



**PS Lifestyle**

## **Become a changemaker for sustainable living!**

- Co-design the future of Lappeenranta and Europe
- Co-develop the PSLifestyle tool, a carbon footprint based sustainable lifestyle planner
- Test alternatives for positive, sustainable, and healthy living
- Collaborate and network with your community, policymakers, businesses, academia, and innovators
- Become a European Ambassador for Positive and Sustainable Lifestyles

# The PSLifestyle Living Lab in Lappeenranta

**The PSLifestyle Living Labs will bring together Lappeenranta residents to co-create and shape visions of a good life with the environment in mind as well as design solutions for making such visions reality!**

Throughout six meetings, **between April 2022 and March 2023**, and together with other community members, you will have the opportunity to:

- Speak about **challenges** you face in Lappeenranta in general and when trying to live more sustainably. We will focus on **4 key areas**: food, mobility, housing, and general consumption.
- Co-design **solutions and every day actions** that address those challenges and increase our ability to live more sustainably.
- Talk about **barriers** that could make the implementation of those solutions difficult and **opportunities** that could speed up their wider roll out.
- **Develop recommendations** of social, economic, political, and other nature that **address key actors**, such as policymakers and businesses, who could support making the jointly shaped visions of a good life a reality.

The PSLifestyle Living Labs will additionally be established in the **8 pilot countries**. By participating, you will all become part of a network of European Ambassadors for Positive and Sustainable Lifestyles.

# Discover our pilots



**Portugal**



In addition to co-defining a vision of more sustainable living in Lappeenranta, the exchanges in the Living Labs will directly feed into the improvement of the **PSLifestyle tool**. PSLifestyle's online tool will help you get informed about the environmental impacts of your day-to-day activities and will inspire you to think about your current habits and how those could be changed through **smart everyday actions**. The tool enables you to develop your personalised plans and keep track of your progress! By participating in the Living Labs, you will not only co-define the tool's content, but co-create its features and functionalities as well.



Through local engagement in the Living Labs, PSLifestyle will discover the challenges and opportunities that we face when trying to live a good life with the environment in mind. At the end of the Living Lab meetings, the PSLifestyle tool will then be rolled out across Finland as well as the 7 other European countries, with the **aim to engage 4 million users!**

# About PSLifestyle

Co-Creating a **P**ositive and **S**ustainable **Lifestyle** Tool with and for European Citizens

**PSLifestyle** is closing the gap between climate awareness and individual action! PSLifestyle will inspire you to adopt a positive, sustainable, and healthier lifestyle by helping you reduce your environmental impact.

Our **PSLifestyle goals** are to:

- Inspire and equip you to adopt lasting sustainable and healthy habits for a good life!
- Organise Living Labs so you can contribute to developing the PSLifestyle tool.
- Co-develop an online tool that enables you to adopt a positive, sustainable, and healthier lifestyle.
- Enable further research and climate actions across Europe.

## How will this be done?

**PSLifestyle's online tool** will help you get informed about the environmental impact of your day-to-day activities and will inspire you to think about your current habits and how they could be changed through smart everyday actions. You will get the chance to develop your personalised plans and keep track of your progress!

## How can you participate?

Through the **PSLifestyle Living Labs** you will engage with other locals in your neighborhood and city to jointly develop and shape visions of a good life with the environment in mind. We will then design solutions together to make those visions a reality.

These joint conversations will contribute to further improving the PSLifestyle online tool. You will get the chance to co-design the tool's functions and even how it could look like. Don't miss out on this opportunity!

The PSLifestyle Living Labs will take place in **eight European countries**: Estonia, Finland, Germany, Greece, Italy, Portugal, Slovenia, and Turkey. By participating you will become part of the European Ambassadors for Positive and Sustainable Lifestyles.

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