

Active Citizenship and the Protection of the Environment

Ecological Footprint Questionnaire		
HOUSING	Steps	Points
How many people live in your household?		
1	3	30
2	2	25
3	2	20
4	1.5	15
5 or more	1	10
How is your house heated?		
Natural gas	3	30
Electricity	4	40
Oil	5	50
Renewable energy (solar, wind)	1	10
How many individual taps (taps in your kitchen, bathrooms, taps for washing machines, at the balconies, at the front and back yard) and toilets do you have in your house?		
Less than 3	0.5	5
3-5	1	10
6-8	1.5	15
8-10	2	20
More than 10	2.5	25
What type of home do you live in?		
Apartment/ flat	2	20
House	4	40
FOOD – Meals include breakfast, lunch, intermediate snacks and dinner		
How many meals per week do you eat meat or fish?		
0	0	0
1-3	1	10
4-6	2	20
7-10	3.5	35
More than 10	5	50
How many meals do you eat per week prepared from fresh ingredients (the meals that are prepared from fresh ingredients are those that you make at home, NOT the ones that you buy and heat like the “ready” meals or frozen pizzas)?		
Under 10	2.5	25
10-14	2	20
14-18	1.5	15
More than 18	1	10
When purchasing your food items, does your family try to buy locally produced goods?		
Yes	2.5	25
No	12.5	125
Sometimes	5	50
Rarely	10	100
Don't know	7.5	75
TRANSPORTATION		
If you or your family own a car, what type of car is it? (If your family owns more than 1 vehicles, you need to add the steps and the respective points		
Motorcycle	1.5	15
Small compact	3.5	35
Mid-sized	6	60
Large	7.5	75
Sports, 4 by 4 vehicle or mini van	10	100
Pick-up truck or full-size van	13	130



	Steps	Points
How do you get to school/ work?		
Car	5	50
Public transport	2.5	25
School bus	2	20
Walk	0	0
Bicycle, rollerblade or skateboard	0	0
Where did you go on holiday/ vacation within the last year?		
No vacation	0	0
Own country, own region	1	10
Own country, different region	3	30
International	4	40
Intercontinental	7	70
How many weekend trips per year do you take by car or plane?		
0	0	0
1-3	1	10
4-6	2	20
7-9	3	30
More than 9	4	40
PURCHASES		
How many large purchases (stereo, TV, computer, car...) has your household made in the last year?		
1-3	1.5	15
4-6	3	30
More than 6	4.5	45
WASTE		
Do you try to reduce the amount of waste you generate (eg. Buying food in bulk, refusing junk mail/ flyers...)?		
Always	0	0
Sometimes	1	10
Rarely	2	20
Never	3	30
Does your household compost?		
Always	0	0
Sometimes	1	10
Rarely	1.5	15
Never	2	20
Does your household recycle (paper, cans, carton packages, glass bottles etc.)?		
Always	0	0
Sometimes	1	10
Rarely	1.5	15
Never	2	20
How many big rubbish bags of waste do you fill each week?		
One half-full garbage bag	0.5	5
1	1	10
2	2	20
More than 2	3	30

