





A cooperation between Nordseeheilbad Borkum GmbH and the University of Europe for Applied Sciences

# Questionnaire for Borkum holidays IN01

Hello, dear friends of the island of Borkum,

As part of a cooperation between Nordseeheilbad Borkum GmbH and the University of Europe for Applied Sciences (UE) in Hamburg, we would like to invite you to take part in a questionnaire study on "Sustainable Island Stays". No matter where you are or whether you are connected to the island as an islander or guest.

It takes about 11/15-15 minutes to answer. Participation is of course voluntary and anonymous, so that data protection is also maintained and no conclusions can be drawn about you personally.

Environmental psychology students under the direction of Prof. Dr. Silke Heuse came up with the questions and would like to evaluate the data for their academic seminar papers. We also plan to report the anonymized, professionally processed results back to you via the island's tourism team, as well as to publish them in our UE publishing house and in scientific journals. If you have any questions, please contact [silke.heuse@ue-germany.de](mailto:silke.heuse@ue-germany.de).

**If we have made you curious, you can start participating right here.**

- ☐ With the checkmark I declare that I have been sufficiently informed and agree to participate.

**Please enter your age and gender first.**

VB13

This information will later help us to better describe the group of people studied.

**I am...**

VB12

years old.

**My gender is:**

VB11

- ☐ Male
- ☐ Female
- ☐ Diverse

Please note that for reasons of easier readability,  
Personal designations, the masculine and feminine forms are dispensed with. The  
wording used applies to all genders.

VB14

**The island of Borkum is important to you? What connects you to the island?**

VB01

Please tick the answer that best applies to you.

- ☐ I'm interested in Borkum, but I've never been there.
- ☐ I am/was on the island as a tourist.
- ☐ I am/was a spa patient on the island.
- ☐ I work on the island temporarily.
- ☐ I live on the island.
- ☐ Other

VB02

**We start with some questions, which are mainly aimed at holidaymakers. However, some of them can also be answered by you who live or work on the island; if not otherwise possible, please tick “I live or work here”.**


**How often have you been to Borkum?**

VB03 

If you have never been to Borkum, please enter one..

- ☐ I am/was already  times on the island of Borkum.
- ☐ I live or work here

**I am regularly on one of the East Frisian islands.**

VB04 

- ☐ No
- ☐ Yes

**How strongly do you feel connected to the island of Borkum?**

VB05 

With the position of the slider, you indicate which statement you feel closer.

The island is not quite  
foreign to me.

I feel at home.

**Who do you (typically) travel to Borkum with?**

VB06

**I travel ...**

- ☐ alone
- ☐ with my partner
- ☐ with the family
- ☐ in a travel group/school trip
- ☐ Other
- ☐ I live and work here.

**How do you (typically) travel to the jetty on the mainland?**

VB07

**My main means of travel is...**

- ☐ the railway
- ☐ passenger bus
- ☐ the car that I leave on the mainland in the parking lot Emden ader Eemshaven
- ☐ the car that I also take with me to the island
- ☐ The plane
- ☐ Other

VB08

**What do you (typically) choose for the crossing?**

**For the crossing I choose (typically)**

- ☐ **one of the ferries**
- ☐ **only the liquefied natural gas ferry (MS**

**Ostfriesland)**

- ☐ **the catamaran**
- ☐ **I drive my own boat.**
- ☐ **I'll take the plane.**





**For the following aspects, please indicate how strongly each aspect influenced your decision to travel to Borkum – here in alphabetical order.**

For the following aspects, please indicate how strongly the respective aspect influenced your decision to travel to Borkum – here in alphabetical order.

at all  
nicht  
very strong  
Ich lebe  
oder  
arbeite  
hier.

Reachability

gastronomic offer

Low crime rate

Climate on the island (especially  
weather and temperature)

Cost

who I travel with

Opportunity to travel sustainably

East Frisian Culture

personal requirements (e.g. health  
restrictions)

safe medical care

Accommodation Standards

Holiday in nature

Urlaubsangebote (z.B. Wattwanderungen,  
Wind-/Wassersport)

\_\_\_\_\_

**We certainly haven't thought of all the aspects that speak in faVor of a stay on Borkum**

Ergänzen Sieä hier gerne Ihre eigenen Gründe, weshalb Sie nach Borkum reisen:

---

Seite 05

**Der Begriff „Nachhaltigkeit“ wird heutzutage sehr häufig genutzt. Dabei wird er oft unterschiedlich verwendet. Was verstehen Sie darunter?**

NA01

Bitte geben Sie eine kurze Definition Ihres „Nachhaltigkeit“verständnis:

**Sich „nachhaltig“ zu verhalten ist ein ehrenwertes Ziel, aber nicht immer möglich. Situationen, aber auch eigene Ziele und Wünsche halten uns allzu oft davon ab.**

### **Welche Rolle spielt Nachhaltigkeit für Sie im Urlaub?**

Bitte kreuzen Sie an, wie sehr die nachfolgenden Aussagen auf Sie zutreffen:

trifft  
überhaupt  
nicht zu

trifft völlig  
zu

Holidays are meant to relax, but that's no reason to just relax.

For my journey, "green" means of transport (e.g. train and LPG vehicles) are very important to me.

When buying clothes for my holiday in Borkum, I pay strict attention to sustainable production.

When I take a Coffee-to-go with me on the island, I always use a reusable cup (e.g. my own or a Reeup).

If I get something to eat on the island, then only if it is not packaged in plastic.

I am strict about not leaving any garbage lying around.

I regularly collect rubbish/flotsam while walking on the beach and dispose of it in the rubbish bins provided.

Whenever I see people in the dunes or protected areas, I always point out to them that entering these areas is not permitted.

When choosing my accommodation, sustainability is the most important criterion for me.

When I visit restaurants, I always make sure that sustainable products are highlighted.

**Is your dog wIth you on the Island?**

Please indicate how much the following statements apply to you:

not correct at all	completely true	No, I do not have a dog.
--------------------------	--------------------	--------------------------------

I always leash my dog in the village.

I always leash my dog on the beach.

I always keep my dog on a leash near  
protected and breeding areas.

I always use my own or provided bags to  
dispose of my dog's excrement in the  
trash.

**Did you know that there is a duckweed under the Borkum island, from which the island is supplied with drinking water? Especially in the summer months after longer dry periods, it is less filled. Therefore, resource-saving water consumption on the island is advisable – all year round.**

Please tick how much the following statements apply to you:

**I already knew the above details about the drinking water supply of the island.**

(WA02 )

☐ No

☐ Yes

**I intend to stay on the island from now on...**

(WA03 )

trifft  
überhaupt  
nicht zu

trifft völlig  
zu

to pay attention to economical water consumption.

Not to let water from the tap run unnecessarily long.

**On the island**

(WA04 )



does not  
apply at  
all



Totally  
true

I already use water sparingly.

I don't let water from the tap run unnecessarily long.

PL01

**Did you know that plastic is usually never compostable and breaks down into the smallest particles. These are found everywhere in our environment, in the soil and especially in the water. There they are protected by the animals and end up on our plates. If plastic buckets, bags or fishing nets end up in nature and never disintegrate in the trash can, they will eventually disintegrate into microplastics.**

Please tick how much the following statements apply to you:

PL02

**(already knew the details about microplastics mentioned above.**

☐ No

☐ Yes

PL03

**I intend to take care from now on on the island, ...**

does not  
apply at  
all

Totally  
true

To dispose of all my plastic waste in the  
garbage can.

Avoid plastic packaging (e.g. when consuming  
food, drinks or shopping).

PL04

**On the Island ...**

does not  
apply at  
all

Totally  
true

I already dispose of all my plastic waste in a  
garbage can.  
I do not use plastic packaging (e.g. when  
consuming food, drinks or shopping).

**Did you know that the Island of Borkum is located in the Wadden Sea National Park? This means, among other things, that the dune and breeding areas should be protected and that the animals (from starfish to seals) should not be disturbed. Therefore, considerate behavior on the island is important.**

SG01

Please tick how much the following statements apply to you:

**I already knew the details of the Wadden Sea National Park described above.**

SG02

☐ No

☐ Yes

**I intend to stay on the island from now on**

SG03

does not  
apply at  
all

Totally  
true

not to enter the dunes off the paths.  
to stay away from the animals of the Wadden  
Sea.

**On the island**

SG04

does not  
apply at  
all

Totally  
true

I don't enter the dunes off the paths.  
I already stay away from the animals of the  
Wadden Sea.



UV01 

**Welches Verhalten zeigen Sie zuhause, wenn Sie nicht gerade verreist sind?**

Bitte kreuzen Sie an, wie sehr die folgenden Aussagen auf Sie zutreffen

**I always pay attention to ...**

not  
correct at  
all

completel  
y true

Waste separation (e.g. plastic, paper, compost)


Avoiding plastic waste (e.g. avoiding plastic packaging)

Save water (e.g. do not let the water run)

Save energy (e.g. turn off the lights, ventilate in the cold months)

sustainable food (e.g. regional, seasonal or organic).

sustainable mobility (e.g. bicycle, car only if there is no other option)

UV02 

**Please indicate whether you are involved in environmental activism (e.g. demonstrations, information dissemination).**

☐ No

☐ Yes



**Now we would like to introduce you to the term ECO-STRESS. This type of stress is triggered by the changing climate. It occurs when dealing with corresponding climate events is associated with challenges, threats or losses for humans.**

Please indicate how much you have personally been exposed to the respective climate events or the resulting consequences in the past 12 months and how stressed you have been as a result.

	Not stressed at all	Extremely stressed
Very high temperature		
Very low temperature		
High ozone levels		
High UV values		
Heavy rain		
Floods/Tsunami		
Drought/high drought		
Forest fires		
Storms/hurricanes/tornadoes		
Air pollution		
Marine pollution		
Pollution of the environment		

climate-related impairment of health

climate-related fears about the future

climate-related change in my future plans

climate-related need to change my lifestyle (e.g.  
diet, consumption, transport)

### How do you experience yourself in nature?

OU01

Please indicate how much the following statement applies to you.

does not  
apply at all

Totally  
true

Just as a tree can be part of a forest, I feel  
embedded in the world of nature.

---

Seite 12

Bitte schätzen Sie abschließend noch ihren aktuellen Gesundheitszustand ein:

OU02

What is your  
PHYSICAL state of  
health in general?

Very  
bad

bad

moderate

good

sehr  
gut

What is your  
MENTAL health  
state in general?

Very  
bad

bad

moderate

good

very  
good

**Herzlichen Dank, dass Sie bis hier durchgehalten haben. Wir freuen uns sehr über Ihre Unterstützung!**

ZU01 

Falls es noch etwas gibt, dass Ihnen wichtig ist zu ergänzen, haben Sie hier noch Platz dazu.

Wir freuen uns über Ihre Rückmeldung!

**Wenn es Ihnen Spaß gemacht hat, den Fragebogen auszufüllen, empfehlen Sie unsere Studie gerne weiter.**

ZU02 

# Thank you for your participation!

We would like to thank you very much for your help.

Your answers have been saved, you can now close the browser window

**Would you like to take part in interesting and exciting online surveys in the future?**

We would be very happy if you register your e-mail address for the SoSci Panel and use it to support scientific research projects.

---

E-Mail:

[Join the panel](#)

Participation in the SoSci Panel is voluntary, non-binding and can be revoked at any time.

The SoSci Panel will not store your email address without Ihr consent, will not send you any advertising and will not share your email address with third parties.

Of course, you can also close the browser window without participating in the SoSci panel.