

QUESTIONNAIRES

ANALYSIS OF ECOLOGICAL FOOTPRINT OF RURAL-URBAN HOUSEHOLDS IN ISLAMABAD

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HOME:

1. What type of home do you live in?

House

Bungalow

Flat

2. What kind of home?

- Detached
- Semidetached
- Mid terrace
- End terrace

3. No. of bedrooms in your home?

1

2

3

4 or more

4. How many people live in your house?

1

2

3

4

5

6 or more

5. Approximately how many of your light bulbs are energy efficient?

0

$\frac{1}{4}$

$\frac{1}{2}$

$\frac{3}{4}$

all

6. Approximately how many of your household appliances are energy efficient (e.g. washing machines, fridge freezers that have a high energy rating)?

0

$\frac{1}{4}$

$\frac{1}{2}$

$\frac{3}{4}$

all

7. Which of these home energy efficiency improvements have you taken (or are already place)?

- Thick loft insulation (150mm-270mm)
- Thin loft insulation less than 150mm
- Condensing boiler
- Hot water tank insulation
- Cavity wall insulation
- External wall insulation
- double or triple glazing

WASTE:

8. Approximately how full is your general rubbish wheely bin by the end of one week?

(If you don't have a wheely bin, think in terms of bin bags - one bin bag is about a quarter of a bin.)

Less than $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{2}$ Full

9. Which of these statements best describes how much you recycle?

- I recycle everything that can be recycled
- I recycle a lot but not everything that can be recycled
- I recycle a bit
- I do not recycle

TRANSPORT:

10. Do you travel by car?

Yes No

11. What type of car do you travel in normally?

- Small car (less than 1.4 liters)
- Medium car (between 1.4 and 2 liters)

- Large car (over 2 liters)

12. How far do you normally travel by car in a week?

- Less than 50 miles
- 50 to 100 miles
- 100 to 300 miles
- More than 300 miles

13. How far do you normally travel by bus or tram in a week?

- I don't travel by bus
- Less than 10 miles
- 10 to 50 miles
- 50 to 100 miles
- More than 100 miles

14. How far do you normally travel by train or underground in a week?

- I don't travel by train
- Less than 50 miles
- 50 to 100 miles
- 100 to 300 miles
- More than 300 miles

15. In the last 12 months how many return flights did you take?

None

One

Two or more

Material:

16. Which of these items have you bought in the last year?

- Large piece of furniture
- Fridge or freezer

- Toilet age pre 1990

23. In summer, how many times a week do you use a hose or water sprinkler to water your garden?

Never once twice three or
more

Land use and wild life:

24. If you have a garden, do you manage it to help attract wildlife? Tick the things you do:

- Leave an undisturbed area of garden or a log pile
- Plant native flowering plants to attract insects
- Avoid the use of garden chemicals where possible
- Provide bird or bat boxes
- Have a pond

25. Do you ensure that where possible any wood or paper products you buy come from sustainably managed forests (e.g. certified by the FSC) or made from recycled material?

Yes no

26. Have you participated in any of the following activities in the past year?

- Visited a local museum or gallery
- Used your local library
- Attended an evening class or group (e.g. dance, music lessons, life drawing, language skills)
- Visited a historic / heritage site

27. Do you ever buy Fair-trade and sweatshop-free goods where possible?

Never occasionally often always

28. Do you buy goods from independent local shops where possible

Never occasionally often always

HEALTH AND HAPPINESS

29. On the whole, how satisfied are you with the life you lead?

Very satisfied Fairly satisfied Not very satisfied Not at all satisfied

30. How much exercise do you get on average per week? (Include walking or cycling to work/school etc.) The Government recommends 30 minutes at least 5 days a week, totaling 2 ½ hours.

Less than 2.5 hours 2.5 to 5 hours over 5 hours

DEMOGRAPHIC QUESTIONNAIRE:

1. Income:

2. Size of Family:

3. Education:

4. Type of your job:

5. Do you have your own business?

Yes No

6. Is your house being single story?

Yes No

7. In your house the appliances are energy efficient?

Yes No

8. Do you have any gaseous appliances?

Yes No

