

Offline Day questionnaire

Please fill in this form 4 times during the day. Each time think about the time since you last completed it (or for the first time, the time since you woke up) when answering the questions. This time is referred to as "the period".

*Required

Questions about you

1. Which country are you living in? *

Mark only one oval.

Austria

Cyprus

Czech Republic

Italy

Latvia

Other: _____

2. What is your first name? *

3. What is your surname? *

4. How old are you? *

Mark only one oval.

- Younger than 14
- 14-16
- 17-19
- 20-22
- 26+

5. Which offline period are you filling this form in for? *

Mark only one oval.

- Before school
- Lunchtime
- Before evening meal
- Bedtime

Questions about the last offline period

6. How difficult/easy have you found the last offline period without technology? *

Mark only one oval.

	1	2	3	4	5	
Very challenging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very easy

7. What have you wanted to use technology for in the last offline period? *

Tick as many answers as you want.

Tick all that apply.

- transport
- school work
- communication (phone calls, messaging...)
- self-care (food, hygiene, health, fitness...)
- entertainment (films, social media, photography)

Other: _____

8. What PROBLEMS have you had without technology in the last offline period? *

If you have had no problems, write "None".

9. What BENEFITS have you found without technology in the last offline period? *

If you have found no benefits, write "None".

10. Have you found non-tech SOLUTIONS to problems that you would normally use tech for in the last offline period? Explain: *

If you have used no non-tech solutions, write "None".

11. Have you done anything you wouldn't normally do because you weren't using tech in the last offline period? *

If you have done nothing different, write "None".

12. Have you had to "CHEAT" at all in the last offline period? Explain! *

If you have not had to cheat, write "None".

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