

# CARBON FOOTPRINT AND URBAN LIFESTYLE STUDY

You are invited to participate in a research study conducted by **Fahim Shahriar, Md. Shakhiul Abrar, Ahnaf Ahmed, Md. Mosharof Hossain** from **East West University**. This study aims to understand the daily lifestyle activities of urban university students in Bangladesh, including transportation, food consumption, energy use, digital activities, and waste practices. Your responses will help develop tools to support sustainable living among students.

**What You Will Be Asked:** To Complete this online questionnaire, which takes approximately 15-20 minutes. You will answer questions about your typical daily activities over a normal week.

**Voluntary Participation and Confidentiality:** Participation is completely voluntary. You may withdraw at any time without any penalty. All responses are anonymous. No personally identifiable information such as name, student ID, email is stored. This data will be used only for academic research purposes.

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\* Indicates required question

1. I have read and understood the above information. I understand that my participation is voluntary and that I can withdraw at any time. Do you agree to participate in this study? \*

*Mark only one oval.*

Yes      *Skip to question 2*

No      *Skip to section 2 (Thank you for your interest. )*

*Skip to question 2*

**Thank you for your interest.**

**Participation requires consent.**

## **Demographic Information**

### **ABOUT YOU**

These questions help us to understand the diversity of participants. Please select the option that best describes you.

2. 1. What is your name? (Only for data validation) \*

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3. 2. What is your age? \*

*Mark only one oval.*

18

19

20

21

22

23

24

Other: \_\_\_\_\_

4. 3. What is your gender? \*

*Mark only one oval.*

Male

Female

Prefer not to say

Other

5. 4. What is your university name? (Only for data validation) \*

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6. 5. What type of university do you attend? \*

*Mark only one oval.*

Public University

Private University

7. 6. In which urban city is your university located? \*

*Mark only one oval.*

Dhaka

Chittagong

Sylhet

Rajshahi

8. 7. What is your current level of study? \*

*Mark only one oval.*

Undergraduate (Bachelor's degree)

Postgraduate (Master's degree)

Doctoral (PhD)

Professional degree (e.g., MBBS, LLB, Engineering)

9. 8. What is your primary field of study? \*

*Mark only one oval.*

- Science/Engineering/Technology
- Arts/Humanities
- Business/Commerce
- Social Sciences
- Medical/Health
- Sciences
- Law
- Other: \_\_\_\_\_

10. 9. What is your primary type of accommodation during the academic semester? \*

*Mark only one oval.*

- University dormitory / Hall of residence (on-campus)
- Rented room / Shared apartment (off-campus)
- Family home (living with family)
- Hostel / Boarding house
- Other: \_\_\_\_\_

## **Transportation Habits**

### **HOW YOU GET AROUND**

Please answer based on your  
typical travel patterns during a normal academic week (not holidays or exam  
periods)

11. 1. What is your PRIMARY mode of transportation to campus? (Select ONE) \*

*Mark only one oval.*

- Walking
- Bicycle (pedal)
- Rickshaw (manual)
- Auto-rickshaw / CNG (three-wheeler)
- Public bus
- University bus / Shuttle
- Motorcycle / Scooter
- Private Car
- Other: \_\_\_\_\_

12. 2. How many days per week do you typically commute to campus? \*

*Mark only one oval.*

- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

13. 3. What is the approximate ONE-WAY distance from your residence to campus? \*

[Numerical input in kilometers, range: 0-100 km]

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14. 4. Do you use any SECONDARY mode of transportation to campus? (Select all that apply) \*

*Check all that apply.*

- I only use one mode (no secondary transport)
- Walking (part of journey)
- Bicycle
- Rickshaw
- Auto-rickshaw / CNG
- Public bus
- University bus
- Motorcycle
- Private Car

15. 5. If you use a private vehicle (car, motorcycle), what type of fuel does it use? \*

*Mark only one oval.*

- I do not use a private vehicle → Skip to Question 7
- Petrol
- Diesel
- CNG
- Electrical
- Hybrid (petrol-electric)

16. 6. If you use a private car, how many passengers (including yourself) typically travel in the vehicle? \*

*Mark only one oval.*

- Not applicable (I don't use a car)
- 1 (only me)
- 2
- 3
- 4 or more

17. 7. In a typical MONTH, how many long-distance trips (>50 km one-way) do you make within Bangladesh? (Consider trips for family visits, recreation, or academic purposes) \*

*Mark only one oval.*

- None
- 1-2 trips
- 3-4 trips
- 5 trips or more

18. 8. For long-distance trips within Bangladesh, what mode do you primarily use? \*

*Mark only one oval.*

- Not applicable (no long-distance trips)
- Inter-city bus
- Train
- Private car
- Domestic flight
- Launch / Ferry (water transport)
- Other: \_\_\_\_\_

19. 9. In the past 12 months, how many times have you traveled by air (domestic or international)? \*

*Mark only one oval.*

0 times (no flights)

1-2 times

3-4

times

5 or more times

20. 10. If you traveled by air, what was the approximate TOTAL flight distance in the past 12 \* months? Estimate total kilometers flown (round trip). (Example: Dhaka to Cox's Bazar round trip 600 km; Dhaka to Dubai round trip 7,000 km.)

*Mark only one oval.*

Not applicable (no flights)

Less than 1,000 km

1,000– 3,000 km

3,001– 6,000 km

6,001– 10,000 km

More than 10,000 km

21. 11. How often do you walk or cycle for trips that could be made by motorized transport? \*
- (This transport choices reduce emissions)

*Mark only one oval.*

Never

Rarely

Sometimes

Often

Always

## **Food and Consumption Patterns**

### **WHAT YOU EAT**

Please answer based on your typical food consumption during a normal academic week.

22. 1. How would you describe your primary diet? \*

*Mark only one oval.*

Non-vegetarian (eat meat, fish, and plant foods)

Pescatarian (eat fish but not meat)

Vegetarian (no meat or fish, but eat dairy/eggs)

Vegan (no animal products)

23. 2. How many times per WEEK do you typically eat BEEF or MUTTON (goat/lamb)? \*

*Mark only one oval.*

- Never
- 1-2 times
- 3-4 times
- 5-6 times
- Daily (7+times)

24. 3. How many times per WEEK do you typically eat CHICKEN or other poultry? \*

*Mark only one oval.*

- Never
- 1-2 times
- 3-4 times
- 5-6 times
- Daily (7+times)

25. 4. How many times per WEEK do you typically eat FISH? \*

*Mark only one oval.*

- Never
- 1-2 times
- 3-4 times
- 5-6 times
- Daily (7+times)

26. 5. How many times per WEEK do you typically eat EGGS? \*

*Mark only one oval.*

- Never
- 1-2 times
- 3-4 times
- 5-6 times
- Daily (7+times)

27. 6. How many times per WEEK do you consume DAIRY products (milk, yogurt, cheese)? \*

*Mark only one oval.*

- Never
- 1-2 times
- 3-4 times
- 5-6 times
- Daily (7+times)

28. 7. Where do you PRIMARILY eat your meals during the academic week? \*

*Mark only one oval.*

- University canteen / Campus dining hall
- Home-cooked meals (at residence)
- Outside restaurants / Fast food
- Street food vendors
- Mixed (combination of above)

29. 8. How often do you eat PACKAGED or PROCESSED foods (chips, instant noodles, biscuits, soft drinks)? \*

*Mark only one oval.*

- Never
- Rarely (1-2 times per week)
- Sometimes (3-4 times per week)
- Often (5-6 times per week)
- Very often (daily)

30. 9. How much FOOD do you typically waste (throw away uneaten) per week? \*

*Mark only one oval.*

- Almost none (very little waste)
- A small amount (less than 10% of food)
- A moderate amount (10-25% of food)
- A significant amount (more than 25% of food)

31. 10. How often do you drink BOTTLED water (instead of tap/filtered water)? \*

*Mark only one oval.*

- Never (always tap/filtered)
- Rarely
- Sometimes
- Often
- Always (only bottled water)

32. 11. How often do you consume locally sourced/seasonal foods versus imported/out-of-season foods? \*

*Mark only one oval.*

- Mostly local/seasonal foods
- Mostly imported/out-of-season foods
- Equal mix of both
- I don't pay attention to food origin

## **Accommodation and Energy Use**

### **YOUR LIVING SPACE AND ENERGY**

Please answer

based on your typical energy use at your residence during the academic semester

33. 1. What is the approximate size of your living space (room/apartment)? \*

*Mark only one oval.*

- Small room (less than 100 sq ft / 10 sq m)
- Medium room (100-200 sq ft / 10-20 sq m)
- Large room or shared apartment (200-400 sq ft / 20-40 sq m)
- Full apartment/house (more than 400 sq ft / 40 sq m)

34. 2. How many people share your living space (including yourself)? [Numerical input, range: 1-10] \_\_\_ People \*

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35. 3. What is your PRIMARY source of cooking fuel? \*

*Mark only one oval.*

- I don't cook (meals provided/eat out)
- Natural gas (piped)
- LPG (cylinder gas)
- Electric stove
- Kerosene
- Biomass (wood, charcoal)

36. 4. How many hours per DAY do you typically use air conditioning (AC)? During hot months (April-October) \*

*Mark only one oval.*

- 0 hours (no AC / don't use AC)
- 1-2 hours
- 3-5 hours
- 6-8 hours
- More than 8 hours (continuous)

37. 5. How many hours per DAY do you typically use electric fans? \*

*Mark only one oval.*

- 0 hours (don't use fans)
- 1-4 hours
- 5-8 hours
- 9-12 hours
- More than 12 hours (almost continuous)

38. 6. What type of lighting do you PRIMARILY use in your living space? \*

*Mark only one oval.*

- LED bulbs (energy-efficient)
- CFL (compact fluorescent) bulbs
- Incandescent (traditional) bulbs
- Mixed types
- I don't know

39. 7. How many hours per DAY is your living space illuminated by electric lights? \*

*Mark only one oval.*

- Less than 2 hours
- 2-4 hours
- 5-7 hours
- 8-10 hours
- More than 10 hours

40. 8. Do you use an electric water heater (geyser) for hot water? (During winter / other uses) \*

*Mark only one oval.*

- Yes, frequently (daily or almost daily)
- Yes, occasionally (during winter only)
- No, I don't use hot water
- No, I use other heating methods (solar, gas)

41. 9. What is your approximate MONTHLY electricity bill (in BDT)? Estimate your share if \* living in shared accommodation.

*Mark only one oval.*

- Less than BDT 500
- BDT 500– 1,000
- BDT 1,001– 2,000
- BDT 2,001– 3,000
- More than BDT 3,000
- I don't know / Included in rent

42. 10. How often do you experience power outages (load shedding) per week? \*

*Mark only one oval.*

- Never or rarely
- 1-2 times per week
- 3-5 times per week
- Daily or almost daily

## Digital Device and Activity

### YOUR DIGITAL LIFE

Please answer based on your typical digital device use during a normal academic week.

43. 1. How many electronic devices do you personally own? (Select all that apply and indicate \* quantity)

Row: Devices, Columns: Quantity

*Mark only one oval per row.*

	0 (none)	1	2	3	4 or more
<b>Smartphone</b>	<input type="radio"/>				
<b>Laptop</b>	<input type="radio"/>				
<b>Desktop computer</b>	<input type="radio"/>				
<b>Tablet</b>	<input type="radio"/>				
<b>Smart TV</b>	<input type="radio"/>				

44. 2. On average, how many hours per DAY do you spend using your smartphone? \*

*Mark only one oval.*

Less than 1 hour

1-2 hours

3-4 hours

5-6 hours

More than 6 hours

45. 3. On average, how many hours per DAY do you spend using a laptop or desktop computer? \*

*Mark only one oval.*

- Less than 1 hour
- 1-2 hours
- 3-4 hours
- 5-6 hours
- More than 6 hours

46. 4. How often do you stream video content (YouTube, Netflix, Face book videos, etc.)? \*

*Mark only one oval.*

- Never
- Rarely (1-2 times per week)
- Sometimes (3-4 times per week)
- Often (daily, less than 2 hours)
- Very often (daily, more than 2 hours)

47. 5. How many emails do you send and receive per DAY (approximately)? \*

*Mark only one oval.*

- Less than 10
- 10-30
- 31-50
- 51-100
- More than 100

48. 6. How often do you delete old/unnecessary emails from your inbox? \*

*Mark only one oval.*

- Regularly (weekly or more)
- Occasionally (monthly)
- Rarely
- Never (I don't delete emails)

49. 7. Do you typically keep your electronic devices (laptop, computer) on when not in use? \*

*Mark only one oval.*

- Yes, always on
- Yes, usually on (sleep mode)
- No, I usually turn off when not in use
- I use power-saving settings

50. 8. How do you primarily charge your devices? \*

*Mark only one oval.*

- Overnight charging (while sleeping)
- During the day as needed
- Using solar charger / renewable source
- At university / public charging points

## **Waste Generation and Management**

### **YOUR WASTE PRACTICES**

Please answer based on your  
typical waste generation and disposal habits.

51. 1. How much solid waste (garbage) do you typically generate per week? \*

*Mark only one oval.*

- Very little (less than 1 small bag)
- Small amount (1-2 small bags)
- Moderate amount (3-4 small bags)
- Large amount (more than 4 bags)

52. 2. How often do you RECYCLE materials (paper, plastic, glass, metal)? \*

*Mark only one oval.*

- Always (whenever recyclable materials are available)
- Often
- Sometimes
- Rarely
- Never (no recycling available / don't recycle)

53. 3. How do you primarily dispose of organic waste (food scraps)? \*

*Mark only one oval.*

- Mixed with general garbage
- Composting (home or community)
- Fed to animals
- Separate organic waste collection
- I don't know

54. 4. How often do you buy single-use plastic items (bags, bottles, containers)? \*

*Mark only one oval.*

- Never (always use reusable alternatives)
- Rarely
- Sometimes
- Often
- Very often (daily)

55. 5. How often do you buy second-hand or used items (clothing, electronics, books)? \*

*Mark only one oval.*

- Never
- Rarely
- Sometimes
- Often
- Very often (primary source)

56. 6. In the past 12 months, how many new clothing items have you purchased? \*

*Mark only one oval.*

- None
- 1-5 items
- 6-10 items
- 11-20 items
- More than 20 items

57. 7. On average, how much paper per Month do you use? \*

*Mark only one oval.*

- 100 - 200 pages
- 200 - 300 pages
- 300 - 400 pages
- 400 or more pages

## **THANK YOU**

**Thank you for completing this survey!**

Your responses will contribute to research on sustainable lifestyles among urban university students in Bangladesh. Your participation is greatly appreciated.

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