

A photograph of the interior of Le Cabanon, a small wooden cabin designed by Le Corbusier. The room features light-colored wood paneling on the walls and ceiling, and a bright yellow-painted wooden floor. On the left, there is a dark wooden table. On the right, a long wooden bench or bed frame is visible. In the background, a doorway leads to another room with a red curtain. The large white text "ALL YOU NEED IS LESS" is superimposed over the image.

ALL YOU NEED IS LESS

What is the minimum amount of space required to live well? Le Corbusier's Le Cabanon. Photo: Olivier Martin Gambier

The building industry focuses on increasing energy efficiency, material reuse and circularity. Yet one crucial aspect of sustainability often remains overlooked: reducing our own consumption and questioning our needs.

This Independent Study explores sufficiency, the often-neglected third pillar of sustainability alongside efficiency and consistency. What does it mean to need less? How much is enough? And can less sometimes become more?

After reading key texts on post-growth economics and sufficiency, each student develops a personal Sufficiency Challenge related to everyday spatial practices, such as travelling only by foot or bicycle, or reducing personal living space.

Over several weeks, students document and reflect on this challenge through an autoethnography, using personal experience to understand broader social and spatial structures. The study asks: Which aspects of the built environment support or hinder sufficiency? What can architects influence and redesign?

The course results in a paper and presentation linking personal experience to wider questions of sustainability and societal transformation.

Tutor: Daniel Haselsberger

Format: Individual Elective, Winter Semester 2026

Output: written assignment and an oral presentation

Credits: 2/3/4 ECTS (min. 10'000, 15'000, 20'000 characters incl. spaces)

Contact hours: 4/6/8 LE (+57/85.5/114 h self-study)

Enrolment: max. 4 students, individual work

Schedule: individual appointments and deadlines

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