

STATE OF OUR YOUNG NATION

A REPORT INTO
THE LIVES OF IRISH
18-29-YEAR-OLDS



NYCI National
Youth
Council
of Ireland

Research Report

National Youth Council of Ireland

The National Youth Council of Ireland (NYCI) is the representative body for voluntary youth organisations in Ireland. We use our collective experience to act on issues that impact on young people.

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Contents

Foreword	4
Executive summary	5
NYCI Reflections and Recommendations	8
Research methodology	13
Findings	15
Chapter 1	
Understanding Ireland's young people	16
The priorities of young people in Ireland	16
The mental health of young people in Ireland	18
Chapter 2	
Attitudes towards living in Ireland	21
Key issues according to young people in Ireland	21
Culture and community	23
Education and employment	23
Chapter 3	
The housing challenge in Ireland	26
Their housing context	26
Attitudes towards housing in Ireland	27
Housing experiences in Ireland	28
Chapter 4	
The financial lives of young people in Ireland	30
Their financial context	30
Shifts in financial focus	30
Attitudes towards their finances	31
Daily spending	32
Adjusting to get by	33
Support structures	35
Financial outlook	35
Chapter 5	
Aspirations for their Future	37
Life milestones	37
Looking forward – aspirations for the future	40
Appendix: Questionnaire	41

Foreword

Motivated by our commitment to acting on issues that impact on young people, this landmark piece of research charts the challenges facing 18 to 29-year-olds today, a cohort of young people that may become the first generation to be financially worse off than their parents. It is a response to the concerns we are hearing directly from our membership and the young people they work with on the ground, as well as worrying trends in the broader economic context. Our aim is to develop a nuanced picture of the experiences of Ireland's young people, and a comprehensive evidence base that lays the groundwork for informed advocacy and action.

Reflecting on the findings, two critical areas stand out – a pervasive sense of economic pessimism and the scale of the impact of the accommodation crisis on young lives. These findings are more than statistics; they represent the real struggles faced by young people every day.

The economic pessimism reflects deep-seated worries about financial stability and future prospects, while the accommodation crisis paints a picture of lives and aspirations put on hold.

The implications of these challenges are profound, affecting young individuals' day-to-day lives and their capacity for future planning and personal fulfilment. More broadly, they signal potential long-term impacts on social cohesion if young people feel increasingly alienated, unsupported and deprived of opportunities to meet key milestones in their lives.

In response, we are more committed than ever to advocating for real change. This means campaigning to put these issues at the heart of the Government, Oireachtas and policymakers' agenda, so the experiences of young people are heard

loud and clear, and urgent action is taken to alleviate the myriad of pressures facing them.

NYCI will work directly with partners to further explore some of the alarming findings in this report relating to housing and gender inequality and will ensure our campaigns are informed by this research, so that we're accurately representing the needs and experiences of young people.

We stand at a critical juncture, and it is vital that all stakeholders come together to forge a path forward that not only acknowledges the challenges highlighted by this research but actively works towards our vision of an Ireland in which all young people can realise their potential and actively participate in an inclusive society.

**Together,
we can
and must make
a difference.**



Mary Cunningham
CEO,
National Youth
Council of Ireland

Executive summary

This research conducted by the NYCI in collaboration with IPSOS B&A provides invaluable insights into the attitudes, priorities, aspirations and challenges of young people in Ireland today as they navigate the complexities of modern life.

Chapter 1 of this report delves into the life priorities of young people in Ireland as well as an understanding of their mental health.

In terms of priorities, there is a persistent pursuit of independence, with social relationships and hobbies being of critical importance to young people in Ireland today. Prioritising their social lives is considered an important part of this life stage, with how it is experienced tending to shift from more spontaneous to planned occasions as individuals progress from their late teens through to their twenties.

Many note that there does come a point during their twenties when longer term priorities are more seriously considered – with this research finding many are feeling unoptimistic about the future. 1 in 3 (32%) young people in Ireland state feeling optimistic about the future ‘rarely’ or ‘none of the time’.

Using the Mental Wellbeing Scale (MWS) developed by Warwick and Edinburgh Universities, this research finds that half of young people (50%) in Ireland are classified as having ‘Low’ levels of mental wellbeing with this appearing to peak amongst

women (57%) and amongst those with a disability (62%). Overall, the clear indication is of a generation who feel, in large numbers, despondent.

Chapter 2 explores the multifaceted attitudes towards living in Ireland.

While young people in Ireland express a strong sense of pride and attachment to their culture and community, there are notable concerns regarding housing affordability, the cost of living, and mental health, in particular.

These issues should be of particular concern to policy makers and all of those invested in offering young people a life in Ireland. The environment and climate change are noted as a concern. However, it is far more likely to be considered a concern amongst middle-class young people living in Ireland.

Education and employment are felt to be strong points of living in Ireland, albeit this research does identify some worrying insights around workplace satisfaction for young people.

Those from a working-class background are less satisfied with their working life. Only 37% of young people from a working class background (C2DE) are satisfied with their working life compared to 51% of those from a middle class background (ABC1). In addition, female employees appear less satisfied with their employment benefits, with only 38% satisfied compared to 57% of men. Worryingly, those with a disability tend to be more dissatisfied with 'promotion opportunities' in their workplace.

In addition, despite living in an economy with 'full employment', unemployment is considered as a concern for 18 to 22-year-olds in particular and amongst 'non-white' young people living in Ireland. These research findings highlight the need for greater inclusivity in organisations, ensuring equitable opportunities for all young people and for Government and employers to do more to support those outside the labour market into meaningful roles.

Chapter 3 provides insight into young people's current housing context, their attitudes towards housing and their experiences of housing in Ireland.

The housing landscape presents a significant challenge for young people in Ireland, with over half living (52%) with their parents or family - this peaks among 18 to 22-year-olds (74%), those from rural (62%) and working-class backgrounds (57%).

Financial constraints, notably high rents and the need to save money, often drive young people in Ireland back to their parental homes, with 11% of young people who currently live with their parents having returned within the past two years after initially moving out.

For many, there is dissatisfaction with current housing conditions, particularly among renters, who express concerns about space, quality, and affordability of housing in Ireland. Only 40% of renters (i.e. privately renting a house, apartment or room) are satisfied with the 'size/space' of their living conditions and only 1 in 2 (50%) are satisfied with the 'quality of their home'.

These findings on housing pose policy implications and addressing these housing challenges is crucial to ensuring the well-being and stability of Irish youth, with implications for social and economic equality.

Chapter 4 provides a deep dive into the financial lives of young people in Ireland.

This research identifies a noticeable 'shift' in the financial priorities of young people in Ireland as they move from their late teens through to their late twenties. Initially reliant on family support and managing fewer financial obligations, they eventually face more challenges as expenses increase while incomes remain limited.

Ultimately, the dominant financial aspiration that young people in Ireland have today is to have a modest level of financial independence. They want to feel comfortable and secure.

However, even a modest level of financial independence is felt to be challenging to achieve. On balance this generation feels 'worse off' financially compared to last year, with 44% classifying themselves as 'worse off', with this peaking to 53% for women aged 18 to 29.

All of this translates into challenges in their day-to-day. In terms of coping with rising prices, 1 in 4 (25%) are having at least some 'difficulty coping' with rising prices, with 43% outlining that they are 'somewhat coping'.

The economic differences by gender are significant here, with men feeling that they are coping better with the rising prices compared to women; 60% of men state they are coping versus only 47% of women. Those with a disability appear to be significantly affected by the cost-of-living crisis, with 37% stating that they are having at least some 'difficulty coping' with rising prices.

There is also some concerning findings regarding social class, with young people from a working class background (C2DE) considerably less optimistic about a potential income increase in the next twelve months, with 35% of them expecting an increase compared to 49% of young people from a middle class background (ABC1).

Worryingly, this research finds that 1 in 5 (22%) of young people in Ireland state they have skipped meals due to cost, with this peaking amongst 18 to 22-year-olds (29%). Equally concerning is the finding that 1 in 10 (10%) have taken out a loan to cover regular/monthly expenses.

Chapter 5 examines aspirations for the future amongst young people in Ireland.

'Traditional' milestones remain important aspirations for the large majority of 18 to 29-year-olds, with a strong desire to attain milestones such as having children, getting married, and owning a home. However, for many, these milestones appear harder to reach and some question if possible at all.

Among those who do not have a mortgage (87% of the young people in Ireland aged 18 to 29), the average age that they feel they will attain home ownership is 32.6 years old, with those in the 27 to 29 age bracket who are currently without a mortgage the least optimistic, expecting to achieve home ownership by 36.9 years old.

Amongst those who currently do not have children, when asked 'what age they expect to start a family/have children', the average age is 31 years old. Moreover, our qualitative research identified concerns such as the ability to 'afford' children as a talking point for some.

The evidence is clear.

Traditional life milestones have been considerably pushed out and some are questioning if they are possible at all. This can be frustrating for young people as they attempt to navigate the multiple interdependencies that exist between life goals – many of which they do not feel in control of.

In terms of looking to the future, the topics of housing and cost of living dominated the national responses, dwarfing in terms of concern all other issues. These issues are core to the experience that young people in Ireland face today and should be key considerations for future policy.



NYCI Reflections and Recommendations

This report exposes the range of challenges facing young people living in Ireland across financial and mental wellbeing, the housing crisis, employment opportunities, gender inequalities and the cost-of-living, along with highlighting the positive aspects of their lives including strong pride in Irish culture and connections to community.

These challenges and opportunities are not exhaustive but demonstrate the need for policymakers to urgently consider how to support a generation that feels the basic social contract is broken, and for whom hard work is no longer a guarantee of the security many are seeking.

To address this, NYCI believes Government must quickly move to establish a Cabinet Sub-Committee on Young People to ensure a cross-Government focus and urgency are applied to a generation that is at real risk of being left behind.

Additionally, we have provided a range of reflections and recommendations across the many themes which arose in this research, which will prove a roadmap to restore hope for young people, many of whom are despondent about their future.

Housing

It is no surprise that housing and adequate accommodation are key themes across the report and is the single biggest issue impacting young people in Ireland.

NYCI knows from its work with young people the impact high costs and a lack of social, affordable and private rental accommodation are having on young people. A generation that feels completely left behind and is missing out on critical social and development opportunities.

The majority of young people live at home, with many forming part of a “boomerang” generation who have been forced to return to their family home as a result of high costs, an inability to save or both.

While it hasn't been captured fully in the survey, we are also experiencing a youth homelessness crisis, with figures from the Department of Housing showing the number of young people in emergency accommodation more than doubling since the summer of 2020.

Addressing the accommodation crisis is complex, but NYCI believes youth organisations and young people need to be central to solutions.

This is why we will publish a policy paper later in 2024 setting out challenges and solutions to housing policy from a youth perspective.

Additionally, we are making a set of short- and long-term proposals to support 18 to 29-year-olds who are among the most severely affected by the housing crisis:

Short term interventions:

- The Department of Housing, Local Government and Heritage should work with the Residential Tenancies Board to explore legislative and resourcing measures required to report data on renters based on age cohort, to equip policy makers to address trends for young people in the rental market as they arise (Department of Housing and Local Government and Heritage);
- Further resource the RTB's investigation and sanctioning role in respect of illegal rent increases, and equip it to provide tailored advice and public campaigns for young renters about their rights as tenants (DHLGH);
- Adequately resource Local Authorities to enforce short-term letting regulations (DHLGH);
- Introduce rent caps to provide greater stability for renters and to ease costs in the rental market (DHLGH);
- Ensure the next review of the Housing Assistance Payment (HAP) includes a specific focus on the experiences of those aged 18-29 who are reliant on, or are unable to access HAP so that barriers can be addressed (DHLGH);
- Significantly increase funding for the National Youth Homelessness Strategy (DHLGH).

Longer-term interventions

- Accelerate delivery of cost rental schemes to relieve the demand pressure on the rental market (DHLGH and Land Development Agency);
- Further increase income eligibility thresholds for social housing to support more young people into secure accommodation and to acknowledge the rising cost-of-living and housing (DHLGH);
- Significantly increase social housing supply to ensure provision of secure and stable accommodation, especially for young people on low-to-middle incomes, to stabilise the private market, address clear concerns around the space and quality of homes in the private rental sector, and ensure a robust stock of public housing for current and future generations (DHLGH and LDA).

Employment

The working lives of young people have changed dramatically in a short space of time, and despite positive changes which offer greater flexibility in the workplace and a general perception of good availability of employment opportunities, satisfaction with pay, benefits and development opportunities is relatively low.

Meanwhile, young people from more disadvantaged backgrounds are much less likely to be satisfied with working life.

This points to challenges and opportunities to improve the working lives of 18 to 29-year-olds and NYCI recommends:

- Government commits to abolishing sub-minima rates of pay for under-20s in its lifetime;
- Government commits to including all young workers in the National Living Wage, in advance of its introduction;

- The Department of Social Protection, through “Pathways to Work” and its successor strategy, ensures that it works with employers to provide adequate wraparound supports which not only encourage the participation of young people with disabilities in the workplace, but provide meaningful opportunities for career advancement;
- Additional research is required to understand the increased concern demonstrated by minority ethnic young people around unemployment.

Gender inequality

This report has exposed significant challenges for young women in almost all aspects of their lives.

Compared with young men, they reported worse mental and financial wellbeing, lower satisfaction with pay and conditions, were coping worse with the cost-of-living, are more likely to have made cutbacks in spending and to feel they are worse off than their parents’ generation.

This speaks to very significant inequality for young women, and NYCI will:

- Engage directly with its members, young women and representative bodies, including the National Women’s Council of Ireland, to further explore policy options to address the many challenges outlined in this report.

NYCI also calls on Government to:

- Develop a new National Strategy for Women and Girls, with a specific focus on the needs of young women and heightened economic, mental health and social challenges;
- Set legislative targets, as set out in the Citizen’s Assembly on Gender Equality recommendations, to reduce and then eliminate the hourly gender pay gap;

- Actively review and effectively monitor anti-discrimination and equality legislation.

Cost-of-living

While inflation has eased somewhat in 2024, it is still having a significant impact on young people. Based on the latest CSO Consumer Price Index, food and non-alcoholic beverages has risen 18% between February 2022 and February 2024, private rentals have increased by 16% and recreation and cultural activities were up 10% in the same period.

Young people are struggling to get by, with a shocking 1 in 5 saying they skipped meals in the past year due to cost.

It is clear additional supports are still needed for young people beyond cost-of-living measures already set out already in these recommendations relating to housing and the cost of cultural activities.

To provide further support to young people who are struggling with inflation, NYCI calls for:

- A reduction in third-level and apprenticeships fees by €1,000 in the next year, with a phased abolition of the charge over next two years (Department of Further and Higher Education, Research Innovation and Science);
- Significant additional investment in public transport in rural areas, and the addition of new local link services to support young people with inadequate rural public transport, the high cost of private transport and to achieve Government’s emissions targets (Department of Transport and Department of the Environment, Climate and Communications).

Culture and community connections

18 to 29-year-olds in Ireland clearly value a vibrant cultural scene and Ireland's growing global reputation across the arts, culture, music and sport.

Likewise, there is a strong sense of community and connection to where young people are from, and it is viewed as one of the most positive things about living in Ireland, particularly among young people from rural areas.

To continue to support these connections, enable participation in cultural activities and bolster Ireland's growing cultural reputation, NYCI recommends:

- The introduction of a Culture Card for young people to support improved access to arts, culture and media, as initiated in a number of other EU Member States (Department of Tourism, Culture, Arts, Gaeltacht, Sports and Media);
- Additional investment in community-based youth arts programmes (Department of Children, Equality, Disability, Integration and Youth and Arts Council);
- Expansion of the Department of Rural and Community Development's Community Centres Investment Fund for New Builds, and ringfencing of funds for centres which work primarily with young people (Department of Rural and Community Development);
- Improved access to quality facilities for young people to feel a sense of connection, including through infrastructural investment in youth work (DCEDIY and DRCD);
- Increased investment in community cultural and leisure facilities (DRCD, DTCAGSM, DCEDIY and Local Authorities).

Mental health and additional informational supports

Mental health was not a central element of this research, but NYCI was alarmed by the very low rates of mental wellbeing, with half of young people classified as having a low level of mental wellbeing and less than 1 in 10 (8%), having a high level of mental wellbeing.

Throughout the report it also becomes clear that there is a need for additional informational supports across a range of areas including mental and financial wellbeing.

With this in mind, NYCI recommends:

- Targeted investment by Government in youth mental health services and increased provision for wrap-around services, and links to community facilities, including youth work facilities (Department of Health and DCEDIY);
- Increased investment in Youth Information Services across the country and exploration of further collaboration between these services and financial support services such as Money Advice and Budgeting Service (DCEDIY).

Key Statistics on Young People in Ireland



The most significant concerns for young Irish people are housing and the rising cost of living, cited by **67%** and **62%** respectively.



Nearly half (48%) are dissatisfied with their current housing situation.



Half of 18 to 29-year-olds in Ireland can be classified as having low mental well-being.



More than half of those with rental or mortgage payments have experienced an increase in the past year.



44% feel financially worse off than last year.



Over 1 in 5 (22%) have skipped meals due to costs.



Research methodology

This research included a blend of innovative qualitative research followed by a robust quantitative survey of 781 adults aged 18 to 29 living in the Republic of Ireland.

From the outset, a key consideration in research design was how we get our participants to reveal their raw and honest opinions about their lives and life in the Republic of Ireland. To achieve this, we first used an ethnographic digital diary methodology which is an innovative form of Qualitative research that enabled us to cut right through to how this generation of young people feel about the opportunities and challenges in the country.

This ethnographic digital diary approach involved us communicating with 21 participants over a weeklong period (7 full days), through a mobile app that uses selfie videos as the primary form of communication. This ethnographic sample included an equal balance of 18 to 22-year-olds, 23 to 26-year-old and 27 to 29-year-olds living in Ireland, with the sample also including a proportion of young people not born in Ireland but living here and a proportion of individuals with a disability. On each day of the fieldwork period, we prompted our participants with questions about their lives in Ireland, leveraging the 'confessional style' interactions that digital

ethnography delivers. This provided us with real, raw and authentic moments from their lives, their attitudes and thoughts about the future.

Through this qualitative approach of an ethnographic digital diary, we obtained over 150 selfie videos totalling 12+ hours in video footage. From this part of the research, we extracted key themes that matter to this age group and, although we do not have any videos in this report due to GDPR, we have included some anonymous but insightful quotes from participants throughout to illustrate the rich feedback.

Following on from our initial qualitative research, using the IPSOS B&A online panel (Acumen online), we conducted a 15-minute survey, with a nationally representative sample of n-781 of young adults. The full breakdown of the nationally representative sample is included in the graphic below and a full copy of the questionnaire is available in the appendix of this report. To ensure that the survey results were nationally representative, corrective weighting in line with CSO data was applied by gender, age and socio economic status to ensure a fully representative sample of young people in the Republic of Ireland.

This quantitative phase of research provided us with a robust and nationally representative statistics about the attitudes and experiences of young people in Ireland, many of which you will find in this report.

The table below show the nationally representative sample of 781 adults aged 18-29 in the Republic of Ireland.

		2024
Gender	Male	49%
	Female	50%
	Net (Non-Binary + NA)	1%
Age	18-22	38%
	23-26	39%
	27-29	23%

		2024
Region	Dublin	31%
	RoL	29%
	Munster	24%
	Conn/Ulster	17%
Social Class	ABCDIF50+	60%
	C2DEF50-	40%

Findings

Chapter 1

Understanding Ireland's young people

The priorities of young people in Ireland

The pursuit of independence

From our qualitative research, an overarching priority and behaviour that all young people display is the pursuit to achieve a sense of independence in their lives. Interestingly, how this pursuit of independence is exhibited shifts as they progress from their late teens to late twenties.

In their late teens and early twenties asserting a sense of independence often appears to be exhibited through behaviours such as the desire to travel abroad alone with friends (e.g. the 'JI in the USA'), choosing a college course relating to what they 'actually' want to do in life, learning to drive or through personal autonomous choices in clothing, hobbies and other purchases that they make. It is a time of their life where they are adjusting to having the ability to make their own decisions and have control over their own lives.

“ I want to travel outside of Europe, I haven't been outside of Europe before so it's something that I definitely want to do.

Female, 18-22, Dublin

As they progress through their twenties, the pursuit of independence persists and appears to naturally expand. They continue to express their independence and individuality through the choices they make regarding travel, progress in work/career, relationships and consumer choices. Moreover, many take steps towards 'physical independence' by contemplating or actualising the move to live independently, signalling a pivotal moment in their journey in adulthood.

Achieving 'physical independence' is described by young people as an important step – they feel that it is a watershed moment on the path to becoming an independent adult. The strength of this desire to achieve independence can be seen even amongst those who can't afford to move out of their family home. In our qualitative sample, we heard examples of participants who were in the process of building cabins at the end of their family home to create a sense of distance and space from their family – and thus achieving a degree of independence and a symbol of life progression.

Taking a holistic view of our research, the ability to create a sense of 'physical independence' appears to be increasingly difficult to achieve – mainly due to the inability of many to move out of their family homes for a variety of reasons, including high rents.

Consequently, alternative 'markers of independence', such as travel experiences, lifestyle and even product choices, assume greater prevalence as symbols of independence, progress and self-sufficiency for young people in Ireland today than perhaps in the past.

Discovery, release and social experiences

Despite the multiple challenges that young people feel that they face, having fun, sharing experiences with friends and making lifelong memories are key priorities for them. In fact, for many, the time between their late teens and late twenties is viewed as the time in their lives where these things need to be prioritised, as they feel that they may not have the same opportunity to do so when life responsibilities become greater (for example, when they have children etc). There is a feeling of seizing the moment while the opportunity is there for them.

That being said, as young people progress from their late teens to their late twenties, how discovery, fun and socialising is actually experienced appears to shift. For those in their mid to late twenties, it appears that it is something that is mainly 'fitted in' through holidays and other more 'planned' activities (E.g. festivals, meeting friends' weeks in advance etc), instead of more 'spontaneous' meet ups with friends that they may have had in their late teens and early twenties. We see the beginning of more structured and organised social connections as time becomes more scarce with work and personal relationships.

In fact, many young people feel that it can be challenging to fully navigate this shifting social landscape and prioritising all the different relationships in their lives. It is a period of their lives when new friendships are made through further or higher education, work and other endeavours and at the same time existing friendships from their teenage years evolve as they adjust to the new realities of their lives. As individuals undergo personal growth and transition into adulthood, friendships can evolve, requiring adaptability and mutual understanding to sustain them.

Social media appears important here, enabling them to stay in touch despite the busyness of their lifestyles.

Furthermore, young people also express that social relationships are highly important for not just sharing experiences but also for their mental wellbeing. Perhaps this resonates even more strongly after their Covid 19 experience.

Hobbies and interests

In their late teens and early twenties, hobbies, be it GAA, rugby, running, going to the gym or going on walks are of critical importance to them. They feel that their hobbies and interests are important to their personal development and maintaining their overall wellbeing. It is also clear that for many their hobbies are important in the building of their self-confidence and self-identity. In a world in which they often feel a lack of control, their hobbies and interests are often one area of their lives where they can excel and where they can feel somewhat in control of the outcome. Hobbies also play an important role as a focal point where relationships are sustained, and interests are shared.

Stability and security

As they move through their twenties, there often comes a point in which there is an increased focus on the need to prepare for the future. We begin to see a shift in young people's mindset to more longer-term objectives.

Although having fun and life experiences remain highly important, being prepared for the future becomes a more pressing concern, something it would appear many begin to feel pressure to prepare for. Plans are put in place to achieve this, with many making more trade-offs on the various priorities they have in their lives. It's the beginning of a commonly felt tension point between maintaining short term enjoyment and at the same time achieving longer term stability and security. It's an uncomfortable trade-off for most – with a need to compromise regardless of what path they take.

In the quest for more security and future stability, there is a common anxiety of feeling somewhat 'stuck', unsure of how they are going to be able to achieve this next step – a sense of arrested development. When considering housing away from their parents, young people become acutely aware of the challenge of paying for all living costs and find it difficult to understand how they can achieve it on an entry level salary. It becomes apparent that trade-offs are needed, often substantial and difficult ones.

“

I love where I live, but at the moment there is nowhere else I can live, you are just stuck at home, rent is too expensive.

Male, 23-26, Mullingar

”

Many decide to continue living at home, maintaining parts of their discretionary spending and at the same time doing their best to build up savings. Others face the steep costs of renting in Ireland, cutting wherever else they can in their lives. However, this independence away from the home comes with a cost for many, that often being sacrificing the ability to save for a mortgage in the meantime.

“

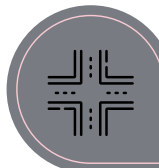
I think my finances are quite okay at the minute because I am still living at home with my partners family, if I was living alone, I'd probably be in a desperate state.

Female, 27-29, Dublin

”

At a crossroads

As they reach the latter end of their twenties, many outline feeling that they are at a crossroads. Needing to make important decisions about their future such as where to live, if they want to get married and have children. It is important to note that these 'traditional' milestones remain highly important to young people in Ireland today. It can be a stressful time for young people, with social pressure from parents but also a desire to signal to friends that they are progressing in life.



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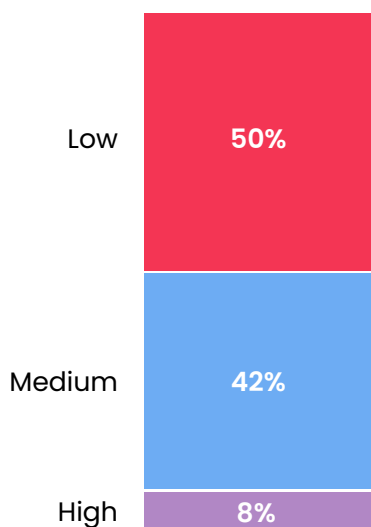
The mental health of young people in Ireland

Young people in Ireland grapple with a complex emotional landscape, where surface level satisfaction masks deeper anxieties about their future trajectories, ultimately impacting their overall well-being.

In fact, the mood amongst young people in Ireland appears paradoxical at first glance. Many express high levels of enjoyment in their day-to-day, with social relationships, hobbies and future plans such as holidays key contributors to this sense of satisfaction. However, despite surface level satisfaction, there is an undercurrent of discontent that often pervades this generation, particularly when they are directed to think about their future.

Figure 1: Q.10 Below are some statements about feelings and thoughts related to general wellbeing. Please indicate for each of the following statements which is closest to how you have been feeling over the last two weeks.

Mental well-being scale (summary)



In the quantitative survey, using the 'Mental WellbeingScale' (MWS) developed by Warwick and Edinburgh Universities, a set of positively worded statements about specific thoughts and feelings were asked¹. The statements related to feelings of being optimistic, useful, relaxed, dealing with problems well, thinking clearly, feeling close to others, and being able to make their own mind up about things.

The results on the mental wellbeing of young people in Ireland are unsettling. A striking 50% of 18 to 29-year-olds can be classified as having a 'Low' level of mental well-being; with less than 10% receiving a 'High' level assessment. The stark results for this age group have also been witnessed in other surveys conducted by Ipsos B&A which used the Mental Wellbeing Scale.

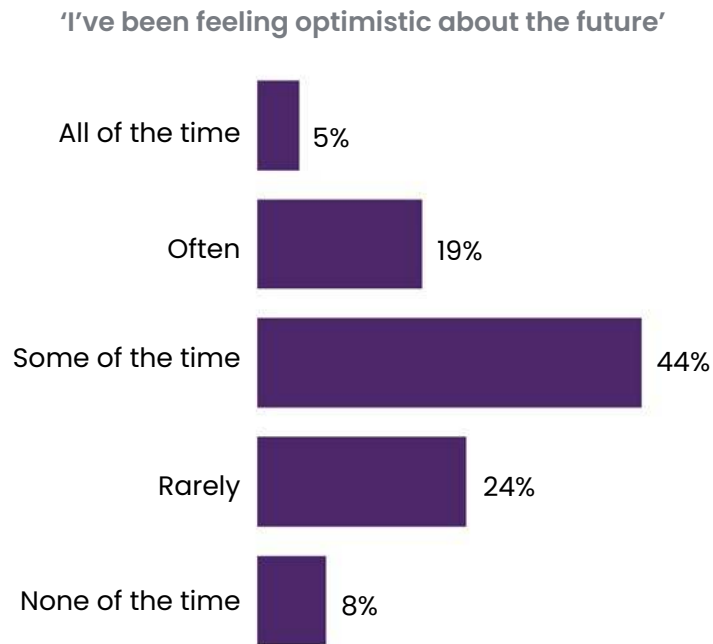
Only by gender is there a significant variation apparent in those who classify in the 'Low' group, with an even higher proportion of women (at 57%) having 'Low' levels of mental wellbeing. Worryingly, those aged 18 to 29 who have a disability are more likely in the 'Low' group, with 62% of those with a disability receiving a 'low' level assessment of mental wellbeing.

When we look at some of the individual metrics of the Mental Wellbeing Scale, we can see that 4 in 10 (40%) of young people in Ireland state that they've been feeling relaxed either 'rarely' or 'none of the time' over the past two weeks. This appears to peak amongst 18 to 22-year-olds with 46% outlining that they've been feeling relaxed either 'rarely' or 'none of the time'.

When asked about how often they feel optimistic about the future during the same time period, 1 in 3 (32%) of young people in Ireland state 'rarely' or 'none of the time', with a further 44% stating they feel optimistic about the future 'some of the time'. Only 1 in 20 (5%), state they feel optimistic about the future 'all of the time'.

¹The WEMWBS, developed by Warwick and Edinburgh Universities, uses a set of 14 positively worded statements about specific thoughts and feelings, with five response categories to determine how often an individual has experienced them; this is used to assess mental wellbeing. A shortened version of the tool, called SWEMWBS3, with 7 items, was used in the survey, to allow for analysis of any difference in response patterns according to mental wellbeing. Each of the 7 items carried a score between 1 and 7, giving individual participants an overall score between 7 and 35, with a lower score denoting a lower level of mental wellbeing. For the purpose of analysis in this report the level of mental wellbeing has been assessed as either low, medium or high. Stewart-Brown, S. Tennant, A. Tennent, R. Platt, S., Parkinson, J. and Weich, S. (2009) Internal construct validity of the Warwick-Edinburgh Mental Well-being Scale (WEMWBS): a Rasch analysis using data from the Scottish Health Education Population Surve. Health and Quality of Life Outcome. 7:15 doi:10.1186/1477-7525-7-15

Figure 1: Q.10 How often do you feel - I've been feeling optimistic about the future



Those aged 27 to 29 feel the least optimistic about the future. Nearly 4 in 10 (39%) of 27 to 29-year-olds state feeling optimistic about the future 'rarely' or 'none of the time' compared to 28% of 23 to 26-year-olds and 31% of 18 to 22-year-olds. Our qualitative research found that as financial challenges become more tangible as young people reach their mid to late twenties, many adopt a more pragmatic outlook towards their future, focusing on what they feel that they can realistically achieve rather than what they would like to achieve. Many find this adjustment in perspective and goals discouraging.

In addition, women aged 18 to 29 appear less optimistic about the future compared to men - with well over a third (38%) of women stating they feel optimistic about the future 'rarely' or 'none of the time' compared to only a quarter (26%) of men.

Overall, the clear indication is of a generation who feel, in large numbers, despondent.



Despite surface level satisfaction, there is an undercurrent of discontent that often pervades this generation, particularly when they are directed to think about their future.

Chapter 2

Attitudes towards living in Ireland

In both the qualitative and quantitative components of this research, young people in Ireland outlined that there are many positives to living in Ireland.

For the most part, young people in Ireland want to make a life in Ireland work for them – the vast majority want their long-term future to be here.

However, there are significant challenges, in particular around housing and cost of living, which are driving many young people to consider their options elsewhere. These issues should be of considerable concern to policy makers and all of those invested in offering young people a life in Ireland.

Key issues according to young people in Ireland

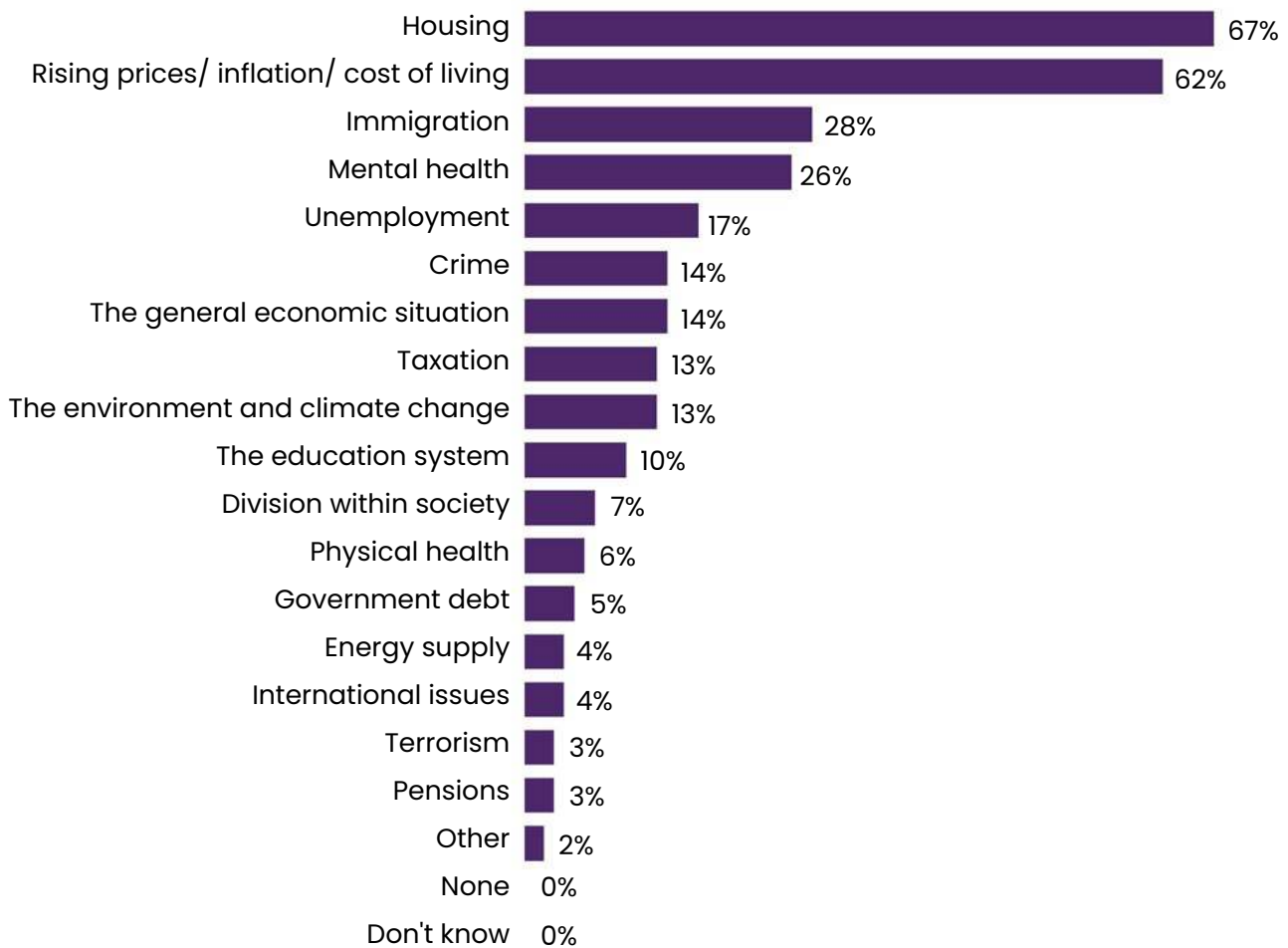
When directly asked what they feel are the 'top three most important issues in Ireland', housing and the rising prices/inflation/cost of living are by some distance the most dominant concerns that young people in Ireland have; 67% and 62% respectively. Not surprisingly, given the extent of the overall response, the top ranking of these issues is entirely consistent across the key,

demographic groups of age, social grade, region and area.

Outside of these top two issues, the areas of immigration and mental health are selected by over a quarter of the sample as 'top 3' issues facing Ireland; again, the ranking of these two issues is entirely consistent across the demographic groups.



Figure 2: Q.1 Please review the below list of social/political issues. What do you think are the three most important issues facing Ireland at the moment?



However, there are some interesting findings when we analyse the demographic differences across other areas of concern.

Despite the economy currently experiencing record levels of employment, 17% state unemployment as a key issue. In particular, 18 to 22-year-olds appear to be more concerned about unemployment - with 1 in 5 (21%) of 18 to 22-year-olds rating it as an issue compared to only 1 in 10 (10%) of 27 to 29-year-olds in Ireland. Concern about unemployment also peaks amongst 'non-white' young people in Ireland, with 26% outlining unemployment as a key issue.

Interestingly, the environment and climate change are only perceived as a 'top 3' issue for 13%. However, there is a significant difference in concern related to environment and climate change depending on social class, with concern higher amongst young people from a middle class background (ABC1) versus working class background (C2DE); 17% and 7% respectively. For many, although highly important, the mental time and attention they can allocate to environmental concern and climate change appears to be 'crowded out' by other economic pressures they face in their day-to-day.

Culture and community

One of the more significant advantages of living in Ireland is felt to be it being a culture that has communities at its core. The fact that community is valued and prioritised is something that young people in Ireland are proud of and is felt to be a unique aspect of life in Ireland. Many note the performance of Ireland during the Covid-19 pandemic, when community and togetherness blossomed as a particular point of pride.

Interestingly, from our qualitative research this sense of community in Ireland is felt to be particularly strong amongst those living in or from rural Ireland. Even if moving up to Dublin for employment, those who are originally from outside of Dublin talk freely about an unbreakable connection, sense of belonging and pride in their home community or parish.

“

I love living in Ireland, it's an amazing country, the craic is great, the people are mighty, and the communities are tight knit.

Female, 27-29, Galway

”

Amongst young people there is a strong sense of pride and attachment to Irish culture, be it sport, music or language. It is something that is felt to be unique. There is also a great sense of pride in Ireland's global reputation, and that despite the country's size, it punches above its weight at the global level.

In the national survey, when asked to spontaneously outline the 'most positive aspects about living in Ireland', the front runner, by a considerable margin, was 'nice/friendly people' (28%). In addition, positivity was directed towards a 'sense of community' and being 'close to family/

friends', with being 'close to family/friends' significantly more apparent as a positive amongst women; 12% for women compared to only 4% for men.



Many note the performance of Ireland during the Covid-19 pandemic, when community and togetherness blossomed as a particular point of pride.

Education and employment

Most feel that second and third level education is probably the strongest public service offered in Ireland. It is felt to be stronger both in terms of quality and affordability relative to other countries (Especially Ireland's 'comparator' countries the UK and US).

“

In general, people are very friendly and it's a welcoming place. In my field of work there are excellent job opportunities, and the education system is great too.

Male, 23-26, Louth

”

There is also a high level of consistency in the opinion that Ireland is a good place to live because of the employment opportunities that exist. Reflecting the strong employment opportunities in the economy, seven in ten (70%) of 18 to 29-year-olds are currently working; however, 18% are doing so part-time; and 16% are doing so with a temporary contract.

Reflecting modern working arrangements, of those working full or part-time, 36% work from home (at least in part). Of those working from home, 38% 'would like to work more often from (their) employers place of work'; and near 1 in 5 indicate that they do not have a suitable workspace and/ or adequate equipment in their home to carry out their work.

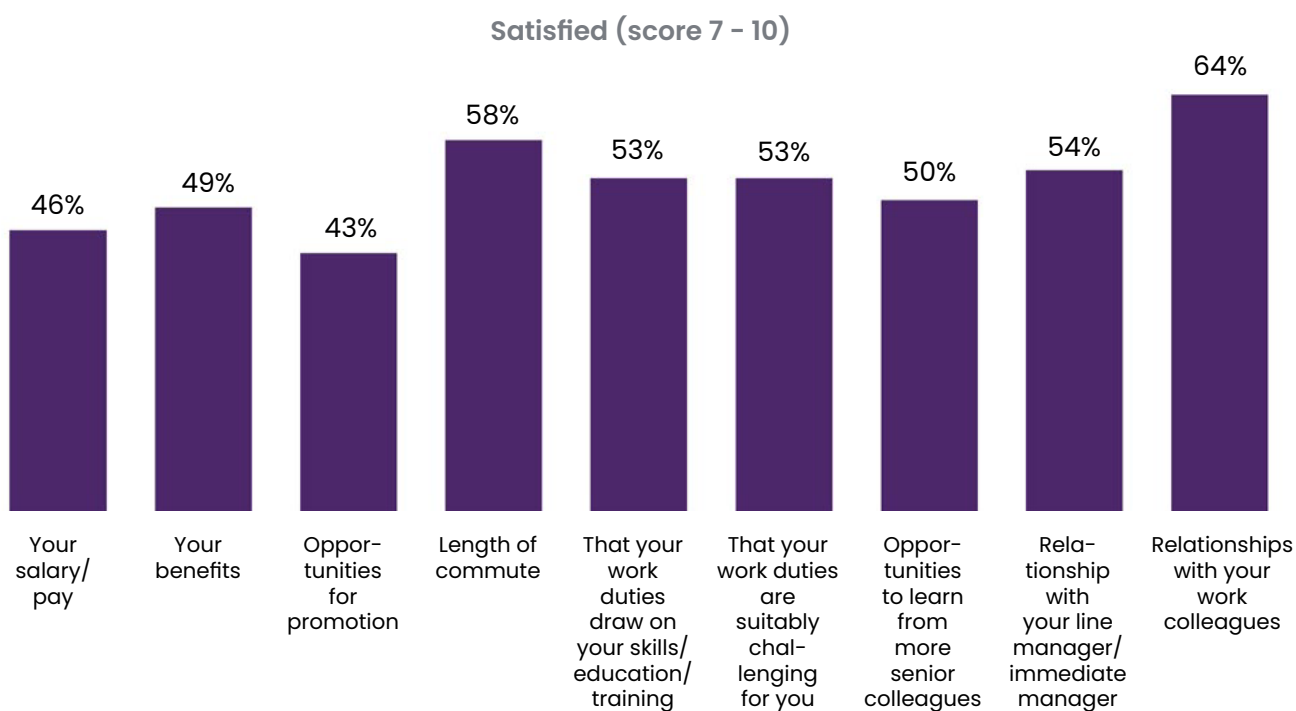
Conversely, of those currently working from home, 62% would 'not like to be working more often from their employer's place of work' – highlighting a strong desire to maintain working from home, at least in some capacity from young people in Ireland.

While the incidence of employment among young people in Ireland is high, satisfaction with work typically exhibits a series of reservations. The assessment of work was again across multiple criteria and used a 10-point scale, with 10 being 'extremely satisfied'.



There is also a high level of consistency in the opinion that Ireland is a good place to live because of the employment opportunities that exist.

Figure 3: Q.26 How satisfied are you with the following aspects of your work?



Across the 9 criteria, only the assessment of 'relationships with your work colleagues' reached over 60% satisfaction, with the most critical assessments related to: 'your benefits' (49% satisfaction), 'your salary/ pay' (46% satisfaction) and particularly 'opportunities for promotion' (43% satisfaction).

Only half are satisfied with 'opportunities to learn from more senior colleagues', and the work duties assigned to 18 to 29-year-olds were evaluated harshly both in terms of being suitably challenging, and also for drawing on their skills, education, and training.

Interestingly, the broadly negative evaluation of work showed little variation by whether the work was carried out under a permanent or temporary contract; nor was there any significant variation by those working from home or at their employer's place of work.

However, some gender differences do emerge when we observe the data regarding employment benefits; with female employees less satisfied with the employment benefits, with only

38% satisfied compared to 57% of men. This highlights clear discrepancies in satisfaction and is a call for employers to address this gender gap in satisfaction of employment benefits.

18 to 22-year-olds also tend to be less satisfied with their working life in general, with only 38% satisfied compared to 47% of 23 to 26-year-olds and 51% for 27 to 29-year-olds.

Differences also emerge between social class when it comes to satisfaction with working life; 51% of young people from a middle class background (ABC1) are satisfied with working life compared to only 37% for those from a working class background (C2DE).

In addition, young people with a disability tend to be more dissatisfied with 'promotion opportunities' in their workplace; 70% are dissatisfied with this compared to average of 57%. These important findings highlight the need for greater inclusivity in organisations, ensuring equitable opportunities for all young people employed.



Chapter 3

The housing challenge in Ireland

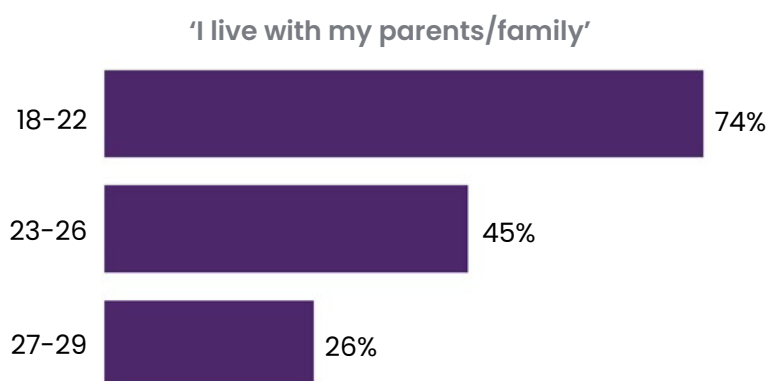
Their housing context

It should come as no surprise in light of recent studies and media reports that the majority of 18 to 29-year-olds live with their parents /family. 52% of 18 to 29-year-olds live with their parents/ family with this figure being highly correlated to age; reaching 74% among 18 to 22-year-olds, 45% amongst 23 to 26-year-olds, and 26% amongst 27 to 29-year-olds.

Those based rurally are more likely to be living with their parents/ family; 62% compared to 49% for their urban counterparts. Those from more working-class backgrounds (C2DE) are also more likely to be living at home (57%) compared to less than half (49%) of those from middle class backgrounds (ABC1). The latter highlighting potential additional challenges that those from lower income households have in living away from home.

13% of 18 to 29-year-olds have a home owned by themselves (either outright or with a mortgage). 14% are living in a house that they rent on the private market, with 8% living in a house rented from their local council. 6% live in an apartment that they rent with this highest amongst 27 to 29-year-olds, with 10% living in an apartment that they rent. 4% rent a room in a shared house, with this rising to 11% amongst 'non-White' young people living in Ireland.

Figure 4: Q.G Living arrangement?



Of the 52% of young people aged 18 to 29 who currently live with their parents/ family, 89% have lived there for the past 2 years or longer. This is highest amongst 18 to 22-year-olds, for whom 95% have lived there for the past 2 years or longer. However, this figure remains high for those in their mid-to-late twenties too, with 74% of those aged 27 to 29 who are currently living with their parents having lived with them for the past 2 years or longer.

11% of 18 to 29-year-olds who currently live with their parents have 'moved back' within the past two years – with this peaking at 1 in 4 (26%) for those who are currently living with their parents aged 27 to 29*. For this 'boomerang generation', financial rationale dominates as the reason for this return to the parental home: 43% reference 'can't afford the rent' as an explanation, while a further 19% mention the need to 'save money'.

34% of 18 to 29-year-olds have never moved out of home, with the highest amongst 18 to 22-year-olds for whom 52% have never moved out of home. 3 in 10 (29%) of 23 to 26-year-olds have never moved out with 1 in 7 (14%) of 27 to 29-year-olds having never moved out of their family home before. Those who are based rurally are less likely to have ever moved out of their family home; 46% compared to 31% of those living in an urban area.

Attitudes towards housing in Ireland

Young people appear frustrated and disappointed towards the housing situation they face. Many acknowledge the harsh reality that home ownership may remain out of reach for some of them despite their best efforts, due to the high costs of renting, coupled with low availability of affordable housing. The challenges that young people in Ireland face regarding housing even appears to be a trigger for some to shift their focus away from Ireland, putting emigration on the map as an option.



I never thought about leaving the country until last year, and now me and my partner have decided to go to New Zealand. The housing situation is so bad here I have had a lot of friends leave. I didn't think we would be next, but unfortunately we are.

Female, 27-29, Cork



*Note low base size

Underscoring the widespread impact of the housing issue, those who are in the youngest age bracket of young people in Ireland (aged 18-22) are as concerned about housing as those closer to a house buying age – even though they are likely further away from home ownership. This highlights how the issue of housing is touching all age groups of young people in Ireland today, not just those closer to home ownership. That being said, as one would expect there is a 'peak' in concern amongst those who are currently renting (i.e. privately renting a house, apartment or room) – 76% rating it as a key issue facing Ireland.



So, how do I feel about living in Ireland currently? I think currently Ireland is one of the hardest places to live in based on my own experience I would say due to just the basic living. That's me, working full time in a job since I was seventeen.

Male, 27-29, Kilkenny



In addition to affecting young people in Ireland, the housing crisis is also cross generational in its impact. Of the 13% of 18 to 29-year-olds who have already purchased their own home, 51% received financial support from parents when doing so. For many, getting financial assistance from their parents has become an essential step to getting on the property ladder.

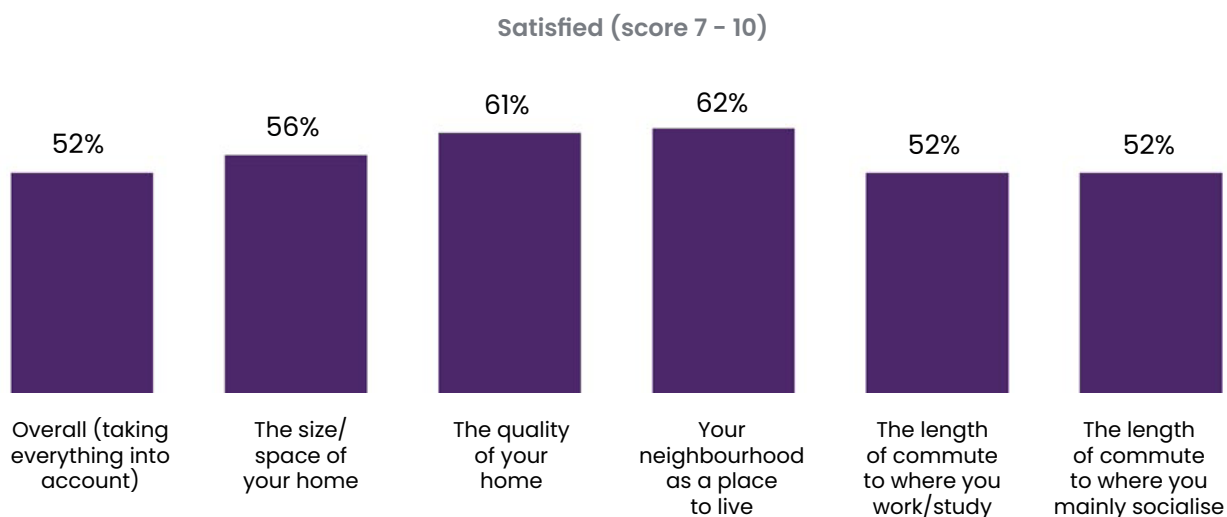


Of the **13%** of 18 to 29-year-olds who have already purchased their own home, **51%** received financial support from parents when doing so. For many, getting financial assistance from their parents has become an essential step to getting on the property ladder.

Housing experiences in Ireland

There is general dissatisfaction felt amongst young people in Ireland in relation to their 'current home'. When asked to evaluate their current living conditions in the National Survey, the assessment across multiple criteria is modest.

Figure 5: Figure 1: Q.18 How satisfied are you with the following aspects of your current home?



With the overall assessment 'taking everything into account' only 52% are satisfied with their current housing, meaning 48% are not satisfied with their current housing. In this overall assessment, women are significantly more likely to be dissatisfied with their current home – with only 43% satisfied compared to 60% of men. 48% of those renting are satisfied compared to 59% of those who live in a home that they own themselves.

On the individual criteria, the lowest evaluation is afforded to 'the length of commute to where you mainly socialise' and 'the length of time to commute to where you work/study' in which only 52% are satisfied with these. The highest to 'your neighbourhood as a place to live', with 62% satisfied with this.

Renters appear the least satisfied on multiple areas of their housing experience. Only 39% of renters are satisfied with the 'size/space' of their living conditions compared to 64% of those who own their own home and 65% of those who currently live with their parents. Similarly, only 1 in 2 (50%) of renters are satisfied with the 'quality of their home' compared to 68% of those who own their own home and 65% of those who currently live with their parents. These findings highlight potential policy around housing quality for renters in particular. That being said, those renting are as satisfied with the length of their commute to work and or to socialise compared to homeowners and those living with their parents.

Of those 18 to 29-year-olds who have rental or mortgage payments, over 50% have seen an increase in the past 12 months – with this increase consistent amongst those who are currently renting and those who are paying a mortgage.

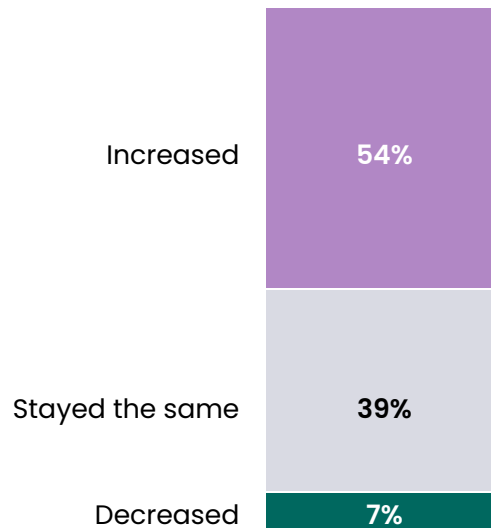
Nearly 2 in 3 (64%) of those who have experienced a rent or mortgage payment increase have seen an increase of under 10%, 13% have experienced an increase of between 11%-20% and 1 in 10 (10%) have

experienced an increase of between 21%-30%. For the balance (13%) the increases have been 30%+.

Those living in urban areas are more likely to have experienced an increase compared to those living in rural areas*; 58% versus 32% have seen an increase respectively. For those paying monthly rentals in rural areas, 68% state their cost has stayed the same, compared to only 34% of those living in urban areas.

Figure 5: Q.19 How, if at all, has your monthly rental costs/ monthly mortgage repayments changed in the last 12 months?

Rental costs/monthly mortgage in last 12 months



Of those 18 to 29-year-olds who have rental or mortgage payments, over **50%** have seen an increase in the past 12 months – with this increase consistent amongst those who are currently renting and those who are paying a mortgage.

*Note low base size

Chapter 4

The financial lives of young people in Ireland

Their financial context

In their late teens and early twenties, young people are more reliant on family support, with most residing at home and managing fewer financial obligations. Some may have car loans, particularly those in rural areas, along with expenses like phone bills, subscriptions, and financing for tertiary education. Additionally, some contribute to household expenses.

However, financial challenges begin to become more pronounced as they progress in age and start to take on and juggle more significant expenses such as rent, utilities, credit repayments, car maintenance, social activities, and savings all while navigating limited incomes from apprenticeships, internships or entry-level positions.

Although income increases for many as they progress through their twenties, a substantial portion appear to still struggle to set aside savings at the end of each month due to persistent high costs.

While some venture out of the family home to live independently, the cost of rent often consumes a significant portion of their earnings, rendering many unable to afford it altogether or barely scraping by, living paycheck to paycheck. Some who move out begin to contemplate returning home to regain financial stability for the next phase of their lives, embodying what has been termed the 'boomerang' generation.

As already covered, 11% of 18 to 29-year-olds who currently live with their parents

have 'moved back' within the past two years – with this peaking at 1 in 4 (26%) for those who are currently living with their parents aged 27 to 29. Inability to pay rent is the most significant reason for needing to move back home with 43% of 18 to 29-year-olds referencing 'can't afford the rent' as an explanation for moving back home.

“

I am on an entry level salary so I'm living month to month at the moment. I really don't have disposable income at the moment. Rent is a big part of where my finances go.

Female, 23-26, Dublin

”

Shifts in financial focus

As they progress through their twenties, this research identifies a distinct shift in financial focus. That being, financial horizons of young people in Ireland tend to broaden over time – with there being a gradual shift from shorter-term to longer-term financial thinking. In their late teens and early twenties, most are focusing and saving for shorter-term financial expenses. For example, saving for travel and social activities such as an upcoming holiday or

for the upcoming concerts and events. That is where their priorities predominantly lay.

However, as they progress through their twenties, a more pronounced tension emerges in choosing between spending 'for now' and saving for the future (i.e. 'fun' now or 'security' later). Saving for the future becomes a more pressing concern as they move through their twenties.

Alongside their shifting financial focus, there's a noticeable shift in young people's outlook towards their finances. In their late teens and early twenties, optimism often prevails as many express confidence in achieving long-term financial goals, including aspirations for home ownership or owning their own business. However, as they advance through their twenties, there appears to often be a sobering realisation as they are confronted with substantial barriers to achieving some of these aspirations.



As a student you just get by, but you have this idea that once you get into the working world it will all change and you will have money and be able to live comfortably, but the reality is it's just not like that.

Female, 18-22, Donegal



The reality of the situation comes as a surprise to many. The notion that hard work and education as a surefire path to achieving their financial goals is being questioned by this generation. There is a frustrating tension between what they feel they deserve based on their contribution to society and the economy and what they feel they are getting. Many feel they have done everything right and by the book, and still find themselves struggling in the present and apprehensive about their future finances and security.



The notion that hard work and education as a surefire path to achieving their financial goals is being questioned by this generation.

Attitudes towards their finances

In the present they feel stressed and anxious about their finances. When they think about the future, they feel nervous and apprehensive.

On balance, this generation feels worse off financially compared to last year, with 44% classifying themselves as 'worse off'. Just under 1 in 3 (29%) classify themselves as feeling 'better off' with just over a quarter (27%) stating that they feel 'the same' compared to this time last year.



On balance this generation feels worse off financially compared to last year, with **44%** classifying themselves as 'worse off.'

Furthermore, 45% feel 'less confident' in their financial wellbeing compared to last year. This peaks amongst 27 to 29-year-olds, with 52% of them claiming to be 'less confident' in their financial wellbeing compared to last year. Our qualitative analysis would suggest this drop in confidence in financial wellbeing is more pronounced for the 27 to 29-year-old cohort due to their closeness to the housing market and their reassessment of their financial goals.



With these financial well-being assessments, we again see significant variation by gender. Feeling 'worse off' financially compared to last year rises to **53%** of women compared to only **35%** for men and the sense of being 'less confident' in their financial wellbeing is again higher amongst women at **55%** compared to **35%** for men.



In the present, they feel stressed and anxious about their finances. When they think about the future, they feel nervous and apprehensive.

Daily spending

What young people are spending their money on tends to change as they progress through their twenties.

For those aged 18 to 22, 18% note 'education' as their biggest expense and 18% note 'leisure/socialising' as their biggest expense.

This changes significantly as they progress through their twenties, with 'education' being the biggest expense for only 6% of 23 to 26-year-olds and 2% of 27 to 29-year-olds and 'leisure/socialising' the biggest expense for only 8% of 23 to 26-year-olds and 3% of 27 to 29-year-olds.

With these financial well-being assessments, we again see significant variation by gender. Feeling 'worse off' financially compared to last year rises to 53% of women compared to only 35% for men and the sense of being 'less confident' in their financial wellbeing is again higher amongst women at 55% compared to 35% for men. These gender differences do not appear a function of the extent to which men and women are respectively working full or part-time or on temporary permanent contracts; or in relation to their living arrangements – where the patterns for each of these criteria are broadly similar.

Figure 6: Q.9a Which of the following is the biggest cost you personally face at the moment?

Orange percentages = significantly below national average
Green percentages = significantly above national average

	18-22 years	23-26 years	27-29 years
Base:	307	296	178
Accommodation	26%	30%	43%
Utilities (energy, waste, phone, broadband, TV)	18%	33%	35%
Leisure/socialising	18%	8%	3%
Private Transport	6%	14%	10%
Education	18%	6%	2%
Public Transport	7%	5%	1%
Medical	4%	2%	2%

What the data highlights is that 'accommodation' and 'utilities' become a more significant proportion of young people's expenses as they progress through their twenties. 30% of 23 to 26-year-olds state 'accommodation' as their biggest expense with 43% of 27 to 29-year-olds saying so. 'Utilities' is the biggest expense for about a third of these age groups, 33% for 23 to 26-year-olds and 35% for 27 to 29-year-olds.

There are also some differences in daily spending behaviour when we compare those living in urban and rural locations, with those in urban locations more likely to state 'accommodation' as a bigger expense – 36% of young people living in urban areas state 'accommodation' as their biggest expense compared to only 20% of young people living in rural areas.

However, those based in rural areas spend more on 'private transport', with 17% of them outlining that private transport in their 'biggest' expense compared to only 8% of those living in urban areas.

These findings highlight how cost challenges for young people can differ depending on their location across the country.

Adjusting to get by

The cost of living is having a significant impact on this generation. In terms of the daily spending, 1 in 4 (25%) are having at least some 'difficulty coping' with rising prices, with 43% outlining that they are 'somewhat coping'. Only 1 in 10 state they are 'definitely coping'.

The economic differences by gender are significant here, with men feeling that they are coping better with the rising prices compared to women; 60% of men state they are coping versus only 47% of women. Those with a disability appear to be significantly affected by the cost-of-living crisis, with 37% stating that they are having 'difficulty coping' with rising prices and 33% also stating it is becoming more challenging to make ends meet.



The cost of living is having a significant impact on this generation. Along with housing it is the most significant issue that young people feel is facing the country.

In terms of their daily spending, this current generation of young people in Ireland are cutting back in order to get by.

Discretionary spending is down, with nearly 1 in 2 (49%) stating that they are spending less on luxuries and 46% state they are avoiding making big purchases, with this peaking amongst 27 to 29-year-olds, of whom 55% claim to be spending less on luxuries and 57% are avoiding big purchases – likely in preparation for a deposit for home ownership.

Figure 7: Q.8a Which of the following has happened to you in the past 12 months?



47% say that they are going out and socialising less with this consistent across all age breaks. The cost of living has just made this more difficult to do.

Worryingly, when looking at essential needs, over 1 in 5 (22%) state they have skipped meals due to cost, with this peaking amongst 18 to 22-year-olds (29%). 1 in 10 (10%) have taken out a loan to cover regular/monthly expenses – highlighting the challenges that many face to keep their finances in order and heads above water.

While the overall percentages of 18 to 29-year-olds who have made the most prominent cutbacks is striking, each of these activities is higher again amongst women. 47% overall are going out/ socialising less – rising to 53% of women; 46% are avoiding making big purchases – rising to 54% of women; and 35% are grocery shopping in cheaper shops now – rising to 43% of women. Such consistent patterns are not evident across any other demographic criteria, whether by age group, region or area; or by working or living arrangements.



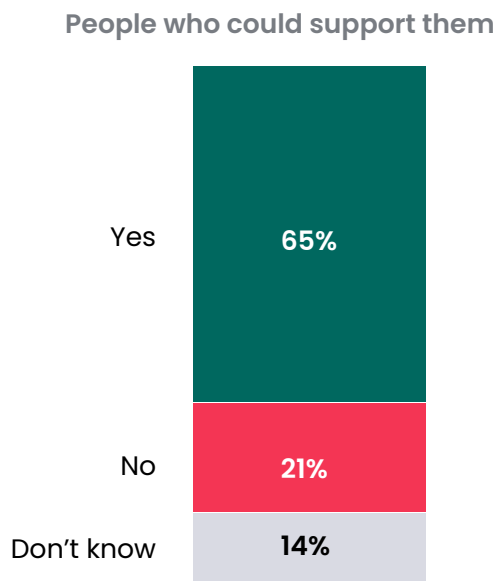
Over **1 in 5 (22%)** state they have skipped meals due to cost, with this peaking amongst 18 to 22-year-olds (**29%**). Worrying also is that **1 in 10 (10%)** have taken out a loan to cover regular/monthly expenses.

Support structures

Thankfully, given the extent of the financial challenges this generation faces, many do feel they have a support structure in place.

During the national survey, we asked participants to consider for a moment if, for whatever reason, they began to have serious difficulties coping with rising prices etc. In those circumstances, were there people who they thought would and could support them. Encouragingly, 65% replied yes.

Figure 3: Q.7b Please consider for a moment if, for whatever reason, your household you began to have serious difficulties coping with rising prices etc. In that circumstance, are there people who you think would and could support you?



And this incidence was broadly consistent across both demographic and circumstantial criteria. This confidence in support, was slightly higher among ABC1s but not significantly so. However, it was at its lowest among the oldest age group in this generation: the 'yes' response declining to 57% among those 27 to 29 years.

As stated earlier, of the 13% of 18 to 29-year-olds who have already purchased their own home, 51% did receive financial support from parents when doing so. For many, getting financial assistance from their parents has become an essential step to getting on the property ladder.

Financial outlook

From our qualitative research, a key theme that emerged was that the dominant financial aspiration that young people in Ireland have today is to have a modest level of financial independence. They want to feel comfortable and secure. However, they feel that even a modest level of financial independence is challenging to achieve. For many, entry level salaries mean living month-to-month, with others experiencing inconsistent wages making daily living expenses and saving for the future a persistent challenge.



Ultimately, the dominant financial aspiration that young people in Ireland have today is to have a modest level of financial independence. They want to feel comfortable and secure. However, even a modest level of financial independence is felt to be challenging to achieve.

On top of this, after funding third level education, buying a car, and any other existing financial commitments through the form of credit, it can push other financial aspirations further away for many. As such, the role of the parent in Irish society has been extended, with many young people now relying on financial support from their families well into their twenties.



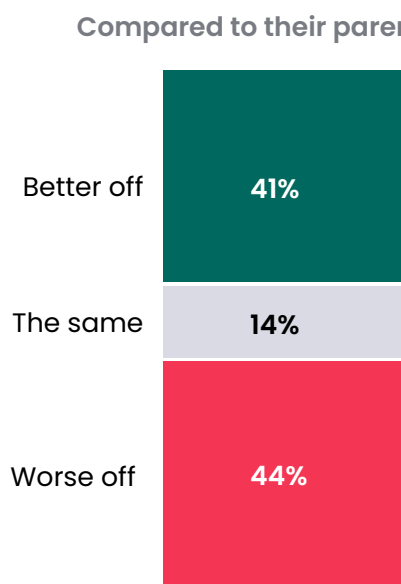
Most of my money goes to paying back my college loan and my car loan, they take up a quarter of my wages, maybe even a bit over that.

23-26, Male, Galway



In a further striking finding, the National Survey confirms a weak sense of generational progress in relation to financial well-being. While 41% of 18 to 29-year-olds consider themselves better off than their parents were at their age, 44% feel worse off.

Figure 8: Q.6 Now we'd like you to compare yourself to your parents when they were your age. Do you think you are better off financially, worse off financially or about the same compared to your parents when they were your age?



This financial negativity is more acute among women – 51% of women feel worse off than their parents; it also peaks amongst those in their late twenties – 54% of those 27 to 29 years feel worse off than their parents.

Interestingly, there is no variation of note by social grade, with both ABC1s and C2DEs having identical sentiments in relation to comparisons with their parents at the same age; there is also no evident difference by region or by area.

There is cause for some positivity, with 44% of young people in Ireland expecting their 'income' to be higher (likely interchangeable with 'salary') in the next twelve months compared to the previous. However, there is some concerning differences in income expectations across gender and social class. Men tend to be more optimistic about a potential increase in the next twelve months, with 49% of men expecting a rise in the next year compared to only 39% of women.

Additionally, young people from a middle class background (ABC1) are more optimistic about a potential increase, with 49% of them expecting an increase compared to only 35% of young people from a working class background (C2DE). These findings highlight the importance of promoting equal opportunities and addressing barriers that may prevent certain groups, such as women and those from lower socioeconomic backgrounds, from achieving the same level of economic advancement as their counterparts.

Chapter 5

Aspirations for their Future

Life milestones

'Traditional' milestones remain important aspirations for most 18 to 29-year-olds; there remains a strong desire to attain them (e.g. children, marriage, house). However, many traditional life milestones appear to be pushed out further and further.

Although, 7% of 18 to 22-year-olds have children, 30% of 23 to 26-year-olds have children and 34% of 27 to 29-year-olds have children, amongst those who currently do not have children, when asked 'what age they expect to start a family/have children', the average age is 31 years old.

As this milestone appears harder to reach, some question if it is possible at all. In particular, in the qualitative research some participants discussed their ability to 'afford' children. Cost of creche fees, healthcare, coupled with existing financial pressures from their rent or mortgage and the cost of living increasingly makes the idea of starting a family more challenging and distant for many.

I'd like to have the freedom to have a child. I'm 29 now (turning 30 in a couple of weeks), and I'd love to try for a child now. But life is expensive, and so is childcare. It's all very unfortunate and that's something I often get upset about.

Female, 27-29, Dublin

Instead, for many, it is something to consider 'later' on when they have more financial security.

Likewise, amongst those who do not have a mortgage (87% of the young people in Ireland aged 18 to 29), the average age that they feel they will attain home ownership is 32.6 years old. However, this shifts with age, with 18 to 22-year-olds tending to be somewhat more optimistic, expecting to achieve home ownership by 30.4 years old, with those in the 27-29 age bracket who are currently without a mortgage the least optimistic, expecting to achieve home ownership by 36.9 years old.

In reviewing life aspirations, the survey asked questions relating to a series of milestones: at what age would this age group like to achieve these milestones; and at what age did they now expect to achieve them. These questions were only asked to those who had not already achieved the relevant milestones – i.e. only those who are not working full-time, were asked at what age they would like to do so.



There remains a strong desire to attain traditional milestones (e.g. children, marriage, house). However, many traditional life milestones are being pushed out further and further.

In general, the differences in age between when this generation would like to achieve a series of life milestones, and the age at which they currently expect to do so, doesn't show extensive variation. However, in each case, a delay in the time of the achievement is evident - typically being between 1 to 2 years in length.

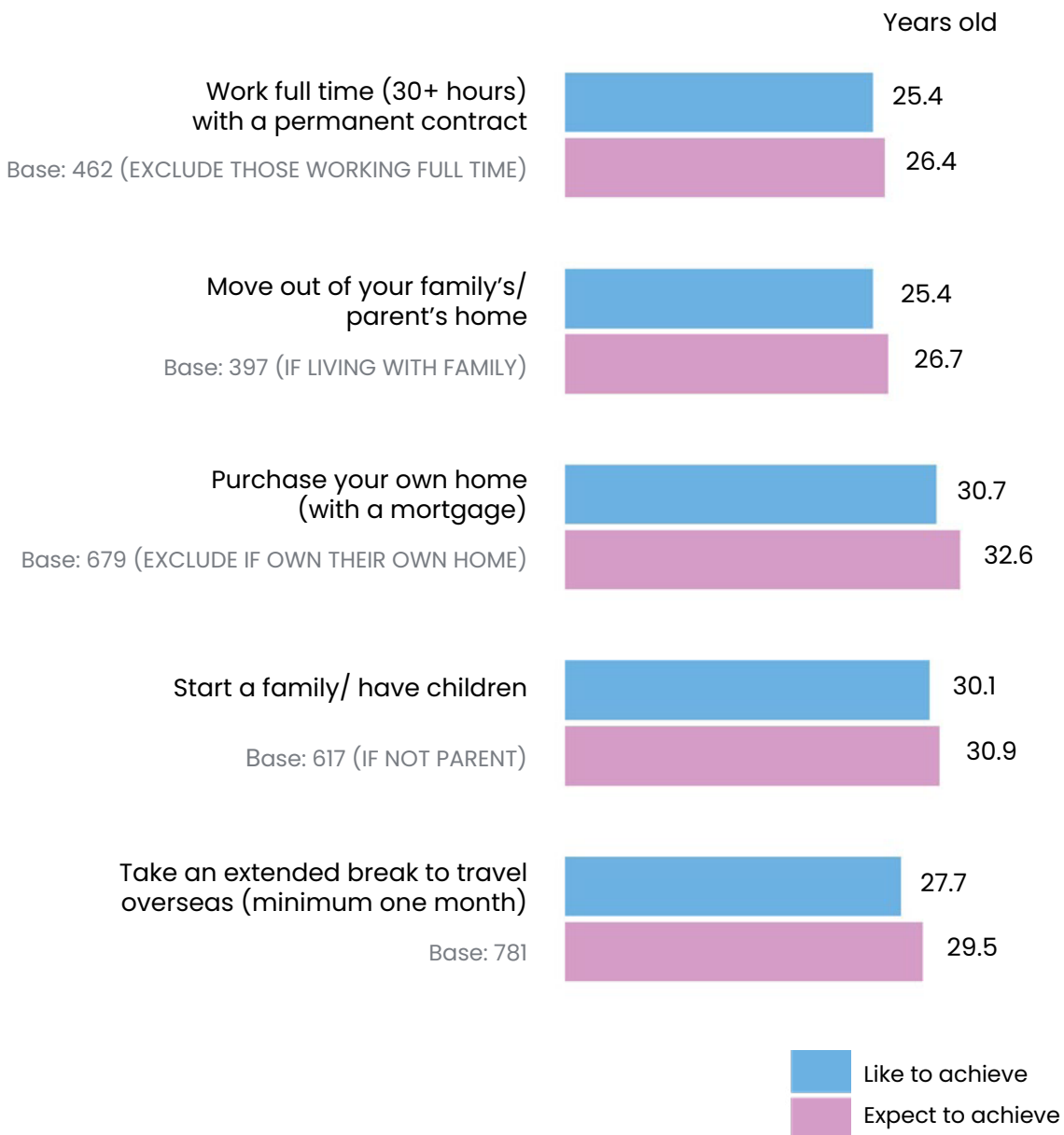
Another way to look at this is in terms of the length of time since reaching adulthood (say 18 years) till they reach a milestone. In this context, the length of the delays becomes more apparent. For example, here, the aspiration would be an average of 12.7 years until purchasing their own home (30.7 years - 18 years); against the current expectation of 14.6 years - which equates to a 15% increase in timescale.

Figure 9:

Q.12 At what age, if at all, would you like to achieve the following life events

Q.13 At which age, if at all, do you expect to achieve the following life events

'Like to' and 'expect to' achieve in life milestones



This gap between aspiration and expectation surrounding key life milestones such as home ownership and starting a family clearly highlights how life milestones have been 'pushed out' for this generation of young people in Ireland.

Many young people in Ireland explain this 'pushing out' of milestones as a feeling of reaching a juncture where the next milestone can feel a bit too distant and challenging to attain. Like jumping between stepping stones on a river, but the next stone is out of reach.

This can be a frustrating time as they attempt to navigate the multiple interdependencies that exist between goals – many of which they do not feel in control of. For example, the pursuit of home ownership can be a barrier to achieving other goals such as having children and getting married. Likewise, many would like to have the sense of security that comes with home ownership before deciding to start a family or having a wedding.

Meanwhile, for many, home ownership for most cannot be attained until they have found a partner who can also contribute towards a deposit and mortgage. The idea of home ownership on a single salary is becoming near impossible for this generation of young people in Ireland – excluding many from the opportunity of home ownership.



Many young people in Ireland explain this 'pushing out' of milestones as a feeling of reaching a juncture where the next milestone can feel a bit too distant and challenging to attain. Like jumping between stepping stones on a river, but the next stone is out of reach.

With progress of life milestones being pushed out, many note a sense of feeling 'stuck'. However, there remains a fundamental drive and desire to signal progression and independence in life and many young people are doing what they can to achieve this;

- During our qualitative research, we encountered an individual embarking on the construction of a cabin within their parent's garden, intending to live there with their partner so they could save for a deposit for a mortgage.
- We spoke with another individual opting to live in a caravan on their parent's property as a means to avoid rental expenses and to be able to live independently from their parents.
- Additionally, we spoke with a teacher contemplating a career change despite a love and passion for their current job. This individual feeling this change of career was necessary in order to secure a higher income, ultimately aiming to pave the way towards future homeownership aspirations.

These are the significant types of concessions that many young people in Ireland appear to be making to give themselves a route to progression in life.

However, for many, these trade-offs are too significant to make. The inability to move out of home or buy a home can prompt young people in Ireland to consider leaving the country. When asked 'which of the following has happened to you in the past 12 months?', 19% of Irish young people state that they have considered/making plans to emigrating. With the incidence of this being consistent across the 18 to 22, 23 to 26 and 27 to 29 age brackets. It is not just those in the youngest age bracket (aged 18-22) that emigration is top of mind, this research highlights that it is being equally considered by those in their late twenties as well.

Additionally, emigration is something that is being equally considered by both middle class (ABC1) and working class (C2DE) young people in Ireland and equally amongst men and women.

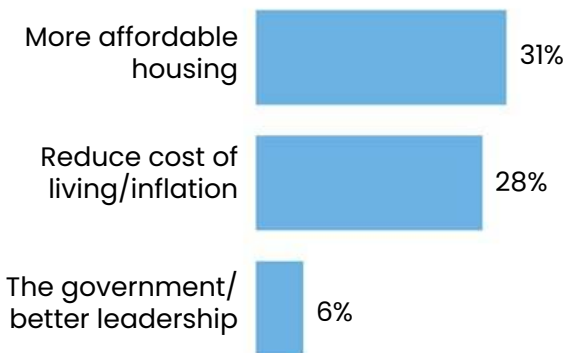
The housing crisis is a key contributor to this renewed consideration of emigration from Ireland. It's having a significant impact on how young people feel about the feasibility of a future life in Ireland.

Looking forward – aspirations for the future

The change in priorities for this generation are further confirmed in their spontaneous responses to the final question in the National Survey which asked them to nominate one thing about life in Ireland they would like to change.

Figure 10: Q.27 Finally, taking everything into account about life in Ireland. If there was one thing you could change about life in Ireland, what would it be?

One thing they could change about life in Ireland



Here again the topics of housing and cost of living dominated the national responses, for surpassing concerns with all other issues. The 31% for more affordable housing and the 28% for reducing the cost of living are again the dominant concerns for all groups within this generation.



I wish the cost of rent would improve and I wish it was easier to get on the housing ladder – even with two salaries coming in, it's impossible for first time buyers nowadays.

Female, 27-29, Limerick



That being said, the wish for more affordable housing peaks amongst 27 to 29-year-olds, with 39% of this age bracket wishing this to be one thing they could change about Ireland. They are closer to the prospect of home ownership and are also more likely to be renting than those earlier in their twenties.



The cost of living is out of control. As an 18-year-old boy who has bought a car along with the price of diesel and other essential needs like food, drinks and clothes ... it makes it hard to keep up education too.

Male, 18-22, Mayo



After these two dominant issues, there is a multitude of other issues that young people in Ireland feel they would like to change. 6% note that 'government/better leadership' is the one thing they would change, with 4% noting 'improve public transport'. 9% of those with a disability would like to see an 'improved health care system' if they could change only one thing about Ireland.

However, it is clear that all other issues for this generation are dwarfed by the dominant challenges of housing and cost of living. This underscores the magnitude of these challenges and the pressing need for solutions in these areas to address the needs and aspirations of young people in Ireland.

Appendix: Questionnaire

NYCI Youth Research National Survey 2024
ASK ALL AGED 18 – 29 YEARS

Introduction

This survey is conducted on behalf of the National Youth Council of Ireland, and we'd like to ask you a range of questions about your life at the moment.

To be truly representative of people in your age range, we need to survey people with different attitudes and circumstances – everyone's opinion is important to us. We very much value your time and participation. The survey will help inform the work of the National Youth Council of Ireland.

Survey results are only reviewed in aggregate anonymous form as a statistical report with qualitative commentary also potentially being used when promoting findings to a wider audience. Results will not be linked back to respondents in any way.

Please tick the box below to continue. By ticking this box you confirm that you understand the purpose of the study, that it is voluntary, and that you consent to taking part.

Section 1: Profile

Q.A Please enter your gender below:

Male	1
Female	2
Non Binary	3
Prefer not to say	4

Q.B Please enter your age below:

18-24	1
25-29	2

Q.C Please find below a series of options to describe your current work status/occupation. Could you please read this list carefully and select those descriptions that apply to you currently? **Which of these descriptions applies to you at present? PLEASE SELECT ALL THAT APPLY**

Self-employed	1
Working full time (30+ hours) with a permanent contract	2
Working full time (30+ hours) with a temporary contract	3
Working part time (<30 hours) with a permanent contract	4
Working part time (<30 hours) with a temporary contract	5
Working full or part time in a temporary position for a specified period of time without a contract	6
Household work without pay	7
Full-time Student	8
Part-time student	9
Other	10
Unemployed	11

Q.D Are you a parent?

Yes	1
No	2

Q.E Do you have any dependent children living with you who are aged

	Yes	No
0 – 4 years	1	1
5 – 12 years	2	2
13 years +	3	3

ASK ALL

Q.F How would you describe your home? **SINGLE CODE**

House owned by you (with a mortgage or outright)	1
House owned by your family	2
House rented privately by you	3
House rented privately by your family	4
House rented from Council	5
Apartment owned by you (with a mortgage or outright)	6
Apartment owned by your family	7
Apartment rented privately by you	8
Apartment rented privately by your family	9

Apartment rented from Council	10
Purpose built student accommodation e.g. halls on campus or student co-living spaces	11
House or apartment shared with other students	12
Rent a room in a shared house	13
Other	14

Q.G Which of the following **best** describes your living arrangements/ occupants of your household? **SINGLE CODE**

I live by myself/ with my partner	1
I live with my parents/ family	2
I live with friends/ housemates	3
I am staying temporarily with friends	4
Other (please specify)	5

Social/ Political Issues

Q.I Please review the below list of social/political issues. What do you think are the three most important issues facing Ireland at the moment?

RANDOMIZE ORDER LEAVING OTHER/NONE/DK AT THE BOTTOM	3 Most Important Issues
Crime	1
The general economic situation	2
Rising prices/ inflation/ cost of living	3
Taxation	4
Unemployment	5
Terrorism	6
Housing	7
Government debt	8
Immigration	9
Physical health	10
Mental health	11
The education system	12
Pensions	13
The environment and climate change	14
Energy supply	15
International issues	16
Division within society	17

Other (please specify)	18
None	19
Don't know	20

Q.2 For you personally, what are the most positive aspects about living in Ireland?
PLEASE WRITE IN

Economic/ Consumer Confidence

Q.3 Do you yourself feel better off financially, worse off financially or about the same compared to last year?

Better off	1
Worse off	2
The same	3

Q.4 In terms of your own economic well-being over the year ahead, are you more confident, less confident or is your confidence about the same as last year?

More confident	1
Less confident	2
No change	3

Q.5 Do you expect your income in the next year, after inflation and taxes, to be higher, lower or the same as in the last twelve months?

Higher	1
Lower	2
The same	3

Q.6 Now we'd like you to compare yourself to your parents when they were your age. Do you think you are better off financially, worse off financially or about the same compared to your parents when they were your age?

Better off	1
Worse off	2
The same	3

Q.7a To what extent are you coping with rising prices, or not?

I am definitely coping	1
I am somewhat coping	2
Unsure at this stage	3
I am having some difficulty coping	4
I am definitely having difficulty coping	5

Q.7b Please consider for a moment if, for whatever reason, you began to have serious difficulties coping with rising prices etc. In that circumstance, are there people who you think would and could support you?

Yes	1
No	2
Don't know	3

Q.8a Which of the following has happened to you in the past 12 months? **PLEASE SELECT ALL THAT APPLY**

Q.8b Which of the following do you think may happen to you in the next 12 months? **PLEASE SELECT ALL THAT APPLY**

RANDOMIZE ORDER LEAVING NONE AT THE BOTTOM	Q.8a Past 12 months	Q.8b Next 12 months
Personally lost job	1	1
Partner has lost job	2	2
Self- reduced salary/ hours at work	3	3
Partner – reduced salary/ hours at work	4	4
Much harder to make ends meet	5	5
Saving more for future needs	6	6
Saving less for future needs	7	7
Difficulties paying third level education fees/ expenses (College, University etc.)	8	8
Having to stop third level education (College, University etc.)	9	9
Working more hours to pay for third level education	10	10
Grocery shopping in cheaper shops now	11	11
Going out/socialising less	12	12
Avoiding making big purchases	13	13
Spending less on luxuries	14	14
Skipped meals due to cost	15	15
Taking out a loan to cover regular/ monthly expenses	16	16
Difficulties making loan payments	17	17
Giving up gym or club memberships	18	18

(IF Parent at QD)Cutting down on kids after-school or extra curricular activities or lessons	19	19
Delayed starting a family/ having children	20	20
Not booking any holidays	21	21
Not booking overseas holidays	22	22
Stopped using car/car off the road	23	23
Consider emigrating/ make plans to emigrate	24	24

Q.9a Which of the following is the **biggest** cost you personally face at the moment?

Q.9b Which of the following is the **second biggest** cost you personally face at the moment?

	Q.9a Biggest	Q.9b Second Biggest
Public Transport	1	1
Private Transport	2	2
Accommodation	3	3
Utilities (energy, waste, phone, broadband, TV)	4	4
Education	5	5
Leisure/socialising	6	6
Medical	7	7
Other (please specify)	8	8

Mental Health Self-Assessment

Q.10 Below are some statements about feelings and thoughts related to general wellbeing.

Please indicate for each of the following statements which is closest to how you have been feeling over the last two weeks.

Over the last two weeks...	None of the time	Rarely	Some of the time	Often	All of the time
1. I've been feeling optimistic about the future	1	2	3	4	5
2. I've been feeling useful	1	2	3	4	5
3. I've been feeling relaxed	1	2	3	4	5
4. I've been dealing with problems well	1	2	3	4	5
5. I've been thinking clearly	1	2	3	4	5
6. I've been feeling close to other people	1	2	3	4	5
7. I've been able to make up my own mind about things	1	2	3	4	5

Life Aspirations

Q.11 How satisfied overall are you with the following aspects of your life? **NB: 1 is extremely dissatisfied & 10 is extremely satisfied.**

RANDOMNISE	Extremely dissatisfied										Extremely satisfied	Don't know
	1	2	3	4	5	6	7	8	9	10		
Your working life (FILTER on Q.C – IF CODES 1-7 AT QC)	1	2	3	4	5	6	7	8	9	10	0	
Your social life	1	2	3	4	5	6	7	8	9	10	0	
Your work/ life balance (FILTER on Q.C – IF CODES 1-7 AT QC)	1	2	3	4	5	6	7	8	9	10	0	
Your work/ study balance FILTER on Q.C – IF ANY CODE 1-7 AT QC PLUS CODE 8 or 9 AT QC	1	2	3	4	5	6	7	8	9	10	0	

FILTER DEPENDING ON SECTION A WORK STATUS, LIFESTAGE (CHILDREN), & LIVING ARRANGEMENTS

Q.12 At what age, if at all, **would you like** to achieve the following life events
INCLUDE NOT APPLICABLE (E.G. ALREADY ACHIEVED/ NO DESIRE TO ACHIEVE/ OTHER) CODE

Q.13 At which age, if at all, **do you expect** to achieve the following life events
INCLUDE NOT APPLICABLE (E.G. ALREADY ACHIEVED/ NO DESIRE TO ACHIEVE/ OTHER) CODE

WRITE IN AGE →	Q.12	Q.13
(EXCLUDE CODE 2 AT QC) Work full time (30+ hours) with a permanent contract	1	1
(IF CODE 2 AT QG) Move out of your family's/ parent's home	2	2
(EXCLUDE CODES 1 & 6 AT QF) Purchase your own home (with a mortgage)	3	3
(IF NO AT QD) Start a family/ have children	4	4
(ASK ALL) Take an extended break to travel overseas (minimum one month)	5	5

Living Arrangements

Filtered on Q.G (Living with parents/ family home)

Q.14 You mentioned earlier that you live with your parents. Which of the following best describes this arrangement?

I have lived with my parents/ family home for the past 2 years or longer	1
I moved back to live with my parents/ family home within the past 2 years	2

IF CODE 2 AT Q.14

Q.15 What were your reasons to move back to live with your parents/ family home?

ASK ALL

Q.16 When was the last time you moved home?

Within the last 12 months	1
Within the last 1-2 years	2
Within the last 3-5 year	3
Longer ago	4
I have never moved, lived here all my life	5

FILTER ON Q.F (House/ apartment owned by you CODES 1 & 6 AT QF)

Q.17 You mentioned earlier that you own your own home. Did you receive financial support from your parents when purchasing this home?

Yes	1
No	2

ASK ALL

Q.18 How satisfied are you with the following aspects of your current home? **NB: 1 is extremely dissatisfied & 10 is extremely satisfied.**

RANDOMNISE (lock first statement)	Extremely dissatisfied										Extremely satisfied									
	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Overall (taking everything into account)	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
The size/ space of your home	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
The quality of your home	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

Your neighbourhood as a place to live	1	2	3	4	5	6	7	8	9	10
The length of commute to where you work/ study	1	2	3	4	5	6	7	8	9	10
The length of commute to where you mainly socialise	1	2	3	4	5	6	7	8	9	10

Filter on Q.F (IF CODES 1,3,5, 6,8,10, 11,12,13,14)

Q.19 How, if at all, has your monthly rental costs/ monthly mortgage repayments changed in the last 12 months?

Increased	1
Decreased	2
Stayed the same	3
I don't have monthly rentals costs/mortgage repayments	4

IF CODE 1 'INCREASED' AT Q.19

Q.19b By what approximate % has your monthly rental costs/ monthly mortgage repayments **increased** in the last 12 months? Please approximate % increase below:

WRITE IN % →		
--------------	--	--

Filter on Q.F (IF CODES 1,3,5, 6,8,10, 11,12,13,14)

Q.20 To what extent do you find your monthly rental costs/ monthly mortgage repayments easy or difficult to afford?

Very easy	1
Fairly easy	2
Neither easy nor difficult	3
Fairly difficult	4
Very difficult	5
I don't have monthly rentals costs/mortgage repayments	6

Filter on Q.F (IF CODES 1,3,5, 6,8,10, 11,12,13,14)

Q.21 Do you expect **your monthly rental costs/ monthly mortgage repayments** in the next year, to be higher, lower or the same as in the last twelve months?

Higher	1
Lower	2
The same	3
I don't have monthly rentals costs/mortgage repayments	4

Working Arrangements

FILTER ON Q.C (Working full/part time) IE. CODES 1-6 AT QC

Q.22 Which of the following best describes your current work arrangements? **SINGLE CODE**

Work only/ mostly from home	1
Work only/ mostly from my employer's place of work (office, site etc.)	2
Work an even mix from both home and my employers place of work	3
Other (specify)	4

IF CODE 1 OR 3 AT Q.22

Q.23 Would you like or not to work more often from your employer's place of work (office, site etc.) ? **SINGLE CODE**

I would like to work more often from my employer's place of work	1
I would not like to work more often from my employer's place of work	2

ASK ALL

Q.24 Do you have a suitable workspace with adequate equipment in your home to carry out your work or study duties?

Yes	1
No	2
Not applicable- I don't work or study from home	3

FILTER ON Q.C (Working full/part time) CODES 1-6 AT QC

Q.25 Does your job involve you personally doing shift work, i.e. where you work different sets of consecutive hours which alternate between day and evening/ night work?

Yes	1
No	2

FILTER ON Q.C (Working full/part time) CODES 1-6 AT QC

Q.26 How satisfied are you with the following aspects of your work? **NB: 1 is extremely dissatisfied & 10 is extremely satisfied.**

RANDOMISE (lock first statement)	Extremely dissatisfied									Extremely satisfied
Your salary/ pay	1	2	3	4	5	6	7	8	9	10
Your benefits	1	2	3	4	5	6	7	8	9	10
Opportunities for promotion	1	2	3	4	5	6	7	8	9	10
Length of commute	1	2	3	4	5	6	7	8	9	10
That your work duties draw on your skills/ education/ training	1	2	3	4	5	6	7	8	9	10
That your work duties are suitably challenging for you	1	2	3	4	5	6	7	8	9	10
Opportunities to learn from more senior colleagues	1	2	3	4	5	6	7	8	9	10
Relationship with your line manager/ immediate manager	1	2	3	4	5	6	7	8	9	10
Relationships with your work colleagues	1	2	3	4	5	6	7	8	9	10

ASK ALL

Q.27 Finally, taking everything into account about life in Ireland
If there was one thing you could change about life in Ireland, what would it be?

PLEASE WRITE IN

Classification

Finally, we'd like you to provide some classification details. To confirm, findings cannot be linked back to you personally in any way. Survey results will only be reviewed in an aggregate anonymous form.

C.1 In which county do you live?

C.2 Please enter your marital status below:

Single	1
Married	2
Cohabiting	3
Widowed	4
Separated/divorced	5
Civil partnership	6

C.3 Please select from the list below the answer which best describes the occupation of the chief income earner of the household. By 'chief income earner' we mean the person in your household with the largest income (from all sources)

Higher managerial/ professional/ administrative	1
Intermediate managerial/ professional/ administrative	2
Supervisory or clerical; junior manager/ professional/ administrative	3
Skilled manual worker	4
Semi-skilled/unskilled manual worker	5
Casual worker - not in permanent employment	6
Full-time carer of other household member	7
Full-time farmer/ majority of income through farming	8
Retired and living on state pension	9
Retired with other income	10
Student	11
Unemployed/ not working due to long-term sickness	12
Working in the home	13

This last set of questions relate to potentially sensitive areas such as ethnicity, disability and religion. Responses to these questions will allow us to understand if the survey has been completed by a diverse mix of people. Sharing these details is optional, and for this reason, each of these questions includes the option of 'prefer not to say'.

C.4 What is the main language used in your home?

English	1
Irish	2
Other: please specify	3
Prefer not to say	4

C.5 What is your ethnic or cultural background?

White	
Irish	1
Irish Traveller	2
Any other white background	3
Black or black Irish	
African	4
Any other Black background	5
Asian or Asian Irish	
Chinese	6
Any other Asian background	7
Other including mixed background	8
Other (write in description)	9
Prefer not to say	10

C.6 Please enter your religion below:

Roman Catholic	1
Church of Ireland	2
Muslim (Islamic)	3
Orthodox Christian (Greek/Coptic/Russian)	4
Presbyterian	5
Other religion (please specify _____)	6
No Religion	7
Prefer not to say	8

C.7 Do you have any of the following long-lasting conditions or difficulties? Please select all that apply

Blindness or a serious vision impairment	1
Deafness or a serious hearing impairment	2
A difficulty with basic physical activities such as walking, climbing stairs, reaching, lifting or carrying	3
An intellectual disability	4
A difficulty with learning, remembering or concentrating	5
A psychological or emotional condition	6
A difficulty with pain, breathing, or any other chronic illness or condition	7
None of these	8
Prefer not to say	9

The NYCI highly value your feedback and may wish to get in touch to further understand your experience and for you to potentially share your story to promote the research at a later date? Do you consent to Ipsos B&A sharing your name and email with NYCI for this purpose?

- Yes, I consent for Ipsos B&A to share my name and email with NYCI
- No, do not pass on. I want to preserve my anonymity.

IF YES (I consent for Ipsos B&A to share with NYCI my name and email)

Can you please enter your mobile phone number below so NYCI may also contact you via this number:

Mobile Phone Number:	
----------------------	--

YOUTH WORK CHANGES LIVES

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