



Erasmus+

Leisure Skills Questionnaire

Participant's Name: _____

Date: _____

Age: _____



Verification of answer symbol understanding

The following questions are about how you experience life in your free time - when you are at home/after work or school for instance.

This questionnaire will help us better understand if you are satisfied with what you do during your **free time** and introduce you to new activities that you might like to try.

Show me the symbol that best describes what is true for you - there is no wrong answer. Let's do some practice before I start to read you the questions. Please Choose one of the following symbols to answer the questions:

Trial Questions	Do not agree 	Not sure 	Agree 
Is your name.....?			
Are you a baby?			
Are you 75 years old?			

Now let's go to the questionnaire about your life when you don't have other responsibilities.

Quality of life Questions (adapted from The Brunnsviken Brief Quality of life scale (BBQ))	Totally Disagree 	Not sure 	Totally Agree 
I am satisfied with my leisure time: I have the opportunity to do what I want in order to relax and enjoy myself. * What do you do in your free time?			
I am satisfied with opportunities to be creative: to get to use my imagination in my everyday life, in a hobby, in my job, or in my studies. *What is your hobby?			
I am satisfied with my learning: I have the opportunity and desire to learn new, exciting things and skills that interest me. * What are you are learning now?			
I am satisfied with friends and friendship: I have friends that I associate with and who support me (as many friends as I want and need). *What are your friends names?			
Friends and friendship are important for my quality of life *Do you have friends at the day centre/at home?			

Administrator's comments

Please add any notes or feedback here. Any tips for what worked or didn't work will help us improve the questionnaire.

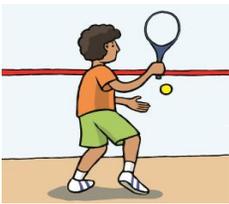
Verification of answer symbol understanding

This questionnaire will help us better understand what you would like to do during your **free time** and introduce you to new activities that you might like to try.

Show me the symbol that best describes what is true for you - there is no wrong answer. Let's do some practice before I start to read you the questions. Please choose symbols to answer the questions:

EXAMPLE QUESTION:	PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING Are you satisfied with the way you do this activity/How much would you like to try this activity?		
	Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
									
Going to the cinema									

Now let's go to the questionnaire about your life when you don't have other responsibilities.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
A. Active Recreation <i>participating in sports</i>		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
		☹️	😊	😄	★	★	★★	👎	👍	👍👍
Outdoor Examples here: Slide 17										
Individual Examples here: Slide 18										
Racket sports Examples here: Slide 19										
Team sports Examples here: Slide 20										

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
A. Active Recreation <i>Doing creative arts</i>		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
		☹️	😊	😄	★	☆	☆☆	👎	👍	👍👍
Theatre										
Dancing										
Singing										
Playing a musical instrument										

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
A. Active Recreation <i>Going to the beach</i>		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
										
Swimming										
Scuba Diving										
Sailing										

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
B. Social activities		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
		☹️	😊	😄	★	★	★★	👎	👍	👍👍
Attending group functions										
Bowling										
Electronic games										
Listening to music										

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
C. Quiet Recreation		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
		☹️	😊	😄	★	★	★★	👎	👍	👍👍
Creative arts, media										
Playing cards, board games										
Self-care										
Cooking										

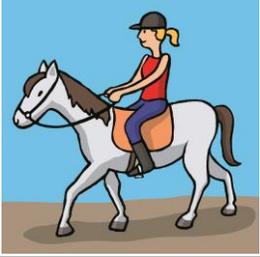
Administrator's comments

Please add any notes, feedback or other activities mentioned here.
Your feedback will help us to improve the questionnaire for the future.

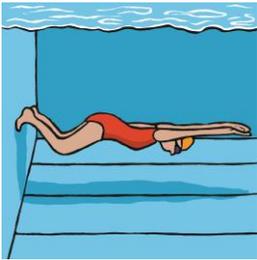
Thank you for your participation!

If you would like to find out more about this project or contact any of the partners involved in its creation, please go to our website at <https://leisureskillsproject.eu/>

Examples of outdoor sports: To be used as a prompt when answering the 'Outdoor sports' question

ACTIVE RECREATION: PARTICIPATING IN OUTDOOR SPORTS	
	Alpine Skiing
	Cycling
	Equestrian Sports
	Golf

Examples of individual sports: To be used as a prompt when answering the 'Individual' question

ACTIVE RECREATION: INDIVIDUAL	
	Aquatics
	Athletics (Track and Field)
	Gymnastics
	Judo

Examples of types racket sports: Can be used as a prompt when answering the 'racket sports' question

ACTIVE RECREATION: RACKET SPORTS	
	Badminton
	Table Tennis
	Tennis
	Squash

Examples of team sports: To be used as a prompt when answering the 'team sports' question

ACTIVE RECREATION: TEAM SPORTS		
	Basketball	
	Football (soccer)	
	Handball	
	Volleyball	