

After the project

Thank you for joining again our research! As you already know, the information gathered here will be used purely and exclusively for the purpose of this research and personal data will not be shared with third parties. Consolidated results and analysis from the survey will always be communicated in anonymous form to the researchers involved and to the public, and you will be able to access and modify your personal information at any time by contacting your sending and/or hosting organisation.

1. Contact (e-mail). This information is only used for verification purposes (tracking responses before/after).

2. What are the three words that best describe your project experience?

My experience 1

My experience 2

My experience 3

3. On a 0 to 10 scale, how satisfied are you with the project you have joined?

0 1 2 3 4 5 6 7 8 9 10

4. On a 0 to 10 scale, how satisfied are you with the practical results of the work performed during the project?

0 1 2 3 4 5 6 7 8 9 10

5. On a 0 to 10 scale, how meaningful do you think the work performed during the project was?

0 1 2 3 4 5 6 7 8 9 10

6. On a 0 to 10 scale, how much do you feel the local community appreciated the work done?

0 1 2 3 4 5 6 7 8 9 10

7. On a 0 to 10 scale, how satisfied are you with your own involvement and active participation in the project?

0 1 2 3 4 5 6 7 8 9 10

8. On a 0 to 10 scale, how relevant do you believe this experience is for your personal / professional development?

0 1 2 3 4 5 6 7 8 9 10

9. On a 0 to 10 scale, how would you rate your willingness to recommend this experience to your close friends and family?

0 1 2 3 4 5 6 7 8 9 10

10. Did your project include a clearly distinct study/learning activity, e.g. workshops, lectures, group discussions, training, community research, etc. on the topics below? (Choose all items that apply)

- The Peace movement and its actions
- The International Voluntary Service movement and its actions
- The Universal Declaration of Human Rights
- The Rights of Migrants and Refugees
- The Rights on Gender, Body and Sexuality
- The Rights to Healthy Life and Housing
- Water and Land Rights
- Global warming and Climate Change
- Sustainable food production
- Bio-construction and earth building
- Carbon Offsets actions
- The Sustainable Development Goals
- Other (please specify)

11. In the last two months, have you...

Yes

No

...spent some time doing volunteer work for a social/civic/non-governmental organisation or helping other people outside your family without being paid

...spent some time on activities promoting international peace and/or solidarity

...spent some time on activities promoting Human Rights (e.g. Rights of minorities, Rights of migrants and refugees, Rights on gender, body and sexuality, Rights to Healthy Life and Housing, etc.)

...spent some time on activities promoting Climate Justice and sustainable living (e.g. Climate change awareness, protection of ecosystems, water and soil management, food production, bio-construction, etc.)

12. In the next six months, do you plan to...

Yes

No

...spend some time doing volunteer work for a social/civic/ non-governmental organisation or helping other people outside your family without being paid

...spend some time on activities promoting international peace and/or solidarity

...spend some time on activities promoting Human Rights (e.g. Rights of minorities, Rights of migrants and refugees, Rights on gender, body and sexuality, Rights to Healthy Life and Housing, etc.)

...spend some time on activities promoting Climate Justice and sustainable living (e.g. Climate change awareness, protection of ecosystems, water and soil management, food production, bio-construction, etc.)

13. Imagine an eleven-rung ladder where the bottom (0) represents the worst possible life for you and the top (10) represents the best possible life for you. On which step of the ladder do you feel you personally stand at the present time?

0

1

2

3

4

5

6

7

8

9

10

14. A1. In general...

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
I feel I can travel by myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel able and confident to deal with my professional life and institutional bureaucracy (apply for a job offer, taxes, insurances,...)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel able to communicate effectively with institutions (employers, administration, police, media, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like taking initiative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to reach my objectives and to finish what I start	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I can stay focused on my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. A2. Usually...

	Not at all characteristic or true of me	Slightly characteristic or true of me	Moderately characteristic or true of me	Very characteristic or true of me	Extremely characteristic or true of me
I become tense if I have to talk about myself or my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tense up if I meet an acquaintance in the street	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel tense if I am alone with just one other person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am nervous mixing with people I don't know well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When mixing in a group, I find myself worrying I will be ignored	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am tense mixing in a group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. A3. Generally speaking...

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
I feel that I live in a diverse society	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I live in an inclusive society	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel well integrated in the society where I live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whenever I have an important problem, I know people I can trust and will help me honestly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. A5. Usually...

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
I tell others what I need or feel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tell others when they make me feel uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I expect others to know what my feelings or needs are	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. A6. When I encounter problems I usually:

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
Get upset or depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel very unprepared	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try to find ways to improve the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Find some alternatives and help to change the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understand them as opportunities that will improve my life and myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. **A7. Generally speaking...**

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
I am confident taking part in debates and discussions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can easily accept new responsibilities when the job demands it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I can integrate in a group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I can be a part of a team : to work, to play, to cooperate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I have some work-related skills (such as using tools or techniques, working with my hands, team work, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. **A8. Usually...**

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
I am afraid of conflicts and find it difficult to deal with them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When confronting a potential conflict with other people, I tend to feel uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When confronting a potential conflict with other people, I tend to either try to avoid any situation that could lead to a disagreement, or to just remain silent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. **A9. In general...**

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
I am aware of my best abilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of my weakest points	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. B1. Usually...

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
I like to meet people from other cultures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm open when it comes to interacting with other cultures including religion, economy, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I have a good level of understanding of people with different societal and cultural backgrounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I respect people who hold different values, heritage and identity than my own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am motivated to learn about cultures and habits of people in my own country and abroad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of my own culture and identity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. B2. Currently...

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
I feel able to communicate in a foreign language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel able to communicate with people from different countries and cultures, even if we do not speak the same language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to improve my knowledge of foreign languages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to learn a new language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

24. C1. I believe that I have a good understanding of...

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
...the Peace movement and its actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...the International Voluntary Service movement and its actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...the Universal Declaration of Human Rights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...the Rights of Migrants and Refugees	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...the Rights on Gender, Body and Sexuality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...the Rights to Healthy Life and Housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...Water and Land Rights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...Global warming and Climate Change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...Sustainable food production	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...Bio-construction and earth building	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...Carbon Offsets actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...the Sustainable Development Goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. C2. In my daily life, I feel personally responsible to...

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
...actively engage for the construction of Peace and the creation of inclusive societies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...actively engage for Human Rights Education and the respect of Human Rights all over the world	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...actively engage to address and mitigate the consequences of Climate Change and promote Climate Justice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...actively engage for the achievement of the Sustainable Development Goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. C3. I believe that International Voluntary Service can...

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
...contribute to the construction of Peace and the creation of inclusive societies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...contribute to Human Rights Education and the respect of Human Rights all over the world	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...contribute to address and mitigate the consequences of Climate Change and promote Climate Justice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...contribute to the achievement of the Sustainable Development Goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. C.4 According to the United Nations, "The Sustainable Development Goals are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate, environmental degradation, prosperity, and peace and justice". While all the Goals are interconnected, which of the Goals do you consider to be the most important priority at *the global level?* (choose up to 3 Goals)

- | | |
|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> Goal n.1 - No Poverty | <input type="checkbox"/> Goal n.10 - Reduced Inequalities |
| <input type="checkbox"/> Goal n.2 - Zero Hunger | <input type="checkbox"/> Goal n.11 - Sustainable Cities and Communities |
| <input type="checkbox"/> Goal n.3 - Good Health and Well-Being | <input type="checkbox"/> Goal n.12 - Responsible Production and Consumption |
| <input type="checkbox"/> Goal n.4 - Quality Education | <input type="checkbox"/> Goal n.13 - Climate Action |
| <input type="checkbox"/> Goal n.5 - Gender Equality | <input type="checkbox"/> Goal n.14 - Life Below Water |
| <input type="checkbox"/> Goal n.6 - Clean Water and Sanitation | <input type="checkbox"/> Goal n.15 - Life on Land |
| <input type="checkbox"/> Goal n.7 - Affordable and Clean Energy | <input type="checkbox"/> Goal n.16 - Peace, Justice and Strong Institutions |
| <input type="checkbox"/> Goal n.8 - Decent Work and Economic Growth | <input type="checkbox"/> Goal n.17 - Partnerships for the Goals |
| <input type="checkbox"/> Goal n.9 - Industry, Innovation and Infrastructure | |

28. C5. I feel that...

	Strongly Disagree	Disagree	Slightly Disagree	Neither Disagree Nor Agree	Slightly Agree	Agree	Strongly Agree
In most ways my life is close to my ideal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

THANKS FOR ANSWERING OUR QUESTIONS!

This questionnaire is the result of the cooperation and agreement between different national, regional and international voluntary service organisations and builds on the experience of three research projects and the surveys they had developed together with leading academic institutions:

"Changing Perspectives I and II" (2012/2015)

Coordinated by Solidarités Jeunesses (France) with the scientific support of Johns Hopkins University and the University of Illinois at Urbana-Champaign, USA, and with the financial contribution of the Youth in Action and Erasmus+ Programme of the European Commission.

"ImpAct: Creating synergies between NGOs and the Academic sector to measure and value the impact of international voluntary service in Europe and Asia" (2013)

Coordinated by the Coordinating Committee for International Voluntary Service (CCIVS), with the scientific support of the University of Salzburg, Austria and of the National University of Malaysia (UKM), and with the financial contribution of the Youth in Action Programme of the European Commission.

"Development for Peace: International Workcamps for Global Education and Development" (2014)

Coordinated by Better World (Korea) with the scientific support of Myongji University, Korea and the University of Illinois at Urbana-Champaign, USA.

The publicly available work of the Asia Society, United Way and the UN Competency Development Framework were among the additional sources of inspiration for the questionnaire. This also includes questions on life satisfaction developed and made available by Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin (1985, Journal of Personality Assessment), as well as the short form of the SIAS (Mattick and Clarke, 1998) and the Friendship Scale (Hawthorne, 2006).