

ENERGISE LIVING LAB FOLLOW-UP SURVEY

Some time has passed since experimenting with new household practices related to heating and laundry in the ENERGISE Living Lab. Now, the research team is eager to learn about what has changed and also welcomes comments and reflections!

Laundry

Have you or other members of your household continued to do the following more or less frequently than before:

1 / 52 Examined clothes carefully to see if they needed washing

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

2 / 52 Stored slightly used clothes in order to reuse them before washing

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

3 / 52 Aired clothes to postpone washing them

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

4 / 52 Removed stains without washing the entire item

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before



5 / 52 Washed at colder temperatures

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

6 / 52 Washed fuller loads

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

7 / 52 Used the eco programme on the washing machine (if there is one)

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

8 / 52 Used the dryer (if you have one)

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

9 / 52 Ironed clothing or other items

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

10 / 52 If you continued doing any other changes in laundry that you started during the ENERGISE Living Lab challenges, please tell us about them here:

11 / 52 How often does your household now wash cold (30°C or lower)?

- Regularly
- Sometimes
- Rarely
- Never

12 / 52 How many laundry cycles are now washed in your household on average per week (based on your memory)?

13 / 52 In what ways do you now keep clothes clean, apart from washing them in the washing machine? (several answers possible)

- No other ways
- Wash out stains by hand
- Brush out stains
- Air out clothes
- Prevent stains (e.g. by wearing an apron)
- Other

14 / 52 What is now the most frequent reason to wash a piece of clothing in your household (e.g. a t-shirt)?

- I don't know
- Stains
- Smell
- Length of wear
- Other

15 / 52 During the challenge, did you feel more comfortable or less comfortable when wearing your clothes in public?

- More comfortable
- Less comfortable
- Neither more nor less comfortable

Heating

Have you or other members of your household continued to do more or less of the following:

16 / 52 Turned down/off the heating in certain rooms

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

17 / 52 Turned down thermostat settings or turned off heaters/radiators when you've been away from home

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

18 / 52 Changed the settings on the heating timer so that the heating comes on for less time

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

19 / 52 Worn extra clothing to keep warm

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

20 / 52 Worn socks or slippers to keep warm

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

21 / 52 Used a blanket to keep warm during the day, e.g. when sitting on the sofa

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

22 / 52 Used an extra blanket to keep warm during the night

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

23 / 52 Had warm foods or drinks to keep warm

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

24 / 52 Moved around more in order to keep warm

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

25 / 52 Spent more time with family/friends in the same room

- Much less frequently than before
- Somewhat less frequently than before
- Same as before (irrespective of whether this was rarely or often)
- Somewhat more frequently than before
- Much more frequently than before

26 / 52 If you continued doing any other changes in heating that you started during the ENERGISE Living Lab challenges, please tell us about them here:

27 / 52 Please estimate your average living room temperature in the evening (between 6 to 8 pm).

28 / 52 Please estimate your average bedroom temperature in the evening (between 6 to 8 pm).

29 / 52 If relevant, please estimate your average child(ren)'s room temperature in the evening (between 6 to 8 pm).

30 / 52 Do you now sometimes turn down/off the heating? (several answers possible)

- No
- Yes, for the night
- Yes, when not at home
- Yes, in unused or less used rooms
- Yes, the system is programmed to automatically turn down the heating at certain times
- Yes, other

31 / 52 Since our last interview, how do you now keep warm apart from changing the heat settings? (several answers possible)

- I do nothing additional
- I use warm socks/slippers
- I use an extra blanket
- I use extra clothing (sweater, cardigan, etc.)
- I use blinds/curtains on windows
- I use draught excluders
- I take a hot bath or shower
- Other

32 / 52 What do you now consider a good temperature in the living area in winter during daytime?

33 / 52 What do you now consider a good temperature in your bedroom in winter during daytime?

34 / 52 During the challenge, did you change the temperature when having guests at home?

- Yes
- No
- I/we had no guests

35 / 52 How often are you (or another person) at home in the daytime from Monday to Friday?

- Always
- Often
- Rarely
- Never

36 / 52 Are weekdays in your household similar to each other in terms of who is at home and what they do?
(If kids live with you every other week, consider similar weeks)

- Always
- Often
- Rarely
- Never

37 / 52 To what extent is your daily life (chores like shopping, cooking, cleaning) organised (planned) vs. improvised (unplanned, ad hoc)

- Very well organised
- More organised than improvised
- As much improvised as organised
- More improvised than organised
- Improvised the most part of the time

38 / 52 Do you like to experiment with new ways of doing things in your daily life?

- Absolutely
- Often
- Rarely
- Never
- Select

39 / 52 Do you now engage with other energy and climate issues? (several answers possible)

- Not specifically
- Yes, I raise energy and climate issues at home or with friends
- Yes, I raise energy and climate issues at work
- Yes, I raise energy and climate issues in NGOs or other groups of which I am a member
- Yes, I actively search for news or information on energy and climate issues
- Yes, I consider energy and climate when voting
- Yes, I consider energy efficiency when buying appliances
- Yes, I buy energy efficient light bulbs
- Yes, I take shorter showers (5-6 minutes)
- Yes, other

40 / 52 Since having finished the challenges, have you spoken about the ENERGISE project with family, friends, neighbours or colleagues during the past 3 months? (several answers possible)

- Not specifically
- Other members of my household
- Extended family / relatives
- Friends
- Neighbours
- Co-workers
- Groups/associations in which I participate
- With people at my child(ren)'s kindergarten, school, sports club or similar
- Other

41 / 52 Have you shared your experiences in the ENERGISE challenges in the following media? (several answers possible)

- Not specifically
- Facebook, Twitter or Instagram
- Blog post
- Newspaper article
- Other
- Select

42 / 52 Do you think your household has saved money over the past six months as a result of participating in the ENERGISE project?

- Not specifically
- Yes, about 5-20€
- Yes, about 20-50€
- Yes, about 50-100€
- Yes, more than 100€
- I don't know

43 / 52 If you have saved money, what have you used it for or what will you use it for? (several answers possible)

- Not applicable, no money saved
- Everyday running costs
- Savings
- Eating out
- Purchase of new equipment
- Entertainment
- Travel
- I don't know yet
- Other

44 / 52 If you already have very specific plans with the money saved (e.g. the travel destination or type of equipment you are going to buy), please mention this here:

45 / 52 Do you think your household has saved time as a result of participating in the ENERGISE project?

- No
- Yes, less than 1 hour a week
- Yes, 1-2 hours a week
- Yes, 3-4 hours a week
- Yes, more than 4 hours a week
- I don't know

46 / 52 If you have saved time, what have you used it for? (several answers possible)

- Not applicable, no time saved
- Sleeping
- Reading
- TV / computer
- Cooking
- Other housework
- Home maintenance
- Sports or outdoors
- Cultural activities
- Social activities
- Working
- Travel
- I don't know
- Other

47 / 52 Do you think your household has saved any energy as a result of participating in the ENERGISE project?

- No
- Less than 5% of our annual energy use
- 5-10% of our annual energy use
- 10-20% of our annual energy use
- More than 20% of our annual energy use
- I don't know

48 / 52 Has participating in the ENERGISE challenges changed the way you monitor or pay attention to your energy consumption?

- No
- Yes

49 / 52 Please elaborate on the changes in how you are monitoring your energy use - or explain why nothing has changed in this regard:

50 / 52 Are there other things in your everyday life that you do differently as a result of participating in the ENERGISE challenges?

- No
- Yes

51 / 52 What would increase your engagement and motivation to reduce laundry and/or heating, or change your level of consumption in other areas?

52 / 52 Do you have any other feedback on the project?

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