



Part 2 : How eco-friendly is your local area?



Questionnaire about how eco-friendly you are at home and outside your home.

Please, answer this questionnaire as honestly as possible :

		Questions	always	often	sometimes	rarely	never
At home	1	Do you use energy-saving lamps ?	5 points	3 points	2 points	1 point	0 point
	2	Do you turn off the lights when you don't need them?	5 points	3 points	2 points	1 point	0 point
	3	Do you take your computer or smart phone off the charger immediately when they are charged?	5 points	3 points	2 points	1 point	0 point
	4	When it is cold do you put on more clothes?	5 points	3 points	2 points	1 point	0 point
	5	When it is cold do you turn the heating on?	0 point	1 point	2 points	3 points	5 points
	6	Do you lower the thermostat by a few degrees in winter?	5 points	3 points	2 points	1 point	0 point
	7	How often do you use the microwave oven?	0 point	1 point	2 points	3 points	5 points
	8	How often do you use a dryer to dry your clothes?	0 point	1 point	2 points	3 points	5 points
	9	Do you use environment-friendly products instead of detergents or chemical products to wash your clothes?	5 points	3 points	2 points	1 point	0 point
	10	Do you turn off the water tap when you are brushing your teeth?	5 points	3 points	2 points	1 point	0 point



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			always	often	sometimes	rarely	never
11	Do you have a shower instead of a bath?		5 points	3 points	2 points	1 point	0 point
12	Do you leave the door of the fridge open while you are preparing a meal for example?		0 point	1 point	2 points	3 points	5 points
13	Do you print double-sided (on both sides of a sheet of paper)?		5 points	3 points	2 points	1 point	0 point
14	Do you recycle glass (glass bottles, glass jars...)?		5 points	3 points	2 points	1 point	0 point
15	Do you recycle paper (magazines, newspapers, letters, ...)?		5 points	3 points	2 points	1 point	0 point
16	Do you recycle old batteries?		5 points	3 points	2 points	1 point	0 point
17	Do you use several bins (for example, one for organic waste, one for paper, one for tins...etc)at home?		5 points	3 points	2 points	1 point	0 point
18	Do you compost your kitchen scraps?		5 points	3 points	2 points	1 point	0 point
19	Do you water your plants (in the house or in the garden) with rain water or recycled water?		5 points	3 points	2 points	1 point	0 point
20	Is solar energy used in your area for heating ?		5 points	3 points	2 points	1 point	0 point



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OUT	21	Is wind energy used in your area for heating?	5 points	3 points	2 points	1 point	0 point
	22	Is wood used in your area for heating?	5 points	3 points	2 points	1 point	0 point
			always	often	sometimes	rarely	never
	23	Do you walk or cycle?	5 points	3 points	2 points	1 point	0 point
	24	Do you use public transports (bus, train...)?	5 points	3 points	2 points	1 point	0 point
	25	Do you use an electric car?	5 points	3 points	2 points	1 point	0 point
	26	How often do you take the car (your parents' car or someone else's)?	0 point	1 point	2 points	3 points	5 points
	27	How often do you take the plane?	0 point	1 point	2 points	3 points	5 points
	28	Do you carry your own bags or basket when you go shopping instead of using the shop's ones?	5 points	3 points	2 points	1 point	0 point
	29	Do you pay attention to the ingredients or product you usually buy (organic, eco-friendly, local...etc)?	5 points	3 points	2 points	1 point	0 point
30	Have you thought of becoming vegetarian or vegan and not eat meat any longer?	5 points	3 points	2 points	1 point	0 point	



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Info	What are the renewable energies available in your region? (Solar, Wind, Hydroelectric power, Geothermal ,Wood biomass, Ethanol, Waste biomass, Biodiesel...etc)	
	TOTAL	/150

If your total is **inferior to 50 points**, you will have to choose **at least 8 actions** that you plan to do to be more eco-friendly.

If your total is **between 50 points and 100**, you will have to choose **5 actions** that you plan to do to be more eco-friendly.

If your total is **between 100 points and 125**, you will have to choose **2 actions** that you plan to do to be more eco-friendly.

If your total is **between 125 points and 150**, congratulations! You are very eco-friendly.

Write the actions you are planning to do below :

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Statistics will be made out of this survey and they will be presented in May 2022 during the visit to Greece.

Thank you for your help.