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	e			Bunga	alow		Flat
2.	What kind of home?								
	• Detached								
	•	Semio	letached						
	•	Mid to	errace						
	•	End to	errace						
3.	No. of	bedroo	oms in y	our hoi	me?				
		1	2			3			4 or more
4.	How m	nany po	eople liv	e in yo	ur hous	e?			
		1	2	3		4		5	6 or more
5.	Approx	kimate	ly how r	nany o	f your li	ght bul	bs are e	nergy e	fficient?
		0	1/4		1/2		3/4	all	
6.	Approx	kimate	ly how r	nany o	f your h	ousehol	ld applia	ances ar	re energy efficient (e.g.
	washing machines, fridge freezers that have a high energy rating)?								
		0	1/4		1/2		3/4	all	
7.	Which	of the	se home	energy	efficie	ncy imp	oroveme	ents hav	e you taken (or are already
	place)?	,							

	•	Thick loft	insulation (1	50mm-270mm	1)			
	• Thin loft insulation less than 150mm							
	Condensing boiler							
	Hot water tank insulation							
	Cavity wall insulation							
	•	External v	vall insulation	n				
	•	double or	triple glazing	5				
WAST	ΓΕ:							
8.	Appro	ximately ho	ow full is you	ır general rubbi	ish wheely bin by th	e end of one week?		
	(If you	ı don't have	a wheely bir	n, think in term	s of bin bags - one b	oin bag is about a		
	quarte	r of a bin.)						
	Less th	han ¼	1/4	1/2	Full			
9.	Which	of these st	atements bes	t describes how	w much you recycle?			
	•	I recycle e	everything that	at can be recycl	led			
	•	I recycle a	lot but not e	verything that	can be recycled			
	•	I recycle a	ı bit					
	•	I do not re	ecycle					
TRAN	SPOR	<u>T:</u>						
10.	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 c	ar (between)	1.4 and 2 liters))			

•	Large car (over 2 liters)						
12. How f	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 f	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 f	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	15. In the last 12 months how many return flights did you take?						
None	One	Two or more					
Material:							
16. Which	16. Which of these items have you bought in the last year?						
•	Large piece of furniture						
•	• Fridge or freezer						

	Washing machine							
	• Dish washer							
	• Mo	Mobile phone						
	• Ca	mera						
	• M _I	o3 player						
	• Fla	nt screen TV						
17.	. How frequ	ently do you red	ecorate yo	our hon	ne			
	• Ra	rely - I haven't re	edecorated	l in yea	rs			
	• Oc	casionally - I rec	lecorate or	ne roon	n every year on average			
	• Of	ten - I always ha	ve a redec	orating	job on the go			
Food:								
18.	. How many	y of your meals c	ontain me	eat in o	ne week?			
	None	1 or 5	6to 12		more than 12			
19.	. How often	do you buy orga	anic food?	,				
	Never	occasionally	I	often	nearly always			
20.	. Do you gr	ow any of your o	wn vegeta	ables?				
	Not at all	a sm	all amoun	ıt	I have a large vegetables patch	/allotment		
Water	<u>::</u>							
21.	. Which of	these do you use	most ofter	n?				
	Bath			showe	r	oower		
	shower							
22.	22. How water efficient is your toilet cistern?							
	• I have a dual flush toilet							
	• To	ilet age 2001 to p	oresent					
	• To	ilet age 1990 to 2	2001					

		— 11						
	•	Toilet age pre 199	90					
23	In summer, how many times a week do you use a hose or water sprinkler to water							
	your garden?							
	Never	on	ce	twice	three or			
	more							
Land	use and	d wild life:						
24	. If you	have a garden, do	you manage it to he	elp attract wildlife	? Tick the things you			
	do:							
	•	Leave an undistur	rbed area of garden	or a log pile				
	•	Plant native flower	ering plants to attra	ct insects				
	Avoid the use of garden chemicals where possible							
	•	Provide bird or ba	at boxes					
	•	Have a pond						
25	. Do yo	u ensure that where	e possible any wood	d or paper product	ts you buy come from			
	sustai	nably managed fore	ests (e.g. certified b	y the FSC) or made	de from recycled			
	materi	al?						
	Yes		no					
26	. Have	you participated in	any of the followin	g activities in the	past year?			
	•	Visited a local mu	useum or gallery					
	•	Used your local li	ibrary					
	•	Attended an even	ing class or group (e.g. dance, music	lessons, life drawing,			
		language skills)						
	•	Visited a historic	/ heritage site					
27	. Do yo	u ever buy Fair-tra	de and sweatshop-f	ree goods where p	possible?			

		Never	occasio	nally	often	always			
,	28.	Do you buy go	oods from	n independent local sh	nops where pos	sible			
		Never	occasion	nally	often	always			
HE.	HEALTH AND HAPPINESS								
,	29. On the whole, how satisfied are you with the life you lead?								
		Very satisfied	. 1	Fairly satisfied	Not very satisf	ied Not at all satisfied			
,	30.	How much ex	ercise do	you get on average p	er week? (Inclu	ide walking or cycling to			
		work/school e	etc.) The	Government recomme	ends 30 minutes	s at least 5 days a week,			
		totaling 2 ½ h	ours.						
		Less than 2.5	hours	2.5 to 5 hours	over 5	hours			
<u>DE</u> I	MC	OGRAPHIC C	UESTI	ONNAIRE:					
	1.	Income:							
	2.	Size of Famil	ly:						
	3.	Education:							
	4.	Type of your	job:						
	5.	Do you have	your ow	n business?					
		Yes		No					
	6.	6. Is your house being single story?							
		Yes		No					
	7.	In your house	e the app	liances are energy effi	cient?				
		Yes		No					
	8.	Do you have	any gase	eous appliances?					
		Yes		No					

9.	Do you use your own	n farm produced produ	cts milk, eggs and veg	etables etc.?
	Yes	No		
10	. Do you purchase cor	nmercially packed pro	ducts?	
	Yes	No		
11	. Do you use public b	us for transportation?		
	Yes	No		
12	Do you use own car	for transportation?		
	Yes	No		
13	. Do you use gas as Fr	uel sources for heating	purpose?	
	Yes	No		
14	Do you use electricit	y as fuel source for he	ating purpose?	
	Yes	No		
15	. What is the Volume	of waste generated fro	m your house per day?	,
	1 bag	2 bag	3 bag	4 or more