

Questionnaire

- Male
- Female

Where are you from ? _____

London

Trencin

Rheine

Age ?

12 – 15

16 – 18

older _____

What is your nationality?

Do you follow a particular religion?

SCHOOL

At what age did you start school?

At what age will you finish school/ college?

Do young children in your country have to attend compulsory pre-school/ day care groups?

What time did you start and finish school every day in primary school?

What time do you start and finish school/college every day now?

How many hours per week do you go to college?

What do you study in college?

Which subjects do you prefer?

Do you take part in any extra-curricular activities or lunchtime activities?

Do you go to school because you like that or because you have got to go there?

How many hours do you spend on learning at home?

Have you ever been bullied before?

What do you think about truancy?

What type of exams do you have to take to graduate from your school?

Are you planning to go to university?

Are you confident that you will get a job when you finish studying at college or university?

Yes

No

Not sure

What job would you like to do as a career and why?

FAMILY AND LIFE STYLE

What type of accommodation do you live in?

Have you got any brothers or sisters? How many?

Do you get on well with your parents?

Do you often help your parents with housework?

In what way do your parents support your interests?

Do your parents/ carers have full time jobs?

- I live with one parent/ carer only and they have a fulltime job
- I live with one parent/ carer only and they don't have a full time job
- One of my parents/ carers I live with works
- Both parents/ carers work

Would you rather spend time with your family or friends?

What time do you go to bed?

What is an entertainment for you?

Do you like discos and parties? How often do you go there?

How long are you allowed to go out (disco etc.)?

When somebody is involved in illegal or inappropriate activities, is he cool or not?

Is there enough nature in your surroundings?

Do you have any pets? If yes, which ones?

What sorts of music do you like?

- Pop
- Rock
- Techno
- Hip-Hop
- Other _____

What type of socialisation do you use?

And how long do you use it per day?

- Facebook _____
- MySpace _____
- Twitter _____
- GooglePlus _____
- Other _____

Do you read books or do you prefer information on the Internet?

Do you use other media/ technological gadgets?

And how long do you use them per day?

- Playstation etc. _____
- Mobile phone _____
- Computer / Laptop _____
- TV _____
- Other _____

Do you have a part time job ?

Yes Which one ? _____

How much do you earn per month ? _____ **0 € OR 0 £**

No

How much pocket money do you get per month ? **0 € OR 0 £**

0 – 20 20 – 40 40 – 60 60 – 80 80 – 100 more

What do you spend your money on ?

How much money do you spend per month?

- Parties _____
- Clothes _____
- Food /Sweets _____
- Books / Magazines _____
- Holidays _____
- Saving _____
- Electronic gadgets _____
- Other _____

Do you get any financial help from the government?

SPORT

How often do you take part in sport or physical activity?

- Never
- Rarely
- 1-2 times a week
- 3-4 times a week
- Everyday

Which sport or physical activity do you do on a weekly/monthly basis?

.....

Why do you take part in physical in sport/physical activity?

- Keep fit
- Compulsory – I have to as part of my education
- Socialise
- Lose weigh
- Physical health
- Mental health
- Gain skills

Please state which characteristics best describes your diet

- Healthy (low in fat/salt/based on complex carbohydrates)
- High in fat
- High in Fibre
- High in protein
- Low in carbohydrate
- High vegetables
- High in fruit (5 a day)
- Plenty of water with meals
- High in sugar
- Has religious guidelines (e.g. halal/kosher etc)
- High in seafood
- Drink energy drinks
- Mainly grilled food/boiled
- Mainly fried foods

Do you smoke tobacco or any other substance?

How much do you smoke each day /week/ month

Daily

Weekly.....

Monthly

How often do you drink alcohol?

Daily

Weekly.....

Monthly.....

If you do drink alcohol, what is the average percentage of alcohol you normally drink??

1-12%

12-25%

25-40%

50%

What is the most alcohol (if any) you have drunk in one night?

..... (e.g 5 pints)

Do you often binge? (daily or weekly or monthly basis)

If you do drink alcohol when do you drink alcohol?

- When stressed/depressed
- With friends / peers
- At home
- In pub or club
- Parties
- In park/ on the street

Do or have you ever suffered from any of the following?

- Depression
- High blood pressure
- Diabetes
- Eating disorders (e.g anorexia/bulimia etc)
- Constipation
- Breathing problems
- Chronic health problems
- Sexually transmitted diseases
- Overweight/obesity

Would you say that you are a generally stressful person?

- Yes
- Some of the time
- No

How often do you get stressed?

- Every day
- Every week
- Every month
- Rarely/never

What are the main sources of stress in your life?

- Relationships/sex
- College work
- Family
- Social pressures
- Food
- Employment
- Money
- Body image
- Computer games
- Bullying

Do you complete any of the following hobbies in your spare time?

- Play an instrument
- Play computer games
- Reading/going to the library/listening to audio-books
- Playing music
- Going to concerts
- Going to clubs/raves
- Play for a college team/or sports
- Go to the gym
- Going shopping
- Using the internet/mobile phones/messengers
- Crafts
- Cooking
- Watch TV/DVD's
- Sleep (in the daytime)
- Visit places (e.g. museums/art galleries)
- Gardening
- Go bowling
- Other
- Driving/cars
- Caring for animals

Do you have any barriers to physical activity or sport?

- Social barriers (family/relationships/peer pressure)
- Physical barriers (e.g. injury/disability)
- Time constraints(due to college work/employment/home chores)
- Safety (e.g. crime/fear for personal safety)

- Religious constraints
- Transport
- Finance
- Welfare
- Mental health problems (Body Image/depression etc)

On average how many hours do you sleep per night?

- 1-2hours
- 2-4 hours
- 5-7 hours
- 8 hours
- 8+ hours

How often do you socialise per week?

- Never
- 3 times per week
- 3+ times a week
- 1-3 times per week

Do you feel any social pressure to

Take drugs

Have sex

Drink alcohol

Commit crime

Smoke cigarettes

Sell drugs

Wearing designer clothes

Have the latest electronic gadgets/mobile phones.

HEALTH

Do you think of yourself as:

- Underweight
- Overweight
- Good weight?

How many hours sleep do you get per night?

- Less than 6 hours
- 6-8 hours
- 8 – 10 hours
- More than 10 hours

What do you do to relax?

How much time do you spend with your friends every week outside classtime?

How often do you eat a meal with your family, round a table?

- Once a week
- 2 – 3 times a week
- 3-5 times a week
- Every day
- Special occasions or never

Describe your favourite meal

What do you eat for breakfast on a school day?

What do you eat for lunch on a school day?

Are you in a sexual relationship?

- Yes
- No
- Prefer not to say

What kind of things make you feel anxious?

To what extent do think you are influenced by your friends in your lifestyle choices? (e.g. clothes, music, activities, drinking)

- My friends influence my lifestyle choices a lot
- I listen to my friends opinions and they have some influence on my choices
- I do care what my friends think, I make my own decisions

Who are your role models? (people you look up to)

When you answered the question above in which category was the answer?

- Celebrity (film/ TV/ music)
- Sports personality
- Teachers/ supporting adults
- Family
- Friends your age

Do you think of yourself as a healthy and happy person?

- Healthy and Happy
- Happy but not healthy
- Healthy but not happy
- Nether Happy nor healthy

Which of the following do you think are issues young people regularly struggle with in your town/city (Tick the 5 issues you think are most serious in your area)

Anorexia

Gun and Knife Crime

Depression

Self-harming

Suicide

Alcoholism

Drug abuse

Teenage pregnancy

Sexual health issues

Violent behaviour towards the opposite sex

Bullying

Financial issues

TRAVELLING

Do you like travelling abroad? What kind of places would you like to visit?

How many days do you like to go on holiday for?

How much are you willing to spend on a day trip?

What type of holiday destination do you prefer?

If you are going to travel abroad, which continent would you prefer to go to on holiday?

What time of year do you like to travel in?

What do you do in your holiday times?

How many languages do you speak?

SUSTAINABILITY

Does your college publish a newsletter?

Is this newsletter published weekly, monthly or quarterly?

Do you regularly read this newsletter?

Does the newsletter often feature any issues on sustainability of this planet?

“It is necessary for the present generation to live in this world reasonably well without compromising the chances of future generations to the same”. Do you agree with this statement?

Do you know that there was an environmental disaster in Japan in 2011?

What was this incident?

What was the impact of this accident on the residents in the area?

What was the impact of this accident on animals in the area?

What was the impact of this accident on sea life and farm products?

Were the residents in Tokyo affected by the accident?

Do you think it is a good idea to operate a nuclear power plant in Japan? If yes why? If no, why not?

Have you heard about Fair Trade?

Do you know the main aim of the Fair Trade movement?

What products are available in Fair Trade?

Can you buy fair trade products in the UK, Germany or Slovakia?

Where can you buy those products in your country?

The Amazon rain forest in Brazil must be destroyed to make way for the development of the Brazilian economy. Do you agree with the above statement?

In the midst of the financial crises in the US and Europe, it will be important for these countries to educate their young generation in basic financial capability. Do you agree with the above statement?

The government must bail out banks in financial difficulty with taxpayers` money. Do you agree with this statement?

Bankers must not be paid big bonus when their banks have been bailed out with the tax payers` money. Do you agree with this statement?

Do you know that energy can be obtained from the wind?

Do you know that energy can be obtained from the sun?

Do you think solar energy is better for the environment than energy from crude oil?

Have you heard about global warming?

What are you doing, in your own small way, to reduce global warming?

What are you doing, in your own small way, to ensure sustainability of our planet earth?

Dou you separate your waste?

- Yes No

How many sorts of waste do you separate? Which ones?

- 1 _____
- 2 _____
- 3 and more _____

How do you save energy?

- Heating (e.g. not opening the window at the same time)
- Usage of energy-efficient bulbs)
- Photovoltaic technology
- Other _____

Which sort of car does your family use?

- Diesel
- Economical
- Electric
- Hybrid
- Ethanol
- Other _____

Which environmental problems do you consider the most challenging?

- Desertification
- Shortage of resources
- Nuclear power
- Deforestation

- CO2 emission (industry, cars)
- Flooding
- Other _____

How many nuclear power plants are there in your country?

- 10-20
- 20-30
- 30-40
- 40-50
- Other _____

Do you use public transport? If yes, how often?

- Yes
- No
- Very often
- Often
- Sometimes
- Rarely

How do you prefer to travel?

- Car
- Bus
- Walking
- Bicycle/bike
- Scooter
- Carpool
- Underground