



STUDENT ▲●♥ LIVING MONITOR

A pan-European survey measuring the impact of students' living environment on their well-being and happiness



European Snapshot: 10,927 respondents

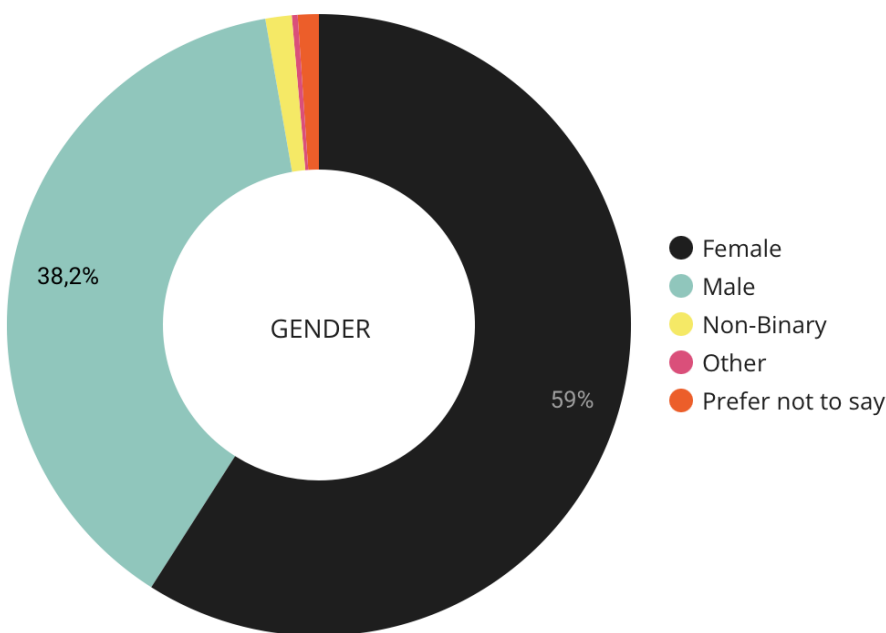
 **711 respondents**

 **534 respondents**

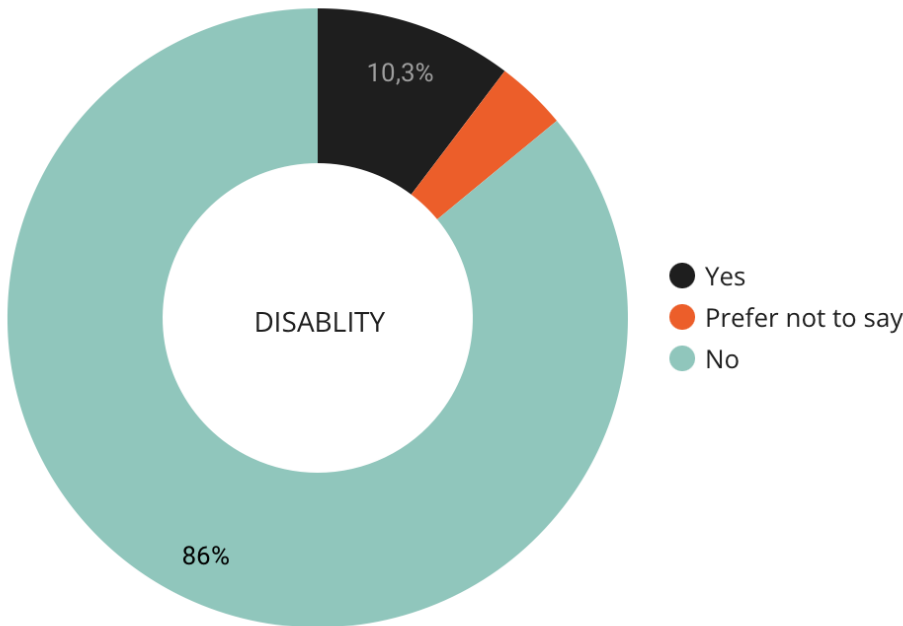
 **416 respondents**

 **293 respondents**

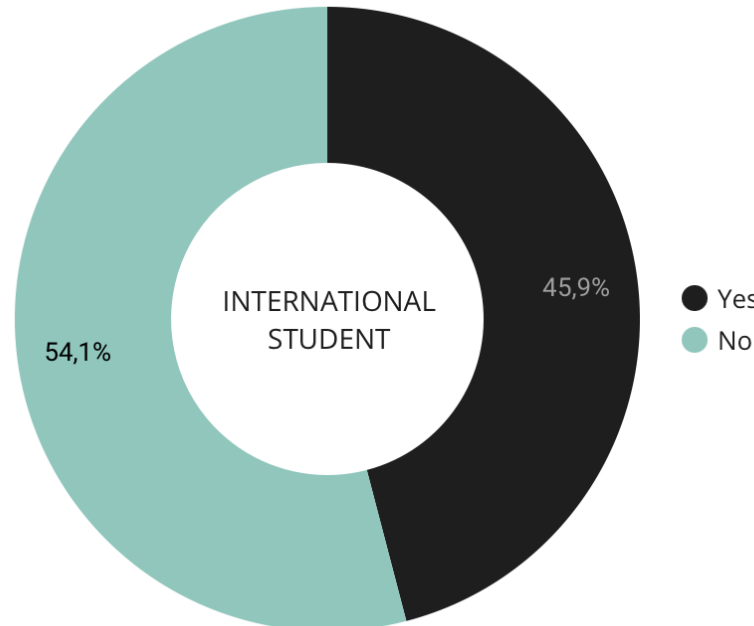
Respondents by **gender**



Respondents by **disability**



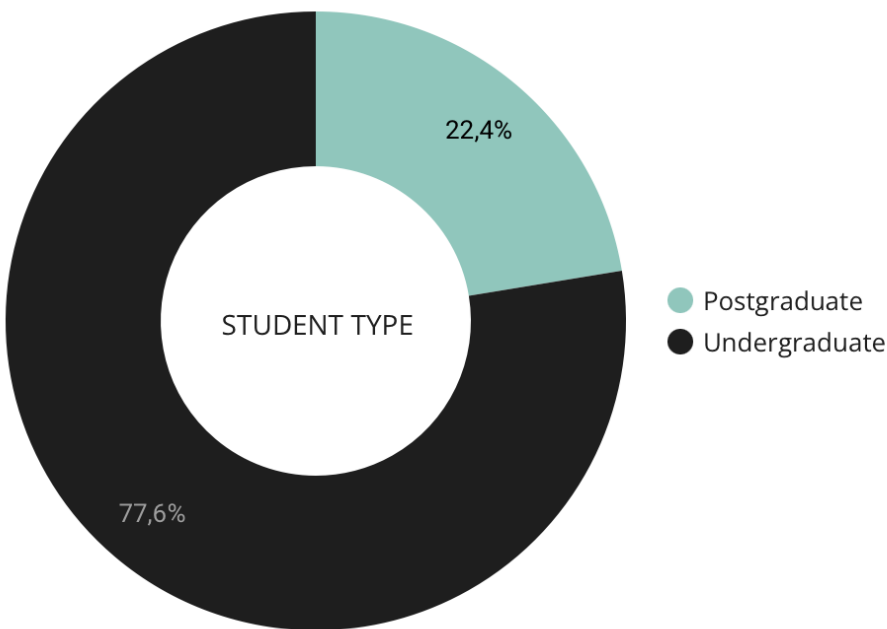
Respondents by **international status**



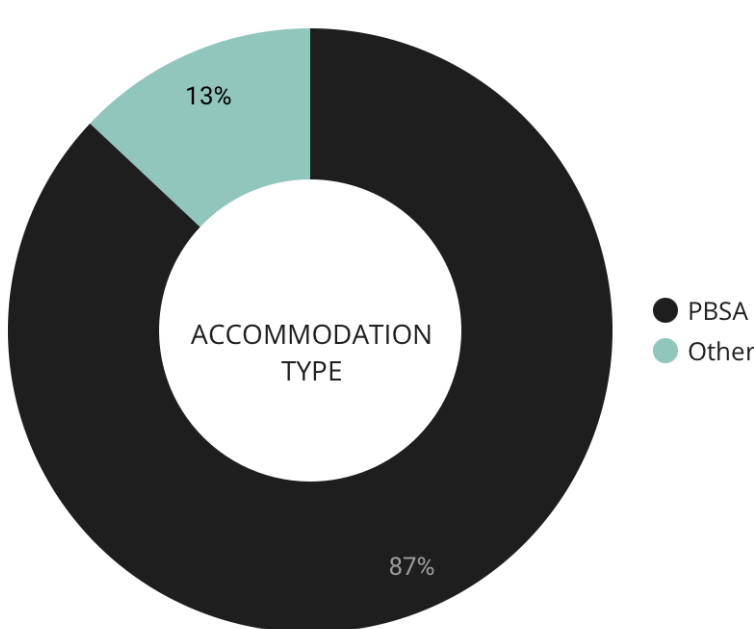
Respondents by **country**

Spain	2703
United Kingdom	1718
Austria	972
Germany	752
Netherlands	741
Finland	711
Ireland	616
Sweden	534
Denmark	416
Italy	372
France	315
Iceland	293
Poland	212
Belgium	178
Czechia	140
Portugal	128
Other	126
Total	10927

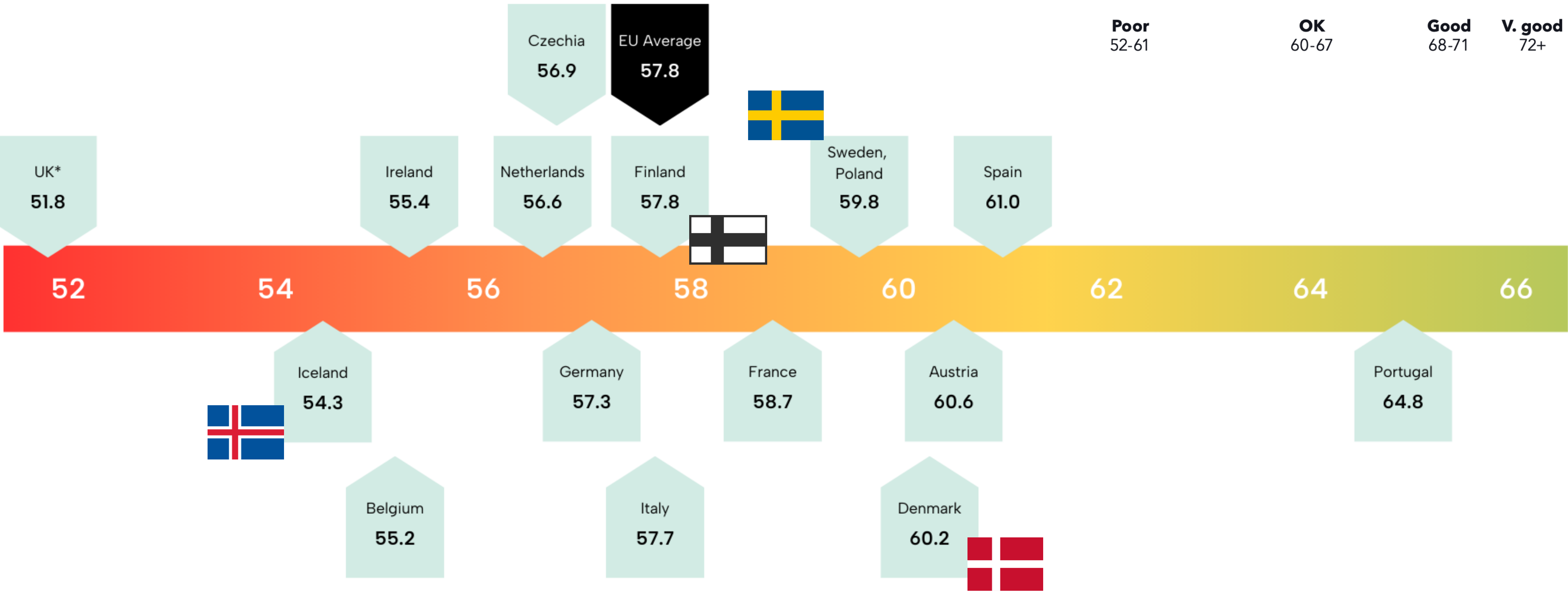
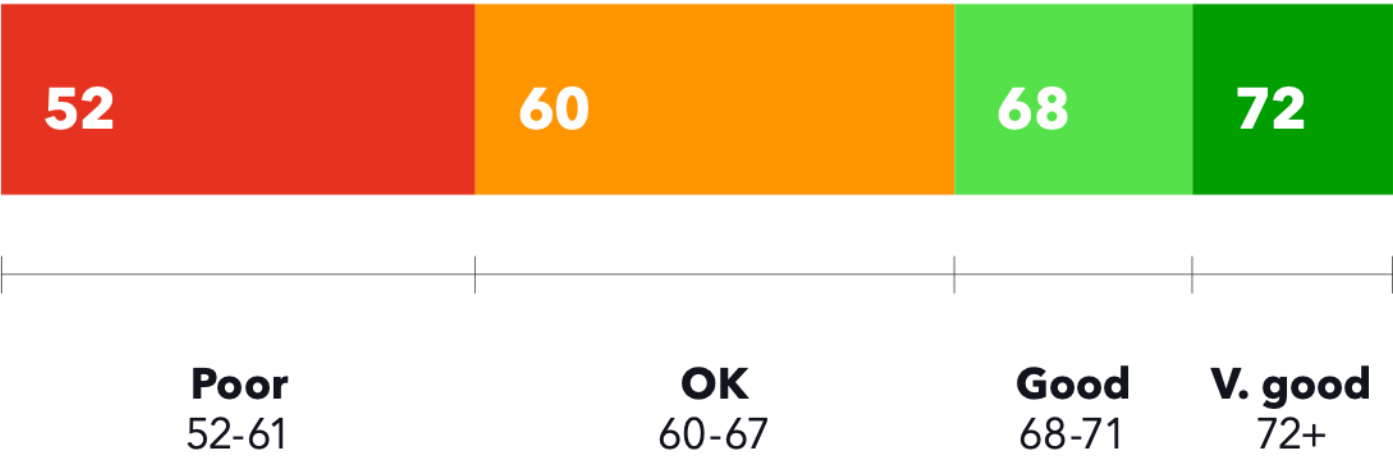
Respondents by **student type**



Respondents by **accommodation type**







Well-being Scores by Countries



Mental Health Index 5: Despite the number of respondents increasing by nearly fourfold from 2023 to 2024. The MHI5 score remains identical to 2023 score of 57. The country scores show variations from last year. Higher performing countries have larger percentage of respondents who have access to key services and facilities identified by SLM.

Nordic Results

Overall Results	Respondents	MHI-5	Wellbeing_NPS	Traditional NPS
Europe	10,927	57.84		
 Denmark	416	60.24	-28.13	9.62
 Finland	711	57.83	-12.66	24.75
 Iceland	293	54.32	-35.84	-2.05
 Sweden	534	59.80	-16.10	25.66



What makes students happy?

1 Availability and Choice

2 Services and Facilities

3 Living and Community

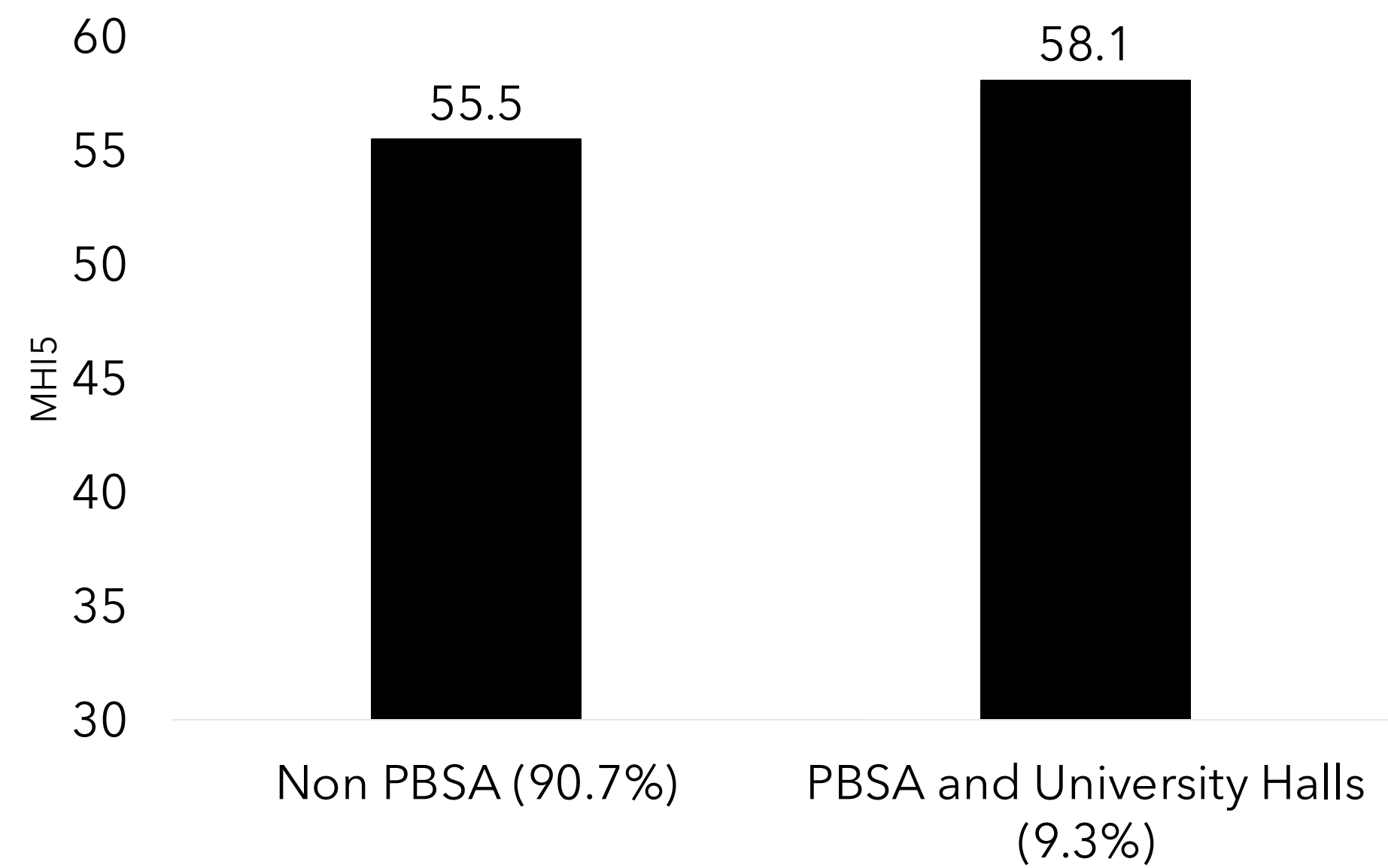
4 Targeted Support



1. Availability and Choice

Impact Accommodation Type on Student Happiness

MHI5 scores based on accommodation type



Students living in accommodation specially designed for them report higher wellbeing levels, averaging an MHI-5 score of 58.1 as compared with other rented accommodation (56.4)

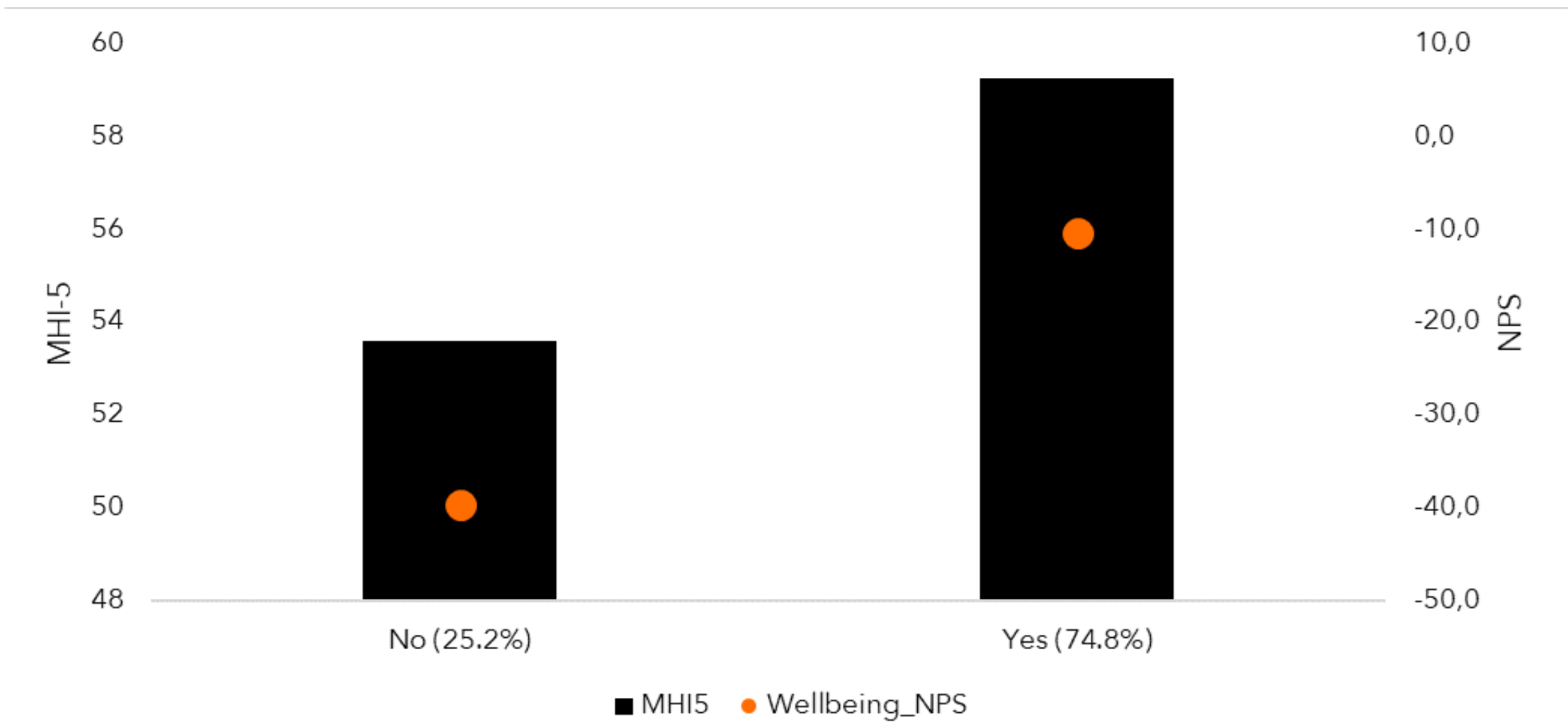
Notes for Nordics:

The Nordic countries consistently report mental health scores that generally outperform the European average of 57.8, with Finland, Sweden, and Denmark leading in student well-being. The nordic average 58.35, total Nordic respondents is 2000



1. Availability and Choice

Do you live in your first choice of accommodation?



The biggest cause for not getting first choice is unavailability (52%) MHI-5 falls to 55 followed by affordability (21%), MHI5 falls to 49

Not getting first choice due to financial difficulty has a huge impact of mental health

The chart shows mean average of MHI-5 of all who don't live in their first choice accommodation: 53.6

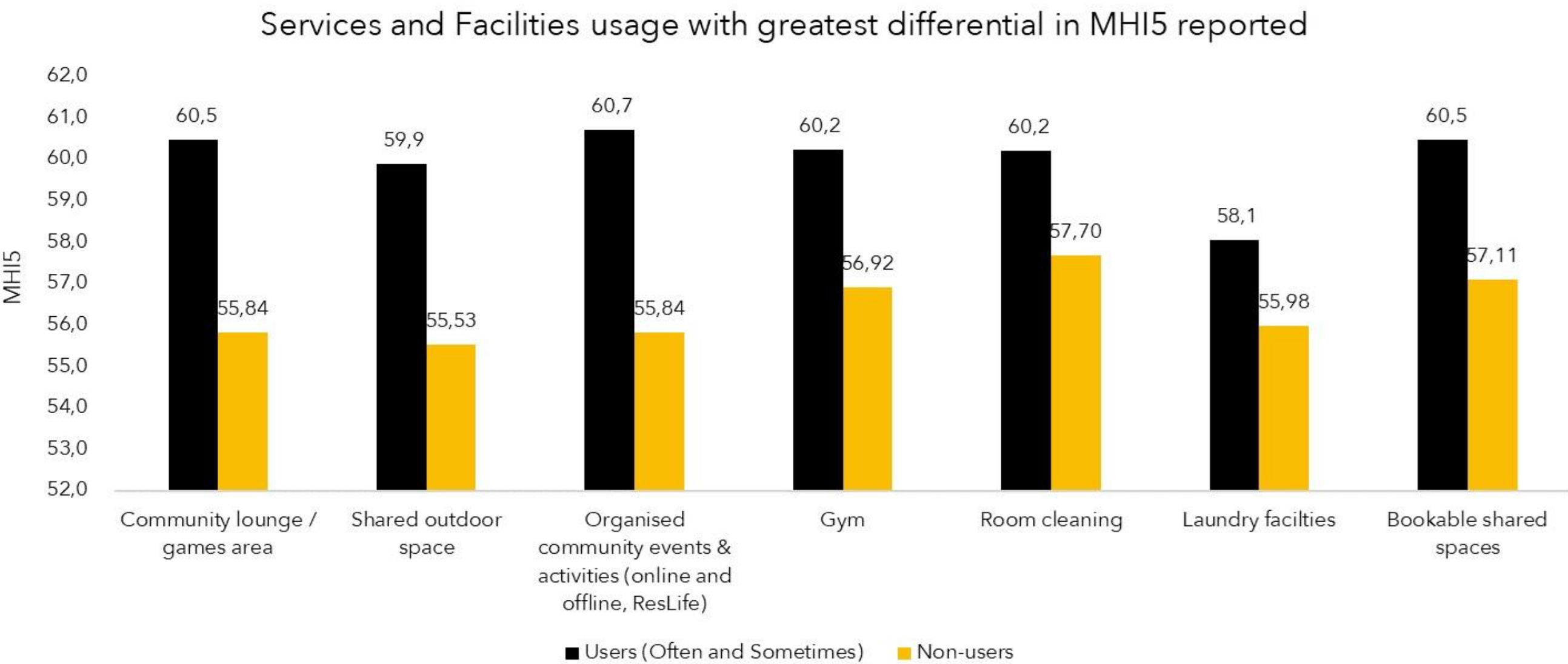


1. Availability and Choice: Recommendations

- **Increase Housing Supply:** A joint strategic approach is recommended to increase the supply of suitable housing in key university cities. This requires collaboration between investors, higher education institutions, and government bodies.
- **Leverage Technology for Choice:** The advancement of technology should be utilised to improve the process of selecting accommodation, ensuring access to the best possible living arrangements.



2. Services and Facilities:



Highest positive impact:

- Community areas
- Shared outdoor space
- Organised community events and activities



Sweden:

MHI-5 score of 59.80, above the European average, with Sweden excelling in outdoor communal spaces, which have a positive impact on students' mental health.

2. Services and Facilities

Services with the most positive impact, and highest Net Promotor are:

Mental Health Support



Career guidance/job support



Services	NPS (-100 to 100) Users	NPS (-100 to 100) Non-users
Mental Health Support	28.4	9
Career/job support	35.2	6.5



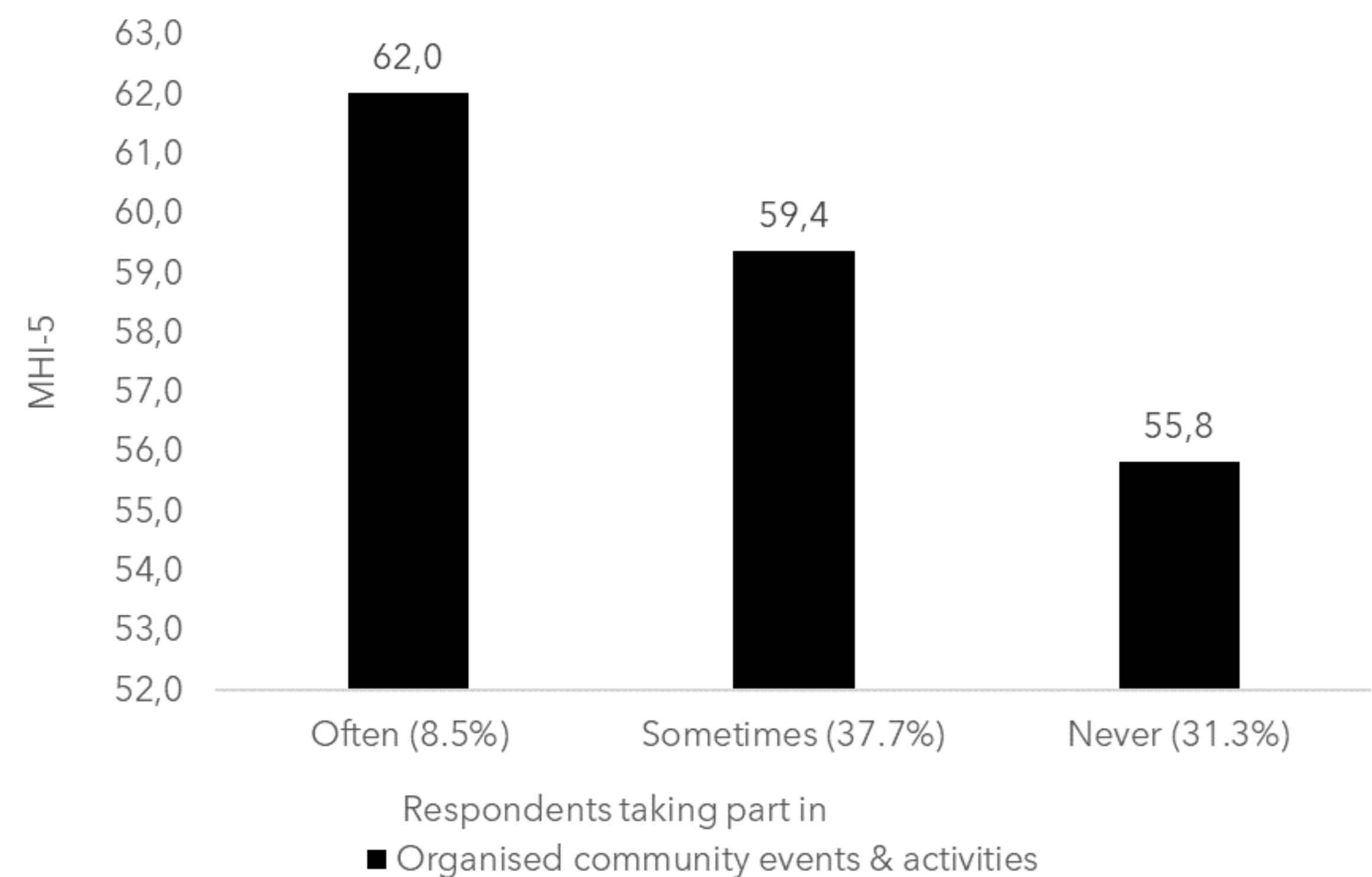
Finland:

MHI-5 score of 57.83, closely matching the European average. Bookable shared spaces contribute significantly to students' positive living experiences in Finland.



2. Services and Facilities

Engagement supports Student Well-being



- **Participation is key:** Students who often take part in community events and activities have better mental health scores (62.0) by 6 points compared to those who choose not to take part (55.8).
- **NPS:** Students taking part in community events and activities score the impact of their accommodation on their wellbeing (7.5 out of 10) 1.2 points higher in NPS than those who do not (6.3).



Denmark:

MHI-5 score of 60.24, exceeding the European average., and being one of the few countries crossing the “good wellbeing” threshold. Denmark's top facilities include shared outdoor spaces, which play a vital role in fostering community and well-being.



2. Services and Facilities: Recommendations

- **Invest in most impactful spaces and amenities:** Communal spaces and designated outdoor/green areas are the most impactful facilities in student housing. The Student Living Monitor can be used to justify investment and guide the design of these spaces to meet student needs and preferences
- **Support Community Programs:** Programs organised by community managers and student-led groups are highly appreciated and should be promoted.

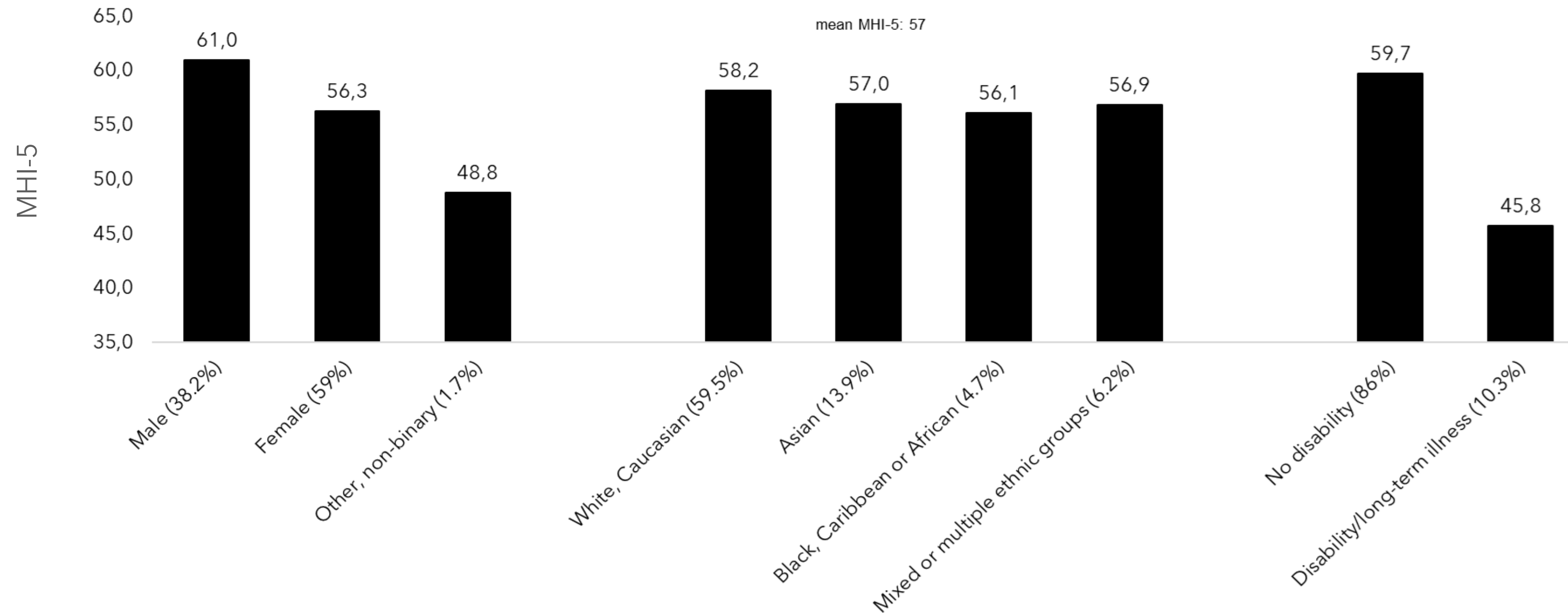


Iceland:

MHI-5 score of 54.32, noticeably lower than the European average, indicating a need for improvement. However, facilities like bookable shared spaces continue to provide crucial support to student satisfaction.



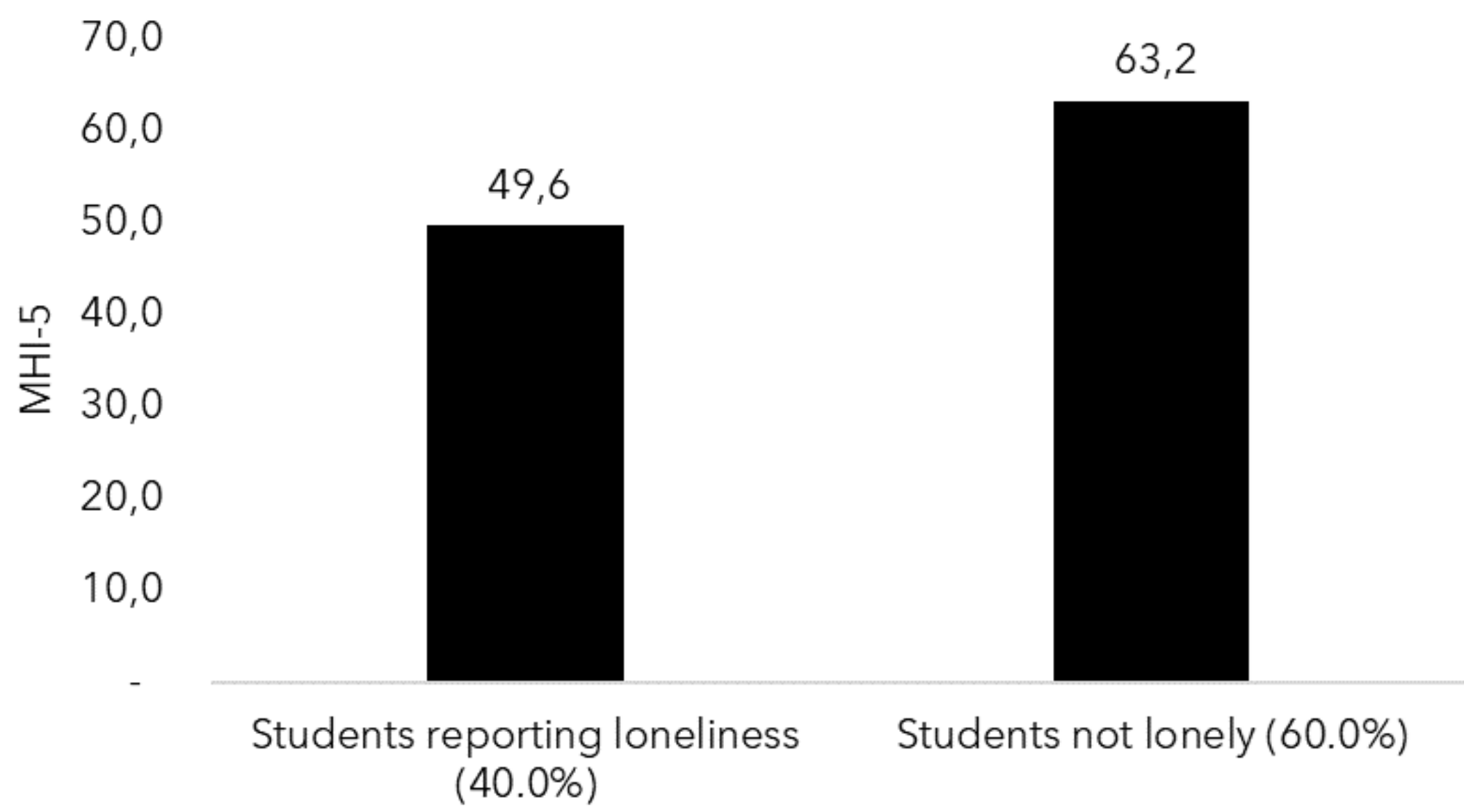
3. Community & Living:



- Women also score lower 5 points lower than men, SLM quantitative data gives no clear indication why, so further research is needed. Women report safety and security as important concerns in their testimonials.
- Students with disabilities and long-term illness report the worst living experience, demonstrating some of the lowest MHI-5 scores in the survey at 46, those without any ailments/disabilities score 59.7 . Those who are gender non-confirming report lower MHI-5scores (49) than cis-gender students (58).



3. Community & Living: Loneliness



- 40% of students said that their living had been negatively impacted by loneliness
- Those who had been affected recorded an average MHI-5 score of 49.6, compared to a score of 63.2 for students unaffected by loneliness
- This is a 13.6 difference, making it the most pronounced personal issue identified in this survey



3. Community and Living: Recommendations

- **Engage Professional Advice and Case-by-Case Support:** The sector should engage professional advice and address the needs of non-traditional student son a case-by-case basis to provide tailored support
- **Ensure Diverse Representation:** Hiring diverse on-site staff that represents non-traditional groups is crucial. This can foster a sense of comfort and solidarity among students who may feel marginalised or left out



4. Targeted Support

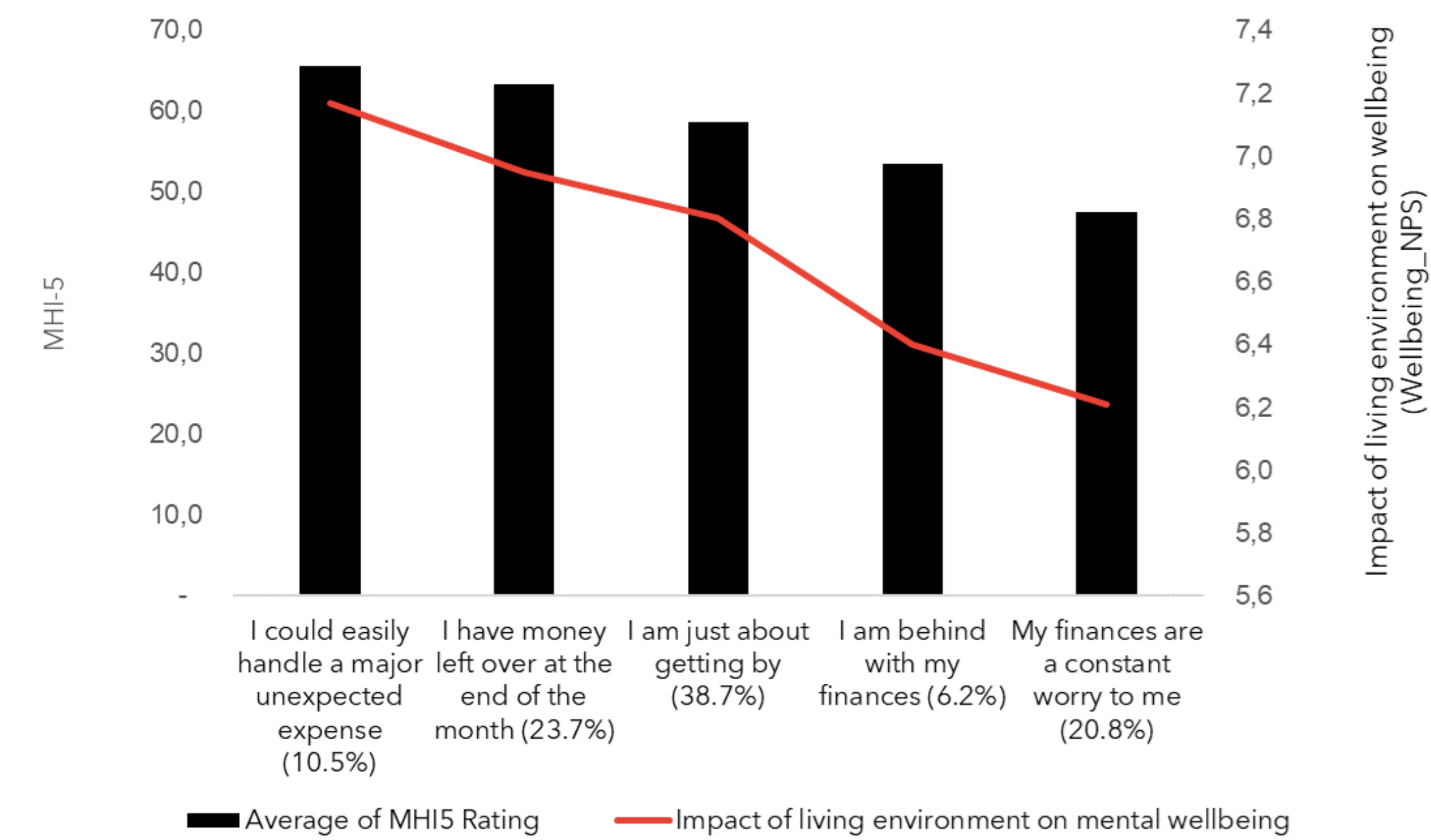
Mental Health Services and their Impact

Mental health services (counselling, helpline etc)	Respondents (%)	MHI-5	Wellbeing_NPS	Traditional NPS
1. Often	2.0%	55.4	21.9	49.1
2. Sometimes	7.6%	57.3	1.3	22.8
3. Never	38.2%	59.2	-12.8	9.5
N/A (don't have access and/or not aware)	52.2%	57.1	-25.5	-3.5



4. Targeted Support

Financial Worries



- Students who are continuously worried about finances have poorer mental health than those who do not.
- Financial pressure is negatively linked to living experience and the wellbeing impact of accommodation. Nearly 2/3rds of the respondents are negatively impacted by finances.



4. Targeted Support: Recommendations

- **Engage with Professional Services:** Proactive engagement with professional mental health services is essential to ensure comprehensive and accessible support for students
- **Address Financial Concerns:** With 66% of students worried about finances, stronger incentive schemes by policymakers for developers and investors are recommended to enable diversification of their portfolios to offer more affordable accommodation options. More and better scholarship schemes, where possible, should be made available.



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