

Can you describe your normal day to day activities? (Getting up, eating, working, leisure, sleeping, other)

Do you have sufficient time to do all the things you want in a day?

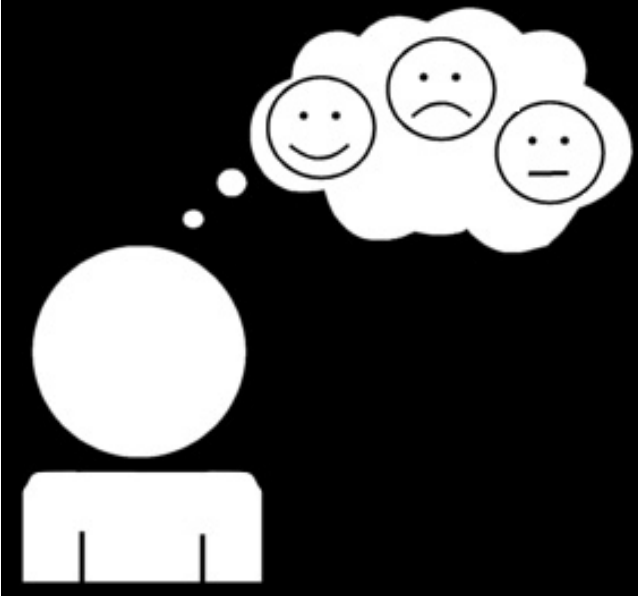
When do you take rest?

Which days are different?

Do you enjoy the things you do in a day?

Is there anything you would like to change?

How / why / what / who / where / when...?



SELF REFLECTION AND DREAMS

Do you have a passion?

Are you satisfied with your life as it currently is?

What are the things you are proud of?

Do you have a plan of what you want to do or be in life?

Who do you go to for advice about your life? Who's opinion matters to you most?

What do you want to achieve in your life? What do you dream about? (can be both short-term and long-term)

Can you decide yourself what you want to do or be in life?

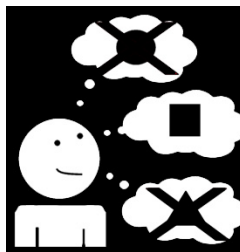
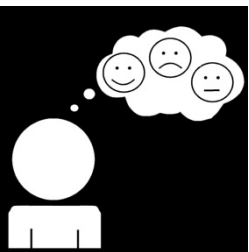
Are you confident?

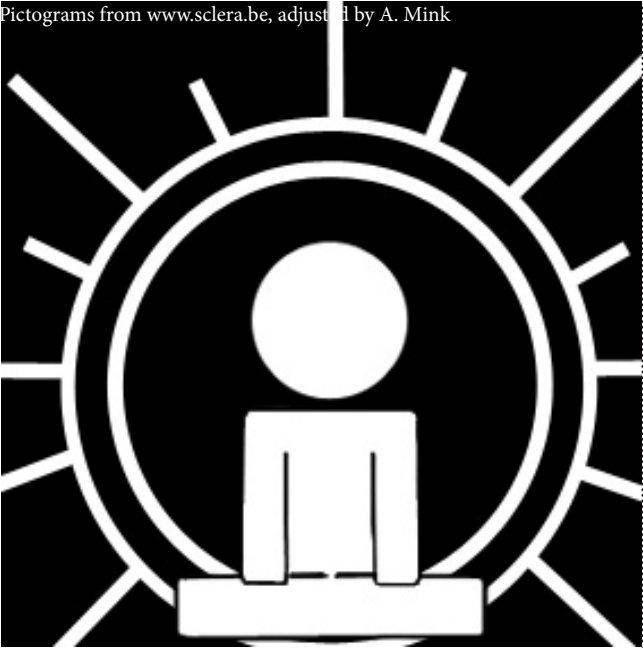
Do you feel you can make your own decisions in life? (Decisions can be related to: accommodation, healthcare, household, family, products, nutrition, other?)

Would you like to be more involved in decision making?

If you could change anything in your life, what would you want to change?

How / why / what / who / where / when...?





SPIRITUALITY

What does spirituality mean to you? Is it important to you?

How much time do you spend on spiritual practices? Would you like to spend more time?

What do you do when you spend time on spirituality?

Which spiritual rules do you follow? Why?

Which religion do you follow? And your family?

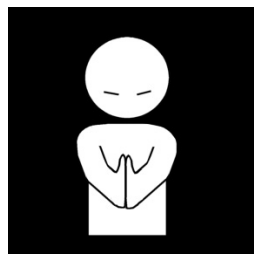
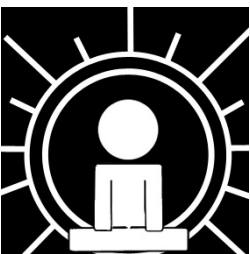
What do you think about other religions? Have you ever considered other religions?

How do you find inner harmony and peace?

Which things in life give you energy?

Do you believe in guilt and punishment?

How / why / what / who / where / when...?





KNOWLEDGE AND SKILLS

- Have you been to school, how many years? And your partner / children?
- Would you have wanted to go longer back then? If yes: why didn't you?
- How do you improve upon your knowledge and skills?
- Did you follow any courses / trainings? Do you have diplomas?
- Would you like to learn more right now (trainings, courses)? What would you like to learn?
- Do your children go to school? Where is the school? What type of school is this? How do you get admitted there? What do you think of the teachers?
- Which languages do you speak? Can you read and write? Can you count? Do you have a signature? Do you want or need any of these?
- What are the things you are good at in your daily activities?
- Do you use your skills and talents in your daily activities? Would you like to use them more?
- Do you use your knowledge in your daily activities? Would you like to use it more?
- Do you ever face problems you cannot solve by yourself? What kind of problems? Then what do you do?

How / why / what / who / where / when...?





BODY AND APPEARANCE

How much time per day do you spend on personal care (washing, brushing teeth, clothing, styling)?

What kind of products do you use for personal hygiene?

When and how often do you wash your hands?

Do you like your clothing? Do you think you have sufficient clothing?

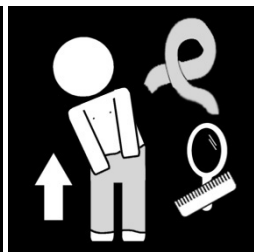
How often do you go to a barber?

Do you work out or exercise?

How confident are you about your appearance?

If applicable: Are you somehow obstructed to do your daily activities when you are menstruating? Do you have a place to change when you are menstruating?

How / why / what / who / where / when...?





HEALTH

How is your physical condition?

Do you have any health problems? And your family members? Do these limitations obstruct you / your family members in your / their daily activities?

Do you or your family members take any medicine?

Where do you get your medicine? And medical devices?

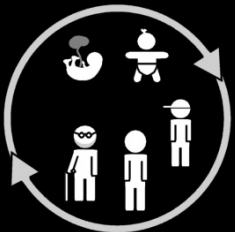
Did anything change regarding your health recently?

How long do you want to live?

How do you try to prevent illnesses?

Is there anything that you require concerning your health?

How / why / what / who / where / when...?





HEALTHCARE

Do you have a doctor / hospital / clinic / dentist / other medical treatment facilities?

How did you choose your doctor / hospital / clinic / dentist / other medical treatment facilities?

How far away is your doctor / hospital / clinic / dentist? Are they easy to reach?

How often do you visit the doctor / hospital / clinic / dentist? When do you visit?

How familiar are you to your doctor / hospital / clinic / dentist?

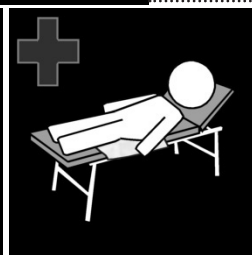
Can you and your family visit the doctor / hospital / clinic / dentist when required? Are they expensive? How do you pay for them?

Do you trust your doctor / hospital / clinic / dentist?

What type of doctor do you have (quack, homeopathic, allopathic, family doctor, other) ? Why?

Is there anything that you require regarding healthcare?

How / why / what / who / where / when...?





HAPPINESS & WORRIES

Are you happy? Are you hopeful? Why?

Who do you go to when you feel happy?

Who can you count on most for love, care and support?

What do you feel blessed about?

Do you find it difficult to express your feelings?

Do you worry much? Do you ever feel stressed? Do you sleep well?
Why?

Do you ever feel sad or lonely? Why?

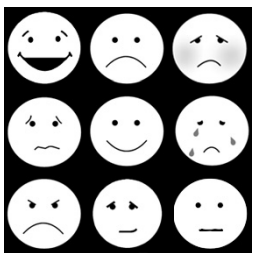
Who do you go to when you feel sad or lonely?

Who are you able to tell everything?

Have you ever felt differently about life?

What would you like to change regarding your feelings and sharing them?

How / why / what / who / where / when...?





FOOD & DRINKS

Do you have a doctor / hospital / clinic / dentist / other medical treatment facilities?

How did you choose your doctor / hospital / clinic / dentist / other medical treatment facilities?

How far away is your doctor / hospital / clinic / dentist? Are they easy to reach?

How often do you visit the doctor / hospital / clinic / dentist? When do you visit?

How familiar are you to your doctor / hospital / clinic / dentist?

Can you and your family visit the doctor / hospital / clinic / dentist when required? Are they expensive? How do you pay for them?

Do you trust your doctor / hospital / clinic / dentist?

What type of doctor do you have (quack, homeopathic, allopathic, family doctor, other) ? Why?

Is there anything that you require regarding healthcare?

How / why / what / who / where / when...?





FAMILY

With whom do you live together? How much time do you spend with them? What do you do together? What do you talk about together?

If applicable: How did you and your partner get together? What do you like most about your partner? When do you spend time together with your partner? If applicable: Do you have children? Do you want to have children / more children? What do you find most important to offer your children? What do you like them to become?

Do you have parents, brothers, sisters, in-laws? Where do they live? How often do you meet them? What do you do together?

Are you happy with your family? Do you feel appreciated / accepted?

Do you have specific family traditions and / or celebrations?

In which ways do you support your family? Do you feel like you can count on your family for support?

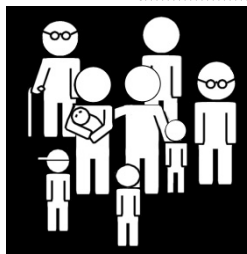
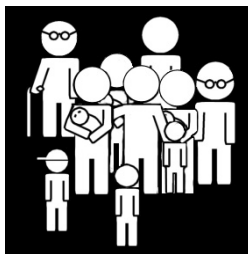
Who makes the decisions in your family? Why? Are you able to speak up freely, express emotions and aspirations?

Do you feel you can make your own choices in life? Do you experience any family pressure?

Did anything change in your family or family relations recently?

Is there anything you would like to change in your family?

How / why / what / who / where / when...?





SOCIAL LIFE

Do you have friends? How and where did you get to know them? When did you get to know them?

Do you like to meet your friends? Would you like to meet them more often?

When do you meet your friends? How do you meet your friends?

What kind of things do you talk about with your friends? Do you feel like you can tell your friends everything?

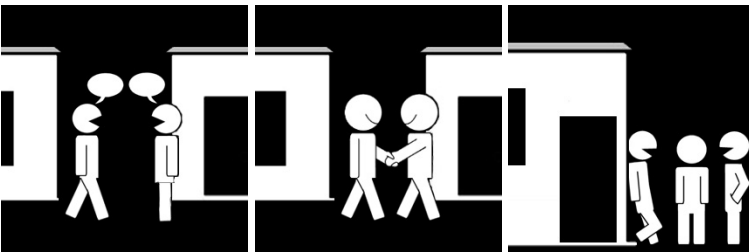
What activities do you do when you meet your friends?

Do you feel like you can share your emotions and aspirations with your friends?

Did anything change in relation to your friends in the past years?

Is there anything that you would like to change in your current friendships?

How / why / what / who / where / when...?





COMMUNITY

Do you know a lot of neighbours / people in your community?

Do you feel accepted in your neighbourhood / community?

When do you meet the people in your neighbourhood / community?

Do you feel you fit in your community? Are there people who do not fit in the community?

Do you belong to a specific social group?

How does your community treat outsiders?

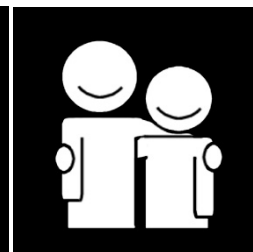
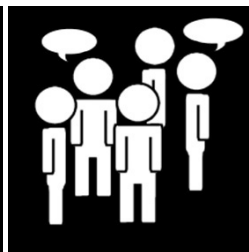
Are you able to speak up freely within your community?

Are you able to express emotions towards your community?

Did anything change in your community in the past years?

Is there anything that you would like to change in your community?

How / why / what / who / where / when...?





COLLEAGUES

Do you have a boss / co-workers / employees?

Do you have a good contact with them?

How long do you know them?

Do you meet your colleagues also outside working hours?

Do you feel accepted and appreciated at work?

Are you able to speak up freely at work?

Are you able to express emotions and aspirations at work?

Did anything change in relation to your colleagues in the past years?

Is there anything that you would like to change in your relationships with your colleagues?

How / why / what / who / where / when...?





WORK & SPARE TIME

What kind of activities do you do during the day? And your family?

Where do you work? And your family? Who does the household work?

Why do you do this work / activities? Are you happy with doing them?

Where did you learn to do this work? Which training did you have?

How do newcomers learn to do the work?

Which work things are you good at? Do you feel appreciated / useful?

Are there other work activities you would like to do?

How many hours do you work? Do you feel you need more work time?

How much time is free in a week? Is there time when you feel free to do nothing? What do you do when you do not work?

How many spare hours do you have in a week? Do you feel you need more free time? With whom do you enjoy spare time together?

Which festivities/parties/events do you celebrate in a year? Why? When?

What do you like best in your daily activities? And what do you dislike?

Is there anything else that you would like to do? Or like to change?

Did anything change in your job / activities in the past years?

How / why / what / who / where / when...?





MOVEMENTS

Do you go out often? Where do you go? Why do you go out?

Do you often go out of your community? Why?

Where do you travel to? (e.g. for family, work, spare time, friends, healthcare, shopping, political participation)

What is the furthest place you ever went? Why did you go there?

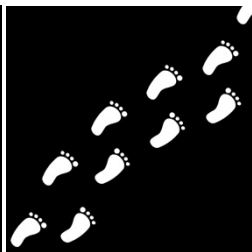
Which places do you go when you leave your house? What is your favourite place to go?

Are you able to go wherever you want to go? Whenever you want to go?

Is it safe to go everywhere you want to go?

Which places would you like to visit (more often)?

How / why / what / who / where / when...?





INFORMATION AND COMMUNICATION

How do you communicate with other people? Do you have a mobile phone / internet access / television?

Are you on social media? Does your phone have internet access?

How much money do you spend on mobile phone usage / internet / communication?

Are there other forms of communication which you would like to use?

What kind of communication device do you like most?

How do you search for information? Do you always find an answer? (Information quest can be related to: health(care), transportation, education, nutrition, products, animals, politics, religion, other themes)

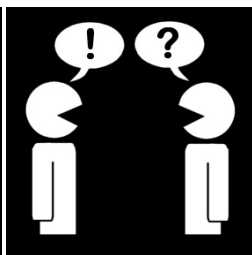
Do you feel you have sufficient access to information? Is the obtained information usable?

Is there a need for you to find more or different information?

Are there more ways for you to gather information that would be convenient?

What has changed in the past years regarding communication and information?

How / why / what / who / where / when...?





PARTICIPATION & ORGANISATION

Do you vote? How do you vote? Why do you vote?

Are you involved in politics? Would you like to participate (more) in political activities?

Are you involved in social activities on a communal / regional / national level?

Do you feel the government provides sufficient support?

Have you ever met public officials?

Do you feel there is any corruption or misbehaviour in your community / region / country?

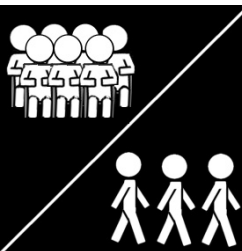
Are there many rules & regulations that you have to stick to?

How is the political situation in your community / region / country? Did anything change in the past years?

What would you like to change regarding the current political situation in your community / region / country?

Do you feel free to participate in political activities? Do you feel free to express your views and opinions in public? Also when they express critique?

How / why / what / who / where / when...?





HOUSING

What type of house do you have (roof, walls, rooms)?

When do you clean your house?

When did you start living here? Why did you choose to live here?

How did you acquire the house (rented, bought, build)? How did / do you pay for this home?

Do you feel that your house is your own space? Do you feel comfortable in your house?

Do you like to invite guests to your house? Why?

What have you changed in the house since you started living here?

Do you feel your accommodation is adequate for your current needs?

Do you have a bathroom / toilet? Where do you go when nature calls?

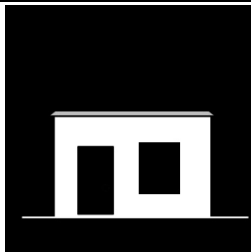
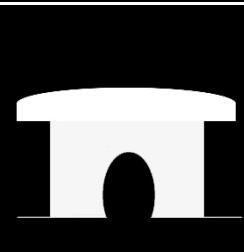
Is there anything that you would like to change in your current house?

Do you feel you were involved in choosing your house?

Do you think you will live here the rest of your life? Why? Are you free to move?

Are there any other houses/places that you would like to live? Why?

How / why / what / who / where / when...?





SAFETY & SECURITY

Do you feel safe and secure in the area you live in? And outside that area?

Do you feel safe to go outside in day-time and night-time? And your family?

Are there any quarrels / fights / crime / conflicts in your surroundings?
How often?

Who solves the conflicts in your surroundings?

Do you think people are discriminated or bullied in the area you live in?

Do you ever feel discriminated or bullied?

Do you ever feel scared? What are you afraid of?

Do you ever feel insecure or unsafe?

Has your feeling of safety and security changed in the past years?

Is there anything you would like to change to feel more safe/secure?

How / why / what / who / where / when...?





FACILITIES

Do you have light, electricity, gas?

What type of energy sources do you use? And what for do you use them?

How much money do you spend on energy?

Would you like to use other energy sources? Which ones?

How do you cook?

Where do you get potable / drinking water?

Where do you get water for cooking / cleaning?

Which modes of transportation do you have access to (private / public)?

Which ones do you use / have you used?

Would you like to use any other types of transportation?

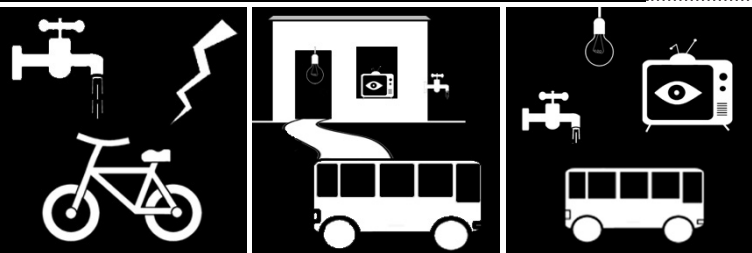
What is your favourite type of transportation?

Are there any other services / facilities that you have or use?

Did anything change in the past years regarding your access to energy, water or infrastructure?

Are there any services that you would like to have? Why?

How / why / what / who / where / when...?





ENVIRONMENT

How important is your natural environment to you?

Do you ever visit public spaces? What do you do there? How often do you go?

Are there any rules and regulations regarding the use of environment that you are aware of?

Which resources does your environment provide you with?

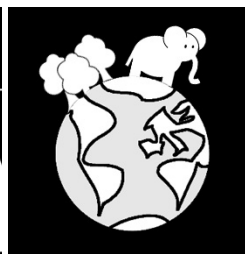
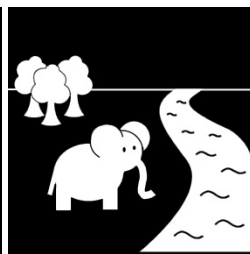
Where do you dispose waste?

How is the climate / weather in your surroundings?

Are there any dangers from nature in your surroundings? Is there wildlife around?

Is the area you live in clean or polluted?

How / why / what / who / where / when...?





PRODUCTS

What kind of personal / household / transportation / work related products do you have? Are there any other products that you have or use?

Where do you use them for?

Which product(s) do you like most? Why?

Which product(s) do you like least? Why?

Who makes the buying decisions?

Do you follow product trends? How do you stay up to date?

Do you feel you can buy everything you want?

Did anything change recently in products that you had or have?

Are there any products that you would like to have? Why?

How / why / what / who / where / when...?





FINANCIAL SITUATION

How much money do you earn in a day / week / year?

Is this amount sufficient for your family?

Are you able to save money? What are you saving for?

Do you have loans? Why did you take a loan?

What do you spend money on? Who is responsible for the expenses?

Do you find it difficult to choose between options to spend your money on?

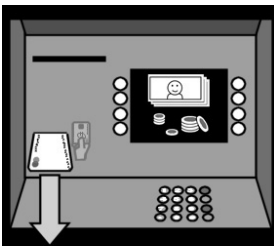
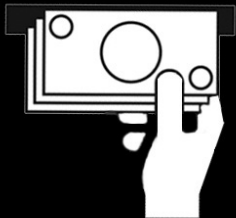
Do you feel your current income is adequate for your current needs?

How much money would be enough for you and your family?

Which things would you like / want / need to buy?

Did anything recently change in your financial situation?

How / why / what / who / where / when...?





NATURAL PROPERTY

Do you own any land? How much? Where is the land?

What type of land do you have? What do you use it for? Which benefits do you get from your land?

When did you get this land? How? How did you pay for this land?

Do you feel your current land is adequate for your current needs?

Do you like plants and trees?

Do you own any plants or trees? How much? Where are they? Where do you use them for?

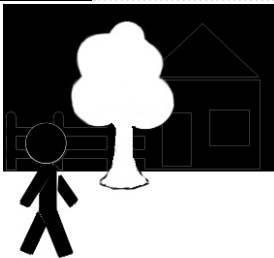
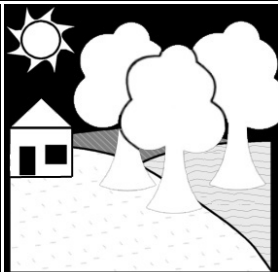
Do you have any plants or trees in your surroundings?

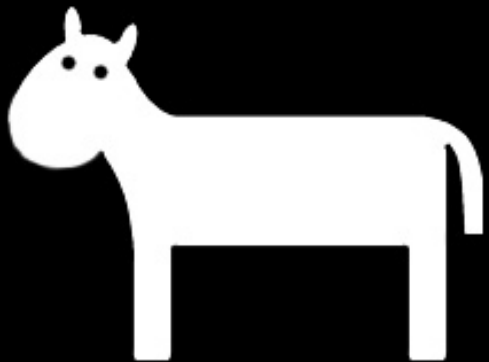
When did you get these plants or trees?

Do you want to own (more) land, plants or trees?

Did your possession of land / plants / trees change in the past years?

How / why / what / who / where / when...?





ANIMALS

Do you like animals?

Do you own any animals? Where do you use them for (pets, cattle, protection, food & drinks)?

When did you get these animals? How did you pay for them?

Where are your animals living? Do you have sufficient food for your animals?

What is your favourite animal?

Do you want to own (more) animals?

Did your possession of animals change in the past years?

How / why / what / who / where / when...?

