

## **AŽ004/2026 Call for Quotations: Services to Conduct Survey on Wellbeing of Young People in Malta**

Aġenzija Żgħażaġħ seeks experienced and interested service providers with expertise in Youth Research to submit quotations to conduct and supply a Youth Survey addressing the following aim and methodology:

### **Aim and Methodology**

The study aims to investigate the holistic well-being of young people living on Malta, taking into account material conditions, personal well-being, social relationships, safety, lifestyle, civic participation, and environmental factors, in order to inform youth policy development and service provision.

The recruitment of the sample, the collection of data and its eventual analysis will be undertaken by the awarded research company. The publication of the study will be the responsibility of Aġenzija Żgħażaġħ.

The Agency demands the right to control the use of personal information and to have privacy always respected. The service provider must outline data protection, ethical approval (where applicable) and safeguarding measures

The selected candidate would be required to survey as per the specifications below:

- Methodology: through online survey distribution.
- Survey Questions: Draft closed-ended questions, attached and marked as annexe 1 to this call.
- Sample: quote separately for Young People aged 13 – 30 years and Young People aged 16 – 30 years
- Sample Collection:  
representative of the Maltese youth population, with appropriate stratification by age group, gender, and geographical locality.  
The service provider must describe the sampling approach used to achieve representativeness.
- Sample Size: two (2) quotes separately for a sample of 500 (95% confidence level and a  $\pm 5\%$  margin of error) and 1100 respondents (95% confidence level and a  $\pm 3\%$  margin of error), representative of the youth population in Malta.
- Output Required: Comprehensive analytical report, including descriptive analysis, cross-tabulations by key demographic variables, and a synthesis of findings highlighting implications for youth policy and youth services.
- Presentation to Aġenzija Żgħażaġħ's representatives of the Data Survey and draft Comprehensive analytical report (including an opportunity for clarification and feedback prior to finalisation): Friday, 29<sup>th</sup> May 2026, end of business.
- Delivery of Survey data and the final version of the comprehensive analytical report: Friday, 26<sup>th</sup> June 2026, end of business.

The quotations, including a Europass CV, work experience, and references, are to be submitted to Aġenzija Żgħażaġħ St. Joseph High Road, Santa Venera, SVR 1013, in a sealed envelope for the attention of Rowena M Borg by no later than Friday, 20<sup>th</sup> February 2026, end of business. The financial proposal submitted should specify whether it includes VAT, the absence of which will be considered VAT inclusive.

Applications by post should be sent by registered mail, allowing sufficient time to ensure delivery by the above-stipulated deadline. These applications will be acknowledged in writing by Aġenzija Żgħażaġħ within one working day.

Late applications will not be considered.

For further information or queries, please phone Rowena M Borg on 99891714 from Monday to Friday from 08:00 a.m. until 15:00 or via e-mail at [rowena.borg@gov.mt](mailto:rowena.borg@gov.mt)

Annex 1: Draft Survey Questions:

## **SECTION 1: Background Information**

- 1. What is your age?**  
(Enter exact figure)
- 2. Country of birth**  
(Record the country)
- 3. If you were not born in Malta, how long have you been residing in Malta?**  
(Record exact number of years)
- 4. Gender**
  - Female
  - Male
  - Non-binary
  - Another gender identity
  - Prefer not to say
- 5. What is your highest level of education?**
  - Primary
  - Secondary
  - Post-secondary / Vocational
  - Tertiary
  - Other (please specify): \_\_\_\_\_
- 6. What is your current status?**
  - Full-time student In full time education
  - Full-time student + part-time work In full time education and part time employment
  - Part-time employed In parttime employment
  - Full-time employed In full time employment
  - Full-time employed + part-time student In full time employment and part time education
  - Not in Education, Employment or Training (NEET)
  - Other (please specify): \_\_\_\_\_

## **SECTION 2: Living Conditions & Wellbeing**

Thinking about your overall quality of life:

**7. Which locality do you live in?**

[List of Maltese localities]

**8. What is your current housing arrangement?**

- I own my home
- I rent from a private landlord
- I rent from the government or another support scheme
- I live with parents or family
- I am in temporary accommodation
- I am homeless
- Other (please specify): \_\_\_\_\_

**9. How does your current housing arrangement influence your wellbeing?**

- Very positively
- Somewhat positively
- Neutral / Indifferent
- Somewhat negatively
- Very negatively

**10. In the past 12 months, which of the following was true for you regarding food? In the past 12 months, how often did you have access to sufficient and nutritious food?**

- I have always had nutritious food available
- Most of the time I had nutritious food available
- There were a few times nutritious food was not available
- Most of the time nutritious food was not available
- I never had nutritious food available

**11. How often do financial concerns cause you stress or worry? In the past 12 months, how often do financial concerns cause you stress or worry?**

- Never
- Rarely
- Sometimes
- Often
- Always

**12. In the past 12 months how satisfied are you with access to safe, clean, and pleasant outdoor or green spaces in your area?**

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

### SECTION 3: Personal Wellbeing

Thinking about the past two weeks:

**13. How often have you felt the following?**

- a. Cheerful and in good spirits**
- b. Calm and relaxed**
- c. Active and vigorous**
- d. Fresh and rested on waking**
- e. That your daily life is filled with things that interest you**

***Answer options for each:***

- All the time
- Most of the time
- More than half the time
- Less than half the time
- Some of the time
- At no time

**14. On a scale from 0 to 10, how do you feel about your life right now?**

(0 = worst possible life, 10 = best possible life)

**15. How confident are you in your ability to cope when stressed? How confident are you in your ability to cope effectively when you feel stressed?**

- Extremely confident
- Very confident
- Moderately confident
- Slightly confident
- Not at all confident

**16. How much sleep do you usually get on a typical night?**

- Less than 5 hours
- 5–6 hours
- 7–8 hours
- 9 hours or more

**17. How would you rate your overall physical health?**

- Very good
- Good
- Fair
- Poor
- Very poor

**18. To what extent do you feel your life has a sense of purpose or direction?**

- A great deal
- Quite a lot
- Some
- Very little

- None at all

**19. How much control do you feel you have over decisions that affect your life overall?**

- A great deal
- Quite a lot
- Some
- Very little
- None at all

#### **SECTION 4: Social Wellbeing**

**20. Which of the following are the biggest challenges for your wellbeing? (Choose up to 2)**

- Academic or study-related pressure
- Work-related pressure
- Financial instability
- Family-related issues
- Friendship-related issues
- Relationship-related issues
- Mental health concerns
- Substance use-related issues
- Body image-related issues
- Social media use
- Online harassment or harmful online content
- Gaming
- Gambling
- Peer pressure
- Fear of Missing Out (FOMO)
- Other: \_\_\_\_\_

**21. On a scale from 1 to 5, how supported do you feel in relation to your education, training or future career?**

(1 = Not supported at all, 5 = Very supported)

**22. How balanced do you feel your daily life is between responsibilities (work or study) and personal time?**

- Very balanced
- Somewhat balanced
- Neither balanced nor unbalanced
- Somewhat unbalanced
- Very unbalanced

**23. On a scale from 1 to 5, to what extent do you have someone you trust who supports you when facing challenges?**

(1 = Not at all, 5 = Always)

**24. How strongly do you feel that you belong in your community?**

- Very strongly
- Strongly
- Neither strongly nor weakly
- Weakly
- Very weakly

**25. In the past 12 months, how often have you felt lonely?**

- Never
- Rarely
- Sometimes
- Often
- Always

**26. From whom or where would you seek mental or emotional support? (Please select up to five options that apply.)**

1. Parents/guardians or other family members
2. Friend/s
3. Partner/significant other (e.g. boyfriend/girlfriend)
4. Work colleagues
5. Teacher/lecturer
6. School-based/University-based counselling services
7. Religious leader
8. Family doctor (GP)
9. Government mental health services
10. Private mental health professionals (e.g. counsellor, psychologist, psychotherapist, family therapist, psychiatrist)
11. Telephone supportline/helpline
12. Online chat service provided by certified mental health professionals (e.g. Olli Chat, kelimni.com)
13. AI-powered mental health chatbot
14. Looked up information on websites
15. Did not seek support
16. Other: please specify Other: \_\_\_\_\_

## **SECTION 5: Social Safety**

**27. How safe do you generally feel in public spaces where you spend time socially (e.g. streets, open spaces)?**

- Very safe
- Somewhat safe
- Neutral / Unsure
- Somewhat unsafe
- Very unsafe

**28. In the past 12 months, have you personally experienced any of the following either online or offline? (Select all that apply)**

- Harassment
- Discrimination
- Gender-based violence
- None of the above
- Prefer not to answer

**29. How confident are you in knowing where to seek help if you or someone you know experiences harassment, discrimination, or gender-based violence?**

- Very confident
- Confident
- Somewhat confident
- Not confident
- Unsure

## **SECTION 6: Lifestyle**

**30. Overall, how do you usually feel after spending time on social media?**

- More positive
- Slightly more positive
- No different
- Slightly worse
- Much worse

**31. How often does social media make you feel stressed, anxious, or under pressure?**

- Never
- Rarely
- Sometimes
- Often
- Always

**32. How often does social media make you feel connected to others?**

- Always
- Often

- Sometimes
- Rarely
- Never

**33. Do you feel able to control your use of social media in a way that supports your wellbeing?**

- Yes, completely
- Mostly
- Somewhat
- Very little
- Not at all

**34. Rate the number of opportunities for leisure activities in your community.**

- Plenty
- A fair number
- Unsure / Indifferent
- Few
- Not enough

**35. Rate the quality of leisure opportunities in your community.**

- Excellent
- Good
- Average
- Poor
- Very poor

**36. How beneficial do you believe regular sport or physical activity is for your wellbeing?**

- Extremely beneficial
- Very beneficial
- Moderately beneficial
- Slightly beneficial
- Not beneficial at all

**37. Which best describes how sport or physical activity affects your wellbeing?**

- Mainly physical health
- Mainly mental and emotional wellbeing
- Mainly social wellbeing
- It benefits all of these equally
- It does not benefit my wellbeing

## **SECTION 7: Civic Wellbeing**

**38. In the past 12 months, how often have you taken part in volunteering or activities that benefit society?**

- Daily
- Weekly



- Monthly
- A few times a year
- Never

**39. Overall, how has your involvement in community or voluntary activities affected your wellbeing, if applicable?**

- Very positively
- Somewhat positively
- No noticeable impact
- Somewhat negatively
- Very negatively
- Not applicable

**40. To what extent do you feel that institutions in Malta consider the needs and voices of young people?**

- To a great extent
- To some extent
- Neutral / Unsure
- To a small extent
- Not at all

**41. How does your local environment (e.g., air quality, noise, overcrowding, cleanliness) affect your overall well-being?**

- To a great extent
- To some extent
- Neutral / Unsure
- To a small extent
- Not at all

**42. To what extent do you feel aware of the Sustainable Development Goals (SDGs)?**

- Extremely aware
- Very aware
- Moderately aware
- Slightly aware
- Not aware at all

**43. To what extent do you believe that engaging in initiatives related to the SDGs positively impacts young people's wellbeing in Malta?**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

**44. Please select up to three SDGs you believe are most important for young people's wellbeing.**

[List all 17 SDGs]

