



SUSTAINABLE HOME COMPETITION ENTRY FORM

Many families in Seychelles already practice sustainable behaviours such as growing their own food, harvesting rainwater, composting, and conserving energy and water. This competition seeks to provide recognition for homes on Mahe, Praslin and La Digue who are demonstrating the most commitment and innovation with respect to sustainable living and at the same time promote the social, economic and environmental benefits of these practices more widely. To enter this competition, fill in the questionnaire below, put it in an envelope clearly marked "Sustainable Home Competition" and deliver it to:

SUSTAINABILITY FOR SEYCHELLES c/o Landscape & Waste Management Agency, Ex-English River clinic, Victoria
OR mail it to: Sustainability for Seychelles, PO Box 900, Victoria, Mahe.

All entries must be received by the competition deadline: **11th NOVEMBER, 2011**. Finalist homes will be visited by a team of judges during the last two weeks of November and prizes awarded by mid December.

SECTION 1: INFORMATION ABOUT YOU

NAME OF APPLICANT:	ADDRESS:
HOME TELEPHONE: MOBILE:	# PEOPLE LIVING IN THE HOME:
TOTAL FAMILY INCOME/MONTH (tick one box) <input type="checkbox"/> Under SR 3500/mo <input type="checkbox"/> SR 3500- 10,000/mo <input type="checkbox"/> Over SR 10,000/mo	OWNERSHIP INFORMATION (tick all relevant boxes) <input type="checkbox"/> You rent the home (# yrs: _____) <input type="checkbox"/> You designed and built the home yourself: (yr: _____) <input type="checkbox"/> You bought the home (yr: _____)
SQUARE FOOTAGE OF HOME:	
CATEGORY OF HOME (tick one box) <input type="checkbox"/> A - Flat (upper level) <input type="checkbox"/> B - Small home (less than 200 m ² – ground level flat / semi detached / tiny house) <input type="checkbox"/> C - Medium house (200 -300 m ²) <input type="checkbox"/> D - Large house (more than 300 m ²)	

SECTION 2: INFORMATION ABOUT YOUR HOME AND LIFESTYLE

Please fill in the following questionnaire as honestly and accurately as possible. If there is a reason why you cannot respond (i.e. you cannot practice rainwater harvesting because you live in a flat, or you could not have a say in how the house was designed because you are renting it, please choose "not applicable" or n/a). **You can also attach up to 5 photos illustrating your efforts to make your home sustainable.**

SUSTAINABLE PRACTICES		TICK ONE BOX (✓)			
		yes	a little	no	n/a
1	The home generally reflects kreol architectural tradition (design, materials, etc.)				
2	Recycled materials were incorporated into the construction of the home				
3	The roof has a large overhang to reduce heating through walls/windows				
4	The home is cooled naturally using louvers, windows and cross ventilation				
5	The home has large windows allowing for natural lighting				
6	The colour and design of the home blend well into the surrounding environment				
7	The home was built with minimal bulldozing and clearance of the existing land				
8	The home has good drainage to prevent landslides and erosion				
9	Use this space to tell us more:				
SCORE					

	ENERGY	yes	a little	no	n/a
10	You have a solar water heater				
11	You use energy efficient light bulbs				
12	Your appliances are energy efficient				
13	You switch lights off when not in use				
14	You switch appliances off when not in use				
15	You use cold water for showering, washing clothes, dishes, etc.				
16	You use alternative energy (wind, solar, hydro) for your home's energy needs				
17	You maximize the use of natural lighting				
	You cook with gas				
	Use this space to tell us more:				
	SCORE				
	TRANSPORT	yes	a little	no	n/a
	You do not own a car				
	The bus is your main mode of transport				
	You walk or bicycle short distances				
	You take holidays in Seychelles				
	You travel from Seychelles by air once per year or less				
	Use this space to tell us more:				
	SCORE				
	WATER	yes	a little	no	n/a
	You have a water tank for storage of PUC water				
	You have a water tank for storage of river or rainwater				
	You have a rainwater collection system on your house				
	You minimize water wastage by turning off taps when not in use				
	You minimize shower time and toilet flushing				
	Your pipes are all in working order and no leaks				
	You have water saving fixtures in place (i.e. low flow showerheads, low flow toilets, faucet flow adapters, etc.)				
	You collect and re-use greywater (from taps, showers, washing machine)				
	You use rainwater or riverwater for watering the garden				
	You use rainwater for toilets or other indoor uses				
	Use this space to tell us more:				
	SCORE				
	WASTE	yes	a little	no	n/a
	You sort and recycle PET bottles				
	You sort and recycle glass bottles				
	You sort and recycle aluminum cans				
	You have a compost for organic waste				
	You feed food waste to pets				
	You re-use jars, plastic bags and other 'waste' items				
	You repair clothing, furniture and other items				
	You bring your own bags to the shop or market				
	You avoid buying over-packaged goods				
	You try to buy goods labeled as recycled				
	You avoid buying things you don't need				
	You always put your waste in the public bin				
	Use this space to tell us more:				
	SCORE				

POLLUTION		yes	a little	no	n/a
	You use natural methods for controlling pests in the home and garden (no poison or pesticides)				
	You minimize the use of cleaning products in the home, using mainly soap, water and scrubbing				
	Your waste water drains into a tank or the soil (not directly into a river or marsh)				
	Your septic tank is in good working condition				
	Use this space to tell us more:				
	SCORE				
GARDENING		yes	a little	no	n/a
	You grow your own food				
	You landscape using native and endemic plants				
	Your garden is attractive to wildlife such as birds				
	You make efforts to conserve and improve your soil naturally				
	You use only natural fertilizers (i.e. compost, manure)				
	You share garden produce with others				
	You keep your own seeds				
	You practice farming techniques to conserve soil moisture				
	Use this space to tell us more:				
	SCORE				
FOOD		yes	a little	no	n/a
	You buy locally grown and produced food				
	You cook your own healthy meals with local ingredients				
	You eat fish more often than meat				
	You are vegetarian				
	You eat food grown without pesticides and other additives				
	You make juice, pickles and jams from local produce				
	Use this space to tell us more:				
	SCORE				
COMMUNITY SPIRIT		yes	a little	no	n/a
	You help neighbours with childcare, problems, etc.				
	You trade goods or services with neighbours				
	You participate in community events and activities				
	You have a volunteer job				
	You keep noise to an acceptable level (music, barking dogs, etc.)				
	Use this space to tell us more:				
	SCORE				
HEALTH & LEISURE		yes	a little	no	n/a
	You use local, natural remedies whenever possible				
	You exercise regularly walking, cycling, hiking				
	Your children play outside more than indoors				
	Your hobbies have a low impact on the environment, i.e. windsurfing, hiking, gardening, cycling, woodcarving, etc.				
	Your hobbies require minimal equipment and energy use				
	You eat a well balanced diet with many local fruits and vegetables				
	Use this space to tell us more:				
	SCORE				

SECTION 3: ADDITIONAL INFORMATION

Please use the space below to provide any additional relevant information about your innovative efforts to make your home more environmentally sustainable:

Please use the space below to explain any particular difficulties or challenges you have in making your home sustainable:

BONUS QUESTION

What do you think could be done to encourage sustainable living in Seychelles?

FOR ADMINISTRATIVE USE

Total score:

Notes: