

## Welcome to the HOPE survey

### Welcome to the HOPE Survey

The HOPE team thanks you in advance for your time and energy. As previously mentioned this questionnaire is unidentified, each household has a unique and randomized ID. No intimate information or particular knowledge is required to fill in this questionnaire.

### Study Objective

The aim of this study is to understand what measures households are willing to adopt in their daily lives in order to reduce greenhouse gas-emissions while considering their spendings and quality of life. During this study we will identify each household's consumption with regard to its related greenhouse gas emissions. In order to do so, all participating households must fill in this questionnaire (Step 1). The information will be used to calculate the household's carbon footprint. This carbon footprint will be the baseline for an interactive interview "The Climate game" (Step 2) interaction, at which time, households will receive a tailored CO2 reduction catalogue personalized with measures they can adopt to reduce their carbon footprint. Each selection from the catalogue will be reflected in through CO2 changes along with the financial implications of the intervention. The "Climate game" step will be completed in person at your convenience.

### Time Commitment

- The questionnaire must be completed and submitted within TWO weeks of the start date.
- The questionnaire takes approximately 2 hours to fill-in in its entirety.
- The questionnaire can be filled-in over several sittings.

### Questionnaire Structure

The Questionnaire is divided in seven (VII) parts.

- Part I Information about household members (13 questions)
- Part II Information about household residence(s) (16 questions)
- Part III Information about energy usage (26 questions)
- Part IV Information about consumption and products (39 questions)
- Part V Information about mobility (23 questions)
- PART VI Information about consumption and services (4 questions)
- Part VII Information about recycling (1 question)

### Useful Documents:

Bellow is a list of documents you will find useful to gather before beginning the questionnaire. Please be aware that the study does NOT ask you to provide any of these documents. They are simply for your own use.

- Bills for electricity and heating.
- Bills for internet and phone usage.
- Your bank statements - it will help answer questions related to your consumption (Ex. food, clothes, furniture).
- Bills for your insurances (Ex. vehicles, house, health).
- Bills for your transportation (Ex. bus, train, flight tickets).
- Information about usage of your vehicles (Ex. annual mileage, spending on fuel) .
- Technical documents about your residence(s) (Ex. house plan, in insulation).

**Please remember**

- All members of the household are welcome to contribute to the questionnaire.
- The questionnaire is long but all the answers are essential to personalize the households carbon footprint.
- Read the questions carefully before answering.
- Pay special attention to the units of measurement as they differ from one question to the next.
- Provide the most realistic answers (and estimations) but answers need not be correct to the decimal.

**Thank you very much for your time!**

# PART I

## Information about your household

### 13 questions

Useful Documents:

- Insurances bills (ex. vehicle, house, health).
- Bank statements and other information on household income.

Information will be requested in a monthly unit (per **MONTH**).

If you need help, feel free to contact us:

NAME

EMAIL

PHONE

NUMBER

## Part I

### Information about your household

Your household code (previously sent to you)

Your country of residence

Your city

How many members are in your household?

Please include only household members that are currently living in your household.

How many adults are in your household?

Adults are 18 years old or more.

How old are the adults in your household?

Age adult 1

Age adult 2

Age adult 3

Age adult 4

Age adult 5

Age adult 6

How many children are in your household?

Children are less than 18 years years old.

### If you have children, how old are they?

Please specify 1 for a baby of a few months.

Age child 1

Age child 2

Age child 3

Age child 4

Age child 5

Age child 6

### How old are you?

Age of the person in charge of filling in this survey.

### What is your gender?

- ☐ Male
- ☐ Female
- ☐ Other

### What is the highest educational degree you have received?

- ☐ Level 1
- ☐ Level 2
- ☐ Level 3
- ☐ Level 4
- ☐ Level 5

### What is the combined MONTHLY income (after taxes) of your entire household?

Total income of all household members (salaries, bonuses, subsidies, child and family benefits, student loans) after paying income taxes.

If exact figures are not available please enter your best approximation.

### What is your household's total MONTHLY insurance expenditure?

Include all sources of insurance (Ex. residence(s), car(s), health...)

# PART II

## Information about your residence(s)

### 16 questions

Useful Documents:

- Insurances bills (ex. vehicle, house, health).
- Bank statements and other information on household income.

Information will be requested in a monthly unit (per **MONTH**).

If you need help, feel free to contact us:

NAME

EMAIL

PHONE

NUMBER

## Part II

### Information about your residence(s)

How many residences do you own or rent?

You may declare up to three: your main residence and two holidays or weekend residences. Please only declare those you actually use.

What is your average MONTHLY expense for house rental/loan?

Please consider all of your declared residences.

## Your MAIN residence

*Be careful : your main residence is your primary residence where your family spends the most time.*

Do you rent or own your main residence?

☐ Owner

☐ Renter

Is it a collective or individual house?

Collective: flat, apartment building, student room.

Individual house: terraced house, detached house.

☐ Collective

☐ Individual

Do your household share the main residence with other people?

For example: if renting a room to students, tourists (for example airbnb) or sharing your house with elderly please answer yes.

☐ Yes

☐ No

Do you have a garden in your main residence?

☐ Yes

☐ No

### How accessible is public transportation from your main residence?

Maximal: bus + subway/tram nearby with high frequency (every 10-15 minutes).

Average: bus or subway/tram on a 10 min walk with medium frequency (every 30 minutes).

Minimal: low bus frequency (every 60 minutes) or no bus at all + no subway/tram.

- ☐ Maximal accessibility
- ☐ Average accessibility
- ☐ Minimal accessibility

### Where is your main residence located?

Center town, for example: NAME SOME DISTRICTS

Suburbs, for example: NAME SOME DISTRICTS

Rural, for example: NAME SOME DISTRICTS

- ☐ Center town
- ☐ Suburbs
- ☐ Rural

### When was your main residence built?

Please indicate the year of BUILDING of your home and not the year of renovation (for example, if you live in an apartment renovated in 2010 in a building built in 1960, you must specify as building date 1960).

Which year, approximate if you are not sure.

### On which floor do you live?

For example: if you live in an apartment, flat or shared detached house. Please do not answer if you live in an individual house.

- ☐ Ground floor
- ☐ Intermediary floor
- ☐ Top floor

### What is the usable floor area (UFA) of your main residence [m²]?

The usable floor area is the whole livable area (excluding garages, storage houses, stairs, etc.). For more informations, please check this web site: [https://en.wikipedia.org/wiki/Floor\\_area\\_\(building\)](https://en.wikipedia.org/wiki/Floor_area_(building))

Please only enter numbers. Do not include units.

### What is the ground area of your main residence [m²]?

Ground area is a projected area on the ground, for example: a 2-floor house of 120 m² has a ground floor of  $120 \text{ m}^2 / 2 = 60 \text{ m}^2$ . If you live in an apartment, your surface area is equal to your ground area. In this case, simply enter the number previously stated in question number XX.

Please only enter numbers. Do not include units .



What is the average ceiling height in your main residence [m]?

Please indicate only number, do not write unit.

What is the current state of your wall and roof insulation (on average) in your main residence?

Minimal: no or low thickness of insulation (less than 10 cm) older than 30 years.

Intermediate (Low): low thickness (less than 10 cm) and older than 10 years.

Or high thickness (more than 20 cm) and older than 20 years.

Intermediate (High): high thickness (between 10 and 30 cm) and not older than 20 years.

Maximal: very high thickness (more than 30 cm).

- ☐ Minimal
- ☐ Intermediate (Low)
- ☐ Intermediate (High)
- ☐ Maximal

How many windows are there in your main residence?

This includes all windows (velux, roof). Please count all windows equally (irrelevant of size).

Be careful, one panel of window = one window

What is the current average state of your windows insulation in your main residence?

Layers of glazing.

- ☐ Single glazed
- ☐ Double glazed
- ☐ Triple glazed

# PART III

## Information about your energy use

### 26 questions

You might need:

- Bills for electricity and heating.

Information will be required per **YEAR**.

If you need help please feel free to contact: NAME EMAIL PHONE  
NUMBER

## Part III

### Information about your energy use

#### Questions about your MAIN residence

*Remind : your main residence is your primary residence where your family spends the most time.*

Do you have a green electricity provider for your main residence?

Green electricity is clean electrical power produced from renewable sources such as: solar, wind, hydro, wave, tidal power, geothermal or biomass.

☐ Yes

☐ No

Do you produce your own electricity in your main residence?

For example: if you have photovoltaic or wind mill system please answer yes.

☐ Yes

☐ No

What is your average indoor temperature in your main residence?

Do you have a thermostat (hourly programs) in your main residence?

A thermostat enables to program daily plan for your heating.

For more information please check this web site: [https://en.wikipedia.org/wiki/Programmable\\_thermostat](https://en.wikipedia.org/wiki/Programmable_thermostat)

☐ Yes

☐ No

Do you use an air conditioning system in the summer in your main residence?

☐ Yes

☐ No

What are your YEARLY expenses on electricity bill for your main residence?

Please consider the whole year both winter and summer season.

## What are your energy sources in your main residence?

The main source is used for the main heating (for example a wood boiler) and the additional source is used for auxiliary heating (for example additional electric heaters in the rooms).

	Main energy source	Additional energy source	Energy source for hot water
Electricity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Solar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Geothermal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biogas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Natural gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Propane gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
District heating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heating oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have other energy source, please specify here

## What are your heating systems in your main residence?

The main system is used for the main heating (for example a wood boiler) and the additional system used for auxiliary heating (for example additional electric heaters in the rooms).

If you have a chimney, please indicate 'Wood or Pellet stove' for heating system.

If you have a wood boiler, please indicate 'Central heating (wood or pellet boiler)' for heating system.

If you use propane gas, natural gas or biogas, please indicate 'Central heating (propane gas, natural gas or biogas)' for heating system.

Please see this websites for explanation of each heating systems:

-Heat pump [https://en.wikipedia.org/wiki/Heat\\_pump](https://en.wikipedia.org/wiki/Heat_pump)

-Wood or pellet boiler <http://www.greenmatch.co.uk/blog/2015/02/pros-and-cons-of-wood-pellet-boiler>

-Wood or pellet stove [http://www.homedepot.com/c/wood\\_and\\_wood\\_pellet\\_stoves\\_HT\\_BG\\_BM](http://www.homedepot.com/c/wood_and_wood_pellet_stoves_HT_BG_BM)

-Solar thermal collector <http://www.johnwestrenewables.co.uk/solar-thermal.php>

-District heating [https://en.wikipedia.org/wiki/District\\_heating](https://en.wikipedia.org/wiki/District_heating)

-Central heating [https://en.wikipedia.org/wiki/Central\\_heating](https://en.wikipedia.org/wiki/Central_heating)

-Direct electricity [https://en.wikipedia.org/wiki/Electric\\_heating](https://en.wikipedia.org/wiki/Electric_heating)

	Main heating system	Additional heating system	Heating system for hot water
Direct electricity (electric heaters) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Direct electricity (heat pump air to air) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
District heating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Main heating system	Additional heating system	Heating system for hot water
Central heating (propane gas, natural gas or biogas)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (electric water boiler and water pipe system)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heat pump water to air)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heat pump water to water) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (geothermal heat pump)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (solar thermal collector)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heating oil)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (wood or pellet boiler)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wood or pellet stove - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have other heating system, please specify here

What is your energy source for COOKING in your main residence?

- ☐ Electricity
- ☐ Wood
- ☐ Propane gas
- ☐ Other (please specify below)

What is your type of stove for COOKING in your main residence?

- ☐ Electric stove
- ☐ Wood stove (typical for a cabin house)
- ☐ Propane gas cooking stove
- ☐ Other (please specify below)

**Besides electricity what are your YEARLY energy expenses for your main residence?**

Please consider the whole year both winter and summer season. Indicate only relevant energy sources in the list below (the irrelevant leave blank). If needed check your energy invoices.

Natural gas or biogas

Propane gas

Heating oil

District heating

**What is the amount of wood [m<sup>3</sup>] that you use YEARLY for your main residence?**

If you use wood for heating please account for all, whether it is paid for, given free or collected and cut by you. Use conversion tables if you don't know how to calculate it, with this

website: <http://www.thecalculatorsite.com/conversions/substances/wood.php>

Amount of wood used  
for main heating [m3]

Amount of wood used for  
additional heating [m3]

## Part III

### Information about your energy use

## Question about your residence 2

Please do not answer if you are not concerned

What are your YEARLY expenses on electricity bill for your residence 2?

Please consider the whole year both winter and summer season.

What are your energy sources in your residence 2?

The main source is used for the main heating (for example a wood boiler) and the additional source is used for auxiliary heating (for example additional electric heaters in the rooms).

	Main energy source	Additional energy source	Energy source for hot water
Electricity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Solar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Geothermal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biogas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Natural gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Propane gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
District heating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heating oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have other energy source, please specify here

What are your heating systems in your residence 2?

The main system is used for the main heating (for example a wood boiler) and the additional system used for auxiliary heating (for example additional electric heaters in the rooms).

If you have a chimney, please indicate 'Wood or Pellet stove' for heating system.

If you have a wood boiler, please indicate 'Central heating (wood or pellet boiler)' for heating system.

If you use propane gas, natural gas or biogas, please indicate 'Central heating (propane gas, natural gas or biogas)' for heating system.

Please see these websites for explanation of each heating systems:

-Heat pump [https://en.wikipedia.org/wiki/Heat\\_pump](https://en.wikipedia.org/wiki/Heat_pump)

-Wood or pellet boiler <http://www.greenmatch.co.uk/blog/2015/02/pros-and-cons-of-wood-pellet-boiler>

-Wood or pellet stove [http://www.homedepot.com/c/wood\\_and\\_wood\\_pellet\\_stoves\\_HT\\_BG\\_BM](http://www.homedepot.com/c/wood_and_wood_pellet_stoves_HT_BG_BM)

-Solar thermal collector <http://www.johnwestrenewables.co.uk/solar-thermal.php>

-District heating [https://en.wikipedia.org/wiki/District\\_heating](https://en.wikipedia.org/wiki/District_heating)

-Central heating [https://en.wikipedia.org/wiki/Central\\_heating](https://en.wikipedia.org/wiki/Central_heating)

-Direct electricity [https://en.wikipedia.org/wiki/Electric\\_heating](https://en.wikipedia.org/wiki/Electric_heating)

	Main heating system	Additional heating system	Heating system for hot water
Direct electricity (electric heaters) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Direct electricity (heat pump air to air) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
District heating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (propane gas, natural gas or biogas)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (electric water boiler and water pipe system)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heat pump water to air)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heat pump water to water) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (geothermal heat pump)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (solar thermal collector)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heating oil)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (wood or pellet boiler)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wood or pellet stove - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have other heating system, please specify here



What is your energy source for COOKING in your residence 2?

- ☐ Electricity
- ☐ Wood
- ☐ Propane gas
- ☐ Other (please specify below)

What is your type of stove for COOKING in your residence 2?

- ☐ Electric stove
- ☐ Wood stove (typical for a cabin house)
- ☐ Propane gas cooking stove
- ☐ Other (please specify below)

Besides electricity what are your YEARLY energy expenses for your residence 2?

Please consider the whole year both winter and summer season. Indicate only relevant energy sources in the list below (the irrelevant leave blank). If needed check your energy invoices.

Natural gas or biogas

Propane gas

Heating oil

District heating

What is the amount of wood [m<sup>3</sup>] that you use YEARLY for your residence 2?

If you use wood for heating please account for all, whether it is paid for, given free or collected and cut by you. Use conversion tables if you don't know how to calculate it, with this

website: <http://www.thecalculatorsite.com/conversions/substances/wood.php>

Amount of wood used  
for main heating [m3]

Amount of wood used for  
additional heating [m3]

## Part III

### Information about your energy use

## Question about your residence 3

Please do not answer if you are not concerned

What are your YEARLY expenses on electricity bill for your residence 3?

Please consider the whole year both winter and summer season.

What are your energy sources in your residence 3?

The main source is used for the main heating (for example a wood boiler) and the additional source is used for auxiliary heating (for example additional electric heaters in the rooms).

	Main energy source	Additional energy source	Energy source for hot water
Electricity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Solar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Geothermal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biogas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Natural gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Propane gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
District heating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heating oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have other energy source, please specify here

What are your heating systems in your residence 3?

The main system is used for the main heating (for example a wood boiler) and the additional system used for auxiliary heating (for example additional electric heaters in the rooms).

If you have a chimney, please indicate 'Wood or Pellet stove' for heating system.

If you have a wood boiler, please indicate 'Central heating (wood or pellet boiler)' for heating system.

If you use propane gas, natural gas or biogas, please indicate 'Central heating (propane gas, natural gas or biogas)' for heating system.

Please see these websites for explanation of each heating systems:

-Heat pump [https://en.wikipedia.org/wiki/Heat\\_pump](https://en.wikipedia.org/wiki/Heat_pump)

-Wood or pellet boiler <http://www.greenmatch.co.uk/blog/2015/02/pros-and-cons-of-wood-pellet-boiler>

-Wood or pellet stove [http://www.homedepot.com/c/wood\\_and\\_wood\\_pellet\\_stoves\\_HT\\_BG\\_BM](http://www.homedepot.com/c/wood_and_wood_pellet_stoves_HT_BG_BM)

-Solar thermal collector <http://www.johnwestrenewables.co.uk/solar-thermal.php>

-District heating [https://en.wikipedia.org/wiki/District\\_heating](https://en.wikipedia.org/wiki/District_heating)

-Central heating [https://en.wikipedia.org/wiki/Central\\_heating](https://en.wikipedia.org/wiki/Central_heating)

-Direct electricity [https://en.wikipedia.org/wiki/Electric\\_heating](https://en.wikipedia.org/wiki/Electric_heating)

	Main heating system	Additional heating system	Heating system for hot water
Direct electricity (electric heaters) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Direct electricity (heat pump air to air) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
District heating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (propane gas, natural gas or biogas)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (electric water boiler and water pipe system)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heat pump water to air)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heat pump water to water) - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (geothermal heat pump)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (solar thermal collector)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (heating oil)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Central heating (wood or pellet boiler)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wood or pellet stove - <b>Not applicable for hot water</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have other heating system, please specify here

What is your energy source for COOKING in your residence 3?

- ☐ Electricity
- ☐ Wood
- ☐ Propane gas
- ☐ Other (please specify below)

What is your type of stove for COOKING in your residence 3?

- ☐ Electric stove
- ☐ Wood stove (typical for a cabin house)
- ☐ Propane gas cooking stove
- ☐ Other (please specify below)

Besides electricity what are your YEARLY energy expenses for your residence 3?

Please consider the whole year both winter and summer season. Indicate only relevant energy sources in the list below (the irrelevant leave blank). If needed check your energy invoices.

Natural gas or biogas

Propane gas

Heating oil

District heating

What is the amount of wood [m<sup>3</sup>] that you use YEARLY for your residence 3?

If you use wood for heating please account for all, whether it is paid for, given free or collected and cut by you. Use conversion tables if you don't know how to calculate it, with this

website: <http://www.thecalculatorsite.com/conversions/substances/wood.php>

Amount of wood used  
for main heating [m3]

Amount of wood used for  
additional heating [m3]

# **PART IV**

## **Information about your consumption/product**

**Households appliances (5 questions)**

**Clothes, shoes and cosmetics (5)**

**Renovations and furniture (5)**

**Food (8)**

**Motorized vehicles (2-14)**

You might need:

- Bills for internet and phone usage.
- Your bank statements (for costs related to food, clothes, cosmetics, renovation, furniture).
- Technical information about vehicles.

Information will be required per **MONTH or YEAR.**

If you need help please feel free to contact: NAME EMAIL PHONE  
NUMBER

## Part IV

### Information about your consumption/products: Household appliances

How many appliances do you use in your main residence (residence 1) and in total in all residences?

In the first column indicate how many of each appliance you use in residence 1.

In the second column indicate how many appliances you have in all of your residences (INCLUDING residence 1).

	Number of appliances in Residence 1	residences	Number of appliances in All (including Residence 1)
Fridge	<input type="text"/>		<input type="text"/>
Deep freezer	<input type="text"/>		<input type="text"/>
Oven/stove	<input type="text"/>		<input type="text"/>
Microwave	<input type="text"/>		<input type="text"/>
Dish washer	<input type="text"/>		<input type="text"/>
Washing machine	<input type="text"/>		<input type="text"/>
Tumble-dryer	<input type="text"/>		<input type="text"/>
Other household appliances (toaster, electric mixers, coffee machine, baking machines, electronic kettle, food processors, deep fryers, rice cookers)	<input type="text"/>		<input type="text"/>
TV, home cinema	<input type="text"/>		<input type="text"/>
Computer, game console	<input type="text"/>		<input type="text"/>
Audio-system	<input type="text"/>		<input type="text"/>
Other small devices (tablets, cameras, smart phones)	<input type="text"/>		<input type="text"/>

Do you mostly use A+++ appliances in your home?

If more than 80% of your household appliances are A+++ please answer yes.

☐ Yes

☐ No

What is your households MONTHLY phone/internet bill?

Expenses for usage of mobile phone, house phone and internet.

How much did your household spend last YEAR on electronic devices?

TV, home cinema, computers, gaming console, audio systems, cameras, smart phones.

How **MANY** publications does your household purchase on average MONTHLY?

Please account for every issue, including daily newspapers. Indicate the number of purchased issues.

Newspapers

Magazines

Books

## Part IV

### Information about your consumption/products: Clothes, Shoes and Cosmetics

How MANY pieces of clothes and shoes does your household purchase on average YEARLY?

If you have small children (10 years old or younger) please divide their number of clothes and shoes in 2. Indicate the number of textiles and pairs of shoes.

Trousers, skirts, dresses

T-shirts, shirts and alike

Pullovers

Jackets, coats

Shoes (pairs)

How much on average does your household spend YEARLY on clothes and shoes?

Does your household mostly purchase second hand clothes and shoes?

If more than 80% of your clothes and shoes are bought second hand, answer yes.

☐ Yes

☐ No

How much does your household spend MONTHLY on cosmetics and hygiene products?

Expenses for soap, shampoo, body lotion, toothpaste & brush, perfumes, make-up cosmetics, hair products.

Does your household mostly use ecological and organic labelled cosmetics?

If more than 80% of your households cosmetics are ecological please answer yes.

Cosmetics that you make yourself should be included.

☐ Yes

☐ No



## Part IV

### Information about your consumption/products: Renovations and Furniture

How much does your household spend YEARLY on renovation for residence 1 (main residence)?

Renovations include refurbishing of your kitchen, rooms, painting inside and outside of your house. Do NOT include works like changing the roof or windows, insulating the house or building an extension.

Please consider the last THREE years (and divide accordingly) to get a more accurate average.

How much does your household spend per YEAR on furniture?

Expenses such as beds, sofas, tables, chairs, stools.

Please consider the last THREE years (and divide accordingly) to get a more accurate average.

Does your household purchase mostly second hand furniture?

If more than 80% of your households furniture is bought second hand, please answer yes.

Furniture that you create yourself should be included.

☐ Yes

☐ No

How much does your household spend YEARLY on cleaning and decoration for residence 1 (main residence)?

Cleaning supplies (mops, soaps), fabric decorations, small garden tools (shovel, flower pots), small tools for reparations (hammer, screw drivers).

How much does your household spend MONTHLY on other non-consumables?

Expenses for toys, cooking utensils (non electric items).

## Part IV

### Information about your consumption/products: Food

What is your households WEEKLY consumption of meat, fish, and dairy products [kg/week]?

1 portion of meat per person for dinner = approximately 150-200 g.

1 portion of poultry per person for dinner = approximately 250-300 g.

1 portion of whole fish per person for dinner = approximately 200-250 g.

1 portion of fish fillet per person for dinner = approximately 150-180 g.

Medium-hard cheese (give local explanation, in Norway it will be Norvegia cheese)

Soft cheese (give local explanation)

Butter (give local explanation)

Please consider one liter of milk and yogurt to be equal to 1 kg.

	Beef, lamb and veal	Pork and poultry	Fish	Butter and cheese	Other dairy (yogurt, milk, sour cream, whipped cream)	Local specialty (elk, deer, reindeer, wild pig)
Amount [kg/week]	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

What is your WEEKLY consumption of fruits and vegetables [kg/week]?

	Vegetables	Fruits
Amount [kg/week]	<input type="text"/>	<input type="text"/>

What is your households WEEKLY consumption of plastic bottled and canned beverages [liters]?

All drinks that are bottled. Include drinks like: soda, water, juices and other cold drinks.

## What is your households WEEKLY consumption of ready-made meals?

These are the meals that members of the household don't prepare themselves.

**Number**

Number of pre-made meals purchased in store/shop but consumed at home (for example frozen pizza, canned soups, frozen lasagne)

Number of meals taken at work/school canteens

Numbers of meals taken in the restaurants (take-away, fast food, midt range and high range restaurants)

What is your households WEEKLY share of organic, local and deep frozen products [%] ?

Please indicate separate percentages for each category. For example you might buy most of your meat organic (80%) but have no access to local producers (0%). You might also buy frozen meat (60%) both organic and not organic meat.

**Definitions of organic, local and deep frozen products:**

Organic foods are grown on farms that shun chemicals and synthetic fertilizers and meet certain government standards for safeguarding the environment and animals.

A local food system is one in which food is produced, processed and retailed within a defined geographical area. Examples of local food systems are: farmers markets, vegetable box delivery schemes, community supported agriculture and public procurement schemes which source food from within a defined geographical radius. Please take to account XX km radius (or for Norway and Sweden: please consider XX region).

Organic fish (farmed and wild) means fishery under sustainable and traceable conditions. The farmed fish is cultivated without antibiotics and chemicals.

Own fishing for households needs falls for organic and local category.

Deep frozen products: frozen and packed products that you purchase in store.

	Share of <b>organic products</b> [%]	Share of <b>local products</b> [%]	Share of <b>deep frozen products</b> [%]
Beef, lamb and veal	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pork and poultry	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fish	<input type="text"/>	<input type="text"/>	<input type="text"/>
Butter and cheese	<input type="text"/>	<input type="text"/>	<input type="text"/>
Other dairy (yogurt, milk, sour cream, whipped cream)	<input type="text"/>	<input type="text"/>	<input type="text"/>
Vegetables	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fruits	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Are the members of your household mostly vegetarians?**

If more than half of the household members are vegetarians, please answer yes.

☐ Yes

☐ No

**How much does your household spend MONTHLY on food?**

Please consider all food products, pre-made meals purchased for home consumption and meals purchased outside the home in canteens/restaurants.

### Does your household make home made products?

If around 20% of your food is home made, please answer yes.

Example: if you have a kitchen garden, pick berries for jam ,or bake your own bread.

☐

Yes

☐

No

## Part IV

### Information about your consumption/products: Motorized vehicles

How many cars does your household own?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3

How many other motor vehicles (motorcycle, moped, snow mobile, water scooter, four wheeler) does your household own?

If your household owns more than two please indicate two in answer.

- ☐ 0
- ☐ 1
- ☐ 2

## Part IV

### Information about your consumption/products: Motorized vehicles

Please answer **ONLY** if you are concerned

#### Car 1

##### Brand and type

For instance: Ford Mondeo, Renault Clio, Volvo V70, Tesla S, Volkswagen Golf.

##### Car 1: characteristics

[Typology for car classes](#)

Small: Smart, Renault Twingo/Clio, VW Polo

Lower medium: VW Golf, Peugeot 308, BMW 1series

Upper medium: VW Passat, BMW 3-series, Renault Laguna

Executive: SUV, sport cars, luxury cars

##### Fuel

If your car uses biofuel, please answer 'Ethanol'

	Condition (new or used car)	Class (small, lower medium, upper medium, or executive)	Model year	Fuel (Diesel, Petrol, LPG, Ethanol, Electricity or Hybrid)
Car 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

#### Car 2

##### Brand and type

For instance: Ford Mondeo, Renault Clio, Volvo V70, Tesla S, Volkswagen Golf.

##### Car 2: characteristics

[Typology for car classes](#)

Small: Smart, Renault Twingo/Clio, VW Polo

Lower medium: VW Golf, Peugeot 308, BMW 1series

Upper medium: VW Passat, BMW 3-series, Renault Laguna

Executive: SUV, sport cars, luxury cars

##### Fuel

If your car uses biofuel, please answer 'Ethanol'

	Condition (new or used car)	Class (small, lower medium, upper medium, or executive)	Model year	Fuel (Diesel, Petrol, LPG, Ethanol, Electricity or Hybrid)
Car 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### Car 3

#### Brand and type

For instance: Ford Mondeo, Renault Clio, Volvo V70, Tesla S, Volkswagen Golf.

#### Car 3: characteristics

##### Typology for car classes

**Small:** Smart, Renault Twingo/Clio, VW Polo

**Lower medium:** VW Golf, Peugeot 308, BMW 1series

**Upper medium:** VW Passat, BMW 3-series, Renault Laguna

**Executive:** SUV, sport cars, luxury cars

##### Fuel

If your car uses biofuel, please answer 'Ethanol'

	Condition (new or used car)	Class (small, lower medium, upper medium, or executive)	Model year	Fuel (Diesel, Petrol, LPG, Ethanol, Electricity or Hybrid)
Car 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

#### Other motorized vehicle 1: what kind do you own?

Please state if you own motorcycle, moped, snow mobile, water scooter or four wheeler.

#### Other motorized vehicle 1

##### Brand and type

**Motorcycles, for example:** Honda CG 125, Triumph Speed Triple

**Four wheeler:** Suzuki Quadrunner LT 125, Yamaha Banshee

**Moped:** Vespa PX150, Honda SH300

**Snow mobile:** Ski doo 850, Yamaha 1049

**Water scooter:** Yamaha VX cruiser, Sea- Doo Spark Rotax 900 ACE

#### Other motorized vehicle 1: characteristics

	Condition (new or uses vehicle)	Size of engine (less than or equal to 50 cm3, or more than 50 cm3)	Model year	Fuel (Electric, Petrol, Hybrid)
Motorized vehicle 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

#### Other motorized vehicle 2: what kind do you own?

Please state if you own motorcycle, moped, snow mobile, water scooter or four wheeler.



Other motorized vehicle 2

Brand and type

Motorcycles, for example: Honda CG 125, Triumph Speed Triple

Four wheeler: Suzuki Quadrunner LT 125, Yamaha Banshee

Moped: Vespa PX150, Honda SH300

Snow mobile: Ski doo 850, Yamaha 1049

Water scooter: Yamaha VX cruiser, Sea- Doo Spark Rotax 900 ACE

Other motorized vehicle 2: characteristics

	Condition (new or used vehicle)	Size of engine (less than or equal to 50 cm3, or more than 50 cm3)	Model year	Fuel (Electric, Petrol, Hybrid)
Motorized vehicle 2	<div></div>	<div></div>	<div></div>	<div></div>

# **PART V**

## **Information about your mobility**

**Use of motorized vehicles (1-12 questions)**

**Public transport (8)**

**Flights (2)**

You might need:

- Bills for households transportation (bus, train and flight tickets).
- Information about usage of your vehicles (annual mileage, spending on fuel).

Information will be required per **MONTH or YEAR.**

If you need help please feel free to contact: NAME EMAIL PHONE  
NUMBER

## Part V

### Information about your mobility: use of motorized vehicles

Please answer **ONLY** if you are concerned

If you have to calculate mileage, please check this website : <http://www.brokerlink.ca/blog/how-do-you-calculate-mileage/>

How much does your household spend MONTHLY on cars and other motorized vehicles?

Please include all costs (**except insurance**): gas, repairs, routine maintenance.

For car 1: what is your households ANNUAL mileage [km]?

Please check your insurance for mileage or use the website above to help with your calculations

Car 1: Type of use [%]

The sum total of all three categories must be 100%. Please indicate which share (in percentages) [%] of total kilometers driven are for:

Commuting: Driving to work

Other local travel: Driving kids to school, after school activities, shopping, short visits to friends.

Holidays/ Weekends away from home: all mobility, including at least one night away from home.

Commuting [%]

Other local travel [%]

Holidays / weekends  
away from home [%]

For car 2: what is your households ANNUAL mileage [km]?

Please check your insurance for mileage or use the website above to help with your calculations

### Car 2: type of use [%]

The sum total of all three categories must be 100%. Please indicate which share (in percentages) [%] of total kilometers driven are for:

Commuting: Driving to work

Other local travel: Driving kids to school, after school activities, shopping, short visits to friends.

Holidays/ Weekends away from home: all mobility, including at least one night away from home.

Commuting [%]

Other local travel [%]

Holidays / weekends  
away from home [%]

### For car 3: what is your households ANNUAL mileage [km]?

Please check your insurance for mileage or use the website above to help with your calculations

### Car 3: type of use [%]

The sum total of all three categories must be 100%. Please indicate which share (in percentages) [%] of total kilometers driven are for:

Commuting: Driving to work

Other local travel: Driving kids to school, after school activities, shopping, short visits to friends.

Holidays/ Weekends away from home: all mobility, including at least one night away from home.

Commuting [%]

Other local travel [%]

Holidays / weekends  
away from home [%]

### Other motorized vehicle 1: ANNUAL mileage [km]

Please check your insurance for mileage or use the website above to help with your calculations

### Other motorized vehicle 1: type of use [%]

The sum total of all three categories must be 100%. Please indicate which share (in percentages) [%] of total kilometers driven are for:

Commuting: Driving to work

Other local travel: Driving kids to school, after school activities, shopping, short visits to friends.

Holidays/ Weekends away from home: all mobility, including at least one night away from home.

Commuting [%]

Other local travel [%]

Holidays / week ends  
away from home [%]

### Other motorized vehicle 2: ANNUAL mileage [km]

Please check your insurance for mileage or use the website above to help with your calculations

### Other motorized vehicle 2: type of use [%]

The sum total of all three categories must be 100%. Please indicate which share (in percentages) [%] of total kilometers driven are for:

Commuting: Driving to work

Other local travel: Driving kids to school, after school activities, shopping, short visits to friends.

Holidays/ Weekends away from home: all mobility, including at least one night away from home.

Commuting [%]

Other local travel [%]

Holidays / week ends  
away from home [%]

### Do you drive in an eco-friendly way?

Low speed, soft break, stopping motor in traffic, using higher gear.

☐

Yes

☐

No

### Sharing, renting or borrowing cars

What is your households YEARLY mileage from shared, rented, or borrowed car [km]?

Please check your insurance for mileage or use the website above to help with your calculations

### Sharing, renting or burrowing cars : type of use [%]

The sum total of all three categories must be 100%. Please indicate which share (in percentages) [%] of total kilometers driven are for:

Commuting: Driving to work

Other local travel: Driving kids to school, after school activities, shopping, short visits to friends.

Holidays/ Weekends away from home: all mobility, including at least one night away from home.

Commuting [%]

Other local travel [%]

Holidays / weekends  
away from home [%]

## Part V

### Information about your mobility: public transport

How much does your household spend MONTHLY on public transport within your city and surroundings?

Costs of busses, subways, and trams. Please include all members of the household.

How much does your household spend MONTHLY on trains and ferries?

Please include all members of the household.

What is your households total ANNUAL mileage with trains [km] ?

Indicate only personal trips (exclude all work travels).

Account for travel in both directs (including return trips) and include all members of the household.

Sum of total km for high speed trains

(e.g; Aix-Paris in TGV

= 750 km EACH

COUNTRY SPECIFY ITS OWN)

Sum of total km for intercity trains

(e.g; Aix-Toulon in TER =

100 km EACH

COUNTRY SPECIFY ITS OWN)

Sum of total km for trains taken abroad

(e.g; Aix-Bruxelles = 1100

km but 100 km in Belgium

EACH COUNTRY SPECIFY ITS OWN)

What is the total average time [MINUTES/WEEK] your household members spend in ELECTRIC public transport?

Please sum up the time all the members of the household spent in electric transport within your city and surroundings. Include all types of relevant electric public transport : local train and trolley.

**What is your households total WEEKLY share in percentage of time spent in ELECTRIC public transport [%] ?**

Please indicate what share (in percentages) [%] of total time (of all of the households members) is spent in electric transport within your city and its surroundings.

Commuting: time you use to commute to work or school.

Other local travel: shopping, leisure time, short visits to friends.

The sum for both commuting and other local travels must equal 100%.

Commuting [%]

Other local travels [%]

**What is the total average time [MINUTES/WEEK] you spend in NON electric public transport?**

Please sum up the time all the members of the household spent in non electric transport within your city and its surroundings.

Include all types of relevant non-electric public transport in your city. Ex. non-electric buses.

**What is your households total WEEKLY share of time spent in NON electric public transport [%] ?**

Please indicate what share in percentages [%] of total time (for all of the households members) is spent in non electric transport within your city and its surroundings:

Commuting: time you use to commute to work or school.

Other local travel: shopping, leisure time, short visits to friends.

The sum for both commuting and other local travels must equal 100% .

Commuting [%]

Other local travels [%]

**How many kilometers does household cover per WEEK with non motorized transport (biking, walking, skating) [Km]?**

Please indicate only activities that you deliberately use instead of taking motorized transport.

Ex. Biking instead of driving a car to work.



## Part V

### Information about your mobility: flights

#### How much does your household spend YEARLY on flights?

Think of the last two years and state the average yearly spending for the entire household. Include ALL private flights and exclude all work related flights.

#### What were your households personal flights in the last TWO YEARS?

List all flights taken by members of the household in the part two years (excluding work related trips).

Fill in the list based on the distance (from origin to destination) of ONE WAY of the flight.

Ex. If you flew round trip from Oslo to Paris, indicate only the mileage for one way in the column labeled 'Distance'. In the column labeled 'Type of journey' you can specify if this was a round trip.

Please use this website to help you calculate distance estimates : <http://www.distancecalculator.net/>

For the calculation of your carbon footprint we will make an yearly average of all your flights.

	Number of household travelers	Distance in km (count only one way)	Type of journey (one way or round trip)	Kind of flight (Inter-european, Intercontinental, Domestic)	Business class (yes or no)
Flight 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 6	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 7	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 8	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 9	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flight 10	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

# **PART VI**

## **Information about your consumption and services 4 questions**

Useful Documents :

- Bank Statements: expenses related to households leisure.

Information will be required per **MONTH**.

If you need help please feel free to contact:

NAME

EMAIL

PHONE

NUMBER

## Part VI

### Information about your consumption/services

How much does your household spend MONTHLY on local leisure?

Expenses within city and its surroundings.

Ex. cinema, theater, museums, concerts, city activities (climbing, lasergame, rollerscating), hiking.

Please consider all members of the household.

How many WEEKS of holiday A YEAR do ALL HOUSEHOLD MEMBERS take?

Please indicate holidays you take together or separately. For example: if four persons from the household travel together for one week, indicate four weeks in total.

	number of weeks / year spent on <u>winter sport</u> <u>activities</u>	number of weeks / year spent on any <u>other holiday</u> <u>activities</u>
Inland holidays	<input type="text"/>	<input type="text"/>
Abroad holidays	<input type="text"/>	<input type="text"/>

Does your household buy eco-labeled holidays?

Ex: If you stay at eco-labeled hotels, use green transport, buy low emissions services during holiday

☐ Yes

☐ No

Do your household go on low carbon holidays?

Ex: if you stay at camping sites, use non-motorized activities

☐ Yes

☐ No

# **PART VII**

## **Information about your recycling**

**1 question**

If you need help please feel free to contact:

NAME

EMAIL

PHONE NUMBER

Part VII of VII

**Part VII**  
**Information about your recycling**

What are your households current recycling and composting habits [%]?

Please indicate to what extent your household recycles in of the fallowing category.

The categories are independent of one another.

	Paper/cardboard	Glass	Plastic/metals	Organic	Hazardous waste (medicine, chemicals) and other (textiles,electronic appliances, batteries)
Share of recycling (%)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Thank you for participating