

ENERGISE LIVING LAB CLOSING SURVEY

Many thanks for participating in the ENERGISE challenges! The challenges have now ended and we would like to learn how you and your household experienced them and how you think the experience might influence what you will do in the future. Please answer the following questions. We look forward to hearing more details when meeting you in person.

1 / 45 Since the start of the ENERGISE challenge, what is 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

2 / 45 Since the start of the ENERGISE challenge, in what ways do you 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

3 / 45 Since the start of the ENERGISE challenge, how many laundry cycles are washed in your household on average per week?

4 / 45 Since the start of the ENERGISE challenge, how often does your household wash cold (30°C or lower)?

- Regularly
- Sometimes
- Rarely
- Never

Have you or other members of your household done the following more or less frequently than before as a direct result of participating in the laundry challenge?

5 / 45 Examined clothes carefully to see if they needed washing

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before



6 / 45 Stored slightly used clothes in order to reuse them before washing

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

7 / 45 Aired clothes to postpone washing them

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

8 / 45 Removed stains without washing the entire item

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

9 / 45 Washed at colder temperatures

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

10 / 45 Washed fuller loads

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

11 / 45 Used an eco programme on the washing machine (if there is one)

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before
- Not applicable

12 / 45 Used the dryer (if you have one)

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before
- Not applicable

13 / 45 Ironed clothing or other items (if you have an iron)

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before
- Not applicable

14 / 45 Purchased clothing, bed linen, towels, etc. to be able to go without laundering for longer

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before
- Not applicable

15 / 45 If you or other household members have made any other changes as a direct result of participating in the ENERGISE laundry challenge, please take a moment to list or describe these changes here:

16 / 45 Since the start of the ENERGISE challenge, do you sometimes turn down 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
- Not applicable as the heating system has not been turned on yet

17 / 45 Since the start of the ENERGISE challenge, do you turn down the heating when you air out rooms?

- Yes
- No
- Not applicable, as I do not air out rooms

18 / 45 Since the start of the ENERGISE challenge, how do you keep warm, in addition to 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

19 / 45 What do you now consider a good temperature in the living area in winter during daytime?

20 / 45 What do you now consider a good temperature in your bedroom in winter during daytime?

21 / 45 What do you now consider a good temperature in a child's room in winter during daytime?

Have you or other members of your household done more or less of the following as a direct result of participating in the heating challenge?

22 / 45 Turned down the heating in certain rooms

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

23 / 45 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
- Somewhat more frequently than before
- Much more frequently than before
- Not applicable

24 / 45 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
- Somewhat more frequently than before
- Much more frequently than before
- Not applicable

25 / 45 Worn extra clothing to keep warm

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

26 / 45 Worn socks or slippers to keep warm

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

27 / 45 Used a blanket to keep warm when sitting on the sofa etc.

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

28 / 45 Used extra blankets to keep warm during the night

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

29 / 45 Had warm foods or drinks to keep warm

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

30 / 45 Moved around in order to keep warm

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

31 / 45 Spent more time with family/friends in a single room

- Much less frequently than before
- Somewhat less frequently than before
- Same as before
- Somewhat more frequently than before
- Much more frequently than before

32 / 45 If you or other household members have made any other changes as a direct result of participating in the ENERGISE heating challenge, please take a moment to list or describe these changes here:

33 / 45 Has participating in the project resulted in you and others doing more housework or less housework?

- Much less than before
- Somewhat less than before
- Same as before
- Somewhat more than before
- Much more than before

Do you feel the project has created more housework or less housework work for each of the following household members?

34 / 45 The female adult in your family (if there is one)

- Much less than before
- Somewhat less than before
- Same as before
- Somewhat more than before
- Much more than before
- Not applicable

35 / 45 The male adult in your family (if there is one)

- Much less than before
- Somewhat less than before
- Same as before
- Somewhat more than before
- Much more than before
- Not applicable

36 / 45 One or more children aged 15 or older (if there is one)

- Much less than before
- Somewhat less than before
- Same as before
- Somewhat more than before
- Much more than before
- Not applicable

37 / 45 One or more children aged below 15 (if there is one)

- Much less than before
- Somewhat less than before
- Same as before
- Somewhat more than before
- Much more than before
- Not applicable
- Select

38 / 45 Since the start of the challenge, have you engaged with energy and climate issues beyond your participation in ENERGISE? (several options possible)

- Not specifically
- Yes, I raised energy and climate issues at home or with friends
- Yes, I raised energy and climate issues at work
- Yes, I raised energy and climate issues in NGOs or other groups of which I am a member
- Yes, I actively searched for news or information on energy and climate issues
- Yes, I considered energy and climate when voting
- Yes, I considered energy efficiency when buying appliances
- Yes, other

39 / 45 Have you discussed your ENERGISE challenge or the activities you did as a result of the challenge with anyone outside your household (in person, or over social media)?

- Yes, a lot
- Yes, a few times
- No

40 / 45 Did the exchange of experiences or ideas with people outside your household provide you any of the following benefits? (several answers possible)

- Encouragement
- Practical tips and advice
- Enjoyable interaction
- Interesting general information
- None of the above
- Other

41 / 45 Did the exchange of experiences or ideas with people outside your household entail any of the following negative effects? (several answers possible)

- Confusion
- Discouragement
- Annoyance
- Frustration
- None of the above
- Other
- Select

42 / 45 What challenge did you select for laundry, before starting the challenge?

- The common ENERGISE challenge -- (cutting laundering in half)
- A personal challenge

43 / 45 Do you feel you managed to achieve your laundry challenge?

- Yes, completely
- Yes, somewhat
- Not really
- Not at all

44 / 45 What challenge did you select for heating, before starting the challenge?

- The common ENERGISE challenge -- (reducing temperature to 18°C)
- A personal challenge

45 / 45 Do you feel you managed to achieve your heating challenge?

- Yes, completely
- Yes, somewhat
- Not really
- Not at all
- You are logged in which means that this survey will not be saved after submission.

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