

What was most important to respondents in the Czech Republic for their well-being during the pandemic?

- A) Work-life balance
- B) Time with family/friends
- C) Feeling healthy
- D) Time for yourself/leisure/hobby

Correct answer: B) Time spent with family/friends

What skill was most often acquired and still used for work purposes during the pandemic in the Czech Republic and Slovenia?

- A) Organisational skills
- B) Digital skills
- C) Stress management skills
- D) Health skills

Correct answer: B) Digital skills

What was the strongest motive for learning new skills in the Czech Republic, Greece and Slovenia during the pandemic?

- A) Personal development
- B) Work
- C) Family
- D) Leisure

Correct answer: b) Work

What was the main reason for the reduction in the use of digital skills in the Czech Republic after the pandemic?

- A) Lack of technology
- B) Decreased emphasis on home office
- C) Increased technical challenges
- D) Increased physical activity

Correct answer: B) Reduce the emphasis on the home office

What helped respondents in Slovenia to stay well during the pandemic?

- A) Face to face contact
- B) Positive thinking
- C) Traveling
- D) Playing video games

Correct answer: b) Positive thinking

What was the most common way of maintaining well-being for respondents in Greece now, after the pandemic?

- A) Face-to-face contact
- B) Travel
- C) Family time
- D) Telecommuting

Correct answer: a) Face-to-face contact
