

Barometric study on poverty and economic precariousness

19th edition - 2025

Survey conducted among Europeans and young Europeans

July 2025



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EUROPEAN SURVEY



Methodological presentation of the study

10 000 Europeans, representative of the national population aged 18 and over in each of the **10 countries** surveyed : **France, Germany, Greece, Italy, Poland, United Kingdom, Moldova, Portugal, Romania, Serbia.**

The **representativeness of the samples was ensured by the quota method**, applied to the following variables: sex, age, the interviewee's profession, region and city category.

The interviews conducted online

Sample interviewed through the Internet via Ipsos's Online Access Panel.

A SURVEY CARRIED OUT FROM MAY TO JUNE

Interviews carried out from May 26 to July 6, 2025

A survey conducted for:

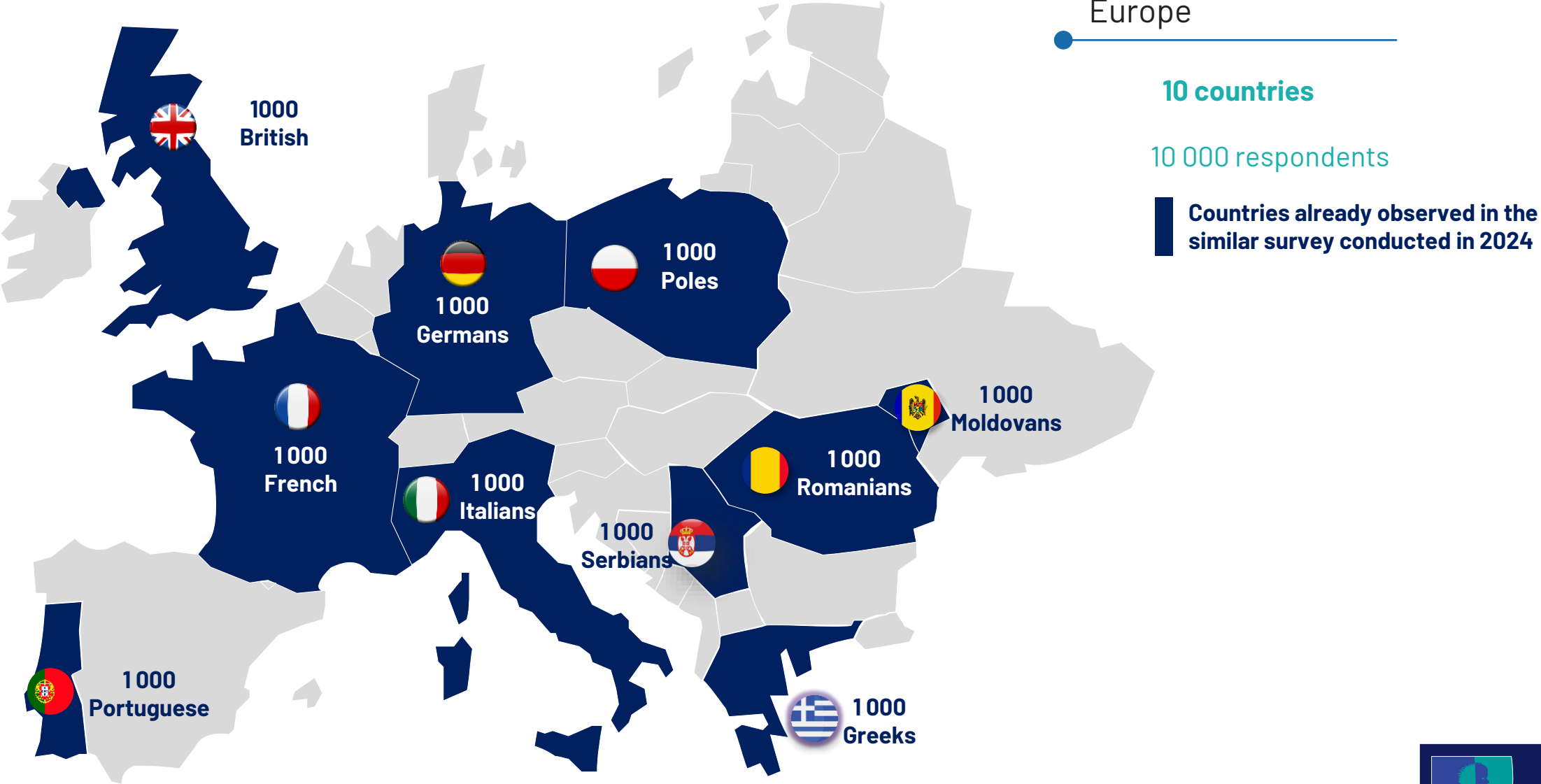


Reading note: all the results are expressed in percentage (%)

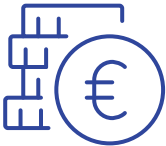


This report was prepared in compliance with the international standard ISO 20252 "Etudes de marché, études sociales et d'opinion". This report was reviewed by Etienne Mercier, Director of the Opinion Departement (Ipsos Public Affairs).

Scope of the study



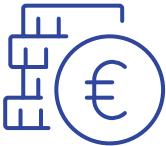
Contextual elements related to the economic situation of the different countries surveyed



GDP per capita (PPP, World Bank 2023)	\$58 318
Unemployment rate (April 2024, OECD)	7.3%
Youth unemployment rate (under 25 years) (latest figure available)	18.3%
Inflation / Cost of living (Consumer Price Index, most recent data)	0.8%
Poverty - Ratio of the population (%) at the societal poverty threshold (World Bank, 2020)	12.7%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	20.5%
Gini coefficient (World Bank)	0.32
% of GDP devoted to social protection and health care (OECD)	31.6%

GDP per capita (PPP, World Bank 2023)	\$69 206
Unemployment rate (April 2024, OECD)	3.5%
Youth unemployment rate (under 25 years) (latest figure available)	6.8%
Inflation / Cost of living (Consumer Price Index, most recent data)	2.20%
Poverty - Ratio of the population (%) at the societal poverty threshold (World Bank, 2020)	12%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	21.1%
Gini coefficient (World Bank)	0.32
% of GDP devoted to social protection and health care (OECD)	25.3%

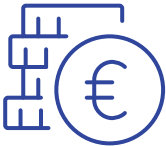
Contextual elements related to the economic situation of the various countries surveyed



GDP per capita (PPP, World Bank 2023)	\$41 182
Unemployment rate (April 2024, OECD)	9%
Unemployment rate under 25 years (latest figure available)	20%
Inflation / Cost of living (Consumer Price Index, latest data available)	2%
Poverty - Population ratio (%) at the societal poverty threshold (World Bank, 2018)	17.9%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	26.9%
Gini coefficient (World Bank)	0.33
% of GDP devoted to social protection and healthcare (OECD)	27%

GDP per capita (PPP, World Bank 2023)	\$57 801
Unemployment rate (April 2024, OECD)	6%
Unemployment rate under 25 years (latest figure available)	19,2%
Inflation / Cost of living (Consumer Price Index, latest data available)	1,9%
Poverty - Population ratio (%) at the societal poverty threshold (World Bank, 2018)	17,2%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	23,1%
Gini coefficient (World Bank)	0,35
% of GDP devoted to social protection and healthcare (OECD)	28.9%

Contextual elements related to the economic situation of the various surveyed countries

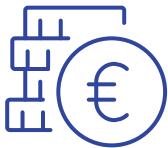


GDP per capita (PPP, World Bank 2023)	\$46 571
Unemployment rate (April 2024, OECD)	2.7%
Unemployment rate under 25 years old (last available figure)	13.4%
Inflation / Cost of living (Consumer Price Index, latest data available)	4.9%
Poverty - Ratio of the population (%) at the societal poverty threshold (World Bank, 2018)	11.6%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	16%
Gini coefficient (World Bank)	0.29
% of GDP devoted to social protection and health care (OECD)	20.2%



GDP per capita (PPP, World Bank 2023)	\$58 225
Unemployment rate (April 2024, OECD)	4.5%
Unemployment rate under 25 years old (last available figure)	14.2%
Inflation / Cost of living (Consumer Price Index, latest data available)	3.4%
Poverty - Ratio of the population (%) at the societal poverty threshold (World Bank, 2018)	13.2%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	Not available
Gini coefficient (World Bank)	0.32
% of GDP devoted to social protection and health care (OECD)	21,5%

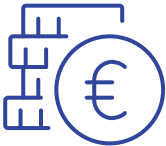
Contextual elements related to the economic situation of the different countries surveyed



GDP per capita (PPP, World Bank 2023)	\$17 597
Unemployment rate (April 2024, OECD)	4%
Unemployment rate under 25 (last available figure)	17.6%
Inflation / Cost of living (Consumer Price Index, latest data available)	8.6%
Poverty - Ratio of the population (%) at the societal poverty threshold (World Bank, 2018)	10.8%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	Not available
Gini coefficient (World Bank)	0.26
% of GDP devoted to social protection and healthcare (OECD)	Not available

GDP per capita (PPP, World Bank 2023)	\$47 331
Unemployment rate (April 2024, OECD)	6.5%
Unemployment rate under 25 (last available figure)	19.7%
Inflation / Cost of living (Consumer Price Index, latest data available)	2.1%
Poverty - Ratio of the population (%) at the societal poverty threshold (World Bank, 2018)	14.1%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	19.7%
Gini coefficient (World Bank)	0.35
% of GDP devoted to social protection and healthcare (OECD)	24.1%

Contextual elements related to the economic situation of the various countries surveyed



GDP per capita (PPP, World Bank 2023)	\$45 777
Unemployment rate (April 2024, OECD)	5.7%
Unemployment rate under 25 years (last available figure)	26.3%
Inflation / Cost of living (Consumer Price Index, latest data available)	5.6%
Poverty - Ratio of the population (%) at the threshold of societal poverty (World Bank, 2018)	21.6%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	27.9%
Gini coefficient (World Bank)	0.34
% of GDP devoted to social protection and health care (OECD)	Not available

GDP per capita (PPP, World Bank 2023)	\$28 749
Unemployment rate (April 2024, OECD)	9.1%
Unemployment rate under 25 years (last available figure)	25.8%
Inflation / Cost of living (Consumer Price Index, latest data available)	4%
Poverty - Ratio of the population (%) at the threshold of societal poverty (World Bank, 2018)	19.2%
% of people at risk of poverty or social exclusion (Eurostat, 2024)	Not available
Gini coefficient (World Bank)	0.33
% of GDP devoted to social protection and health care (OECD)	Not available

Europe Section – European population

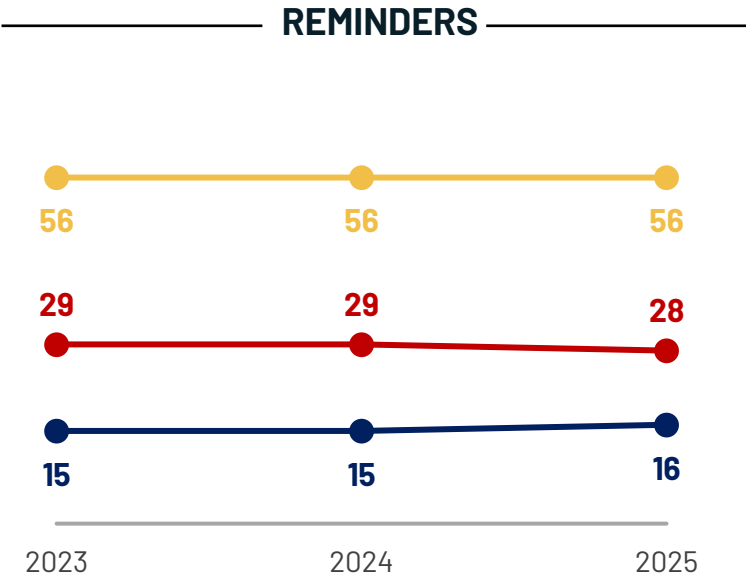
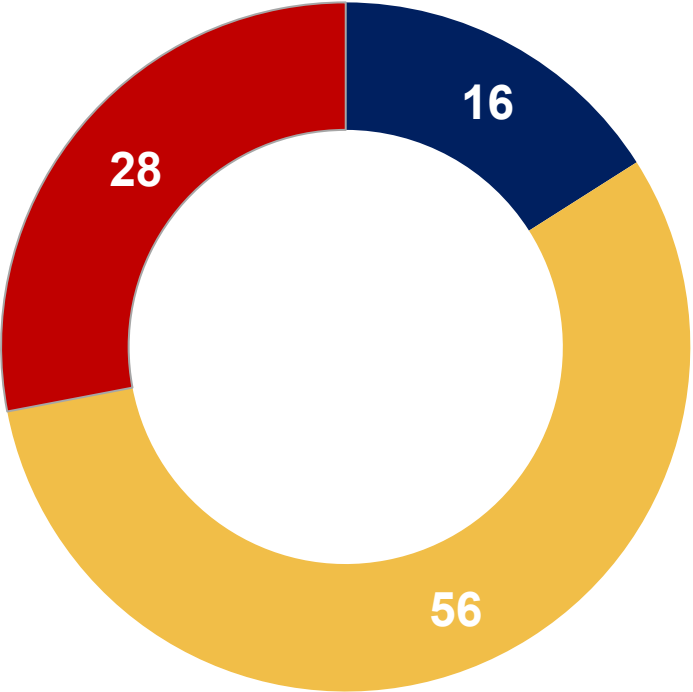
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More than a quarter of Europeans consider their situation to be precarious.

A situation that remains worrying this year

Question: "When you think about your current financial and material situation, would you say it is..."
Base: Whole sample Europe



Good : you don't really need to pay attention to your everyday expenses

Balanced : you get by but you need to be careful

Precarious : an unexpected expense can tip the balance

In Greece and Moldavia, the share of people considering themselves as precarious remains at a very alarming level, with nearly one person out of two declaring being in this situation

Question: "When you think about your current financial and material situation, would you say that it is..."

Base: Whole of the sample Europe

- Reminders -

2024

- Reminders -

2024



FRANCE



16 24



GERMANY



33 21



GREECE



7 46



ITALY



18 27



POLAND



20 18



UK



22 19



MOLDAVIA



7 45



PORTUGAL



9 32



ROMANIA



10 26



SERBIA



11 28

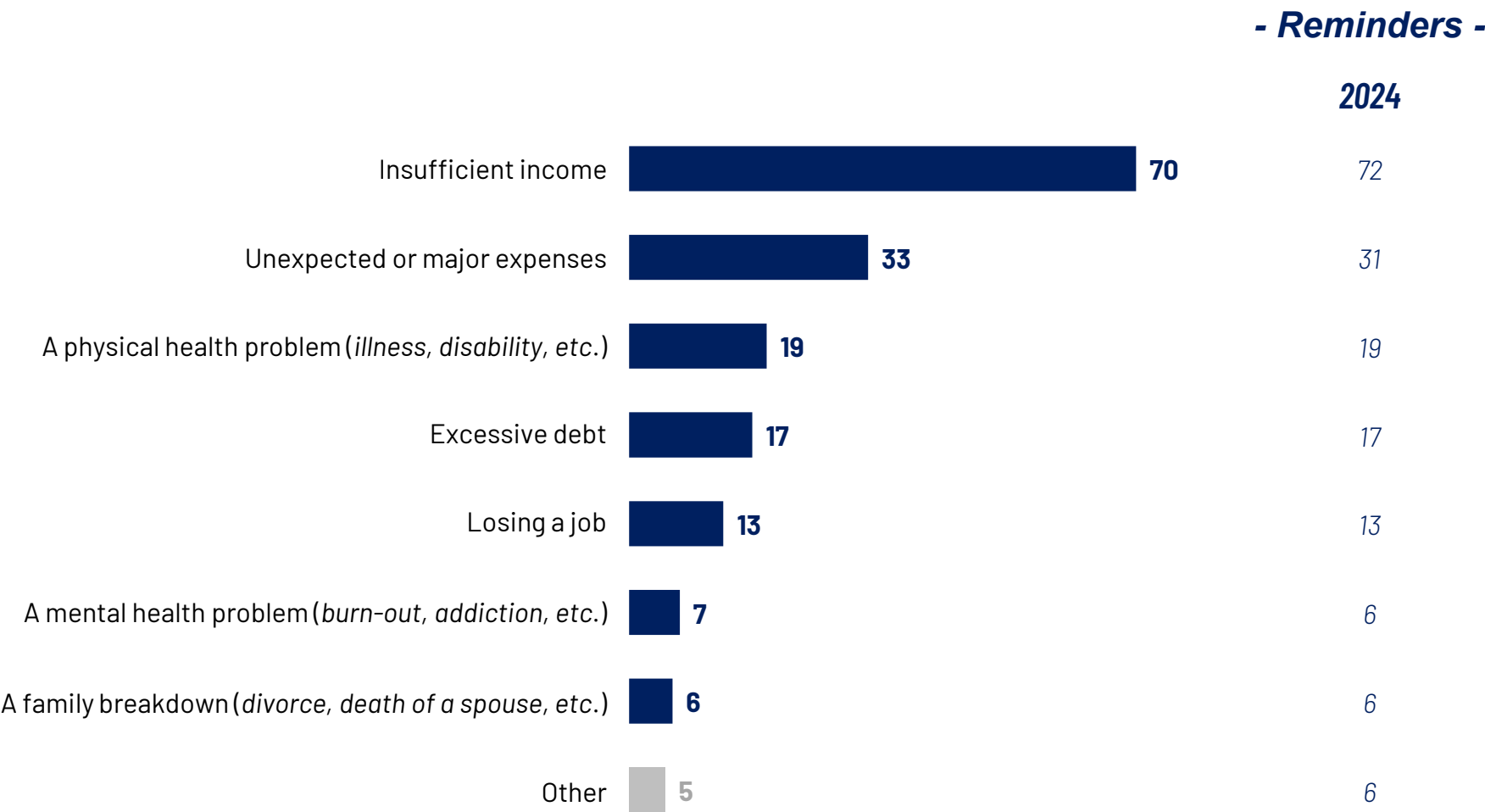
Good : you don't really need to pay attention to your everyday expenses

Balanced : you get by but you need to be careful

Precarious : an unexpected expense can tip the balance

The insufficiency of income remains the main cause of precariousness

Question: "You have said that you are in a precarious situation. Which of the following are the main reasons why you are in this situation ?"
Base: European persons having declared being precarious



In all countries, insufficient income is the primary cause of precarity

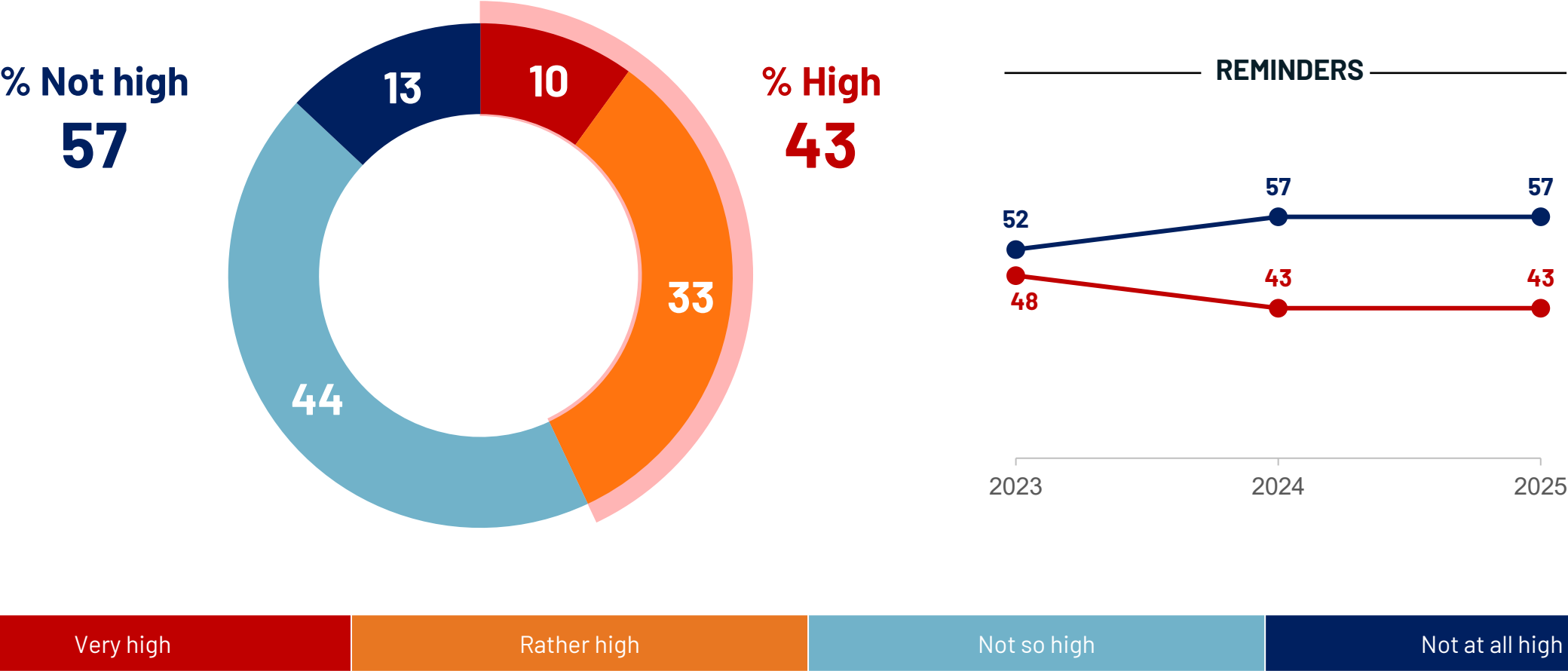
Question: " You have said that you are in a precarious situation. Which of the following are the main reasons why you are in this situation ?"
Base: European Persons who declared being precarious



More than 4 out of 10 Europeans consider that there is a significant risk that they will find themselves in a precarious situation in the coming months

Question: "Do you think there is a very high, rather high, not so high or not at all high risk that in the coming months you will be in an unstable financial situation ?"

Base: Entire sampleEurope



Italians are particularly numerous in considering this risk as important

Question: "Do you think there is a very high, rather high, not so high or not at all high risk that in the coming months you will be in an unstable financial situation ?"

Base: Entire sampleEurope

% « High »

- Reminders 2024-

% « High »

- Reminders 2024-



FRANCE



34

40



GERMANY



40

32



GREECE



55

55



ITALY



62

64



POLAND



40

40



UK



30

33



MOLDOVA



49

49



PORTUGAL



33

31



ROMANIA



52

45



SERBIA



36

37

Very high

Rather high

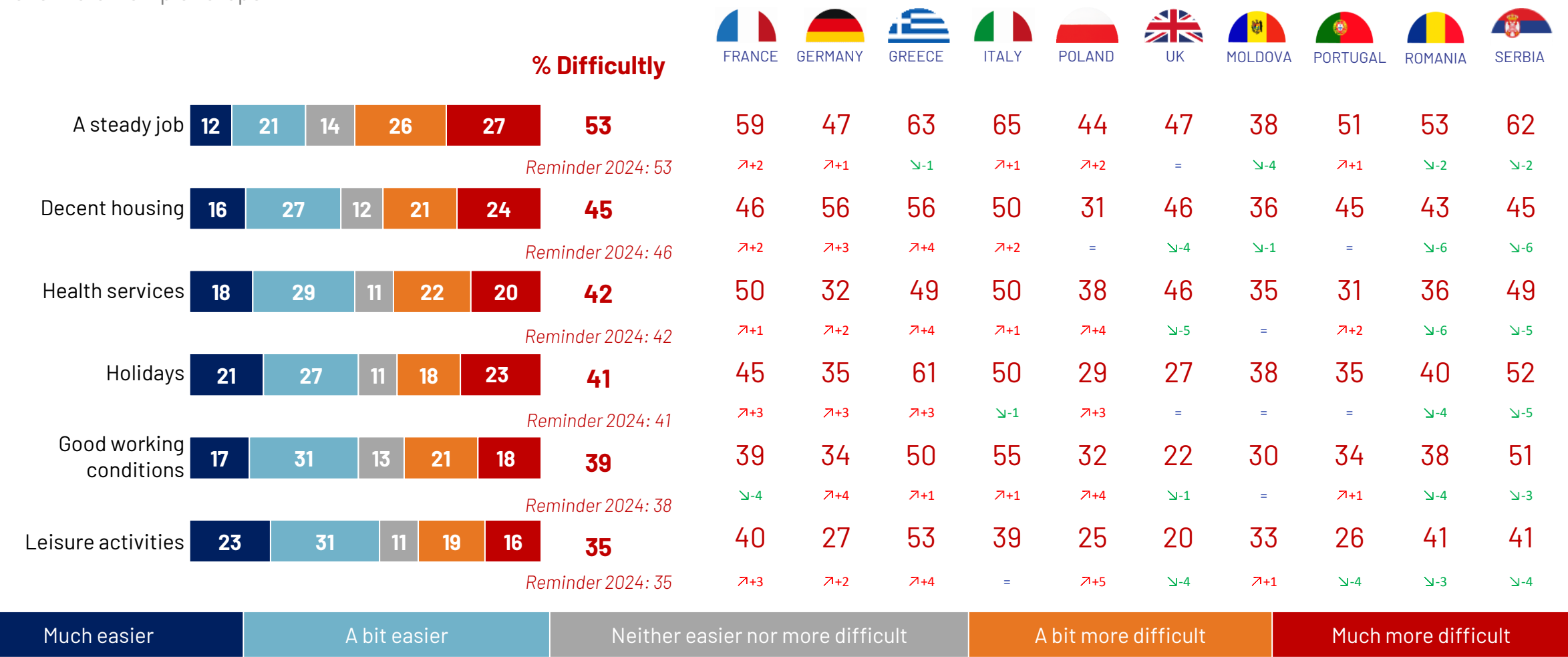
Not so high

Not at all high



Europeans share the feeling of more difficult access to a certain number of services compared to previous generations

Question: "Compared to your parents' generation, would you say that you have easier or more difficult access to...?"
Base: Total sampleEurope

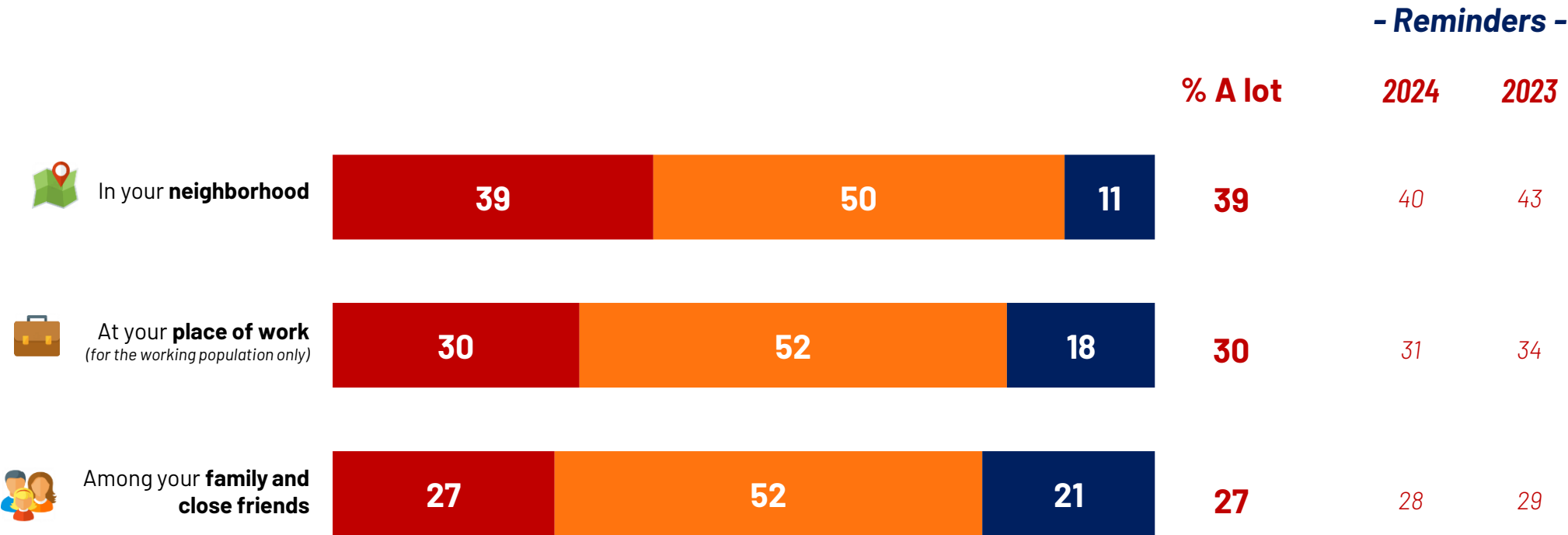


Base: Entire sampleEurope



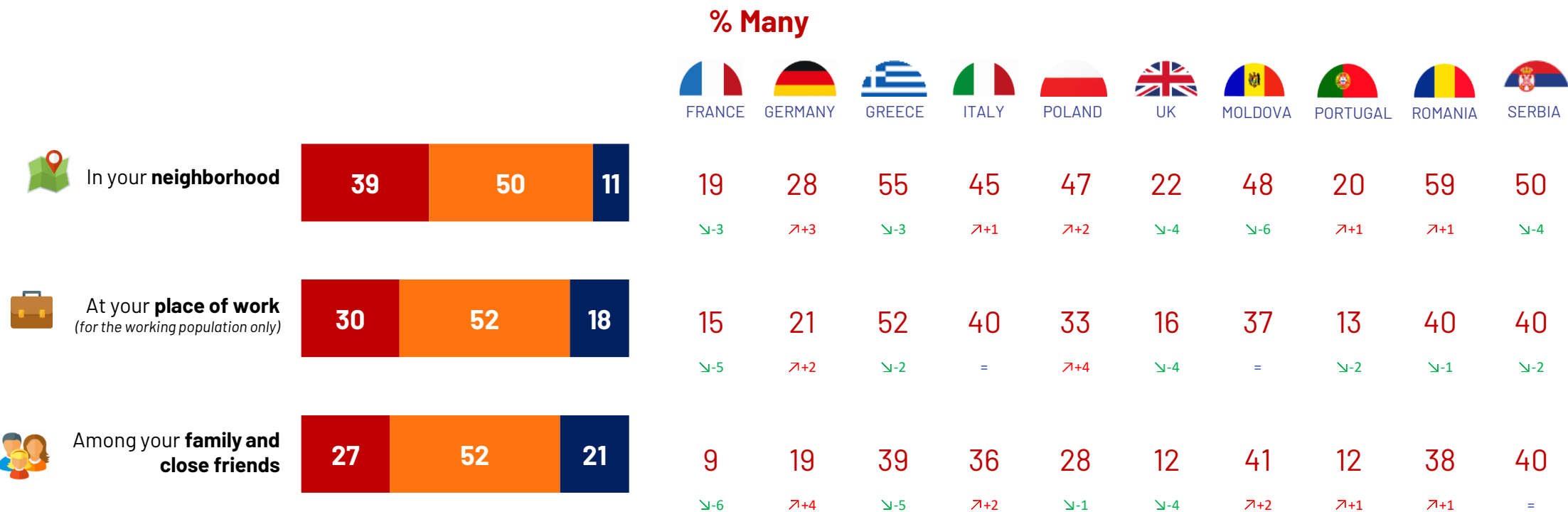
Europeans feel that they are confronted with precarity everywhere around them

Question: "Do you have the impression that there are many, a few or no people around you who are in an unstable financial situation ?"
Base: Whole of the sampleEurope



And more specifically in Southern and Eastern Europe

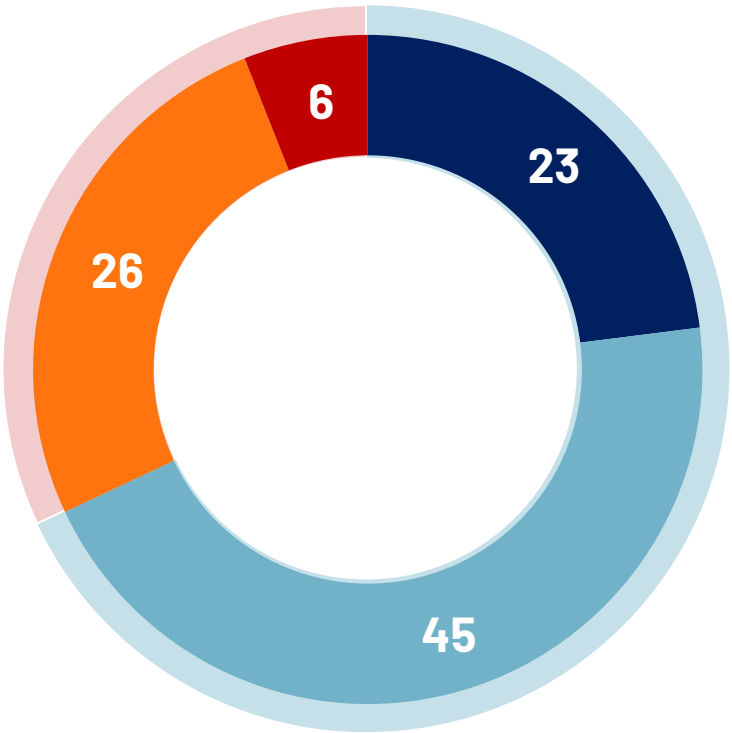
Question: " Do you have the impression that there are many, a few or no people around you who are in an unstable financial situation ?"
Base: The whole sampleEurope



The proportion of European workers whose income does not allow them to meet all their expenses remains at a very worrying level: nearly 1 in 3 are affected

Question: "Would you say that your income from your professional activity allows you to cover all your expenses today ?"
Base: To European workers

% No
32



The situation is improving very slightly in all European countries but the proportion of Europeans who cannot cope with their expenses remains high everywhere and more specifically in Moldova, Greece, Portugal, and Serbia

Question: " Would you say that your income from your professional activity allows you to cover all your expenses today ?"

Base: To European workers



More than half of Europeans have recently faced a difficult situation due to their financial situation: nearly 1 out of 2 had to ask for help from relatives to get by!

Question : "Have you personally ever been faced with the following situations because you were in a difficult financial situation ? "

Base: Whole sample Europe

- Reminders -

				% Yes	2024	2023
Not being able to make family outings or leisure activities <i>Item asked to parents: 3342 people</i>	29	36	34	65	68	-
No longer being able to go out (cinema, restaurant, etc.)	28	33	38	61	62	-
Restricting your travel (car, public transportation, ...)	25	31	44	56	58	62
Not buying new clothes when yours have worn out	20	30	49	50	51	-
Not being able to take care of your physical appearance (hairstylist, makeup, etc.)	21	26	53	47	46	-
Asking family or friends to lend or give you money	17	30	53	47	47	49

% At least one of these situations : **81**

Average number of situations : **4,3**



Have been faced with at least one of these situations recently

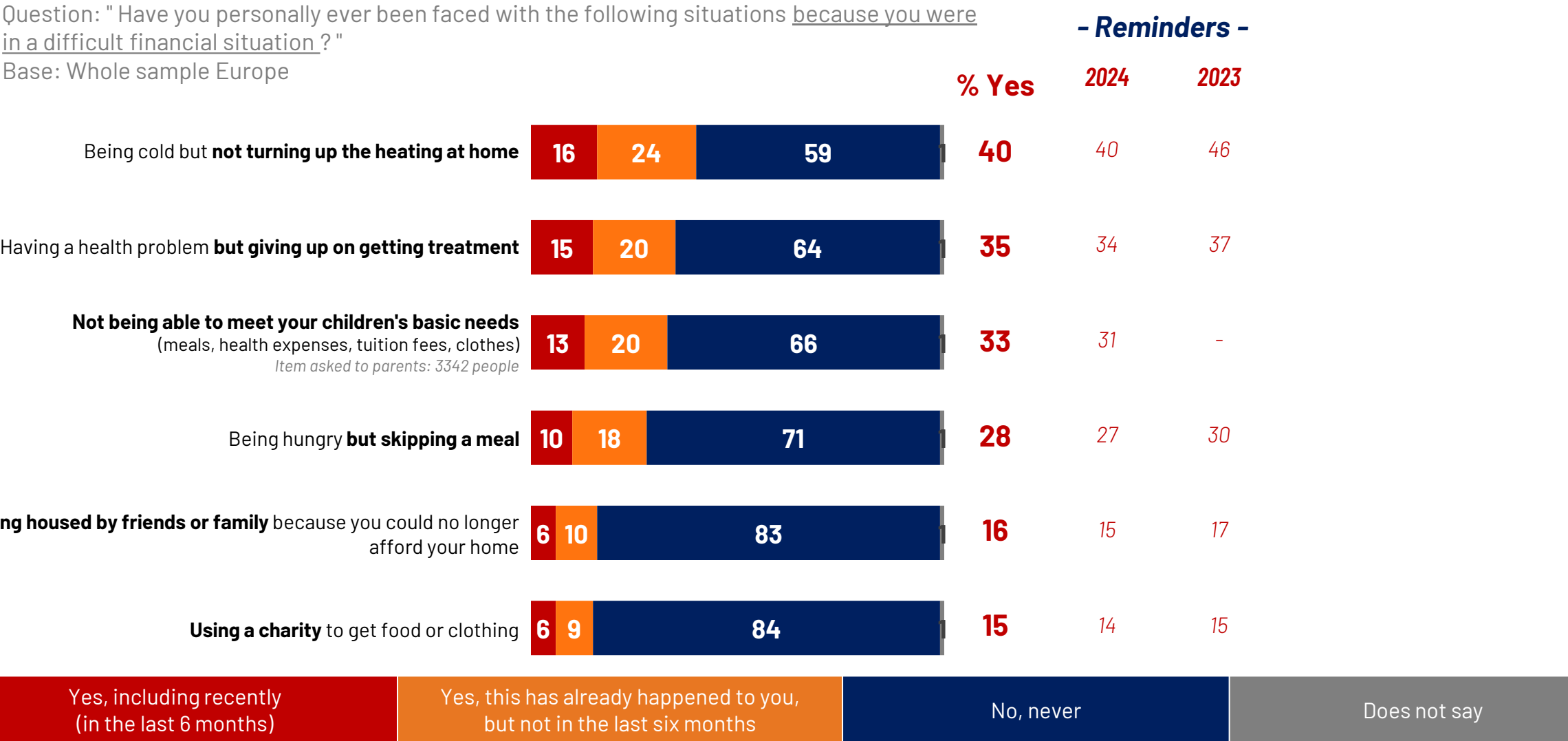
Average number of recent situations : **1,8**

Yes, including recently (in the last 6 months)	Yes, this has happened to you, but not in the last six months	No, never	No opinion
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More than one in four Europeans has already had to skip a meal even though they were hungry, due to their financial situation, one parent in three claims that they have been unable to meet their children's essential needs

Question: " Have you personally ever been faced with the following situations because you were in a difficult financial situation ? "

Base: Whole sample Europe













In some countries, the situation has greatly deteriorated: in Germany, in Greece, in Poland, or even in Romania

Question: " Have you personally ever been faced with the following situations because you were in a difficult financial situation ? "

Base: Entire sample Europe

% Yes (whether it happened recently or not)

											
		FRANCE	GERMANY	GREECE	ITALY	POLAND	UK	MOLDOVA	PORTUGAL	ROMANIA	SERBIA
Not being able to make family outings or leisure activities	65	64	60	79	61	56	52	67	67	74	72
		↘-8	↗+10	=	↘-4	↘-5	↘-9	↘-9	↘-3	↗+3	=
No longer being able to go out	61	60	52	75	59	58	54	63	61	64	69
(cinema, restaurant, etc.)		↘-3	↗+3	↗+1	↗+1	↗+1	↘-3	↘-4	↘-6	=	↗+1
Restricting your travel	56	56	44	68	48	49	45	63	55	65	65
(car, public transportation, ...)		↘-3	↗+3	↘-1	↘-3	↘-2	↘-5	=	↘-11	↘-2	↗+2
Not buying new clothes	50	44	33	64	39	50	44	59	52	56	62
when yours have worn out		↘-7	↗+4	↗+3	↗+1	↗+2	↗+1	↘-1	↘-9	↗+2	=
Not being able to take care of your physical appearance	47	42	30	62	45	45	34	54	48	56	51
(hairdresser, makeup, etc.)		↘-5	↗+4	↗+3	=	↗+3	↘-1	=	↘-2	↗+1	↘-1
Asking family or friends to lend or give you money	47	34	37	52	34	43	41	64	47	60	55
		=	↗+3	↘-4	↘-4	↗+6	↗+2	↘-4	↘-2	↗+1	↘-2
Being cold but not turning up the heating at home	40	49	20	63	32	38	43	39	39	40	43
		↘-1	↗+4	↗+5	↘-4	↗+2	↘-8	↗+5	↘-6	↗+3	=
Having a health problem but giving up on getting treatment	35	31	24	34	33	39	21	57	32	42	35
		↘-1	↗+5	↗+2	↘-1	↗+2	↘-3	↗+2	=	↗+2	↘-4
Not being able to meet your children's basic needs	33	19	25	48	24	34	23	48	24	42	32
(meals, health expenses, tuition fees, clothes)		↘-6	↗+7	↗+5	↘-4	↗+9	↘-5	↘-2	↗+1	↗+3	=
Being hungry but skipping a meal	28	24	23	35	17	27	28	36	24	35	30
		↘-5	↗+4	↗+2	↗+1	↗+5	↘-1	↗+3	=	↗+1	↘-3
Being housed by friends or family because you could no longer afford your home	16	13	11	20	11	24	12	21	17	16	15
		↘-2	↗+1	↗+2	↘-1	↗+4	↘-3	↗+5	=	↗+1	↘-1
Using a charity to get food or clothing	15	14	14	18	13	19	19	10	20	12	8
		↘-2	↗+3	=	↘-1	↗+4	↗+1	↗+1	↗+1	↗+3	=

Many Europeans have encountered situations of deprivation in the last 6 months

Question: "Have you personally ever been faced with the following situations because you were in a difficult financial situation?"

Base: Whole sample Europe

% Yes, including recently (in the last 6 months)		FRANCE	GERMANY	GREECE	ITALY	POLAND	UK	MOLDOVA	PORTUGAL	ROMANIA	SERBIA
Not being able to make family outings or leisure activities	29	25	28	40	25	21	20	36	27	32	30
<i>Item asked to parents: 3342 people</i>		↘-12	↗+8	↘-1	=	↘-4	↘-7	↘-11	↘-3	↘-2	=
No longer being able to go out (cinema, restaurant, etc.)	28	25	29	38	27	25	22	33	24	32	29
		↘-5	↗+4	=	=	↗+1	↘-4	↘-5	↘-5	=	↗+1
Restricting your travel (car, public transportation, ...)	25	23	22	35	20	22	20	33	21	33	24
		↘-6	↗+1	↘-2	↘-2	↘-2	↘-3	↗+4	↘-5	=	↘-2
Not buying new clothes when yours have worn out	20	18	14	29	17	20	17	27	19	20	21
		↘-4	↗+2	↗+4	=	↗+2	↘-3	↗+2	↘-6	↗+1	↘-2
Not being able to take care of your physical appearance (hairstylist, makeup, etc.)	21	15	15	29	19	18	14	28	20	26	20
		↘-7	↗+2	↗+1	=	↗+2	↘-2	=	↘-1	↗+2	↘-3
Asking family or friends to lend or give you money	17	8	15	22	11	14	14	34	15	22	16
		↘-2	↗+3	↗+1	↘-2	↗+2	=	↗+1	↗+2	=	↘-2
Being cold but not turning up the heating at home	16	20	8	31	13	14	18	19	13	15	14
		↘-8	↗+1	↗+3	=	=	↘-8	↗+6	↘-5	↗+3	=
Having a health problem but giving up on getting treatment	15	11	12	15	14	16	10	28	12	17	13
		↘-3	↗+3	↗+3	↘-1	↗+2	=	↗+3	↘-1	=	↘-3
Not being able to meet your children's basic needs (meals, health expenses, tuition fees, clothes)	13	6	11	19	12	13	8	25	9	16	10
<i>Item asked to parents: 3342 people</i>		↘-3	↗+3	↘-1	=	↗+6	↘-5	↗+5	↗+1	↗+1	↘-1
Being hungry but skipping a meal	10	7	10	14	6	9	10	18	8	14	9
		↘-6	↗+2	↗+1	=	↗+2	=	↗+6	=	=	↘-1
Being housed by friends or family because you could no longer afford your home	6	3	4	7	4	11	4	7	5	5	4
		↘-2	↗+1	↗+1	↘-1	↗+2	↘-1	↗+2	=	↗+2	=
Using a charity to get food or clothing	6	4	7	7	5	6	8	4	7	5	2
		↘-2	↗+2	=	↗+1	↗+1	↗+2	↗+1	↘-1	↗+2	=

More than one in two Europeans has recently faced a difficult situation because of their financial situation

Limit your travel (car, public transport, ...)

Asking relatives to lend or give you **money**

Being cold but **not turning up the heating** at your house

Having a **health problem** but **giving up on getting treated**

Being **hungry** but **skipping a meal**

Being **accommodated by friends or family** because you could no longer pay for your housing

Getting help from a charity to get food or clothes

Not buying new clothes when yours have worn out

Not **being able to take care of your physical appearance** (hairstylist, makeup...)

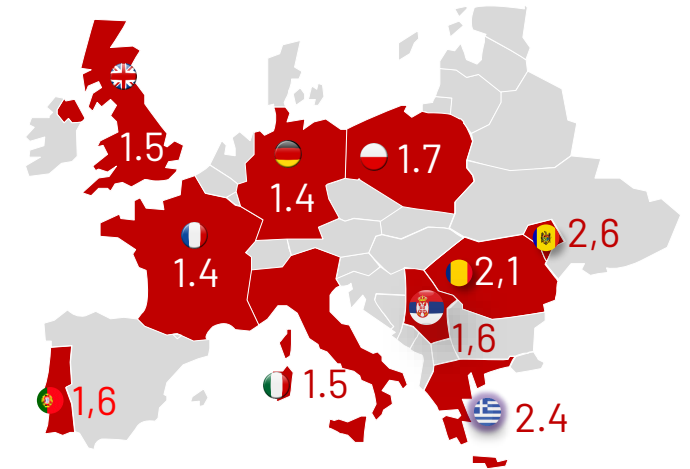
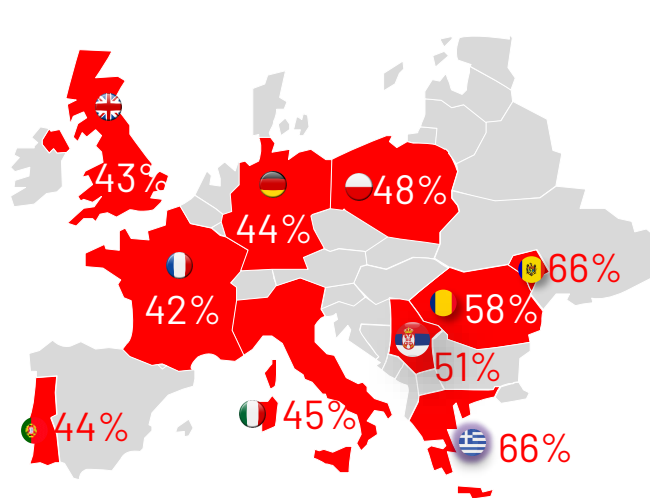
No longer **being able to go out** (cinema, restaurant...)

Not **being able to make family outings or leisure activities**

Not being able to **meet your children's basic needs** (meals, health expenses, tuition fees, clothing)

Has known at least
one of these situations
recently : 51%

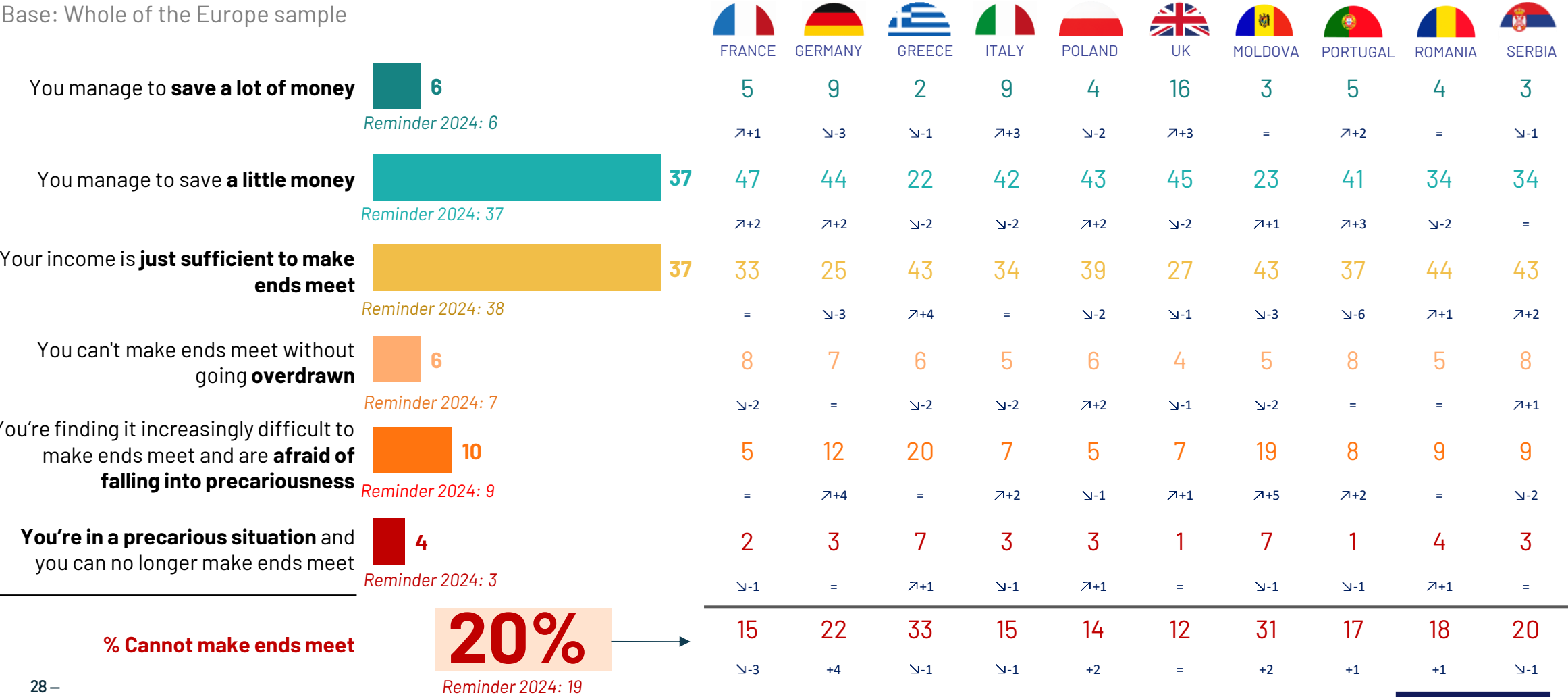
Average number
of situations recent : 1.8



One in 5 Europeans states they cannot make ends meet. An even more worrying and alarming situation in Greece and Moldova

Question: "More specifically, which statement best describes your current situation ?"

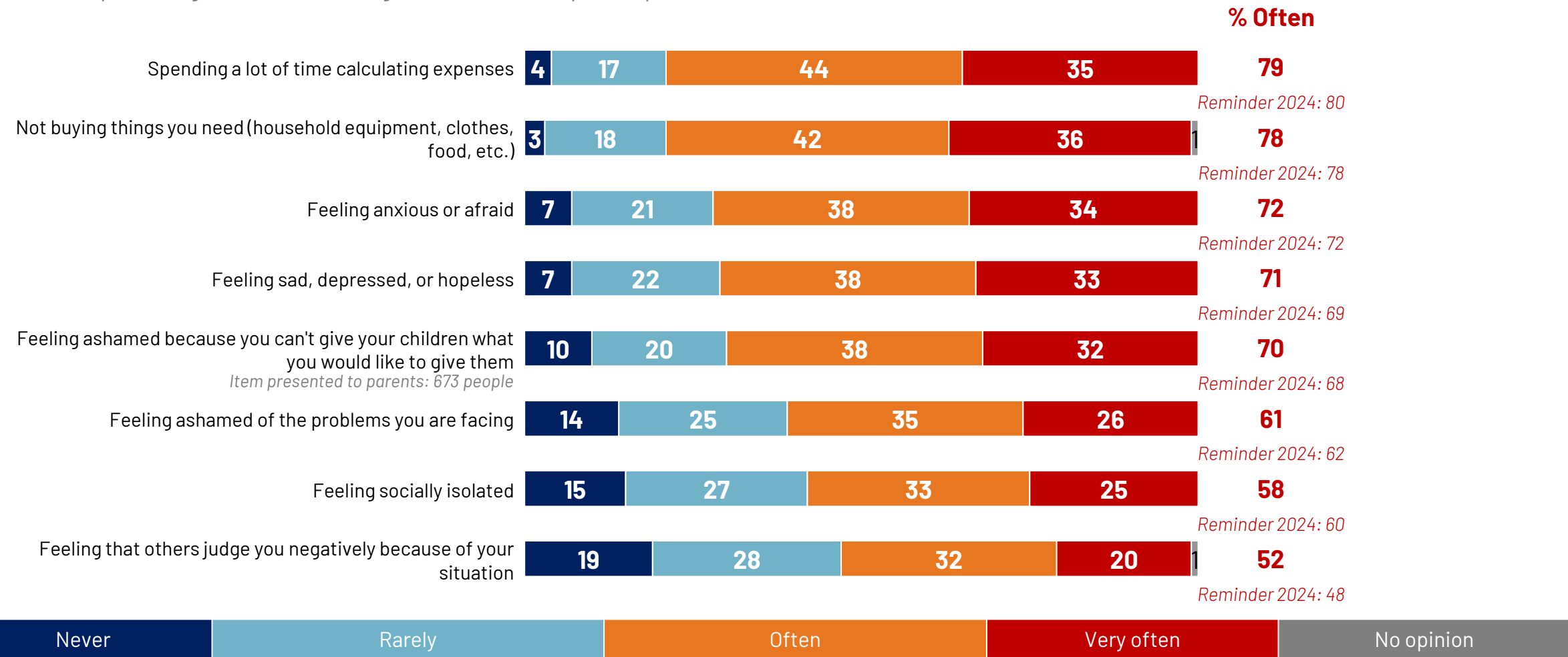
Base: Whole of the Europe sample



Precariousness has serious impacts on the mental health of people who have difficulties making ends meet: a source of anxiety, fear, and shame for the vast majority of them











Question: "When you think about your current financial situation, do you find yourself in any of the following situations ?"

Base: People having difficulties making ends meet – Europe Sample



The impacts of poverty on mental health affect all European countries at a high level

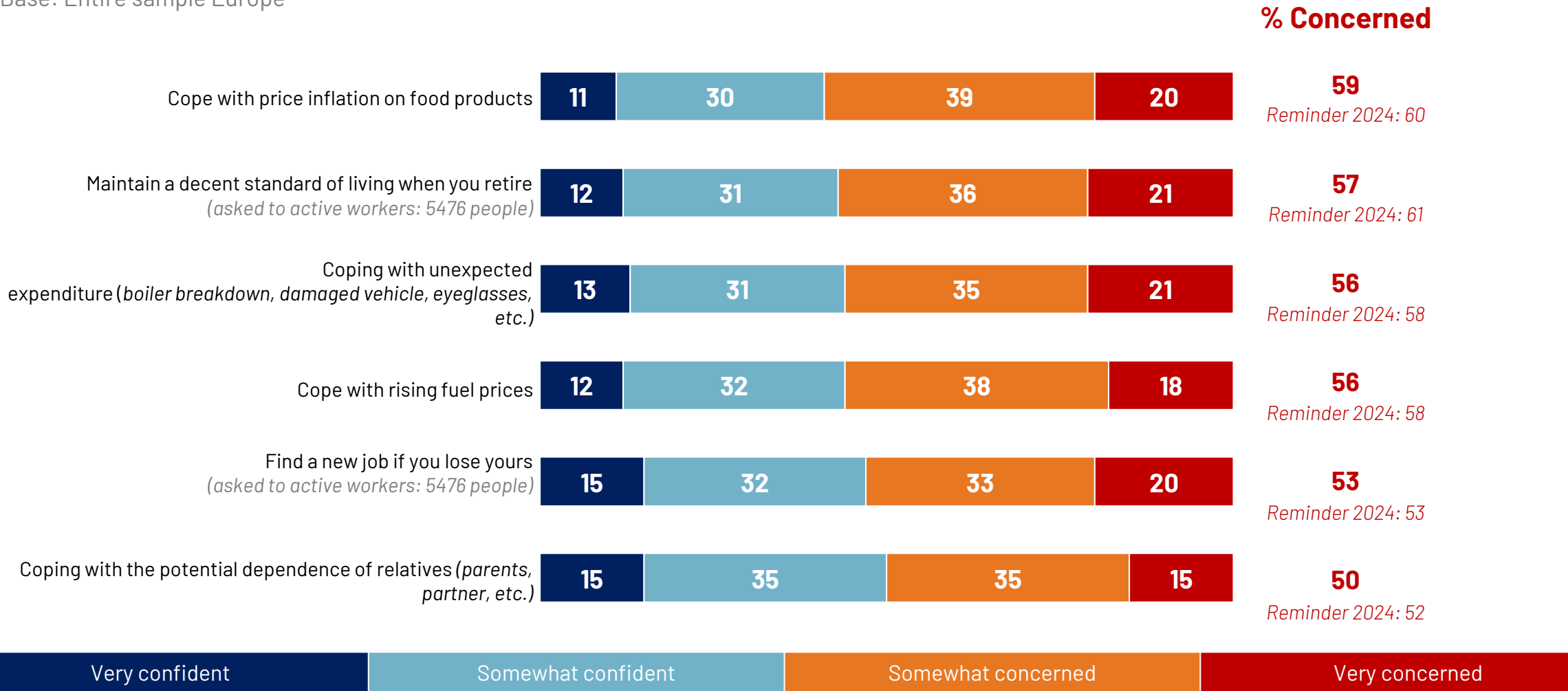
Question: "When you think about your current financial situation, do you find yourself in any of the following situations ?"
Base: People having difficulties making ends meet – Europe Sample

		% Often	 FRANCE	 GERMANY	 GREECE	 ITALY	 POLAND	 UK	 MOLDOVA	 PORTUGAL	 ROMANIA	 SERBIA
Spending a lot of time calculating expenses		79	84 ↘-2	78 ↗+3	84 ↘-2	77 ↘-3	74 ↗+4	80 =	73 ↘-1	86 =	78 ↘-4	75 ↘-4
Not buying things you need (household equipment, clothes, food, etc.)		78	72 ↘-5	73 ↗+5	79 ↘-8	78 ↗+1	74 ↘-4	79 ↗+7	84 ↗+6	81 ↗+11	80 ↗+3	78 ↘-7
Feeling anxious or afraid		72	69 ↘-6	66 ↗+8	81 ↘-5	71 ↘-4	83 ↗+11	81 ↗+6	68 =	78 ↗+5	64 ↘-4	64 ↗+1
Feeling sad, depressed, or hopeless		71	74 ↗+2	61 ↘-1	72 ↘-8	74 ↗+4	72 ↗+2	72 ↗+2	71 ↗+7	77 ↗+13	69 ↘-5	68 ↗+7
Feeling ashamed because you can't give your children what you would like to give them <i>Item posed to parents: 673 people</i>		70										
Feeling ashamed of the problems you are facing		61	54 ↘-5	61 ↗+11	54 ↘-11	56 ↘-5	65 ↗+1	69 =	66 ↗+1	72 ↗+14	62 ↘-7	55 ↘-4
Feeling socially isolated		58	61 ↗+1	57 ↗+5	56 ↘-13	52 ↘-6	56 ↗+6	67 ↗+2	59 ↗+5	70 ↗+6	60 ↘-5	51 ↘-5
Feeling that others judge you negatively because of your situation		52	46 ↗+9	49 ↗+7	43 ↘-1	51 ↗+4	60 =	57 ↗+13	58 ↗+9	55 ↗+9	59 ↘-4	49 ↘-1
Never		Rarely		Often				Very often				

The stress of Europeans in their financial abilities to cope with daily expenses or to plan for the future remains at a high level

Question: "And are you confident or concerned about your ability to cope financially with each of the following?"

Base: Entire sample Europe



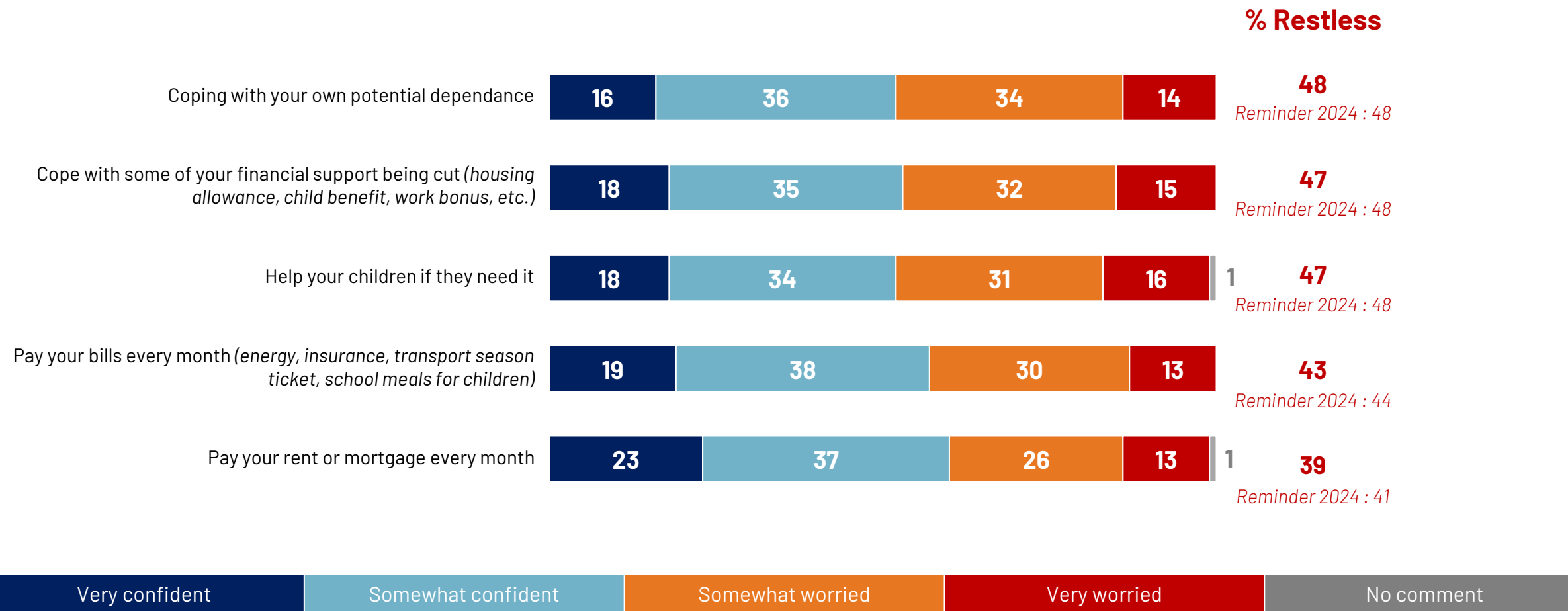
A stress still very strong in all European countries and that regresses very little

Question: "And are you confident or concerned about your ability to cope financially with each of the following ?"
Base: Whole of the Europe sample

% Worried		 FRANCE	 GERMANY	 GREECE	 ITALY	 POLAND	 UK	 MOLDOVA	 PORTUGAL	 ROMANIA	 SERBIA
Cope with price inflation on food products	59	64 ↘-2	50 ↗+3	72 ↘-1	58 ↗+2	56 ↘-1	40 ↘-2	58 ↘-3	62 ↘-7	59 ↗+1	70 ↗+5
Maintain a decent standard of living when you retire <i>(asked to active workers: 5476 people)</i>	57	66 ↘-4	52 =	65 ↘-5	63 ↗+6	56 ↘-3	41 ↘-7	59 ↘-13	62 ↘-3	50 ↘-2	61 ↘-2
Coping with unexpected expenditure <i>(boiler breakdown, damaged vehicle, eyeglasses, etc.)</i>	56	59 =	57 ↘-1	69 ↗+2	53 ↘-2	53 ↘-2	39 ↘-4	59 ↘-6	58 ↘-5	57 =	55 ↘-2
Cope with rising fuel prices	56	58 ↘-7	47 ↗+3	69 =	55 ↘-3	49 ↘-4	40 ↘-3	62 ↘-5	61 ↘-4	58 ↗+2	58 ↘-1
Find a new job if you lose yours <i>(asked to active workers: 5476 people)</i>	53	56 =	38 ↗+3	63 ↘-4	58 ↘-2	51 ↘-1	43 ↘-1	50 ↘-4	57 ↘-2	52 ↗+3	61 ↗+4
Coping with the potential dependence of relatives <i>(parents, partner, etc.)</i>	50	60 ↘-1	43 =	71 ↗+1	52 ↗+1	40 ↘-1	40 ↘-1	53 ↘-4	54 ↘-4	53 ↗+1	37 ↘-2

Nearly 1 European out of 2 would be worried about their financial abilities if they had to help their children, 2 out of 5 are also concerned about paying their bills at the end of the month

Question: «And are you confident or concerned about your ability to cope financially with each of the following ?»
Base: Sample set of Europe



A shared concern across different European countries

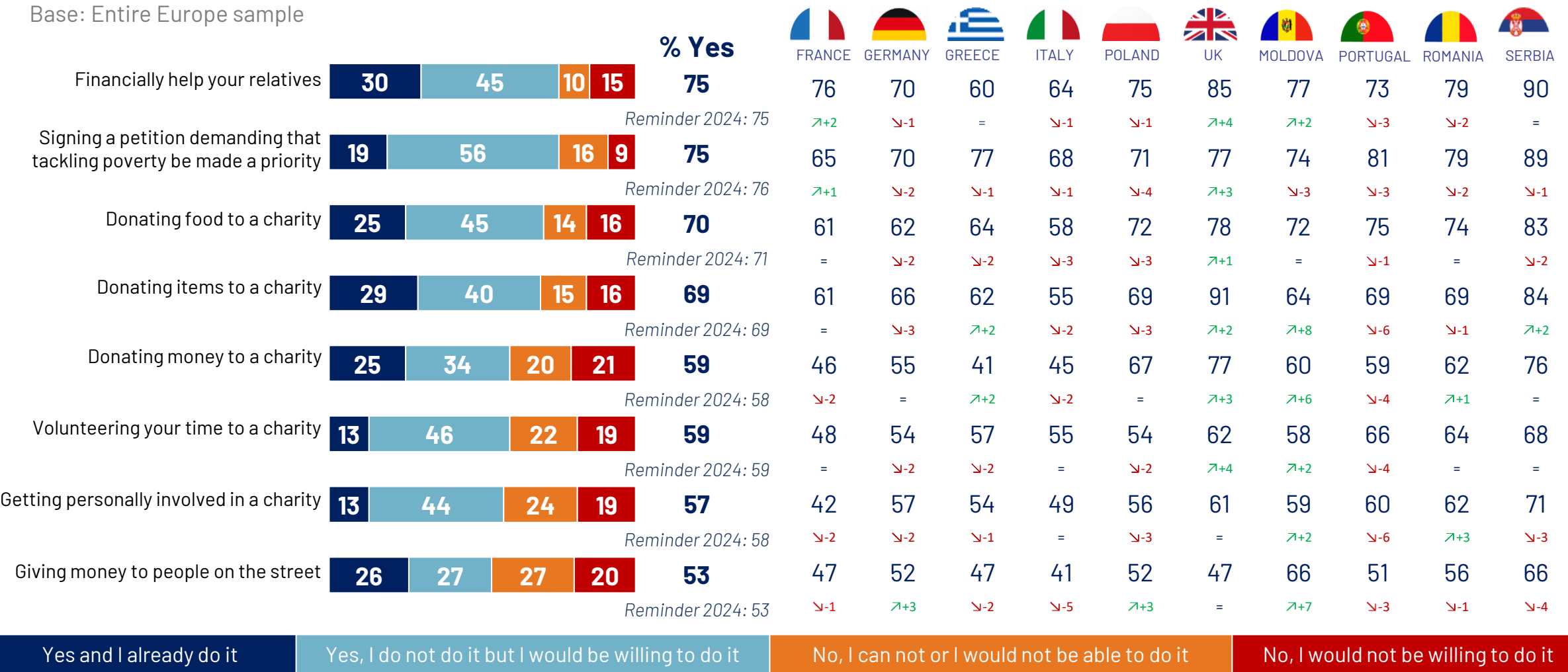
Question: "And are you confident or concerned about your ability to cope financially with each of the following ?"
 Base: Total European sample

	% Worried	 FRANCE	 GERMANY	 GREECE	 ITALY	 POLAND	 UK	 MOLDOVA	 PORTUGAL	 ROMANIA	 SERBIA
Coping with your own potential dependance	48	59	46	57	53	44	36	50	54	45	34
		↘-1	=	=	↗+2	↘-1	↘-3	↘-1	=	=	↘-2
Cope with some of your financial support being cut (housing allowance, child benefit, work bonus, etc.)	47	46	46	64	49	37	36	54	51	49	39
		↘-4	↗+3	↗+2	↗+1	↘-1	↘-2	↘-2	↘-2	↗+5	↘-6
Help your children if they need it	47	49	40	64	52	44	31	45	53	49	47
		↘-4	↗+2	↘-1	↗+1	↗+3	↘-4	↘-5	↘-2	↗+2	=
Pay your bills every month (energy, insurance, transport season ticket, school meals for children)	43	40	35	55	48	39	27	49	48	47	42
		↘-6	↗+1	↘-2	↗+1	↘-3	↘-4	↗+1	=	↘-4	↘-2
Pay your rent or mortgage every month	39	34	34	51	41	38	21	52	44	43	38
		↘-4	↗+5	↘-1	↘-1	=	↘-5	↘-3	↘-4	↗+1	↘-2

Facing this difficult social situation, Europeans maintain a high level of commitment

Question: "Would you be willing to do the following things to help people who are experiencing poverty ?"

Base: Entire Europe sample



Focus on the situation of young people in Europe

02

Faced with the future, young Europeans are torn between confidence and anxiety, enthusiasm and despair!

French, German, Italian, and Greek youths are overcome by stress

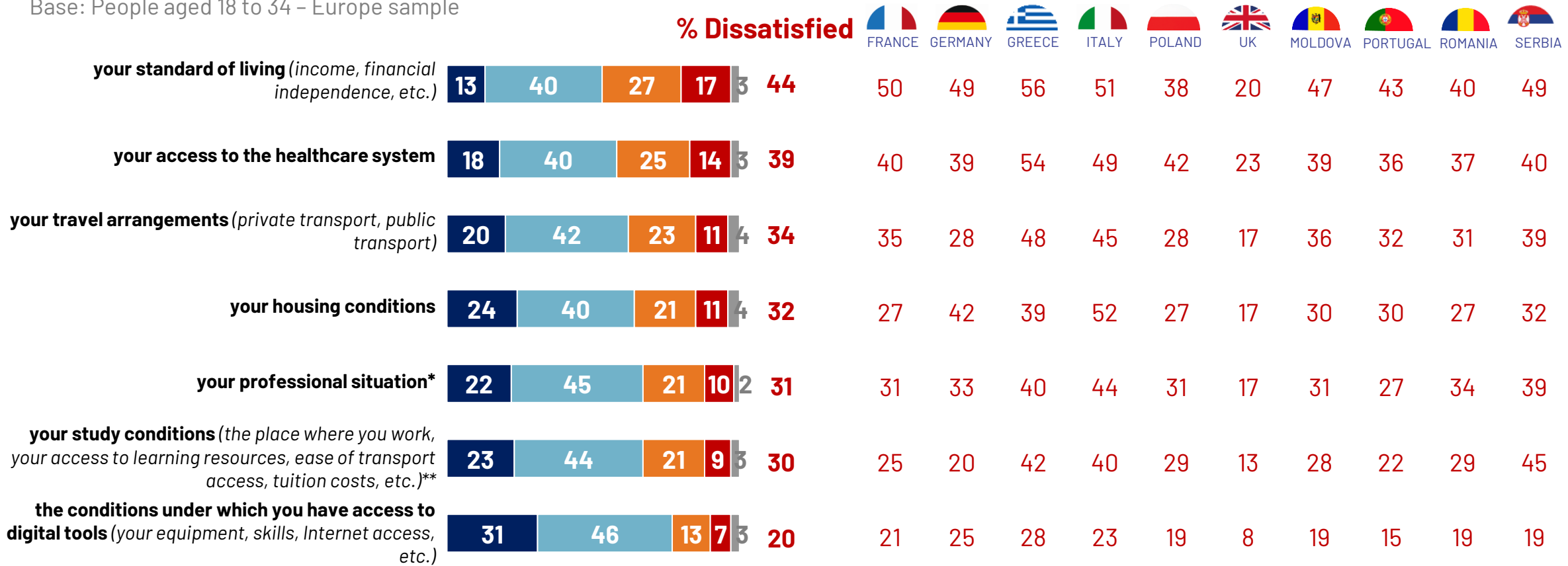
Question: « Personally, when you think about your current situation and your future, what are the two feelings you experience most frequently? »
Base: People aged 18 to 34 - European sample



Almost one in two young people say they are dissatisfied with their living conditions

New question

Question: « In general, would you say you are currently very satisfied, satisfied, dissatisfied or very dissatisfied with...? »
Base: People aged 18 to 34 – Europe sample



*Base: 18-34 years old assets (1288 respondents)

**Base: students (523 respondents)



In detail, young Europeans face difficulties in accessing certain goods due to their financial situation: 1 out of 2 states having problems in procuring a healthy and balanced diet

Question: "In the past 12 months, have you experienced significant financial difficulties in doing any of the following? "
 Base: People aged 18 to 34 years - Sample Europe

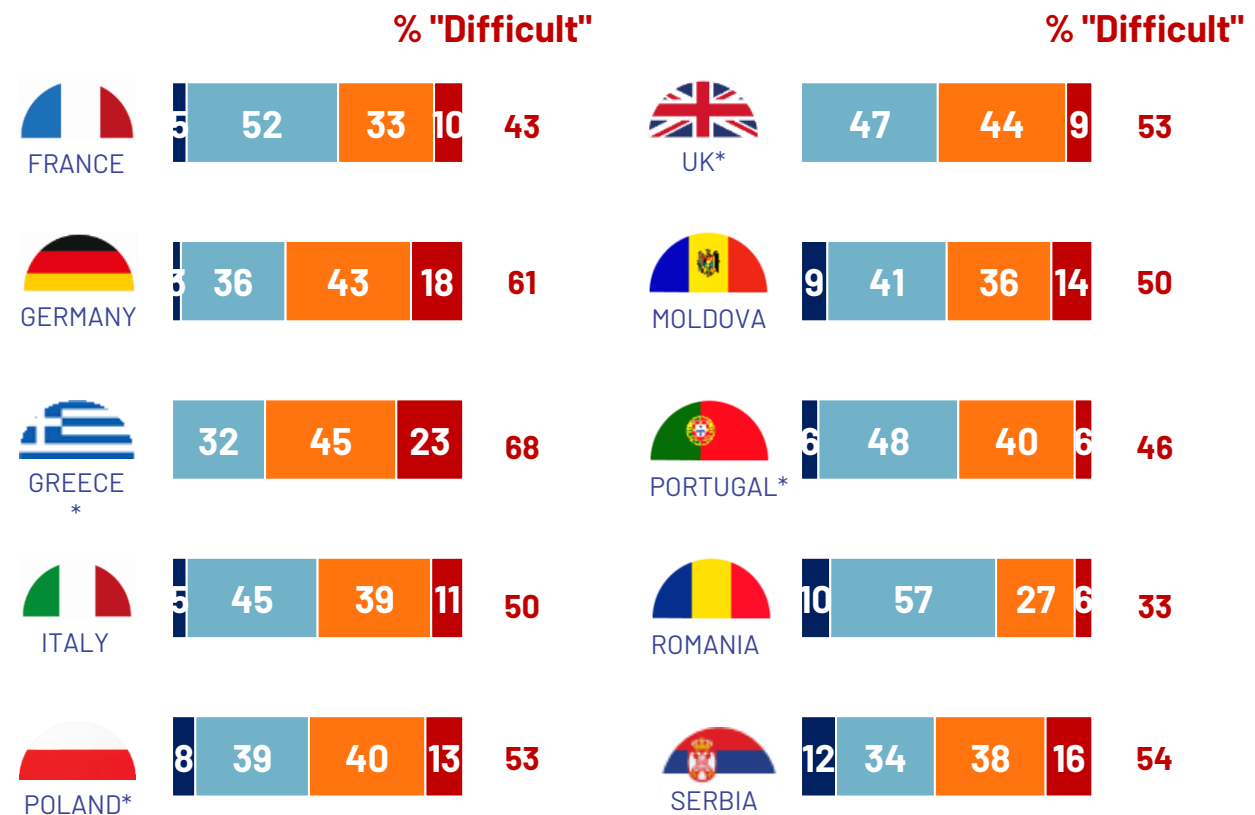
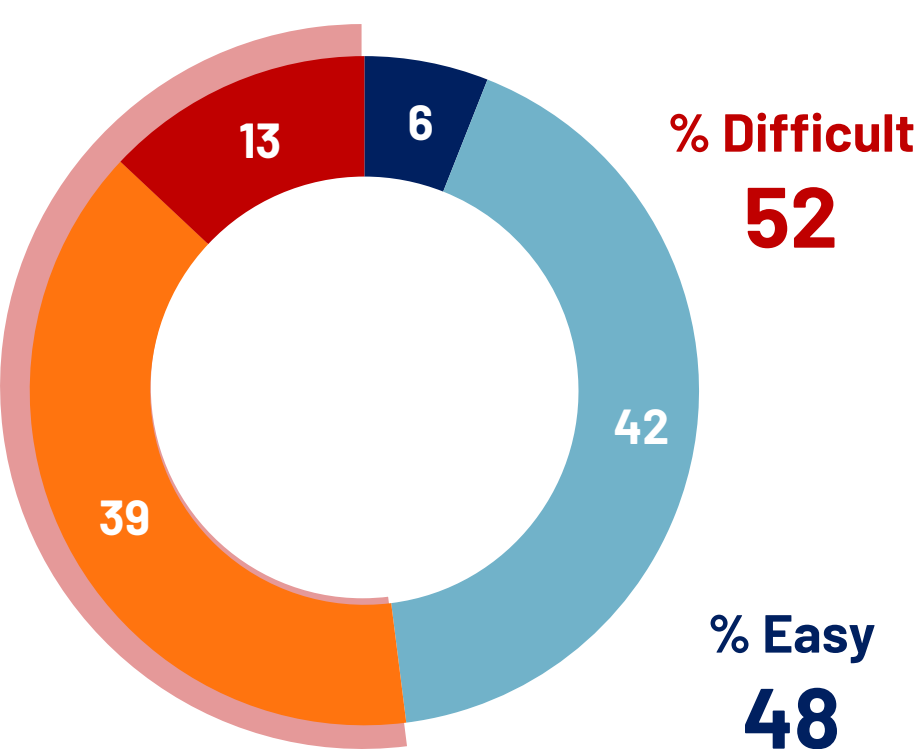


More than one student out of two declare living in a difficult situation. In some countries, this proportion reaches alarming levels

Question: " Would you say your personal situation as a student (study funding, access to accommodation near your place of study, host facilities, etc.) is easy or difficult ?"

Base: Students from 18 to 34 years old – Sample Europe

New question



*low base

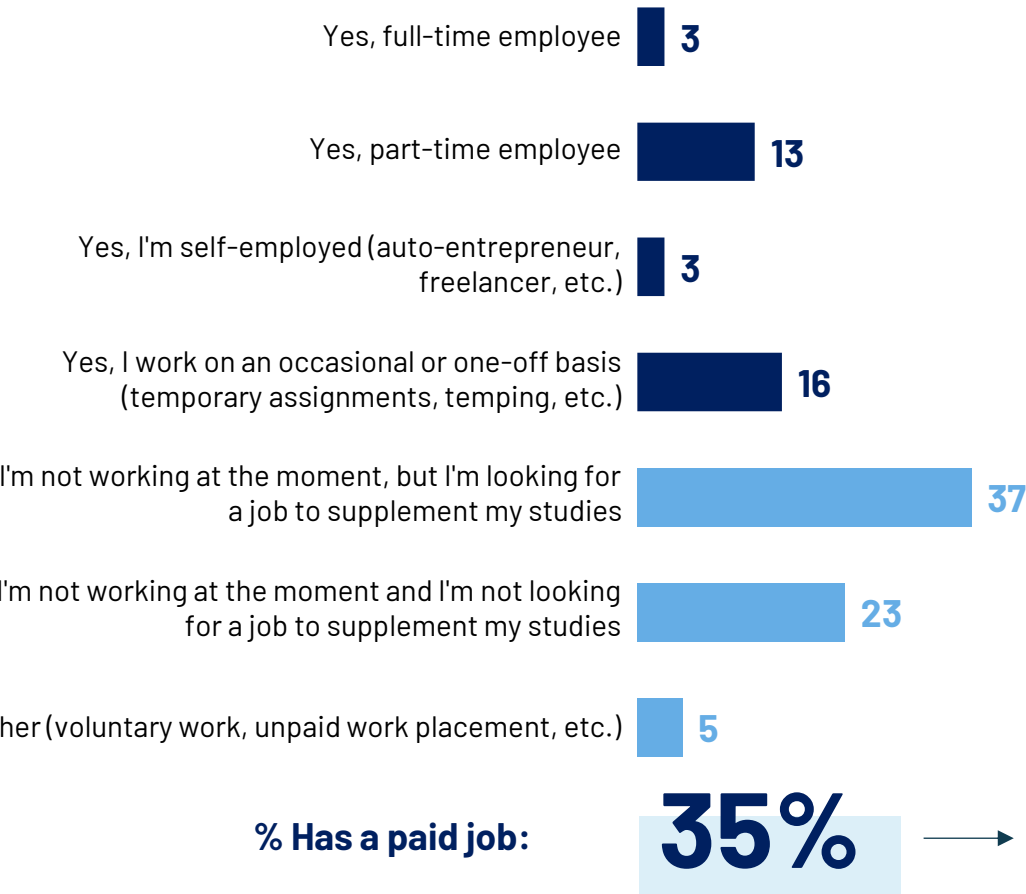


More than a third of European students have a paid job alongside their studies

Question: "Do you have a paid job alongside your studies ?"

Base: Students aged 18 to 34 years – Europe Sample

New question



	FRANCE	GERMANY	GREECE*	ITALY	POLAND*	UK*	MOLDOVA	PORTUGAL*	ROMANIA	SERBIA
Yes, full-time employee	7	3	2	4	-	3	2	1	8	-
Yes, part-time employee	13	26	2	5	27	25	6	13	8	10
Yes, I'm self-employed (auto-entrepreneur, freelancer, etc.)	-	-	-	6	-	3	9	2	3	5
Yes, I work on an occasional or one-off basis (temporary assignments, temping, etc.)	14	26	7	19	32	13	10	19	8	16
No, I'm not working at the moment, but I'm looking for a job to supplement my studies	26	20	51	34	30	44	51	28	44	48
No, I'm not working at the moment and I'm not looking for a job to supplement my studies	31	22	28	27	11	6	18	32	25	18
Other (voluntary work, unpaid work placement, etc.)	9	3	10	5	-	6	4	5	4	3
% Has a paid job:	34	55	11	34	59	44	27	35	27	31

*weak base < 30



Having to ask for help for fear of falling into precarity is a reality for more than 1 European young people out of 2, and even 2 out of 3 in Greece

Question: " Have you ever been in any of the following situations ? "

Base: People aged 18 to 34 years – Europe sample

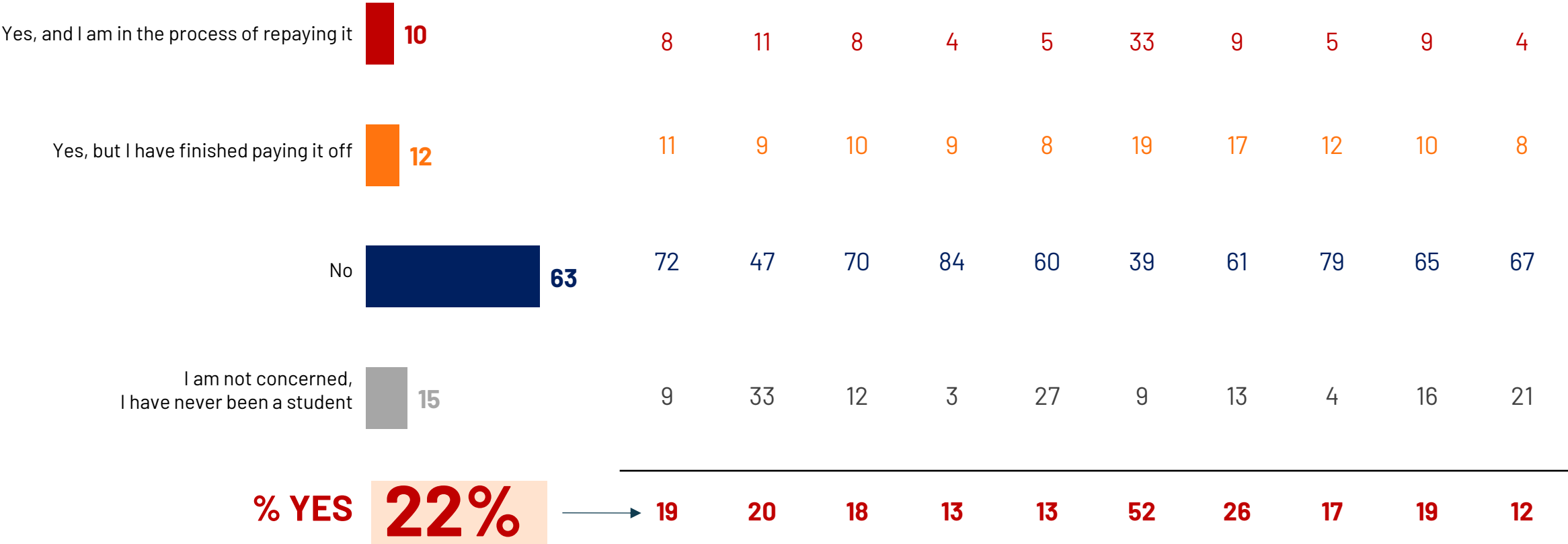


More than one in five young Europeans had to take out a student loan

Question: "And during your studies, did you have to take out a student loan?"

Base: Persons from 18 to 34 years old - Europe Sample

New question



Nearly 1 in 4 young Europeans cannot live on their professional income

Question: "When you think about your current job, would you say that... ?"
Base: Active individuals aged 18 to 34 – Sample Europe

New question

% No



More than one in ten young Europeans reports an activity that does not match their level of education and does not allow them to meet their needs

Question: " When you think about your current job, would you say that... ?"
Base: Active individuals aged 18 to 34 – Europe Sample

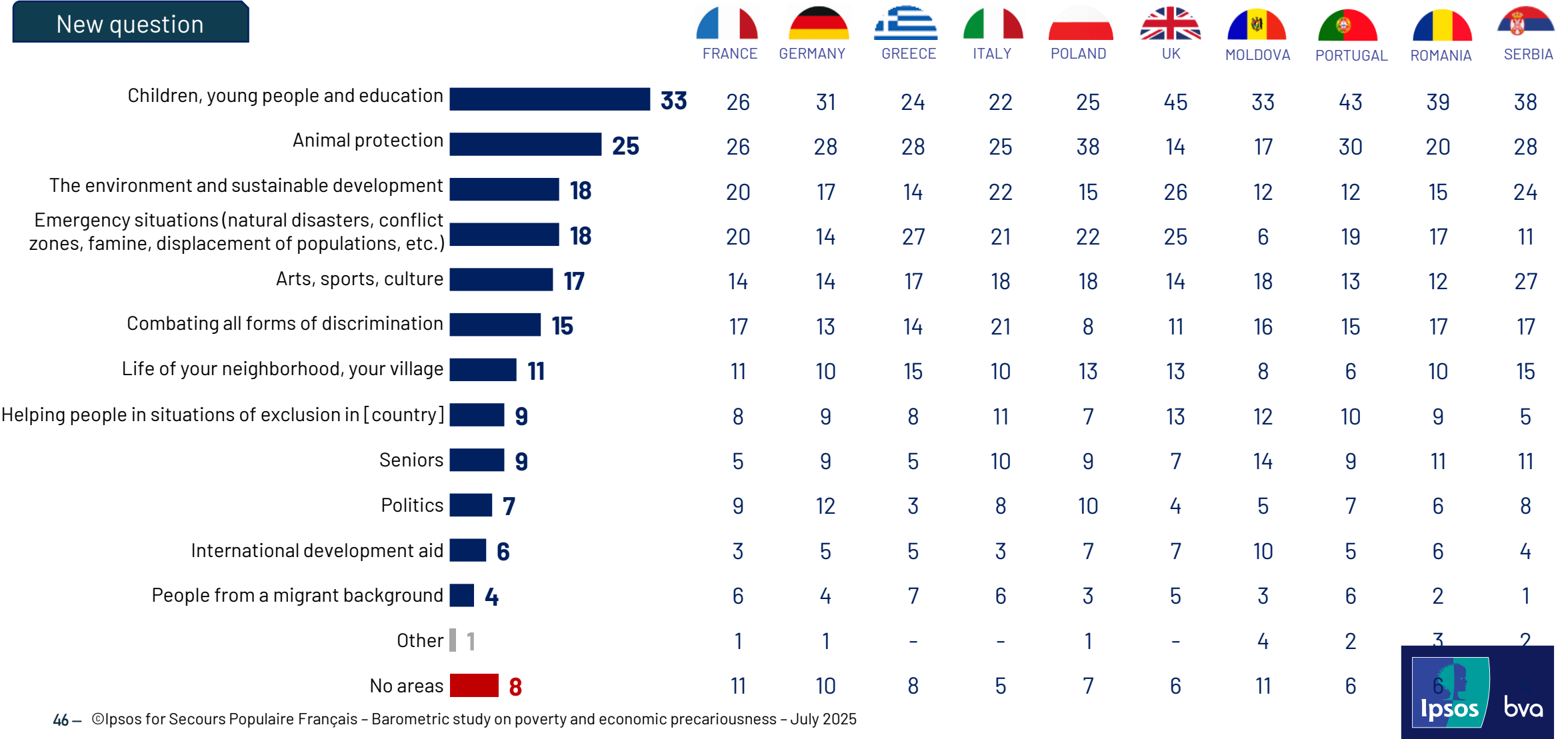


Young Europeans would be ready to commit to a wide variety of causes but two stand out: youth and education as well as animal protection

Question: " Of the following areas, which two would you be most willing to commit to for a cause or project ?"

Base: People aged 18 to 34 – Europe Sample – Total more than 100 because two answers possible

New question



Faced with an often difficult social situation, young Europeans say they are ready to commit to a large number of actions: make donations but also join a charitable organisation or an union

Question: " Today, would you be prepared to do each of the following ?"

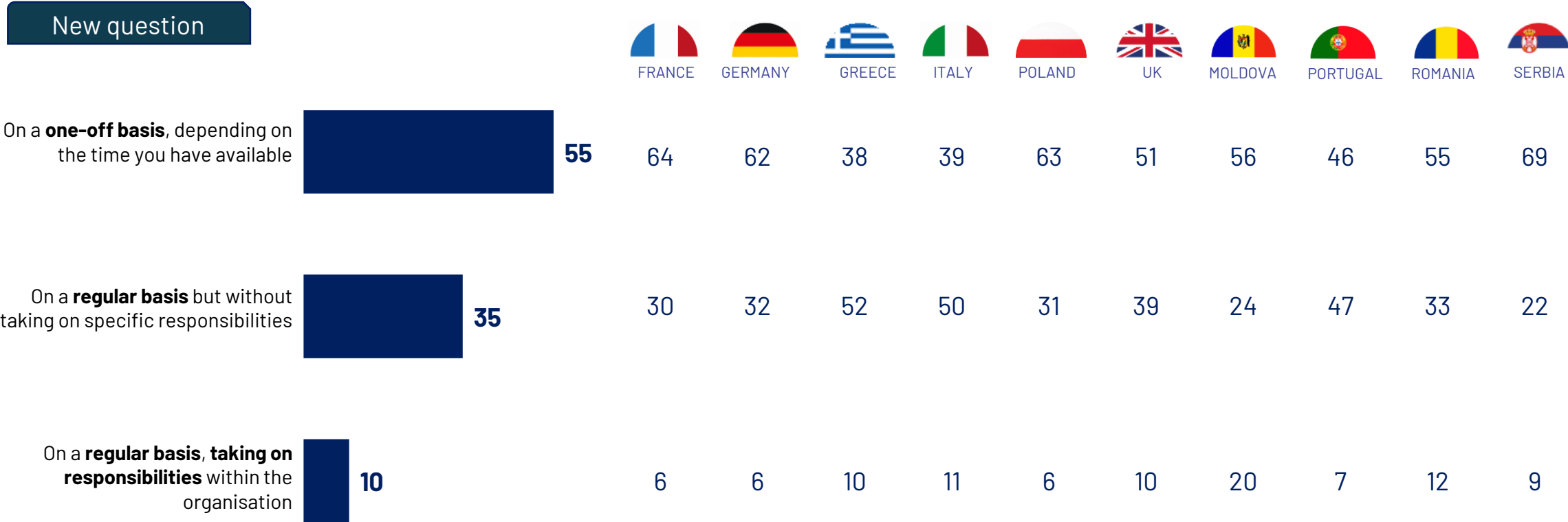
Base: People aged 18 to 34 – Europe Sample



The young people who commit or who are ready to commit do so or would do so on a one-off basis

Question: " In what way are you involved or would you be willing to get involved in an organisation (trade union, political party, charitable organisation) ? "

Base: People from 18 to 34 years old ready to commit in a political party, a union or an association – Sample Europe

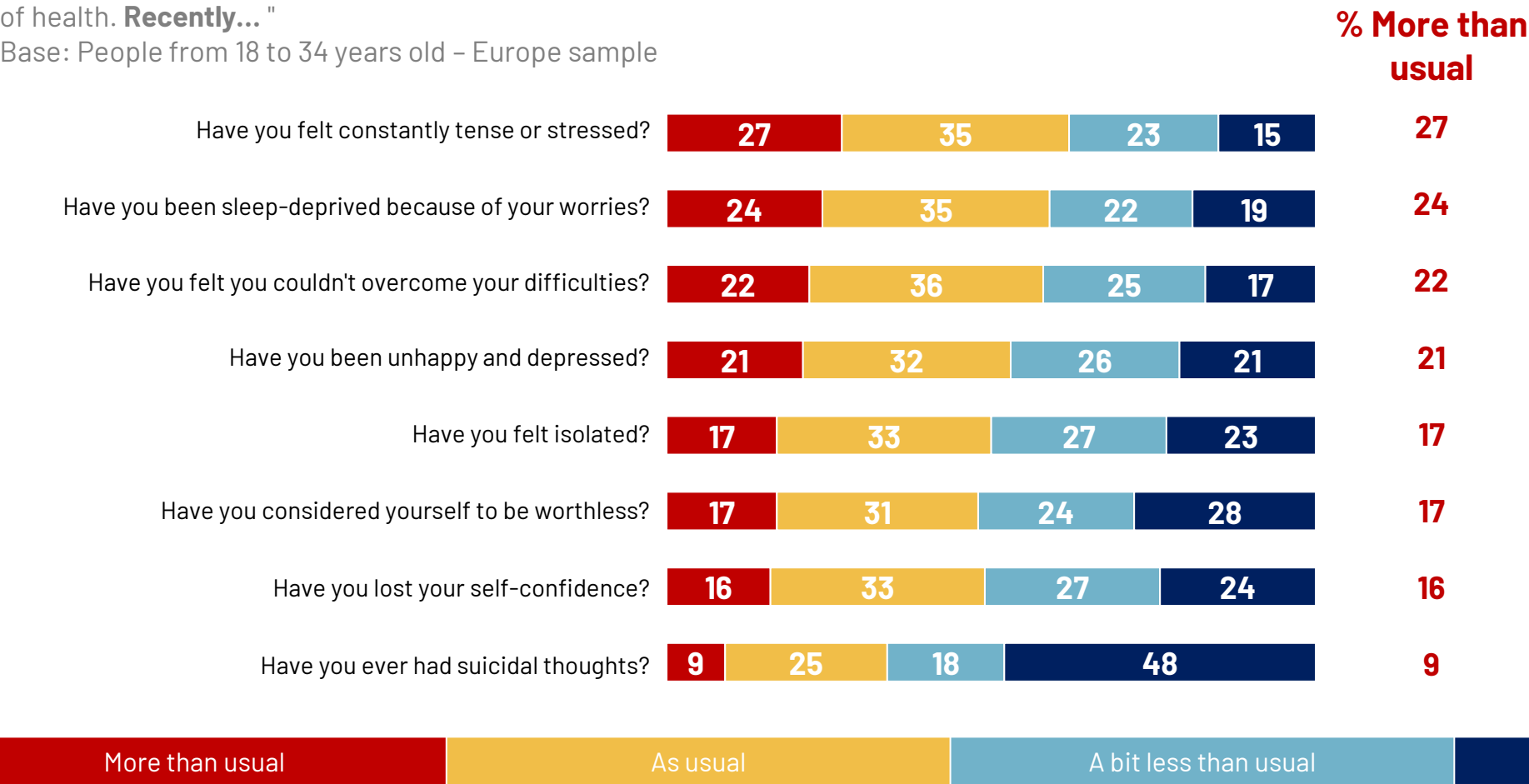


The mental health of more than 1 in 5 young Europeans today is problematic in terms of stress, sleep or episodes of sadness

New question

Question: " This question will allow you to express how you've been feeling recently. Please answer by selecting what you think best corresponds to how you feel at the moment, overall and in everyday life, both in your private life and at work. This question is not about stress at work, but about your general state of health. **Recently...** "

Base: People from 18 to 34 years old – Europe sample













The mental health of more than 1 in 5 European youth is problematic today in terms of stress, sleep, or episodes of sadness

New question

Question: " This question will allow you to express how you've been feeling recently. Please answer by selecting what you think best corresponds to how you feel at the moment, overall and in everyday life, both in your private life and at work. This question is not about stress at work, but about your general state of health. **Recently...** "

Base: People aged 18 to 34 – Sample Europe

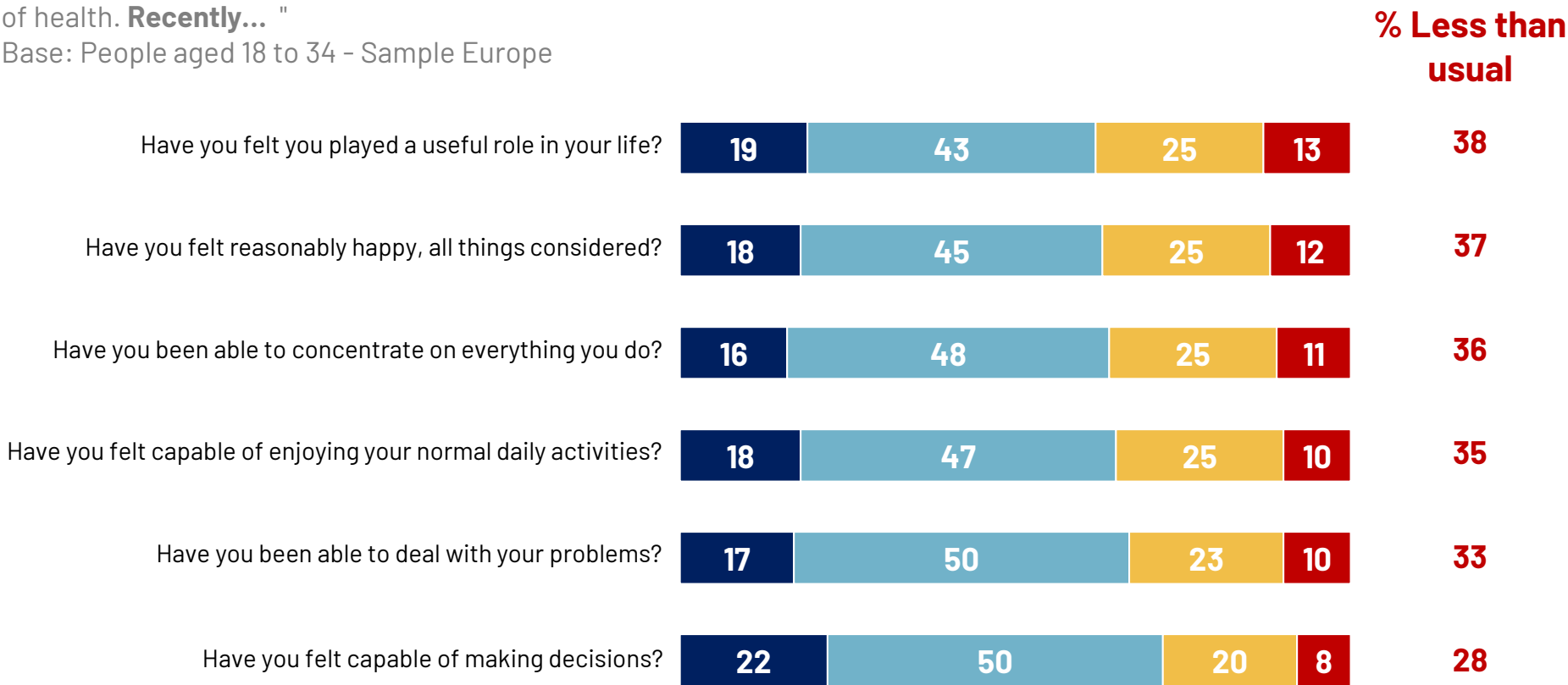
	% More than usual	 FRANCE	 GERMANY	 GREECE	 ITALY	 POLAND	 UK	 MOLDOVA	 PORTUGAL	 ROMANIA	 SERBIA
Have you felt constantly tense or stressed?	27	27	30	34	31	23	19	24	27	25	30
Have you been sleep-deprived because of your worries?	24	25	21	30	14	14	13	37	27	23	26
Have you felt you couldn't overcome your difficulties?	22	20	25	26	22	19	15	21	19	28	23
Have you been unhappy and depressed?	21	20	23	25	19	19	17	23	15	22	24
Have you felt isolated?	17	20	23	20	12	14	15	16	19	17	17
Have you considered yourself to be worthless?	17	18	22	24	21	10	11	17	13	17	19
Have you lost your self-confidence?	16	20	14	16	15	12	15	16	19	20	16
Have you ever had suicidal thoughts?	9	10	12	10	4	7	7	9	9	11	8

Likewise, a third of young Europeans recently felt unable to cope with their problems

New question

Question: " This question will allow you to express how you've been feeling recently. Please answer by selecting what you think best corresponds to how you feel at the moment, overall and in everyday life, both in your private life and at work. This question is not about stress at work, but about your general state of health. **Recently...** "

Base: People aged 18 to 34 - Sample Europe













Likewise, a third of young Europeans recently felt unable to cope with their problems

New question

Question: " This question will allow you to express how you've been feeling recently. Please answer by selecting what you think best corresponds to how you feel at the moment, overall and in everyday life, both in your private life and at work. This question is not about stress at work, but about your general state of health. **Recently...** "

Base: People aged 18 to 34 - Europe Sample

	% Less than usual	 FRANCE	 GERMANY	 GREECE	 ITALY	 POLAND	 UK	 MOLDOVA	 PORTUGAL	 ROMANIA	 SERBIA
Have you felt that you play a useful role in your life?	38	37	37	43	44	41	28	33	43	43	38
Have you felt reasonably happy, all things considered?	37	35	39	47	43	36	26	40	30	40	33
Have you been able to concentrate on everything you do?	36	33	40	48	42	37	31	28	32	34	36
Have you felt capable of enjoying your normal daily activities?	35	31	44	45	29	37	28	33	34	41	36
Have you been able to deal with your problems?	33	28	35	42	38	32	26	34	32	34	22
Have you felt capable of making decisions?	28	27	29	41	28	32	25	27	29	26	20

ANNEXES



OUR COMMITMENTS



Professional codes, quality certification, data storage and protection

Ipsos is a member of the following French and European professional organizations for Market and Opinion research:

- **SYNTEC** (www.syntec-etudes.com), Professional Union of market research companies in France
- **ESOMAR** (www.esomar.org), **European Society for Opinion and Market Research**,

Ipsos France commits to apply **the ICC/ESOMAR code** for Market and Opinion Research. This code defines the ethical rules for market research professionals and establishes the protection measures for the interviewed persons.

Ipsos France commits to comply with applicable laws. Ipsos has designated a Data Protection Officer and has implemented a compliance plan with the General Data Protection Regulation (Regulation (EU) 2016/679). For more information on our policy regarding personal data protection: <https://www.ipsos.com/fr-fr/confidentialite-et-protection-des-donnees-personnelles>

The retention period for personal data of individuals interviewed within the framework of a study is, unless there is a specific contractual commitment:



- 12 months following the end date of an Ad Hoc study
- 36 months following the end date of each wave of a recurring study

Ipsos France is certified **ISO 20252 : Market Research by AFNOR Certification**



- This document is drafted in compliance with these codes and international standards. The technical elements related to the study are present in the description of the methodology or in the technical sheet of the study report.
- This study was carried out in compliance with these codes and international standards

RELIABILITY OF RESULTS

Self-administered online surveys

The overall reliability of a survey is the result of controlling all the components of errors, that's why Ipsos imposes strict controls and procedures at all phases of a study.

UPSTREAM OF THE COLLECTION

- **Sample:** structure and representativeness
- **Questionnaire:** the questionnaire is drafted following an editorial standard comprising 12 mandatory standards. It is proofread and validated by a senior level and then sent to the client for final validation. The programming (or scripting of the questionnaire) is tested by at least 2 people and then validated.

DURING THE COLLECTION

- **Sampling:** Ipsos imposes very strict exploitation rules of its drawing bases in order to maximize the randomness of the sample selection: random drawing, solicitation rate, participation rate, dropout, off-target...

- **Field monitoring:** The collection is followed and controlled (exclusive link or IP address control, penetration, interview duration, consistency of answers, monitoring the panelist's behavior, participation rate, number of reminders,...).

DOWNSTREAM OF THE COLLECTION

- The results are analyzed respecting statistical analysis methods (confidence interval versus sample size, significance tests). The initial results are systematically checked versus the raw results from the collection. The consistency of the results is also checked (especially the observed results versus the comparison sources in our possession).
- In the case of a sample weighting (calibration method on margins), this is checked by the processing teams (DP) and then validated by the study teams.

TECHNICAL SHEET



SAMPLE

Target population: People aged 18 and over in France

Sample drawing: sample constituted by random drawing from the base of panelists eligible for the study

Criteria and sources of representativeness: Gender, age, profession, region, category of agglomeration



DATA COLLECTION

Field dates:
from May 26 to July 6, 2025

Final sample size: 1000 per country

Mode of collection:
On line on IIS panel

Type of incentive : Loyalty program with a points accumulation reward system for panelists

Methods of controlling the quality of responses: monitoring of panelists' response behaviors (Detecting too fast or negligent responses (ticked in straight line or zigzag for example))

Control of IP and coherence of demographic data.

Data will be stored for 12 months



DATA PROCESSING

Weighted sample

Weighting method used:
raking on margins by iteration method

Weighting criteria: Gender, age, profession, region, type of agglomeration

Additional methodological information
available on request

Reliability of the results

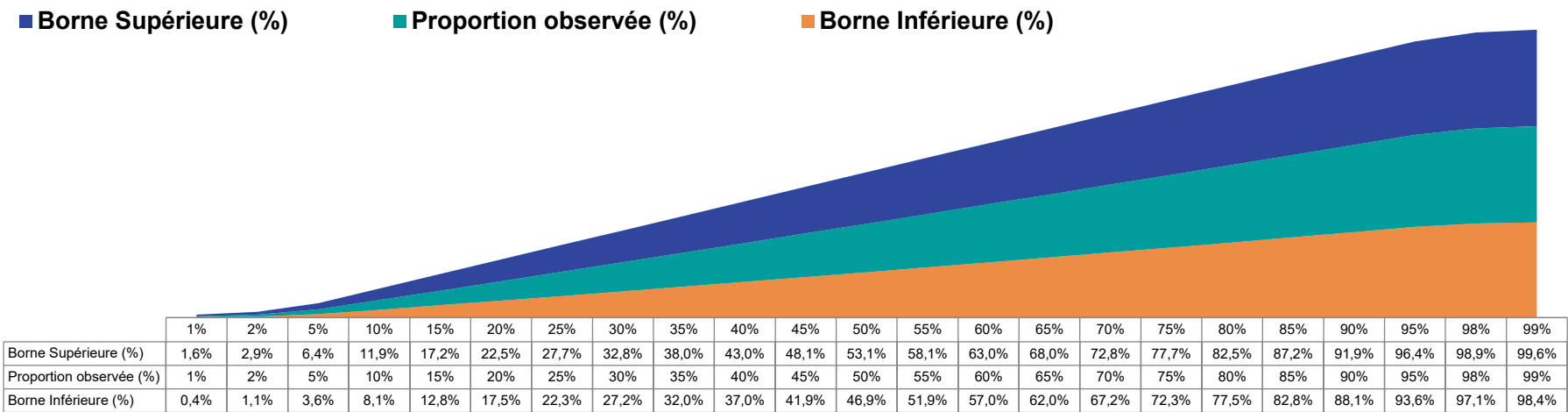


Spreadsheet

In this particular case regarding this study:

- Confidence interval: 95%
- Sample size : 1000 (Sample in each country)

The observed proportions are between:



ABOUT IPSOS

Ipsos is the world's third largest market research company, present in 90 markets and employing more than 18,000 people.

Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

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GAME CHANGERS

In our world of rapid change, the need of reliable information to make confident decisions has never been greater.

At Ipsos we believe our clients need more than a data supplier, they need a partner who can produce accurate and relevant information and turn it into actionable truth.

This is why our passionately curious experts not only provide the most precise measurement, but shape it to provide True Understanding of Society, Markets and People.

To do this we use the best of science, technology and know-how and apply the principles of security, simplicity, speed and substance to everything we do.

So that our clients can act faster, smarter and bolder.
Ultimately, success comes down to a simple truth:
You act better when you are sure.