

The questionnaire was divided into 4 stages. In the first stage, the respondent had access to the consent form and could accept or not participate in the research. In the second stage, with a single question, respondents indicated whether or not they had taken classes during the COVID-19 pandemic.

In the third stage, there were questions aimed at the profile of the respondent, their habits and characteristics during the pandemic. Finally, the fourth stage had questions focused on the analysis of the ecological footprint.

### **Section S1**

- 1) Do you agree to voluntarily participate in this research?
- 2) Enter your full name

### **Section S2**

- 1) Have you taken online classes during the COVID-19 pandemic?

### **Section S3**

- 1) Gender
- 2) Age
- 3) Undergraduate course OR Postgraduate program that you study?
- 4) The course is
- 5) Is your course face-to-face?
- 6) What is your course shift?
- 7) During the pandemic, did the course offer virtual classes?
- 8) Did you have the computing resources available to follow the classes properly?
- 9) Which resource did you use the most?
- 10) What is the QUALITY of the internet connection you use to carry out the remote study?
- 11) Regarding the QUALITY of virtual classes compared to face-to-face classes, do you believe that:
- 12) Regarding your LEARNING comparing virtual classes with face-to-face classes, do you believe that:
- 13) In your opinion, if you could choose the type of teaching, would you choose?
- 14) How do you evaluate the institutional support for teleworking?
- 15) Did virtual classes increase your task volume compared to face-to-face classes?
- 16) About the feeling of tiredness during this period, what do you think?
- 17) Cite in up to 5 words or terms what you think could be implemented to improve remote classes (separate words by semi-colons).

### **Section S4**

- 1) How often did you consume animal products BEFORE the COVID-19 pandemic?
- 2) How often did you consume animal products DURING the COVID-19 pandemic?
- 3) Of the food you consume, what percentage of unprocessed, unpackaged or locally grown food (less than 320 km away) BEFORE the COVID-19 pandemic? (Answer with a percentage from 0% to 100%)
- 4) Of the food you consume, what percentage of unprocessed, unpackaged or locally grown food (less than 320 km away) DURING the COVID-19 pandemic? (Answer with a percentage from 0% to 100%)
- 5) Which type of housing best describes your home?
- 6) What is the construction material of your house?

- 7) How many people lived in your household, including you, BEFORE the COVID-19 pandemic?
- 8) How many people lived in your household, including you, DURING the COVID-19 pandemic?
- 9) What is the size (exact or estimated) of your house, in m<sup>2</sup>?
- 10) Did you have electricity at home, BEFORE the COVID-19 pandemic?
- 11) Did you have electricity at home DURING the COVID-19 pandemic?
- 12) Was your home energy efficient BEFORE the COVID-19 pandemic?
- 13) Was your home energy efficient DURING the COVID-19 pandemic?
- 14) What is the percentage of renewable energy consumed in your home, BEFORE the COVID-19 pandemic? (Answer with a percentage from 0% to 100%)
- 15) What percentage of renewable energy is consumed in your home DURING the COVID-19 pandemic? (Answer with a percentage from 0% to 100%)
- 16) Compared to the general Brazilian population, how much waste did you produce BEFORE the COVID-19 pandemic?
- 17) Compared to the general Brazilian population, how much waste did you produce DURING the COVID-19 pandemic?
- 18) How far do you drive per week by car in Km? As a driver or passenger, BEFORE the COVID-19 pandemic? (Reply in km)
- 19) How far do you drive per week by car in Km? As a driver or passenger, DURING the COVID-19 pandemic? (Reply in km)
- 20) What distance do you travel weekly by motorcycle in Km? As a driver or passenger, BEFORE the COVID-19 pandemic? (Reply in km)
- 21) What distance do you travel weekly by motorcycle in Km? As a driver or passenger, DURING the COVID-19 pandemic? (Reply in km)
- 22) What is the average fuel consumption of the vehicles you used most often, BEFORE the COVID-19 pandemic? (Reply in Km/L)
- 23) What is the average fuel consumption of the vehicles you use most often DURING the COVID-19 pandemic? (Reply in Km/L)
- 24) When traveling by car, how often did you carpool BEFORE the COVID-19 pandemic? (Answer in percentage from 0% to 100%)
- 25) When traveling by car, how often do you carpool DURING the COVID-19 pandemic? (Answer in percentage from 0% to 100%)
- 26) How far did you travel (in km) per week on public transport BEFORE the COVID-19 pandemic?
- 27) How far do you travel weekly on public transport (in km) DURING the COVID-19 pandemic?
- 28) How many hours per year did you travel by plane, BEFORE the COVID-19 pandemic?
- 29) How many hours per year do you travel by plane, DURING the COVID-19 pandemic?