Welcome to a Workshop on Digital Sufficiency: ”Digitalt Lagom”

Date: 15 December 2026
Time: 12:00-16:00
Venue: L109

Digitalisation is often presented as self-evident and positive for development. New digital services, automation, data-driven decision-making, and artificial intelligence are expected to contribute to efficiency, innovation, and societal progress. Perspectives on development often assume that more digitalisation is better than less. In this workshop, we challenge that assumption by exploring what a sufficient level of digitalisation might look like: a digital sufficiency approach, or, to use a Swedish concept, ”digitalt lagom”.

We welcome researchers from all disciplines to join a conversation that brings together a wide range of perspectives as we explore this emerging field of research over the course of an afternoon. Our keynote speaker, Professor Maja van der Velden, will join us online:

”The year 2026 has shown us a good example of technological sprawl: the unchecked proliferation of artificial intelligence (AI) in every aspect of society. The introduction and use of AI, often presented as doing things faster and more efficiently, are leading to serious environmental impacts, in addition to creating disarray in educational institutions over the (mis)use of AI, job losses, and community divisions over the decision to build large AI data centres. In this presentation, I will discuss the rebound effects of the increasing production and consumption of digital technologies. Rebound effects undermine the efficiency gains of digitalisation. I distinguish three types of digital rebound: energy rebound, material rebound, and skill rebound. To counter these rebound effects, I will argue that we need digital degrowth to set us on a path to digital sufficiency.”

Programme

11:50	Gathering for Lunch, Kraka Restaurant
12:00 – 13:00	Lunch and Welcome Remarks (Eleonor Kristoffersson)
13:00 – 13:15	Move to venue L109
13:15 – 14:00	Keynote speaker presentation (online) **Professor Maja van der Velden:** Digital Degrowth: From technological sprawl to digital sufficiency
14:00 – 14:30	**Assistant Professor Hannu Larsson**: What is Digital Sufficiency and Why Should We Care?
14:30 – 15:00	Coffee break
15:00 – 15:45	**Associate Professor Jenny Bonnevier:** Futures Thinking: Opening Up the Future as a Research Method
15:45 – 16:00	Closing Remarks and the Way Forward (Hannu Larsson and Rigmor Argren)

Please register before COB Friday 11 December, 2026

For the Centre for Crisis and Transformation,
Eleonor Kristoffersson, Jenny Bonnevier, Hannu Larsson and Rigmor Argren