



# Quaker Voluntary Action

## INTRODUCTION

Thank you for taking part in this survey.

Since the start of the Covid-19 pandemic our existing Working Retreats programme has been put on hold until safer and more certain times return. Presently we anticipate resuming Working Retreats in 2021. However, we are currently designing an exciting new programme of alternative retreats to run alongside Working Retreats and are interested in your views about what might work for you.

The survey will take around 5-10 minutes to complete. Where possible, we'd be grateful for as much information as you'd like to give. Please let us know whether you're happy for us to retain your contact details in order that we can send you information on the programme that emerges.

If you prefer, you can fill in this questionnaire online at <https://www.questionpro.com/t/ARP8NZjHGO>.

Your survey responses will be strictly confidential and data from this research will be reported only in the aggregate. Your information will be anonymised and will remain confidential. If you have questions at any time about the survey or the procedures, you may contact Simon Watkins by email at the address specified below. Thank you very much for your time and support.

## PART 1 : THE ALTERNATIVES

There are 2 forms of alternative retreat currently being considered – online and 'commuting' retreats. We'll deal with these in turn then ask for any further ideas you might have.

### **Online retreats**

1) Our online retreats would be designed for people in voluntary service of some type or other. With that in mind, what do you think of when you hear the term 'online retreat'?

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2) Would you consider attending one (*delete as appropriate*)?

**yes / no**

If no, please go to question 10.

3) Assuming an online retreat involves a gathering of people all taking part at the same time, what would be the ideal framework in time for an online retreat..? (tick one)

- Six 1.5-2 hour evening sessions over the course of 1 week
- Six 1.5-2 hour evening sessions over the course of 2 weeks (on the same evenings)
- Weekly 2 hour sessions over 5 or 6 weeks
- Monthly 2 hour sessions over 3 or 4 months

4) In what ways would you find it valuable to be able to contribute to the group sessions from your volunteer experience?

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5) Would you find it valuable to have a one-to-one conversation with the facilitator mid-retreat, used in whatever way you felt appropriate?

**yes / no**

6) How many people would in your view make an optimal group size bearing in mind the constraints of online meetings?

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7) Roughly speaking, what would be an acceptable participation fee for an online retreat?

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8) Would you find it useful to attend a 'reunion' session online a few weeks after the original retreat?

**yes / no**

9) Would you like to make any other comments about online retreats, including any additional ideas you have?

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**Commuting retreats**

These would be similar to the traditional Working Retreats organised by QVA but where participants stay at home and commute to the venue daily. The focus would still be on work in a valuable cause, balanced with time for rest and reflection together.

10) What words spring to mind in response to the idea outlined above (e.g. up to 3 adjectives)?

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11) Do you envisage opportunities arising from a commuting retreat that are less available for a retreat away from home? – if so, what are they?

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12) Would you consider attending..?

- a commuting retreat held over 3 days (e.g. a long weekend)
- a commuting retreat held over 5 days (e.g. all weekdays)
- a commuting retreat held on regular days over a number of weeks (e.g. a Saturday)
- other (please specify below)
- none

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If none, please go to Part 2.

13) What outcomes of a commuting retreat would be important to you? *(tick all that apply)*

- sharing experiences with new people
- sharing experiences with people you already know
- focusing on an area of work or activism important to your community or area
- discovering an area of work or activism new to you
- other (please specify below)

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14) How important would it be that the programme includes..?

	Not important	Somewhat important	Very important
opportunities to find out about a social or environmental issue relevant to your area	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
opportunities to learn new skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
helping to carry out or complete a specific project	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
helping to improve things locally	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
creative activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
opportunities to visit nearby locations of interest relevant to the retreat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
other (please specify below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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15) And how important would it be that the programme includes..?

	Not important	Somewhat important	Very important
time outdoors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
rest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
social time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
other (please specify below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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16) If you have any further general comments about commuting retreats, please jot down your suggestions here...

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*PART 2 : YOUR IDEAS*

17) Do you have ideas for other alternative forms of retreat?

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18) What themes do you think would be valuable to explore during online, commuting or other alternative retreats?

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19) What forms of activism are important to you? (tick all that apply)

- practical support for people in need
- environmental improvements
- campaigns to influence the public
- actions to influence decision makers (e.g. letter writing, meetings with MPs)
- social organisation (e.g. movement building, setting up projects)
- other

20) If you answered 'other' to the previous question, please specify here...

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21) Do you have a specific idea for an activity, venue or host organisation for a QVA retreat of any sort..? Please write as much detail as possible, including websites for any organisation you think may be relevant.

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22) Are you willing for us to contact you about your ideas set out in the previous question?

**yes / no**

23) Would you consider offering financial support in the form of contributions to bursaries for young people or people on low incomes wishing to attend a retreat?

**yes / no**

24) Are you willing for us to contact you about this?

**yes / no**

*PART 3 : YOUR DETAILS*

Almost done! Many thanks for completing this questionnaire.

The data from this questionnaire will be anonymised. However, if you are willing for us to contact you with regard to your answers, please fill in your details below. You can withdraw this consent at any time.

25) Contact Information

Full Name .....

Phone .....

Email .....

Please return your completed questionnaire to [simon@gva.org.uk](mailto:simon@gva.org.uk) or QVA, c/o The Nook, Airton, Skipton, North Yorkshire BD23 4AE.