

# Multinational Qualitative study on »Children's Understanding on Well-being – Global and Local Context«

## **Research Team from Catalonia (Spain)**

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We are a group of people working in a research team with the objective of learning more about children's and adolescents' opinions and about things that make children happy or not. Our name is quite curious and long: Research Team on Children, Adolescents, Children's Rights and their Quality of Life, but we usually just say »ERIDIqv« ([www.udg.edu/eridiqv](http://www.udg.edu/eridiqv)). We are from the University of Girona, a lovely small city situated in the north-east of Catalonia (Spain) (<http://www.girona.cat/turisme/cat/index.php>).

Because children and young people's lives and concerns are our main focus of interest, we like asking you directly about satisfaction with your life and with different aspects of your life such as family, friends, school, hobbies, and so on. In our opinion, you are the experts on your own lives, so you are the best ones to talk about you.

We use questionnaires and individual or group interviews to learn things about you, and we have learned a lot from you: that has been a really exciting experience for us! Sometimes, it is so different from what we (adults) expected! Questionnaires are usually designed by a team of researchers, that's to say adults, and then they are tested before the administration by a group of boys and girls. However, we like to ask some children to advise us and we usually try to involve them in the process of creating a questionnaire, for example, by asking them about the best way to ask a question, an easier format to answer it, and more understandable language to use.

We are used to doing individual interviews with some children or adolescents, and also doing interviews with groups of children or adolescents. Boys and girls have told us that interviews are usually interesting and funny, and also a good chance to be able to express their opinions and explain their experiences, which sometimes adults are not that interested to listen to. Therefore, our experience is about both children and adult-researchers learning together and enjoying to talk about things that are important for you.

Why are children's opinions so important for us? One of the aims of policies and laws should be not just to protect children, but also to improve your well-being. That means it is important to try to make young people happier. But, how could we do this if adults don't know what is making you happy? That's the reason why we ask children what is important for you and what do you need to have a satisfactory and happy life.

From the ERIDIqv team, we would like to thank all children who have already supported and helped us in our research projects and also encourage those of you that still haven't, to join them in order to, together, achieve a better well-being and even a better world for all children and adolescents, including those living in difficult situations or having any problems.