# TEMPLATE

# Sport for Development (S4D) Impact Studies – Questionnaire

**Case Study: Western Balkan**

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| This questionnaire was programmed for mobile devices. Language settings and mandatory data protection information were included but are not depicted here. The questionnaire contains the following sections: * Intro
* Section A: Personal data and education
* Section B: Employability
* Communication
* Self Confidence
* Cooperation
* Goal Orientation
* Ending

**Please keep in mind:** All manuals, guidelines, M&E tools and templates were developed in programme and/or country-specific contexts. So please feel free to make selestions, changes and modifications to fit your needs.  |

# Intro

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| Intro | Do you want to participate in this survey?1: Yes, I want to participate. 2: No, I do not want to continue the survey PROG: if intro= 2\_ end |
| Country  | Single ChoiceWhere do you go to school?1: North Macedonia2: Albania |
| Personalcode | When is your birthday?*1=January, 2=February, 3=March, 4=April, 5=May, 6=June, 7=July, 8=August, 9=September, 10=October, 11=November, 12=December***DDMMYYYY**  |
| IntorControlGroup | Single choiceWhich group do you belong to?1: Intervention group (I am part of S4D activities)2: Control group (I am not part of S4D activities) |

# Section A: Personal data and education

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| Sex | Single choicePlease state your sex:1: Male2: Female3: Other |
| School\_NM | Single ChoiceFilter: If Country=1Which school do you go to?1: X2: Y3: Z98: I don’t want to answer 99: I don’t know |
| School\_ALB | Single ChoiceFilter: If Country=2Which school do you go to?1: X2: Y3: Z98: I don’t want to answer 99: I don’t know |
| School\_grade | Single ChoiceIn which grade are you?1: 1st grade2: 2nd grade3: 3rd grade4: 4th grade98: I don’t want to answer 99: I don’t know |
| School\_plan | Single Choice Which is the graduation that you aspire?1: High school/ vocational school2: Professional school (training center)3: University / Bachelor Degree4: University/ Master Degree98: I don’t want to answer 99: I don’t know |
| Dream\_job | Single Choice Do you have an idea of what you want to do after graduating from school? 1: Yes2: No3: I am not sure98: I don’t want to answer99: I don’t know |
| Dream\_job\_1 | If Deam\_job = 1: Single choiceWhat do you want to do after graduating from school?1: Find a job2: Go to university3: Vocational training courses (IT literacy, construction, hairdresser…)4: Set up my own business5: Go abroad6: Volunteer 7: Internship 8: Other98: I don’t want to answer 99: I don’t know |
| Application | Single choiceDid you ever write a job/ internship/ scholarship application?1: Yes2: No98: I don’t want to answer 99: I don’t know |
| Jobint | If Application =1Have you ever had an interview for a job/ internship/ scholarship?1: Yes2: No98: I don’t want to answer 99: I don’t know |
| Job | Single choiceHave you ever worked and earned money? 1: Yes2: No98: I don’t want to answer 99: I don’t know |
| Sport\_freq | On average, how often do you do sports (including S4D activities)  1: Less than once a week  2: Several times a week 3: (Almost) daily9: I never do sports 98: I don’t want to answer 99: I don’t know |
| Sport\_place | PROG: if sport\_freq < 8Multiple choiceHow do you do sports? 1: In a training session with a coach 2: In school during PE classes3: In school during afterschool sessions 4: In a sports ground with my friends5: Alone6: Other: \_\_\_\_\_ [open]7: Fitness center98: I don’t want to answer 99: I don’t know |

# Section B: Employability

## Communication

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| Verbal\_comm1 | Please answer the statements choosing one of the following options “never”, „rarely”, “often”, “always”1: I become impatient with people who do not express their thoughts and opinions clearly.2: I get distracted when somebody explains to me something for a long time.3: When someone gives me instructions and asks, “do you understand,” I say “yes” even if I’m not entirely sure.4: When someone says something I am not sure about, I ask for clarification.98: I don’t want to answer 99: I don’t know |
| Verbal\_comm2 | Please answer the statement choosing one of the following options “never”, „rarely”, “often”, “always”1: When someone makes me angry, I respond to them while still being angry.98: I don’t want to answer 99: I don’t know |
| Nonverbal\_comm1 | Please answer the statements choosing one of the following options “never”, “rarely”, “often”, “always”1: In conversations with others, I keep my emotions to myself.2: When someone is trying to talk to me, it is hard for me to maintain eye contact with that person.3: I start fidgeting with objects around me when I get nervous.98: I don’t want to answer 99: I don’t know |
| Nonverbal\_comm2 | In conversations with others, how often do you use the following:Please answer the statements choosing one of the following options “never”, “rarely”, “often”, “always”1: Body language2: Eye contact3: Hand gestures4: Facial expressions5: Different tone of voice98: I don’t want to answer 99: I don’t know |
| Troubled\_comm1 | Please answer the statement choosing one of the following options “never”, “rarely”, “often”, “always”1: It happens that other people don’t really understand what I am saying.98: I don’t want to answer 99: I don’t know |
| Efficient\_comm | Do you agree to the following statement? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: When my friends are talking to me, I don’t always pay attention to what they are saying. 98: I don’t want to answer 99: I don’t know |
| Comm\_general | Please answer the statement choosing one of the following options “never”, “rarely”, “often”, “always”How often are you…? 1: asking for clarification in case of uncertainty. 98: I don’t want to answer 99: I don’t know |

## Self confidence

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| Trust | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: I feel I don’t have much to be proud of.2: I find it easy to trust my peers.3: I feel that I have a number of good qualities.98: I don’t want to answer 99: I don’t know |
| Exposure3 | If Jobint = 1 Single Choice Before having a job interview …1: I don’t feel very optimistic, other people are probably better than me.2: I don’t really care about it. 3: I feel a bit nervous, but I am confident to show my skills.4: I feel not nervous at all, I know I can achieve anything. 98: I don’t want to answer 99: I don’t know |
| Exposure4 | Please answer the question choosing one of the following options “never”, “rarely”, “often”, “always” In a very stressful situation, I…1: …have problems to express myself.2: …get nervous3: …stay calm and try to handle the situation.4: …try to get away from the situation as soon as possible.98: I don’t want to answer 99: I don’t know |
| Challenges | Please answer the question choosing one of the following options “never”, “rarely”, “often”, “always” When I must do a difficult exercise for school…1. I try to sort out what steps to take to solve it.
2. I don’t know where to start.
3. I feel afraid to fail.
4. I jump right into it without much thinking and see what I get out of it.

98: I don’t want to answer 99: I don’t know |
| Weakness1 | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: I tend to take a long time to get over setbacks in my life. 2: I focus on my own improvement instead of worrying about whether other people are doing better than me.3: I would avoid taking on a new task if there was a chance that I would appear rather incompetent to others.4: I am able to get over failures but need the support of others to get back going again.5: I often seek approval from others regarding my behavior and decisions. 98: I don’t want to answer 99: I don’t know |
| Weakness3 | When a teacher/ coach criticizes your performance, how do you feel?Please answer the question choosing one of the following options “never”, „rarely”, “often”, “always1: His/ her criticism helps me to improve.2: He/ she doesn’t know anything about me.3: I feel ashamed.4: I feel like I am not good enough.5: I know that I can do better and will show it. 98: I don’t want to answer 99: I don’t know |
| Help1 | On a scale from 1 to 5, how easy is it for you to ask for help? With 1 being very easy to 5 not easy at all.1 2 3 4 5 98: I don’t want to answer 99: I don’t know |
| Help2 | Multiple choiceProg: 1 and 4 can’t be chosen together.Imagine yourself at a workplace. Your superior gives you a difficult task to complete by the next day. What are you going to do?1: Probably I will ask a colleague for help 2: This is complicated for me, I'm afraid I will not finish it alone3: I'm not comfortable asking for help4: Probably I will do it by myself, although I will spend the whole night on it98: I don’t want to answer 99: I don’t know |
| Help3 | Single choiceImagine that your peer accidentally finds him/herself in a situation where s/he needs help. What would you do?1: Hmm, so I do not know if I should help, s/he did not ask me for help2: I won't offer help unless s/he ask me3: It is her/his problem, s/he will be able to get out of the situation on her/his own4: I would help him/her, no matter if I was asked for that98: I don’t want to answer 99: I don’t know |
| Proud1 | Single Choice question: When you get the best grade in school, will you tell others?1: No, it makes me feel awkward.2: Yes, I am very proud.3: Only my closest friends/ family.4: Maybe, but I don’t really care about it. 98: I don’t want to answer 99: I don’t know |

## Cooperation

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| Teamwork | Please answer the statements choosing one of the following options “never”, “rarely”, “often”, “always”1. Working in teams makes me uncomfortable.

3: Working in teams has great benefits.5: I prefer working on my own. 6: I include others to reach common goals. 98: I don’t want to answer 99: I don’t know |
| Cooperation\_strategies | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: It is challenging for people with different skills to work together.2: To develop a plan or strategy, it is better to work with people who have the same opinions.98: I don’t want to answer 99: I don’t know  |
| Support | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1. Sometimes I get nervous when my team doesn’t succeed.
2. Sometimes I don’t feel supported by my team members.

3: If my team members don’t put in enough effort to succeed, I shift back and try less hard.4: There are situations, in which I feel stressed working in a team because I don’t feel good enough.98: I don’t want to answer 99: I don’t know |
| Work\_together | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1. I will take responsibility for my team’s failures even if no one listened to my advice beforehand.
2. Teamwork allows other members to be lazy.
3. During teamwork, the weaknesses from other members can prevent good results.

98: I don’t want to answer 99: I don’t know |
| Individual\_team | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: When I am new at a job, I will not ask for help but try to find out everything by myself.2: Teamwork often takes longer than working on my own. 98: I don’t want to answer 99: I don’t know |
| Inclusion | Single choiceYou are on a class trip in the capital. Your teacher allows you to go to explore the city on your own, but only by forming small groups (3-4 people) and staying together. What will you do?1: I will quickly form a group with my best friends.2: I will stay with the teacher because I can’t find a group. 3: I will wait and see which group stills needs somebody because I get along with everybody anyways.4: I hope not to be in a group with the class outsiders and quickly ask others. 5: I see who has difficulties finding a group and ask them, because I don’t want anybody to be left out.98: I don’t want to answer 99: I don’t know |

## Goal Orientation

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| Goalsetting1 | Multiple choiceIn general, do you have a dream/ passion in your life that really motivates you? 1: It is not that easy to identify what motivates me.2: I need to be guided by others to find something that motivates me. 3: When I realize it is very hard to achieve my dreams/ passions, I lose my motivation to follow up on it. 4: My dreams/ passions change very frequently. 5: I have a dream/passion in my life, but I don’t know how to achieve it. 6: I have a dream/passion in my life, and I work hard to achieve it.98: I don’t want to answer 99: I don’t know |
| Goalsetting2 | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: My parents’ wishes for my future have a great impact on my decision-taking. 4: I avoid making important decisions. 98: I don’t want to answer 99: I don’t know |
| Learn\_something new | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: For this year I have set goals (e.g., improving my sports performance, getting my grades up, improving my foreign language  skills, etc.), but I have difficulties achieving them.2: Usually, I’m planning the necessary steps in advance that I need to take to achieve my goals.98: I don’t want to answer 99: I don’t know |
| Distraction | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: When I commit myself to a new task, I find it hard to follow through and to finish on time.2: When I recognize that I face difficulties, I probably give up. 3: I try my best to fulfil my commitments on time, although I often find it challenging.4: I am always able to follow through with whatever I have committed to.98: I don’t want to answer 99: I don’t know |
| Support1 | Please answer the question choosing one of the following options “never”, “rarely”, “often”, “always”1: I discuss with my friends what I would like to work/ study in the future.2: I discuss with my parents what I would like to work/ study in the future.3: I discuss with my teachers what I would like to work/ study in the future.4: I keep my plans for my future to myself.5: I give advice to my friends regarding their future plans.98: I don’t want to answer 99: I don’t know |
| Support2 | Please answer the question choosing one of the following options “never”, “rarely”, “often”, “always” When my team/ working group is struggling…1: I am getting nervous.2: I am getting mad at my fellow team members.3: I solve this on my own.4: I stay motivated and encourage my team.98: I don’t want to answer 99: I don’t know |
| Goalorientation1 | Single choiceDo you know where to look for a certain job/ study program?1: Yes, I am familiar with the specific possibilities. 2: I am waiting for my teachers/ parents to show me job possibilities.3: I go after my friends.4: No, I don’t know where to get information about jobs and study programs. 5: For me it is too early to think about jobs or study programs.98: I don’t want to answer 99: I don’t know |
| Goalorientation2 | Do you agree to the following statements? Please use the answers: 1. I totally agree 2: I somewhat agree 3. I somewhat disagree 4. I totally disagree1: I will find a study program/ vocational training that meets my interests.2: At some point, I will end up doing my dream job.98: I don’t want to answer 99: I don’t know |
| Goalorientation3 | Multiple choice question:When applying for a job or future education, would you do it according to… 1: …your parent’s wishes. 2: …your teacher’s advice.3: …your interests.4: …the recognition you would get from your friends.6: …the money you can earn.98: I don’t want to answer 99: I don’t know |

## Ending

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| Panel | These were almost all questions. Thank you for your participation.To find out more about your personal situation we would like to contact you in the near future. Would you be willing to be contacted again at a later point in time for a second survey? 1: Yes2: No |