ORIGINAL RESEARCH ARTICLE

Conference preferences and environmental sensitivity: Insights from participants to an Italian conference about planetary health

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ABSTRACT

Background: Scientific conferences may substantially contribute to greenhouse gas emissions, yet they remain essential for professional development. Understanding how health professionals perceive environmentally sustainable conference practices is key to designing low-impact scientific events. This study explored knowledge, attitudes, behaviors, and preferences regarding sustainable conference participation among attendees of an Italian planetary health meeting.

Methods: We administered an online survey to participants of the 2024 Public Health Residents' Meeting "From Planet Earth to Planet Health" held in Ancona, Italy. The questionnaire assessed self-perceived environmental awareness, lifestyle behaviors, travel patterns, and preferences toward virtual, hybrid, and in-person conference formats. We evaluated associations between awareness and demographic or behavioral variables.

Results: Of 80 invited participants, 47 completed the survey. Most respondents were public health residents (70.2%) with balanced gender distribution. Environmental awareness was generally high but showed little association with

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demographic characteristics or lifestyle behaviors. A majority preferred in-person conferences (61.7%), perceiving them as superior for learning (68.1%) and especially for networking (87.2%). Virtual conferences were acknowledged for advantages such as lower cost, greater accessibility, and reduced environmental impact. However, environmental considerations minimally influenced conference participation decisions: only 25.5% reported considering them moderately or strongly, and just 12.8% had ever chosen a virtual format primarily for environmental reasons.
Discussion: In this exploratory study, despite high environmental awareness, limited associations were found between awareness with pro-environmental behaviors among conference participants, suggesting the complexity of sustainable decision-making in academic contexts. While participants recognized the ecological benefits of virtual formats, social and educational opportunities strongly anchored preferences toward in-person events. These insights suggest the potential value of institutional strategies, such as high-quality hybrid models and structured sustainability frameworks, to align scientific conferencing with environmental goals. Larger, multi-institutional studies are needed to validate these relationships and assess the feasibility of proposed strategies.

Key words: planetary health, environmental sustainability, carbon footprint

Background

Climate change has become one of the main public health issues, having a relevant impact on lives across the globe (1–3). Global warming, extreme weather events, and other climate-related changes are altering disease patterns, exacerbating current health risks for human beings (4). Climate change is not only affecting human health but is also influencing various sectors, including public health and healthcare systems which are under growing pressure to address the consequent health needs (5). On the other hand, healthcare systems have a strong impact on environmental health, accounting for 4.2% of global greenhouse gas emissions in 2022 and it has increased by 36% since 2016 in the very high Human Development Index (HDI) countries (1,6). For these reasons, healthcare providers have a central role in addressing these challenges, strengthening their knowledge on climate change and its impact on human and environmental health. Climate change knowledge has been shown to be an important predictor of concern and attitudes toward mitigation strategies (7,8), and stable personal relationships, such as marriage, may play a positive role in shaping these attitudes (9). Studies showed different levels of knowledge and awareness about climate-related issues among healthcare providers. Regarding clinicians' willingness to address the implications of climate change within their professional roles, they are not fully able to integrate this topic into their daily clinical practice due to knowledge gaps and perceived barriers (10–15). Specifically, some studies highlight that healthcare professionals are open to discuss climate change with their patients, and they acknowledge the importance of incorporating climate change awareness into healthcare settings (13). However, they are not able to apply such knowledge and awareness into daily practices, as they often lack the scientific knowledge and evidence-based resources to implement effective interventions (13,15).

A similar gap between awareness and action can be observed beyond clinical practice, extending to educational and organizational choices, such as the organization and attendance of scientific conferences. Conferences play a central role in continuing education and professional networking, yet they can entail a substantial environmental impact, particularly through travel-related greenhouse gas emissions and resource use, as highlighted by recent assessments of academic and medical events (16). International conferences play an important role in enabling sharing of research findings, fostering collaborations, and building working relationships (17). However, they are often far from the healthcare professionals' workplace or residence, requiring massive mobilization. Therefore, public or

private transport is needed to reach them, as well as booking accommodation to remain on site during the conference events. Many academics and public health practitioners have a hypermobile lifestyle that involves frequent air travel. Although some travels are essential for global research and to create networking, travel restrictions imposed by the COVID-19 pandemic forced communities to consider alternative ways of connecting with colleagues and partners (17–19). The growing body of literature on the carbon footprint of in-person, virtual, and hybrid conferences underscores that academic practices themselves represent a relevant and actionable setting in which sustainability-oriented behaviors can be examined and improved (20,21). Within this context, travel, particularly air travel, emerges as a major contributor to the environmental impact of academic events. Indeed, the carbon footprint associated with flying overseas to conferences, meetings, and workshops to share and build knowledge has been increasingly questioned over the last two decades, especially in environmental and climate sciences, due to the substantial emissions involved (22–25). Also, climate scientists argued that their high carbon footprints decrease the credibility of their advice to the population (26): international forums such as Intergovernmental Panel on Climate Change (IPCC) and Conference of the Parties (COP) are the quintessential examples of this paradox (23). Given the limited availability of structured training on climate-health issues among Italian public health residents, and the need to integrate sustainability principles into academic and professional activities, this study aimed to explore participants' knowledge, attitudes, behaviors, and preferences related to environmentally sustainable conference practices of participants to a professional meeting on sustainability-oriented principles that took place in Italy. Specifically, the objectives of this exploratory study were to evaluate participants' self-perceived awareness of environmental issues and assess their preferences regarding different conference formats (in-person, virtual, hybrid), trying to identify the main factors influencing the choice between virtual and in-person conferences, with particular attention to environmental considerations.

Methods

Survey design and setting

We conducted a cross-sectional study using an exploratory online survey administered exclusively to participants of the Public Health Residents' Meeting titled "From Planet Earth to Planet Health: The Unbearable Lightness of the Present." The survey aimed to assess their sensitivity to planetary health and broader environmental issues, as well as to explore their self-perceived awareness and preferences regarding different conference formats. The meeting was held at the Orfeo Tamburi Auditorium, Mole Vanvitelliana, in Ancona (Marche, Italy), on 28–29 June 2024. It addressed key challenges at the intersection of human and environmental health, with a particular focus on current and future sustainable policies and tools for healthcare services, nutrition, and other human activities. The event was intentionally designed to reduce its environmental impact, adhering to sustainability-oriented principles. These included selecting a venue accessible by public transport, limiting printed materials, promoting the use of reusable items, and strengthening climate-health education among Italian public health residents. The conference had a dual objective: to enhance participants' knowledge and awareness of climate-related health issues, and to provide an opportunity to examine their attitudes, behaviors, and preferences concerning environmentally sustainable scientific practices, including conference formats and travel choices.

Study population

The study population was approximately 80 participants or speakers in the meeting, embracing medical residents in Hygiene and Preventive Medicine from all over Italian schools, medical specialists, biologists, other healthcare workers and academics. The inclusion criteria were the attendance as a participant or as a speaker at one of the days of the meeting and the agreement to complete the survey without any incentives. Whoever did not attend the meeting for any reason or did not want to fill in the survey was excluded from this study.

Questionnaire

The survey was created and distributed by the Working Group on "Crisis, Environment, and Health" of Medical Residents' Assembly of the Italian Society of Hygiene and Preventive Medicine (SItI), based on the current literature and questionnaires previously used (27–30). It consisted of 39 items (34 main and 5 minors, whose answer depended on that given to the previous main item, when applicable), divided into five sections. The first was the demographics: gender, year of birth, marital status; professional qualification; the main specialty; role in the Meeting. The second section regarded knowledge on environment, habits, Event, and Conference Preferences. To avoid missing data, responding to the main questions was mandatory. A brief information module on the rationale and purposes of this study and the informative consensus were inserted before the questionnaire access. The answer (yes/no) to the informative consensus was mandatory before filling out the questionnaire. The full questionnaire is provided in the Supplementary Material.

Data collection

The survey was conducted as a voluntary, anonymous, and electronic questionnaire, using Google Form (©2024 Google, Mountain View, CA, USA). Data was collected in a Microsoft Excel spreadsheet and encrypted by a password. Only researchers involved in this study managed the data. The questionnaire was distributed by email during the days following the event.

Variables of interest

Given the population size, the career stage was dichotomized into "resident" and "others". Regarding the outcomes, self-perceived awareness about environmental issues was a categorical variable, which was dichotomized into "a little" (including the choice "not at all" and "a little") and "a lot" (including "much" and "much more"). Another outcome was conference preferences, encompassing the qualitative values "in person", "virtual", and "no preference".

Sample size

Given the exploratory design of this cross-sectional study, focused on the participants of the meeting in Ancona (Marche, Italy), a minimum sample size was not calculated. The survey was designed for the participants of the meeting, who could participate in this study voluntarily. Being a convenience sample of the meeting participants, the results were interpreted considering the study population and the explorative nature of this cross-sectional study.

Ethical considerations

In line with European ethical and data protection regulations (GDPR, Regulation EU 2016/679) (31), Ethical Committee approval was not required, as all responses were anonymous, preventing any individual identification. Data analysis was performed exclusively in aggregate form, ensuring compliance with Italian and European regulations on personal data protection and management. Participation implied informed consent, and all data were handled in compliance with applicable legal and ethical requirements.

Analyses

Descriptive and inferential statistical analyses were performed using STATA, version 19 (StataCorp. 2025. Stata Statistical Software: Release 19. College Station, TX: StataCorp LLC). Qualitative variables were reported as numbers and percentages. Chi-square test or Fisher's exact test, as appropriate, compared the differences between independent variables and the outcome of interest in self-perceived awareness of environmental issues and their impact on health. Age was originally a continuous variable with a non-normal distribution after performing the Shapiro-Wilk test. Accordingly, the variable was dichotomized considering the median value as the cut-off.

Results

Out of the 80 email invitations sent, we received 47 responses (58.7%). Table 1 summarizes the demographic characteristics of participants. The

Table 1. Characteristics of participants

	47 responders	100%
	n	%
Gender		
Female	23	48.9
Male	24	51.1
Age Group		
<32 years	17	36.2
≥ 32 years	30	63.8
Career Stage		
Resident	33	70.2
Other	14	29.8
Marital Status		
Single	25	53.2
Married	10	21.3
Common-law	8	17.0
Separated/Divorced	4	8.5

majority were residents (70.2%). Respondents were nearly equally distributed by gender, with 48.9% female and 51.1% male. Regarding marital status, the majority were single (53.2%), followed by married (21.3%), in a common-law relationship (17.0%), and separated/divorced (8.5%) (Table 1).

Table 2 shows participants' self-reported awareness of environmental issues and their impact on health in relation to various demographic and lifestyle factors. Overall, limited differences were found in the comparison we performed. Specifically, males and females reported similar levels of awareness, while age did not appear to influence awareness significantly, with similar proportions of younger (<32 years) and older participants (≥32 years) reporting high awareness. Lifestyle factors such as type of water consumed, use of reusable water bottles, meat consumption frequency, food waste habits, and primary transportation mode did not markedly correlate with self-perceived environmental awareness. However, some variations were noted: for instance, individuals who regularly used reusable water bottles tended to report higher awareness, most participants reported low food waste (1%-25%), and most consumed meat a few times a week (Table 2).

Regarding preferences for conference formats (Table 3), most respondents expressed a clear preference for attending conferences in person (61.7%), while only a small minority preferred virtual attendance exclusively (2.1%). A substantial proportion had no specific preference between the two formats (36.2%). When asked about the optimal conference format for learning purposes, the majority identified in-person formats as superior (68.1%), with only one respondent favoring virtual formats, while a notable group (29.8%) saw both formats as equally beneficial. Networking effectiveness strongly favored in-person conferences (87.2%), with no respondents finding virtual networking superior. Environmental impact appeared to have limited influence on conference attendance decisions: only 4.2% considered it strongly, 21.3% moderately, whereas the majority (74.5%) considered it minimally or not at all (Table 3).

Table 4 highlights the factors influencing participants' decisions between virtual and in-person conference formats. The leading determinants were travel and accommodation costs, networking opportunities, and quality of the conference content. Respondents perceived significant advantages of virtual conferences, such as reduced overall costs, lower environmental impact, and increased accessibility. However, notable disadvantages associated with virtual formats were also identified, including considerably reduced personal interactions, technical challenges, fewer spontaneous networking opportunities, and greater distractions during sessions (Table 4).

Discussion

Our exploratory study examined potential associations between environmental awareness and pro-environmental behaviors among conference participants. We found little association between awareness and most behaviors examined, such as reduction in water usage, meat consumption, or car-dependent transport choices, although participants who regularly used reusable water bottles showed a trend toward higher environmental awareness. Future studies are needed to determine if the well documented phenomenon of cognitive dissonance in pro-environmental behavior

Table 2. Self-Perceived Awareness of Environmental Issues and Their Impact on Health: Associations with Demographic and Lifestyle Factors

How informed do you consider yourself about environmental issues and their impact on health?	**A little n (%)**	**A lot n (%)**
Gender		
Female	16 (69.6)	7 (30.4)
Male	12 (50.0)	12 (50.0)
Age Group		
<32 years	13 (76.5)	4 (23.5)
≥ 32 years	15 (50.0)	15 (50.0)
Career Stage		
Resident	22 (66.7)	11 (33.3)
Other	6 (42.9)	8 (57.1)
Marital Status		
Single	17 (68.0)	8 (32.0)
Married	3 (30.0)	7 (70.0)
Common-law	6 (75.0)	2 (25.0)
Separated/Divorced	2 (50.0)	2 (50.0)
Water consumption		
Tap water	13 (72.2)	5 (27.8)
Bottled water	12 (48.0)	13 (52.0)
Filtered water from jugs or domestic systems	1 (100)	0 (0)
Filtered water from municipal distributors	2 (66.7)	1 (33.3)
Use of a water bottle		
Usually	12 (52.2)	11 (47.8)
Sometimes	9 (64.3)	5 (35.7)
Rarely	1 (33.3)	2 (66.7)
Never	6 (85.7)	1 (14.3)
Meat consumption		
More than once a day	0 (0.0)	1 (100)
A few times a week	24 (64.9)	13 (35.1)
Less than once a week	2 (33.3)	4 (66.7)
Never	2 (66.7)	1 (33.3)
Food waste		
0%	7 (58.3)	5 (41.7)
1% - 25%	21 (61.8)	13 (34.2)
26% - 50%	0 (0.0)	1 (100)
> 50%	0 (0.0)	0 (0.0)

How informed do you consider yourself about environmental issues and their impact on health?	**A little n (%)**	**A lot n (%)**
Gender		
Female	16 (69.6)	7 (30.4)
Male	12 (50.0)	12 (50.0)
Most used vehicle		
Car	20 (55.6)	16 (44.4)
Motorbike	0 (0.0)	0 (0.0)
Public transport	6 (66.7)	3 (33.3)
Foot/bike	2 (100)	0 (0.0)

Table 3. Conference Format Preferences and Perceptions

Preferred Conference Mode	**n**	**%**
In person	29	61.7
Virtual	1	2.1
No preference	17	36.2
Optimal Learning Conference Format	**n**	**%**
In person	32	68.1
Virtual	1	2.1
Both	14	29.8
Networking Effectiveness Across Conference Formats	**n**	**%**
Better In Person	41	87.2
Better Online	0	0
No Differences	6	12.8
Considering Environmental Impact in Conference Attendance Decisions	**n**	**%**
Very much	2	4.2
Moderately	10	21.3
A little / Not at all	21	74.5
Choosing Virtual Over In-Person Conferences for Environmental Reasons	**n**	**%**
Yes	6	12.8
No	41	87.2

Table 4. Factors Influencing the Choice Between Virtual and In-Person Conferences: Advantages and Disadvantages

What factors most influence your choice between a virtual and an in-person conference?	**n**	**%**
Travel and accommodation costs	27	27,8
Networking opportunities	26	26,8
Quality of the program content	25	25,8
Flexibility and convenience	14	14,4
Environmental impact	5	5,2
What do you think are the main advantages of a virtual conference compared to an in-person one?	**n**	**%**
Lower overall costs	37	30,6
Lower environmental impact	30	24,8
Greater accessibility	30	24,8
Ability to rewatch recorded content	23	19,0
Ability to participate when travel is not possible	1	0,8
What do you think are the main disadvantages of a virtual conference compared to an in-person one?	**n**	**%**
Less personal interaction	43	34,9
Technical issues	29	23,6
Lack of spontaneous networking opportunities	28	22,8
More distractions during sessions	23	18,7

(32,33), where environmental knowledge and awareness alone is insufficient to drive behavioral change (34,35), applies to scientific conference attendees and conference-related environmental decision-making. This disconnection, if confirmed, reflects the complexity of factors influencing pro-environmental behavior, including psychological distance, perceived behavioral control, and social norms, as described in the literature (36,37). In this context, virtual conferences offer several advantages, as suggested by the exploratory survey responses and corroborated by recent studies conducted during and after the COVID-19 pandemic (38, 39): from a significant carbon emission reduction, estimated between 94-99% compared to in-person events (40,41) to greater cost-effectiveness and accessibility.

On the other side, the identified drawbacks, particularly limited interpersonal engagement, technical issues, and reduced networking opportunities, align with concerns raised in the literature about the social capital limitations of virtual scientific exchanges (42,43). Research on hybrid conference models suggests they can balance environmental concerns with networking needs, though implementation challenges remain significant (44). The success of hybrid formats has been reported to depend critically on addressing technical infrastructure, ensuring equitable participation, and creating meaningful online networking opportunities (45,46). Some limitations warrant consideration when interpreting our findings. The small sample size limits statistical power and may have obscured genuine associations between environmental awareness and behavior. This limitation is particularly relevant given the subtle effects often observed in pro-environmental behavior research (47). Moreover, the insufficient numbers within the career stage limited a stratified analysis for each professional category, grouping professionals with heterogeneous backgrounds which potentially could influence self-perceived awareness about environmental issues and conference preferences.

In the present study, reliance on self-reported data collected within a conference setting focused on planetary health topics may have introduced response bias and social desirability bias, well-documented challenges in environmental behavior research (48). Participants may have overestimated their environmental awareness or underreported environmentally harmful behaviors. The use of

self-assessment for knowledge measurement further compounds this limitation, as individuals often demonstrate poor calibration in self-evaluating their environmental knowledge (49). In addition, the questionnaire instrument was not formally validated, culturally adapted, or pre-tested, representing an additional methodological limitation. Selection bias represents another significant limitation. Survey respondents and congress participants likely represent a subset of the scientific community with higher baseline interest in environmental issues, potentially limiting generalizability; in addition, they represent a younger-than-average population, which may further introduce selection bias, an issue to be addressed in future research (50). Professional societies should consider the incorporation of sustainability metrics into conference evaluations and providing recognition for low-carbon participation methods (51,52). By normalizing these practices, institutions can create an enabling environment that supports individuals that may lack the resources, institutional support, or geographic positioning to consistently do so, thus democratizing access to low-carbon options rather than framing them as individual responsibilities or privileges (53). In particular, the promotion and support of well-organized hybrid or remote conferences could be considered as a potential strategic direction for scientific organizations and funding bodies, balancing between in-person opportunities while offering remote alternatives (41, 54). This may require not merely technological investment but also cultural change in how scientific merit and networking are conceptualized (18,55). The dissemination of case studies, best practices, and concrete guidelines for environmentally responsible event planning has the potential to facilitate institutional change (16,56).

Conceptual proposal

Building on these considerations, there is an emerging need for structured, system-level tools that can guide institutions in operationalizing sustainability principles rather than relying on isolated or ad-hoc initiatives. To address this gap, we propose the *Sustainable Scientific Conference Framework* (Figure 1), a literature-informed conceptual model that synthesizes evidence-based recommendations into eight interconnected domains: accessible venues, sustainable mobility partnerships, eco-certified accommodation, low-impact catering, digital-only materials, robust virtual participation, distributed city hubs, and climate accountability (17, 24, 39, 57, 58).

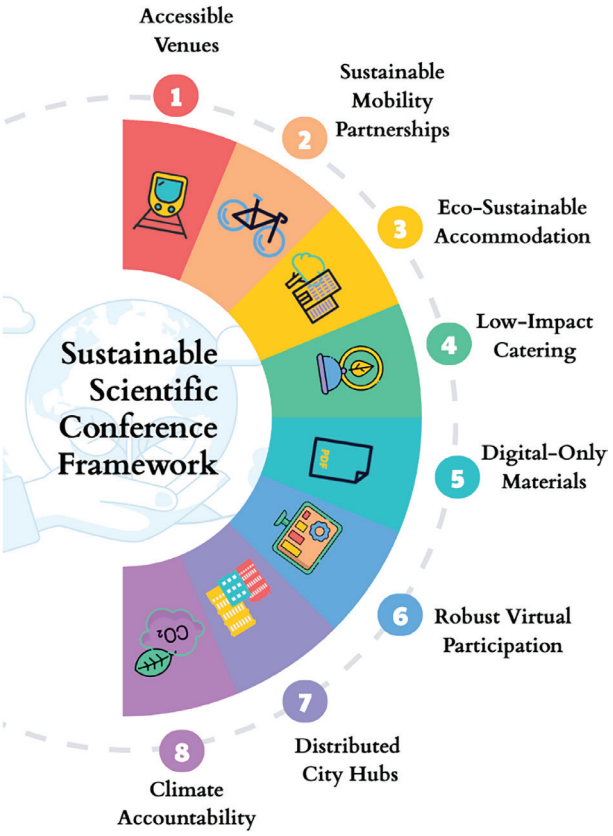

Figure 1. Sustainable Scientific Conference Framework: A comprehensive framework translating sustainability objectives into actionable strategies across conference planning, infrastructure, participation modes, and monitoring.

The framework operationalizes these domains into implementable measures across planning, mobility, materials, and participation, to align scientific conferencing with environmental sustainability goals. It positions hybrid formats, particularly distributed hubs, as potentially efficient structural solutions to reduce travel-related emissions while preserving essential interaction. Collectively, its components aim to embed low-impact practices into routine conference workflows and to strengthen mechanisms for transparent

monitoring and reporting, creating accountability and enabling evidence-based improvements (58,59).

Conclusion

This study provided insights into the complex relationship between environmental awareness and conference format preferences in the scientific community. Despite the modest sample size, the findings suggest openness to alternative conference formats, a positive sign for potential meaningful transformation. Realizing this transition will require a concerted effort across individual, institutional, and systemic levels, supported by ongoing research into effective interventions and implementation strategies.

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Supplementary material

Questionnaire administered to participants

QUESTIONARIO SOSTENIBILITÀ AMBIENTALE - GDS ANCONA 2024

Negli ultimi decenni, la crescente consapevolezza riguardo all'emergenza ambientale ha spinto numerosi settori a rivedere le proprie pratiche e politiche per ridurre l'impatto delle proprie attività sull'ecosistema. Il settore sanitario non fa eccezione. La sostenibilità ambientale in ambito sanitario rappresenta non solo una sfida, ma anche un'opportunità per migliorare la salute pubblica, ridurre i costi e promuovere un futuro più sostenibile.

Da questa necessità è nata l'idea di organizzare le giornate degli specializzandi dal titolo "From Planet Earth to Planet Health: L'Insostenibile Leggerezza del Presente". Questo evento è stato concepito per sensibilizzare e formare i futuri professionisti della salute sull'importanza della sostenibilità ambientale nelle loro pratiche quotidiane.

Il questionario a cui vi chiediamo di aderire è rivolto a tutti i partecipanti delle Giornate degli Specializzandi tenutesi ad Ancona il 28 e 29 giugno 2024, ed è ideato dal Gruppo di Lavoro della Consulta dei Medici in Formazione Specialistica S.It.I. "Ambiente, Crisi Climatica e Salute". Le vostre risposte ci aiuteranno a comprendere quali aspetti dell'evento rispondono al meglio alle vostre esigenze formative e a promuovere una cultura della sostenibilità che possa diventare parte integrante degli eventi scientifici.

Vi ringraziamo anticipatamente per la vostra partecipazione e il vostro contributo a questa importante iniziativa.

Informativa di consenso informato

La presente informativa di consenso informato permette di procedere con la compilazione di una survey online in cui, in maniera totalmente anonima, dovrà rispondere a domande sul tema della sostenibilità ambientale.

La Sua partecipazione è volontaria e può decidere di interrompere la compilazione in qualsiasi momento, per qualsiasi motivo.

I risultati dello studio verranno utilizzati per scopi di ricerca. I dati saranno presentati ed utilizzati, in forma aggregata, per pubblicazioni scientifiche e successivi interventi di promozione della sostenibilità ambientale.

Se ci sono domande o dubbi circa la natura di questa ricerca o riguardo al questionario, si prega di contattare la responsabile della ricerca (Dott.ssa Corinna Fortunato, Coordinatrice Gruppo di Lavoro della Consulta dei Medici in Formazione Specialistica S.It.I. "Ambiente, Crisi Climatica e Salute" - Università Politecnica delle Marche di Ancona - corinna.fortunato@pm.univpm.it).

Ha letto le informazioni fin qui fornite ed il consenso informato?*

- Sì
- No

Consenso alla partecipazione volontaria della survey*

- Acconsento
- Non Acconsento

Genere:*

- M
- F
- Altro

Anno di Nascita:*

_____

Stato civile:*

- Celibe/nubile
- Coniugato/a
- Convivente

- Separato/divorziato
- Vedovo/vedova

Qualifica professionale:*

- Studente
- Medico Specializzando
- Dottorando
- Medico Specialista
- Professore
- Pensionato
- Libero Professionista
- Altro [vuoto]

Se sei specialista, specifica la tua specialità principale

_____

Ruolo nell'evento:*

- Partecipante
- Relatore
- Moderatore
- Conoscenze

Quanto ritieni di essere informatə sui temi ambientali e il loro impatto sulla salute?*

- Per nulla
- Poco
- Molto
- Moltissimo

Quali pensi siano attualmente le principali minacce ambientali:*

	Per nulla	**Poco**	**Molto**	**Moltissimo**
Crisi climatiche				
Crisi economiche				
Crisi sociali/politiche				
Inquinamento				
Perdita di biodiversità				
Conflitti di interesse				

Ritieni che i fattori ambientali costituiscano cause di patologia?*

- Per nulla
- Poco
- Molto
- Moltissimo

A tuo avviso, qual è il problema ambientale che ha il maggiore impatto sulla salute nel nostro paese? [1]*

- Inquinamento dell'aria
- Inquinamento delle acque
- Rifiuti
- Rumore
- Campi elettromagnetici
- Riscaldamento globale
- Siccità
- Eventi meteorologici estremi
- Alluvioni
- Desertificazione
- Malattie infettive
- Altro:

Quale delle seguenti attività ha il maggiore impatto sulle emissioni di gas climalteranti? Seleziona le tre attività più impattanti e ordinale in modo decrescente.*

	1° Posto	**2° Posto**	**3° Posto**
Riscaldamento domestico			
Attività industriale			
Produzione di energia			
Trasporti aerei			
Traffico veicolare			
Agricoltura			
Gestione dei rifiuti			
Deforestazione			
Edilizia e costruzioni			
Industria informatica			

Abitualmente consumi (più opzioni):*

- Acqua del rubinetto
- Acqua in bottiglia
- Acqua filtrata da brocche o impianti domestici
- Acqua filtrata dei distributori comunali (casette dell'acqua)
- Altro:

Utilizzi una borraccia per portare l'acqua con te:*

- Abitualmente
- Qualche volta
- Raramente
- Mai

Se consumi carne, con che frequenza?*

- Più di una volta al giorno
- Qualche volta a settimana
- Meno di una volta a settimana
- Mai

Quanto del cibo che acquisti viene sprecato e gettato via?*

- Nessuno
- 1% - 25%
- 25% - 50%
- Più del 50%

In quale tipo di veicolo viaggi più spesso come conducente o passeggero?*

- Auto
- Motocicletta
- Trasporto pubblico
- Nessuno - cammino o vado in bicicletta

Nell'ultimo anno (luglio 2023 - giugno 2024), quanti voli hai preso (considera ogni volo di andata e ritorno come 2 voli)? (Non includere i viaggi di lavoro, poiché fanno parte dell'impronta del tuo datore di lavoro, non della tua)*

- Nazionali (Italia)
- 0-1
- 2-4

- 5-10
- >10
- A breve raggio, escludendo i voli nazionali conteggiati nella risposta precedente, fino a 3 ore di durata (all'interno della stessa regione geografica come ad esempio, voli all'interno dell'Europa, degli Stati Uniti, etc.)
- 0-1
- 2-4
- 5-10
- >10
- A medio raggio, da 3 a 6 ore
- 0-1
- 2-4
- 5-10
- >10
- A lungo raggio, oltre le 6 ore
- 0-1
- 2-4
- 5-10
- >10

Evento: Giornate degli Specializzandi "From Planet Earth to Planet Health: L'Insostenibile Leggerezza del Presente". Ancona, 28 e 29 giugno 2024

In quali giornate hai partecipato all'evento?*

- 28 giugno
- 29 giugno

In che modalità hai partecipato all'evento?*

- Presenziale
- Virtuale

Da dove sei partito?*

Provincia: _____

Come hai viaggiato per raggiungere il luogo dell'evento (Mole Vanvitelliana)? (Inserire tutti i mezzi, incluso il tratto a piedi, usati per raggiungere la città)*

- Auto
- Autobus
- Treno
- Aereo
- Bicicletta
- A piedi
- Altro (specificare): _____

Tipo di alimentazione del veicolo (se applicabile):

- Benzina
- Diesel
- Metano
- GPL
- Ibrida
- Elettrica

Se hai usato un mezzo privato, hai condiviso il viaggio con qualcuno?

- Sì
- No

In caso affermativo, quante persone erano nel veicolo (te incluso)?

_____

Quali motivazioni ti hanno portato ad utilizzare questo mezzo?*

- Comodità
- Tempo
- Convenienza economica
- Mancanza di alternative
- Sostenibilità
- Altro

Distanza percorsa (solo andata):*

- <8 km
- 9-30 km
- 31-100 km
- 101-1000 km
- >1000 km

Quante notti hai soggiornato per l'evento?*

- 0
- 1
- 2
- 3
- >3

Tipo di alloggio:

- Hotel
- Ostello
- Airbnb o simili
- Ospitato da amici o parenti
- Domicilio abituale
- Altro (specificare): _____

Come ti sei spostato dall'alloggio al luogo dell'evento/eventi sociali? (più di 1)*

- Auto/taxi da solo
- Auto/taxi in sharing
- Autobus
- Treno
- Bicicletta/monopattino
- A piedi

Preferenze Congressuali

Quale formato di congresso ritieni più comodo preferisci?*

- Virtuale
- Presenziale
- Entrambi

Secondo la tua esperienza, quale formato di congresso ritieni più efficace per l'apprendimento?*

- Virtuale
- Presenziale
- Entrambi sono ugualmente efficaci

Come valuti l'efficacia delle relazioni lavorative tra colleghi nei diversi formati di congresso?*

- Le relazioni sono migliori nei congressi virtuali
- Le relazioni sono migliori nei congressi presenziali
- Non noto differenze significative

Quali fattori influenzano maggiormente la tua scelta tra un congresso virtuale e uno presenziale? (Seleziona tutte le opzioni applicabili)*

- Costi di viaggio e alloggio
- Impatto ambientale
- Opportunità di networking
- Qualità del contenuto del programma
- Flessibilità e comodità
- Altro

Quanto consideri l'impatto ambientale nella tua decisione di partecipare a un congresso virtuale o presenziale?*

- Molto
- Moderatamente
- Poco
- Per nulla

Hai mai scelto di partecipare a un congresso virtuale invece che presenziale principalmente a causa del minor impatto ambientale?*

- Sì
- No

Quali sono, secondo te, i principali vantaggi di un congresso virtuale rispetto a uno presenziale? (Seleziona tutte le opzioni applicabili)*

- Minor impatto ambientale
- Maggiore accessibilità
- Minori costi generali

- Possibilità di rivedere i contenuti registrati
- Altro

Quali sono, secondo te, i principali svantaggi di un congresso virtuale rispetto a uno presenziale? (Seleziona tutte le opzioni applicabili)*

- Minore interazione personale
- Distrazioni maggiori durante le sessioni
- Problemi tecnici
- Mancanza di opportunità di networking spontaneo
- Altro

*domande obbligatorie