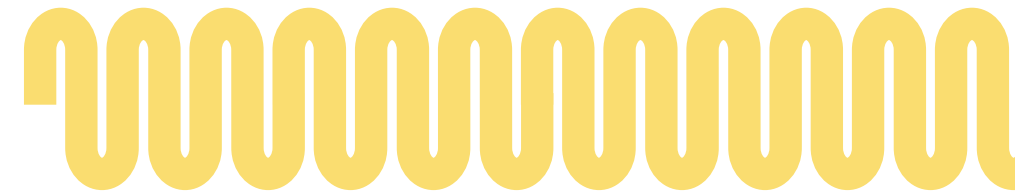
Means to satisfy needs



Human needs as the goal

1. Which needs do you fulfill through your work? And with what means?

- Here, we are talking about the goals of your organization and how these goals do or do not address human needs in society.
- Needs include, for example: feeling safe or being protected, having a voice and being able to participate, etc.
- Satisfiers of needs are things like... services, products, infrastructure, rules, etc.



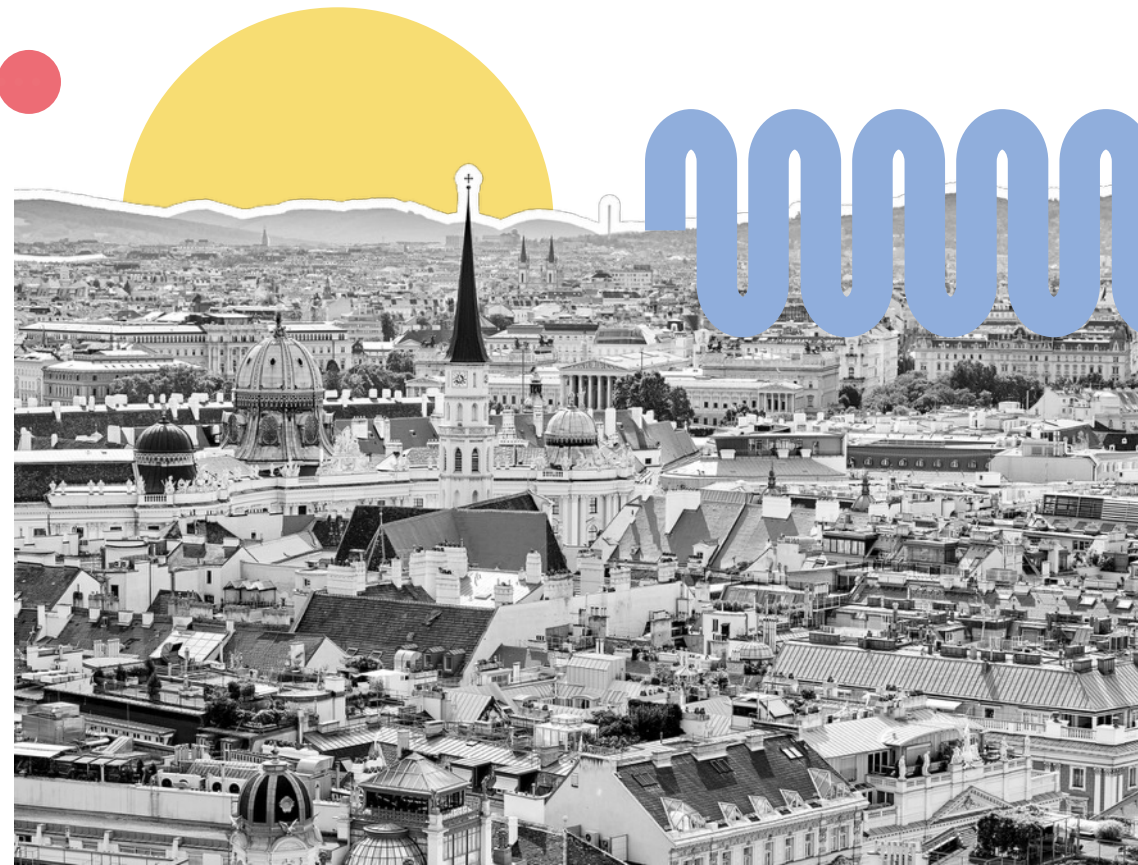
The Question of Limits

- Consumer society hates limits
- But limits are all around us....



Example of housing

- Offer high-quality, **compact**, and energy-efficient apartments at affordable rents, as a minimum standard
- Moderate housing size and density based on the number of occupants (by optimizing land use and energy efficiency), as a maximum threshold



Living in Consumption Corridors – the example of housing



- “Living” must connect to “satisfiers” at the scale of a neighbourhood
- “Living” must satisfy human needs

New project, between Geneva and Eindhoven

Getting around in a Consumption Corridors

– the example of mobility



Applying the concept of Consumption Corridors to transport means:

- Ensuring access to public transport for all, both in terms of connection and financially (lower limits)
- Limits to roads, limits to speed, limits with regard to what kind of cars are banned from the streets, limits to frequency of air travel, etc. (upper limits)

Getting around in a Consumption Corridors



- Connecting mobility to other aspects of everyday life, e.g., food provisioning, caring for children and elderly, etc.
- Multi modal mobility, connecting bikes, to trains and shared vehicles
- Competition over space usage vs. **satisfying needs** for more people

Limits that benefit human and planetary health

To improve health and environmental impacts associated with Swiss diets, systems of food provisioning could promote:



seasonal fruits
& vegetables



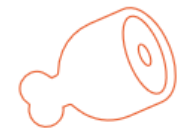
whole grain breads,
pastas, and other
products (with less
or no sodium)



plant-based foods,
as replacement for
processed and
other meats



imported meats from
areas undergoing
deforestation
(e.g. Brazil, Paraguay)



meats that are fed
imported grains,
such as non-pasture
raised cattle, pork
and chicken

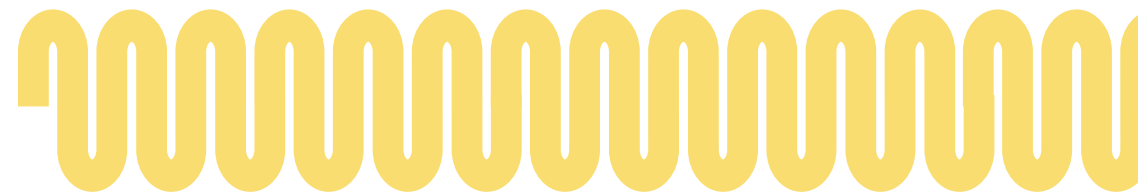


non-tap water
beverages
(alcohol and coffee)

2.

Can you imagine ways of satisfying needs that use fewer resources, or that satisfy more needs for a greater number of people?

- Within your organizations, how can you do more with less?
- What are the resources that are limited, today and in the future, and how can they be better used — to satisfy more human needs for a greater number of people?
- Can you identify upper and lower limits to consumption (and production) for your organization?



How can we balance limits with well-being?

Building a different future together,
toward sufficiency and well-being



Deliberative and Participatory Democracy

- Democracy needs debates, among everyone
- Deliberation can shed light on complex tensions—in order to reach **viable agreements**
- But it must also take inequalities into account



Example of energy poverty: recognition of differences

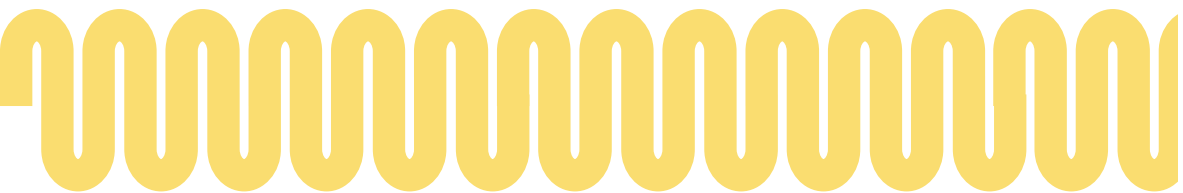




SWICE project, Sahakian et al

3. What is needed to further support the implementation of consumption corridors?

Share your ideas on the approaches you envision for conducting discussions and implementing new practices that enable the establishment of consumption corridors in your organisations and beyond.



What does CC deliver?

System change, not individual change



Justice for all

Institutional change

Rethinking responsibility

A shared vision of the good life

Any comments or questions to share?



Thank you for joining the discussions



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