

<http://www.fantasticyouth.org/wp-content/uploads/2019/07/ecofriendly-heroes-infopack-compressed.pdf>MATERIAL

- Projector (optional)
- A4 paper
- pencils

The objective of the sustainable lifestyle quiz is to make the participants think about how much their way of life is contributing to the more sustainable world.

The facilitator is asking 20 questions to the group, explaining very slowly every question additionally through life situations examples (going to the supermarket, being at home, sleeping, etc.).

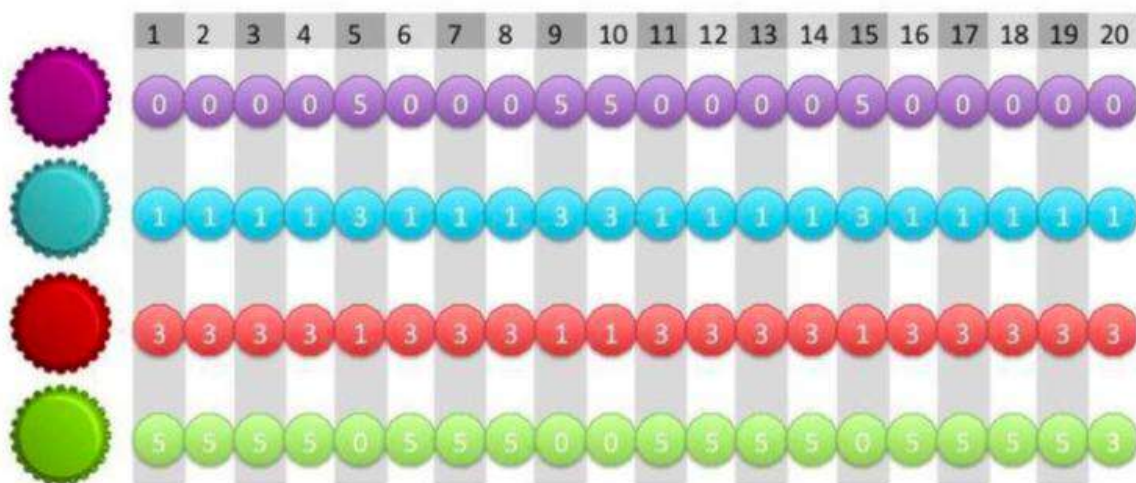
The questions are:

1. Do you ever take an advice (from friends or family) before buying a product, to better understand if you really need this product?
2. Do you ever use products that are already available instead of buying new ones?
3. Do you share with others products that you don't use anymore?
4. Do you have a list of the things you have, so you could share it with others and see if someone needs it?
5. Do you buy branded products just so others may notice you?
6. Do you buy products in eco packing to avoid usage of plastic, nylon, etc.?
7. When you buy a product, do you ever think if the product can be repaired or recycled?
8. Do you ever buy used or recycled products?
9. Do you ever buy tech products that employ options and functions which you will never use?
10. How many times did you change your smartphone?
11. Do you buy products that are produced in your city or nearby?
12. Do you eat fresh vegetables and fruits?
13. Do you know the principles of the Fair Trade?
14. How often do you buy from small local farmers instead of the big supermarkets?
15. Do you buy products advertised on mass media?
16. Do you read magazines or websites that write about responsible consumption?

17. Do you separate the trash?
18. Do you turn off electronic devices when you don't use them?
19. Do you walk, ride a bike or use the city transport instead of using your car every time?
20. Do you ever share your income with less fortunate people?

The answer options are:

- Never (purple)
- Sometimes (blue)
- Often (red)
- Always (green)



After they calculate how much points they have for every of the 20 questions, you give them the feedback accordingly:

0 - 25 points – start moving, you are under the big influence of consumer mentality, find out how to change it, start with your everyday decisions;

26 – 51 points – don't slow down, you started to think about sustainable world, but you are still under the influence of consumer mentality, find out about alternative ways of living and start sharing with others;

52 – 77 points – one more sprint and you are there, you are free from consumer mentality, you are building sustainable economy, keep going, and tell your friends about your lifestyle;

78 – 100 points – keep going, stay true to your choices, try to publicly involve and change the lifestyle of your city.

After the quiz, talk with the participants about their lifestyle, and how can they better contribute for a more sustainable world.