

General questions about your religiosity						
	never	rarely	occasionally	often	very often	don't know
How often do you think about religious issues?	①	②	③	④	⑤	?
How often do you experience situations where you have the feeling that God or something divine intervenes in your life?	①	②	③	④	⑤	?
How often do you experience situations in which you have the feeling that you are at one with all?	①	②	③	④	⑤	?
How often do you pray?	①	②	③	④	⑤	?
How often do you meditate?	①	②	③	④	⑤	?
How often do you experience the following in relation to God or something divine?						
a) protection	①	②	③	④	⑤	?
b) gratitude	①	②	③	④	⑤	?
c) anxiety	①	②	③	④	⑤	?
d) awe	①	②	③	④	⑤	?
e) guilt	①	②	③	④	⑤	?
f) love	①	②	③	④	⑤	?
g) rage	①	②	③	④	⑤	?
How often do you take part in religious services?	①	②	③	④	⑤	?
To what extent do you believe in God or something divine?	①	②	③	④	⑤	?
To what extent do you adhere to religious commandments in your daily life?	①	②	③	④	⑤	?
All in all, how religious would you consider yourself to be?	not at all	not very	moderately	quite	very	?
Putting aside whether or not you would describe yourself as a religious person, how spiritual would you say you are?	not at all	not very	moderately	quite	very	?

Do you want further information? Then write down your mailaddress here. ....  
 Thanks for your cooperation. E Ultreia!

## Peregrinotest: Experiences on the way



### Welcome Pilgrims,

a lot in life happens unconsciously but as a pilgrim the experiences you will make are so much more intensive. You may ask yourself what happens to yourself, to your body, what is the impact on your fellow pilgrims, on nature, on your transcendental state.

The short questionnaire is part of a wider research project of the University of Bern. Please fill in the questionnaire and throw it into the box of the hostel. Thank you for your cooperation.

For further informations [detlef.lienau@theol.unibe.ch](mailto:detlef.lienau@theol.unibe.ch)

### With whom do you pilgrimage?

- I go on a pilgrimage alone.
- I go in a small group of 2 to 4 people.
- I go in a group of 5 or more people.

### How much experience with pilgrimages do you have?

- It is my first pilgrimage.
- I have already been on a pilgrimage once.
- I have already been on a pilgrimage several times.

### What is your location at the moment? .....

### How far have you gone today?

- less than 15km
- 15-20km
- 20-25km
- 25-30km
- more than 30 km

### Name your sex please.

- female
- male
- no statement

### How old are you?

- 25 or younger
- 26 to 40
- 41 to 60
- 61 or older

### What is your level of education?

- No school qualifications
- Secondary modern school, middle school, vocational school
- School leaving exam or comparable qualification
- University degree or advanced technical college

### How healthy do you feel?

- very healthy
- rather healthy
- not particularly good
- not very healthy
- not at all healthy

### Which Church or denomination do you belong to?

- I do not belong to any Church or denomination
- Roman Catholic Church
- Protestant/ Reform Church
- andere Kirche
- other denominations



There are many reasons for a pilgrimage. Mark with a cross, how important each of these are to you personally.						
	very important	quite important	moderately important	not very important	not at all important	don't know
Enjoy silence	①	②	③	④	⑤	?
Challenge me	①	②	③	④	⑤	?
Cultural seightseeing	①	②	③	④	⑤	?
Get to know other religions	①	②	③	④	⑤	?
To find myself	①	②	③	④	⑤	?
To be part of the pilgrimage community	①	②	③	④	⑤	?
Health	①	②	③	④	⑤	?
Simple life	①	②	③	④	⑤	?
Notching out of every day life	①	②	③	④	⑤	?
For religious resons	①	②	③	④	⑤	?
Repentance before God	①	②	③	④	⑤	?
To be with partner/friends	①	②	③	④	⑤	?
Feel the spiritual atmosphere	①	②	③	④	⑤	?
Life crisis	①	②	③	④	⑤	?
Recover old values	①	②	③	④	⑤	?
Experience adventures	①	②	③	④	⑤	?
Enjoy the nature	①	②	③	④	⑤	?

Mark, wether the following statements are true on your experiences TODAY!						
	very much so	quite a bit	moderately	not very much	not at all	don't know
My determination wrestles with my body.	①	②	③	④	⑤	?
I follow the impulses of my body.	①	②	③	④	⑤	?
I am angry about my body.	①	②	③	④	⑤	?
I follow the rhythm of my feet.	①	②	③	④	⑤	?
I act according to my schedule.	①	②	③	④	⑤	?
I lose the sense of time.	①	②	③	④	⑤	?
I get angry about my trail.	①	②	③	④	⑤	?
I feel part of nature.	①	②	③	④	⑤	?
The trail seems strenuous to me.	①	②	③	④	⑤	?
I am fascinated with what I see.	①	②	③	④	⑤	?
In churches I think about the paintings and figures.	①	②	③	④	⑤	?
In churches I first try to get to the atmosphere.	①	②	③	④	⑤	?
I am interested in the history of cultural monuments.	①	②	③	④	⑤	?
I pay attention to the charisma of cultural monuments.	①	②	③	④	⑤	?
I have my doubts about God.	①	②	③	④	⑤	?
I feel something carry me.	①	②	③	④	⑤	?
I feel abandoned by God.	①	②	③	④	⑤	?
I have the feeling I am at one with all..	①	②	③	④	⑤	?
II like to tell about my experiences.	①	②	③	④	⑤	?
I feel part of the big community of pilgrims.	①	②	③	④	⑤	?
I try to have frank discussions with my fellow pilgrims.	①	②	③	④	⑤	?
I try to be in harmony with my fellow pilgrims.	①	②	③	④	⑤	?