

Nordplus Junior project “Traditions and lifestyles of Nordplus countries is the base of modern sustainability”

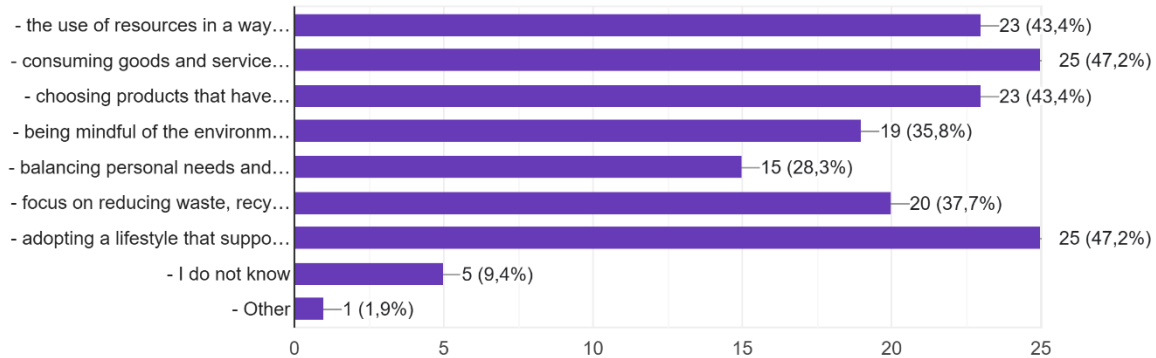
Questionnaire on "Sustainable consumption"

1. How would you define the concept "Sustainable consumption"?

- ☐ - the use of resources in a way that meets present needs without compromising the ability of future generations to meet their needs.
- ☐ - consuming goods and services in a manner that reduces environmental impact and promotes social well-being.
- ☐ - choosing products that have minimal negative effects on the planet and society throughout their life cycle.
- ☐ - being mindful of the environmental, economic, and social consequences of the products we buy and the way we use them.
- ☐ - balancing personal needs and desires with the preservation of the Earth's resources and ecosystems.
- ☐ - focus on reducing waste, recycling, and opting for products that are ethically sourced or produced.
- ☐ - adopting a lifestyle that supports long-term ecological balance and encourages conscious decision-making when it comes to buying and using goods.
- ☐ - I do not know
- ☐ - Other

1. How would you define the concept "Sustainable consumption"?

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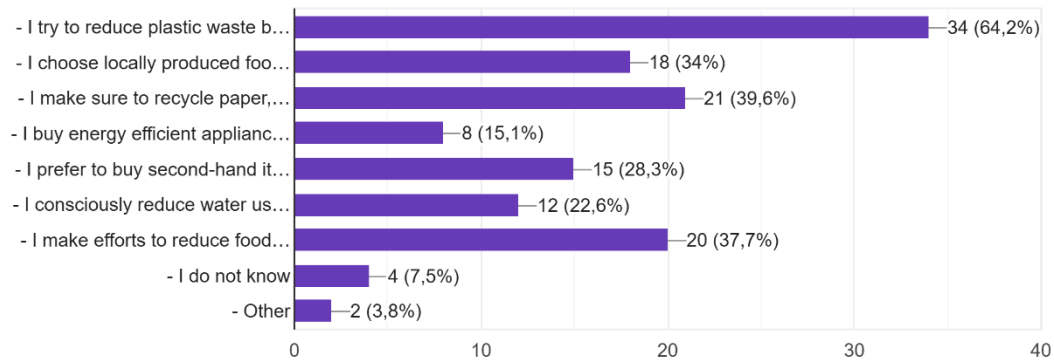


2. Which elements of sustainable consumption do you apply in your everyday life?

- ☐ - I try to reduce plastic waste by using reusable bags, bottles, and containers.
- ☐ - I choose locally produced food to reduce my carbon footprint and support local farmers.
- ☐ - I make sure to recycle paper, plastic, and glass, and try to avoid products with excessive packaging.
- ☐ - I buy energy efficient appliances and use them responsibly to conserve electricity.
- ☐ - I prefer to buy second-hand items or sustainably produced clothing rather than fast fashion.
- ☐ - I consciously reduce water usage by taking shorter showers and using water-efficient appliances.
- ☐ - I make efforts to reduce food waste by planning meals carefully and compost leftovers.
- ☐ - I do not know
- ☐ - Other

2. Which elements of sustainable consumption do you apply in your everyday life?

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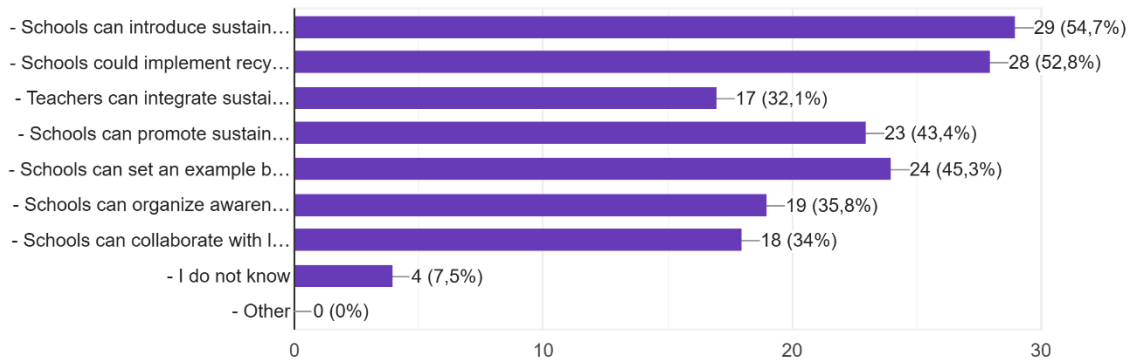


3. How can school help promote sustainable consumption?

- ☐ - Schools can introduce sustainability-themed lessons and workshops to educate students about the importance of sustainable consumption.
- ☐ - Schools could implement recycling programs and encourage students to participate actively in waste reduction initiatives.
- ☐ - Teachers can integrate sustainable consumption topics into subjects like science, geography, and economics.
- ☐ - Schools can promote sustainable food choices by offering locally sourced, organic meals in cafeterias.
- ☐ - Schools can set an example by adopting energy saving practices, like using LED lights and encouraging students to turn off electronics when not in use.
- ☐ - Schools can organize awareness campaigns, competitions, and projects that encourage students to adopt more sustainable consumption habits.
- ☐ - Schools can collaborate with local businesses and organizations to host sustainability events or fairs that educate students and the community.
- ☐ - I do not know
- ☐ - Other

3. How can school help promote sustainable consumption?

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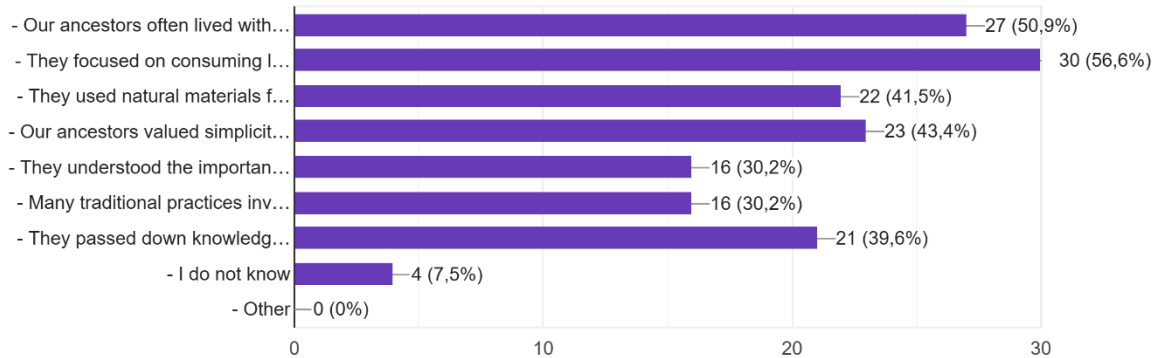


4. What lessons from the lifestyle of our ancestors can we use today to live more sustainably?

- ☐ - Our ancestors often lived with less waste, utilizing resources to their fullest- extent and repairing items instead of discarding them.
- ☐ - They focused on consuming locally grown food, which had a smaller carbon footprint and supported local ecosystems.
- ☐ - They used natural materials for clothing, housing, and tools, avoiding synthetic, non-renewable resources.
- ☐ - Our ancestors valued simplicity and lived with what they had, practicing minimalism rather than consumerism.
- ☐ - They understood the importance of water and energy consumption, often using these resources only when necessary.
- ☐ - Many traditional practices involved crop rotation and other sustainable farming techniques that promoted soil health and biodiversity.
- ☐ - They passed down knowledge about medicinal plants and natural remedies, reducing dependence on synthetic pharmaceuticals.
- ☐ - I do not know
- ☐ - Other

4. What lessons from the lifestyle of our ancestors can we use today to live more sustainably?

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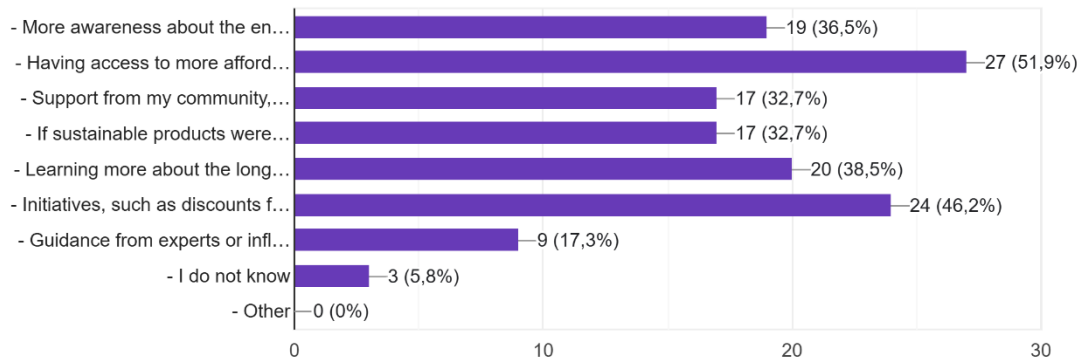


5. What could help you adopt more sustainable consumption habits?

- ☐ - More awareness about the environmental impact of my consumption choices would motivate me to change my habits.
- ☐ - Having access to more affordable, sustainable alternatives would make it easier to make eco-friendly choices.
- ☐ - Support from my community, such as sharing sustainable practices and engaging in group initiatives, could encourage me to be more mindful.
- ☐ - If sustainable products were more easily accessible and available in stores, I would be more inclined to buy them.
- ☐ - Learning more about the long-term benefits of sustainable consumption, such as saving money and protecting the environment, could help me stay committed.
- ☐ - Initiatives, such as discounts for using reusable products or participating in recycling programs, would help make sustainable habits more appealing.
- ☐ - Guidance from experts or influencers in sustainable living could provide practical advice and inspire me to make more informed decisions.
- ☐ - I do not know
- ☐ - Other

5. What could help you adopt more sustainable consumption habits?

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6. I am:

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