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# STUDENT'S LIFESTYLE IN PROJECT COUNTRIES

**Nursing schools from the Czech Republic, Finland, Macedonia and Spain are comparing performance of nursing procedures**

2018-1-CZ01-KA229-047990



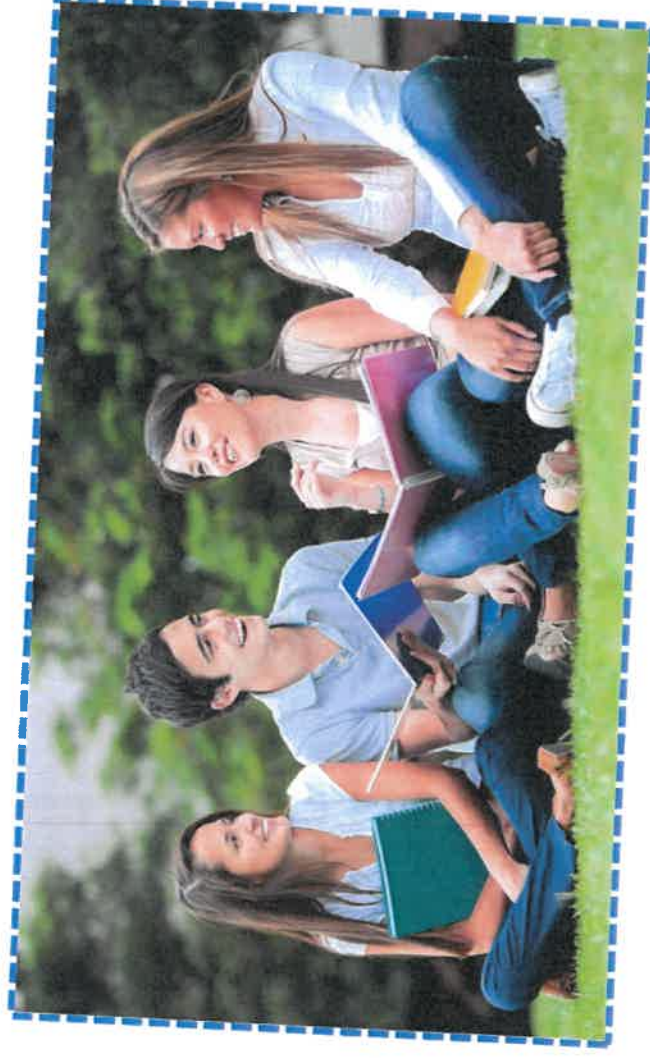
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# STUDENT'S LIFESTYLE IN OUR SCHOOL



VOŠZ A SZŠ  
TRUTNOV



Nursing schools from the Czech Republic, Finland, Macedonia and Spain are comparing performance of nursing procedures, reg.č. projektu: 2018-1-CZ01-KA229-047990



- Questionnaires total number: 218
- Questionnaires returned: 200

## Gender



■ female

■ male

### QUESTIONNAIRE ABOUT STUDENT'S LIFESTYLE

|                      |                    |
|----------------------|--------------------|
| Gender: Male         | Female             |
| Age:                 |                    |
| You are a student in | year               |
| You live in: a city  | village/small town |

- While you are at school you eat :
  - Warm meal
  - Fast food
  - Pastries (pečivo)
  - Home prepared food
  - Other (describe):
- How many times do you eat while you are at school or internship (praxe)?
- How many times a week do you eat/drink the mentioned products:
  - Meat :
  - Sweets:
  - Energy drinks:
  - Milk and dairy products:
  - Food additives (mayonaisse, ketchup):
  - Fruits:
  - Fizzy drinks (limonády):
  - Vegetables:
  - Coffee:
  - Pasta (carbon hydrates) (těstoviny):
  - Cured or dried meat products (uzeniny):
- Are you a cigarette smoker YES NO
- How many cigarettes do you smoke in a day? YES NO
- Are you a marijuana user? YES NO
- How many of your classmates have tried marijuana?
- Marijuana is? EASY TO GET HARD TO GET I DO NOT KNOW
- Can marijuana be found in the school or close to the school?
 

|     |                |    |
|-----|----------------|----|
| YES | if YES, where? | NO |
|-----|----------------|----|

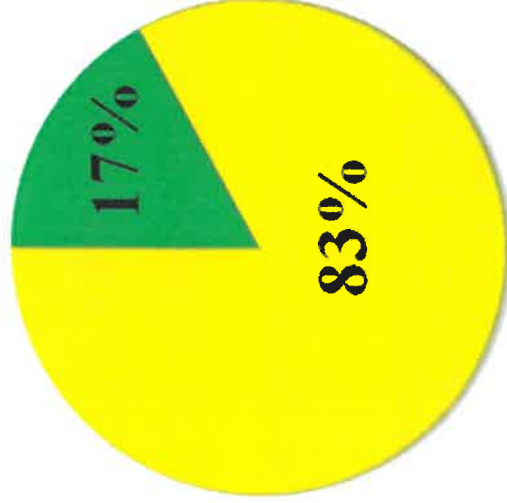


# Where we live?



■ a city

■ village/small town





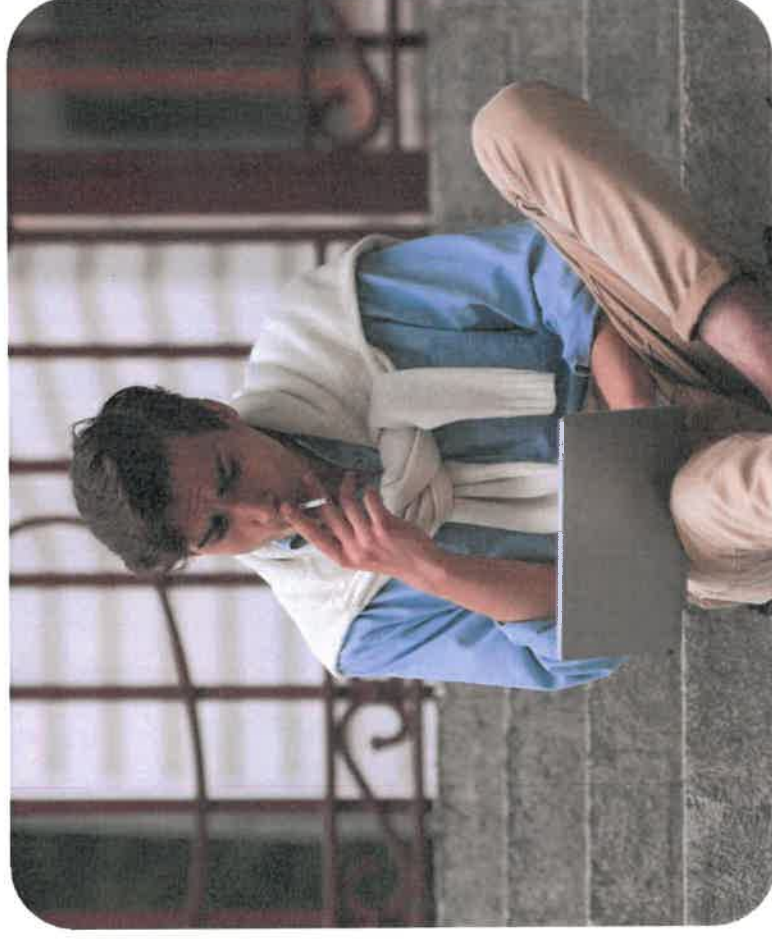


# Smoking

- Number of smokers: 50
- 7 cigarettes/day
- 17 years old



Dát foto naší  
kuřárny





# Problem called drugs

- **First place in Europe!**
- 84 students → easy to get
- Where we can find marihuana?



## Another types of drugs in our school





# The Czech Republic: Paradise of Alcohol

- **First place in Europe!**
- Most of our students drink alcohol on weekends

## Average frequency of drinking alcohol





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# Sleep and sport



# 7

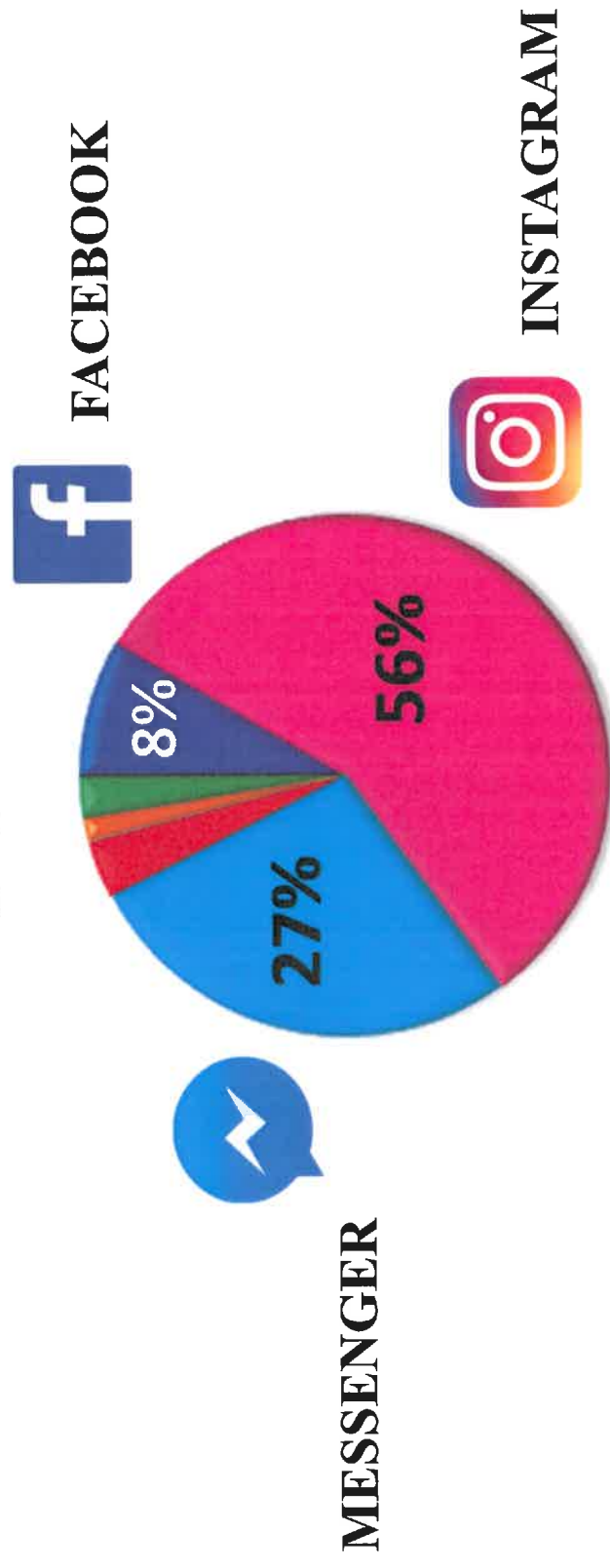


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# Virtual world

## The most popular social network



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# Internet vs. book



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**Thank you for your attention!**

**Authors:**

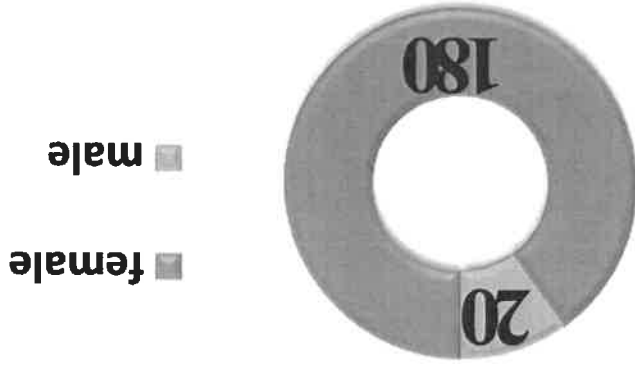


## STUDENT'S LIFESTYLE IN OUR SCHOOL

### 2. SLIDE

- Questionnaire total: 218
- Questionnaire returned: 200
- Gender of respondents : 180 women + 20 men

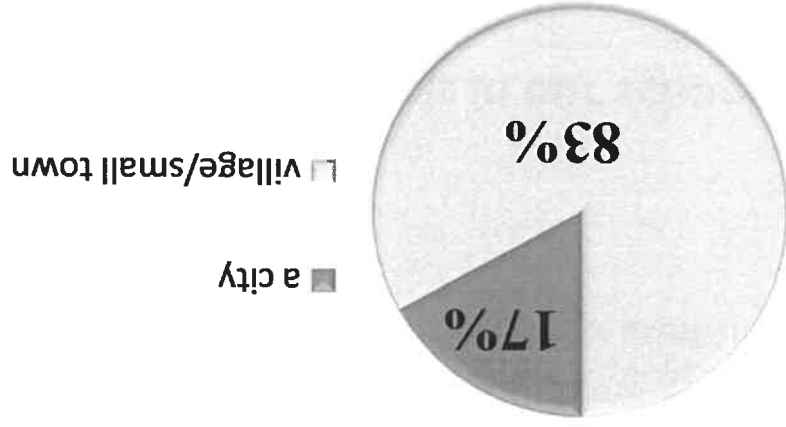
#### Gender



### 3. SLIDE

#### (Where we live?)

- Most of students of our school live in village/small town..



## 4. SLIDE

### (Smoking)

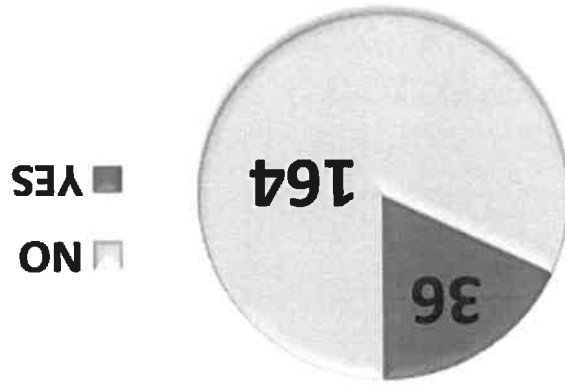
- 50 students from 200 smoke cigarettes
- Average age of smokers: 17
- In average smokers smoke 7 cigarette/day
- Some fact: Smoking in our country is illegal until 18 years old
- Although, we have a school rules about not to smoking normal and electronic cigarettes around school, we can find there smoking place (area) we call it 'Smokers' room, but it is secret. (We are not to allowed smoke....)

## 5. SLIDE

### (Problem called drugs)

- Fakta: V užívání marihuany mladistvými patří České republice první místo v Evropě. (Young Czech people take the first place in using marihuana in Europe)
- 84 students wrote, that marihuana is easy to get.
- The most marihuana user are in last grade → 8 people from 46 students
- Where we can find marihuana? 41 respondents from 200 answered, that marihuana could be find among a students. 1 respondent answered, that dealers are everywhere → (1 gram costs 200 CZK–300 CZK, it is 7- 12 euros)
- What about another kinds of drugs in our school?
- 36 people answered, that we can find there another kinds of drugs

### Another types of drugs in our school

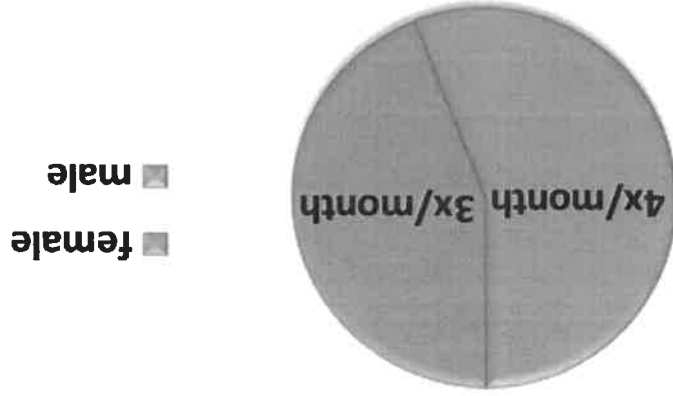


## 6. SLIDE

### **The Czech Republic: Paradise of Alcohol**

- Fakt: Mladí Češi jsou na prvním místě v pití alkoholu v Evropě.
- The legal age for drinking alcohol is 18 years
- Most of our students drink alcohol on weekends.
- Men drink more frequently than women.
- Favourite drinks are beer and wine.

### **Average frequency of drinking alcohol**



## 7. SLIDE

### **Sleep:**

In average we sleep 7 hours/day

### **Sport**

- occasionally

## 8. SLIDE

### **(Virtual world)**

- The most popular social networks are: in the 1. place : Instagram, 2. place: Messenger, 3. place : Facebook
- At school we have free Wi-fi for help with studies.
- Respondents spend on mobile phone/PC 6 hours/day.
- Fact: for start of addiction you need only 6 hours per day on MP/PC

## 9. SLIDE

- Students would rather surf on the internet instead read a books.





# QUESTIONNAIRE ABOUT STUDENT'S LIFESTYLE

## Finland



# Gender of respondents

Respondent 116

|        | n  | percentage |
|--------|----|------------|
| Female | 99 | 85 %       |
| Male   | 17 | 15%        |
| Other  | 0  | 0%         |

# Age of respondents

Respondent 116

|                   | n  | Percentage |
|-------------------|----|------------|
| 16 years          | 20 | 17 %       |
| 17 years          | 39 | 34 %       |
| 18 years          | 19 | 16 %       |
| 19 years          | 12 | 11 %       |
| I'm older than 19 | 26 | 22 %       |

# You are a student in

Rsepondent : 116

|         | n  | Percentage |
|---------|----|------------|
| 1. year | 54 | 47 %       |
| 2. year | 42 | 36 %       |
| 3. year | 20 | 17 %       |

## You live in a

Respondent 116

|                    | n  | Percentage |
|--------------------|----|------------|
| City               | 64 | 55 %       |
| Village/Small town | 52 | 45 %       |

# 1 a. While you are at school you eat

Respondent 116, the number of answers selected 126

|                             | n   |
|-----------------------------|-----|
| Warm meal (free in Finland) | 113 |
| Fast food                   | 2   |
| Pasteries                   | 2   |
| Home prepared food          | 6   |
| Other (describe)            | 3   |

Open question (other):

- I don't eat at all
- I eat bread at home



# 1 b While you are at internship you eat

Respondent 116, the number of answers selected 138

|                    | n  |
|--------------------|----|
| Warm meal          | 70 |
| Fast food          | 5  |
| Pastries           | 0  |
| Home prepared food | 62 |
| Other, what?       | 1  |

Open question (other):  
I don't eat at all



### 3. How many times a week do you eat/drink the mentioned products

Respondat 116, the number of answers selected 916

## 4. Are you cigarette smoker

Respondent 116

|     | n  | Percentage |
|-----|----|------------|
| No  | 77 | 66 %       |
| Yes | 39 | 34 %       |

## 5. How many cigarettes you smoke a day

- ▶ The average number of cigarettes smoked per day by smoking students was 6-7 cigarettes.
- ▶ Among students who smoked, the minimum number of cigarettes was one cigarette per week and the maximum number was 25 cigarettes per day.
- ▶ So the differences were big.

## 6. Are you a marijuana user

Responded: 115

|                       | n   | Percentage |
|-----------------------|-----|------------|
| I don't use marijuana | 115 | 100%       |

## 8. Marijuana is

Respondend 99

|                          | n  | Percentage |
|--------------------------|----|------------|
| Marijuana is easy to get | 47 | 47 %       |
| Marijuana is hard to get | 52 | 53 %       |



## 9. Can marijuana be found in the school or close to school

Rewspondend 93, the number of answers selected 120

|                                              | n    |
|----------------------------------------------|------|
| You can get Marijuana in the school          | 4    |
| You can't get marijuana in the school        | 67   |
| You can get marijuana close to school        | 41   |
| You can get marijuana close to school, where | 8 *) |

\*) Only one student wrote an answer to question:  
" She/he said that she/he knows that you can get marijuana near the school, but she/he didn't know where.



## 10. Are there any other drugs that are availed in our area

- ▶ According to the responding students, e.g. cannabis, LDS, amphetamine, marijuana, ecstasy, subutex and various drugs are available in our area

# 11 – 13 . About alcohol

Respondent 115

## 11. Have you tried alcohol?

|                      | Yes  | No   |
|----------------------|------|------|
| I have tried alcohol | 70 % | 30 % |

## 12. When you use alcohol

|                                | Yes  | No   |
|--------------------------------|------|------|
| I use alcohol during the week  | 6 %  | 94 % |
| I use alcohol only on weekends | 48 % | 52 % |

## 13. How many times a month do you use alcohol.

|                                        | Minimum | Maximum |
|----------------------------------------|---------|---------|
| How many times a month you use alcohol | 0       | 8       |

## 14. I have used the following alcohol products

Respondent : 81, the number of answers selected 306

|                                 | n  |
|---------------------------------|----|
| Liquoers                        | 42 |
| Wine                            | 62 |
| Beer                            | 61 |
| Cider                           | 69 |
| Mix of other drinks (cocktails) | 52 |
| Other (what?)                   | 20 |

Other alcohol products, that were mentioned:

Spirits, Whiskey, Long drinks and shots

## 15. Energy drinks

Responded : 115, the number of answers selected 162

| Do you drink energy drinks | n  | Prosentti |
|----------------------------|----|-----------|
| Yes                        | 60 | 52 %      |
| No                         | 55 | 48 %      |

## 16. When do you use energy drinks

- |                                               |                                         |
|-----------------------------------------------|-----------------------------------------|
| ▶ In the mornings                             | ▶ On school days                        |
| ▶ In the school                               | ▶ When I'm really tired                 |
| ▶ In the morning and during the day/every day | ▶ 5 times a month                       |
| ▶ Almost daily                                | ▶ few times a week                      |
| ▶ After a bad night's sleep                   | ▶ I drink 1-2 energy drinks daily       |
| ▶ Quite randomly                              | ▶ Occasionally                          |
| ▶ Sometimes                                   | ▶ In the sauna                          |
| ▶ Twice a week                                | ▶ During the week                       |
| ▶ Once in every two weeks                     | ▶ On weekends for once or twice a month |



## 17. How many hours a week you are at school and how many hours a week you are interning

- ▶ Responded 115
- ▶ How many hours a week you are at school
  - ▶ Average is 30 h/week
- ▶ How many hours a week you are interning
  - ▶ Average is 35 h/week

## 18. How many hours do you study at home?

- ▶ Responded 115
- ▶ How many hours a week you are at school
  - ▶ Average is 1 h 46 minutes

## 19. How many hours do you sleep?

- ▶ Responded 114
- ▶ Average is 7h - 8 h

## 20. Do you practice any sport?

Respondents 111

|              |    |       |
|--------------|----|-------|
| ACTIVELY     | 65 | 58,6% |
| OCCASIONALLY | 46 | 41,4% |

# 21. How many hours of sport at school?

How many hours of sport at school

| Hours     | Number of students |
|-----------|--------------------|
| 1 h - 2 h | 5 students         |

0 hours

78 students



## 22. How many hours of sports per week outside of school?

- ▶ Responded 106
- ▶ Minimum 0 hours and maximum 28 hours per week
- ▶ Average is 4 hours a week

## 23. Do you walk to school or use public transportation?

| By car (own, parents' or friend's) | By Public transport | By bike | By walking |
|------------------------------------|---------------------|---------|------------|
| 43 %                               | 31 %                | 11 %    | 15 %       |

## 24. Do you often visit nature?

- ▶ Responded 106
- ▶ Minimum 0 times a week and maximum 7 times a week
- ▶ Average is 1-2 times a week

## Questions 25-

Responded 115

|                                                   | Yes   | No   |
|---------------------------------------------------|-------|------|
| 25. You have internet in school?                  | 100 % | 0 %  |
| 27. Do you use the internet for help with studies | 99 %  | 1 %  |
| 27. Do you use the internet for social media?     | 99 %  | 1 %  |
| 33.In your home you have limits on internet use?  | 87 %  | 13 % |
| 33. Do you have unlimited internet in your phone? | 97 %  | 3 %  |

## 28. Which social media site you use the most?

- ▶ Facebook
- ▶ Whatsapp,
- ▶ Messenger
- ▶ Google
- ▶ Instagram
- ▶ Netflixä
- ▶ Snapchat
- ▶ Tiktok



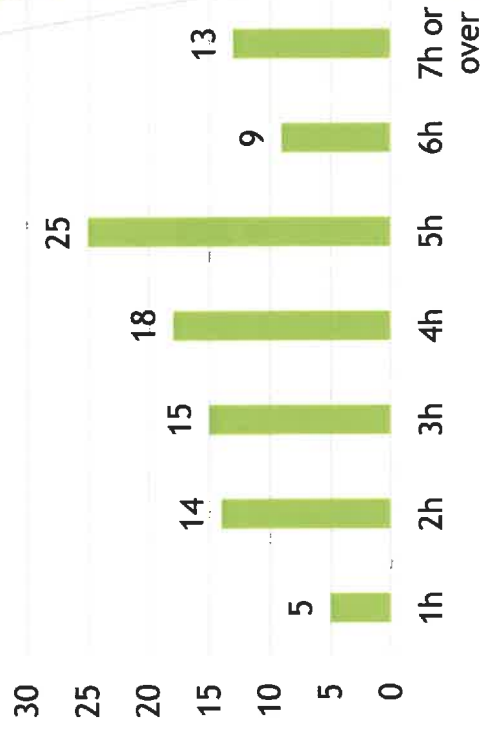
## 29: HOW MANY HOURS A DAY YOU ARE IN FRONT OF THE COMPUTER(n=102)



Students spend in front of the computer between 0 hours to 12 hours per day.

Average students spent 1h 47 min in front of the computer

## 29: HOW MANY HOURS STUDENTS USE MOBILEPHONE PER DAY (n=99)



Students use mobile phone from 1 hour to 13 hours per day.

Average use of mobile phone was 4h 25 min.

## 30: CAN YOU GO ONE DAY WITHOUT YOUR PHONE? (n=112)

| CAN YOU GO ONE DAY WITHOUT YOUR PHONE | n= | Percentage % |
|---------------------------------------|----|--------------|
| YES                                   | 70 | 63%          |
| NO                                    | 36 | 32%          |
| NOT SURE                              | 6  | 5%           |

- 63% of the students could go a day without a mobilephone.
- 5% of the student wasn't sure if they would be able to go a day without a phone.

# 31: HOW MANY HOURS CAN YOU GO WITHOUT INTERNET?

- ▶ Some students could go without an internet as long as needed, even days.
- ▶ The most common answer was 24 hours/ 1 day
- ▶ The shortest time a student could go without the internet was 1 hour



## 32: IN YOUR FREE TIME YOU WOULD CHOOSE? (n=100)

| IN YOUR FREE TIME YOU WOULD CHOOSE | N= | Percentage % |
|------------------------------------|----|--------------|
| Book                               | 14 | 14%          |
| Internet                           | 86 | 86%          |

- The most of the students would choose an internet over book (86%)
  - One student would choose an audiobook.
- Sometimes the choice varied according the day



### 33. IN YOUR HOME YOU HAVE LIMITS ON INTERNET USE (n=110)

- ▶ 6 students internet use out of 110 students was somehow restricted at home

| IN YOUR HOME YOU HAVE LIMITS ON INTERNET USE | N=  | Percentage % |
|----------------------------------------------|-----|--------------|
| YES                                          | 6   | 5%           |
| NO                                           | 104 | 95%          |

# Student's lifestyle questionnaire

Gender:

\*Female-63  
(79%)

\*Male-17 (21%)

Age:

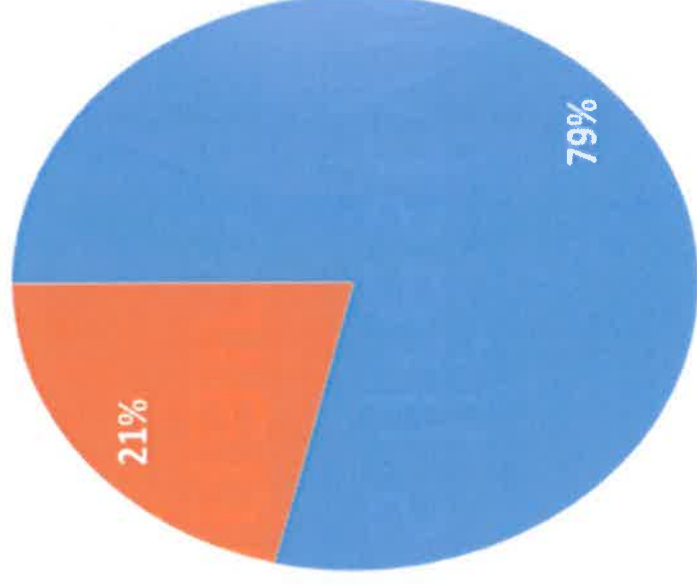
15-3 (4%)

16-24 (29%)

17-34 (41%)

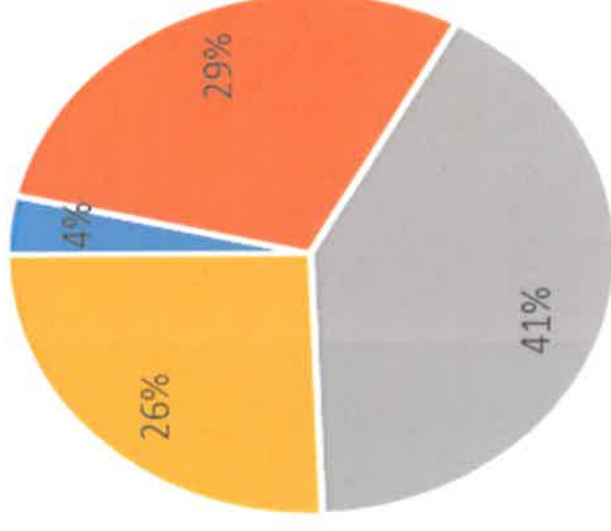
18-21 (26%)

## Gender



■ Female ■ Male

## Age



■ Age 15 ■ Age 16 ■ Age 17 ■ Age 18

## High school

### year:

\*2<sup>nd</sup>-26

\*3<sup>rd</sup>-29

\*4<sup>th</sup>-25

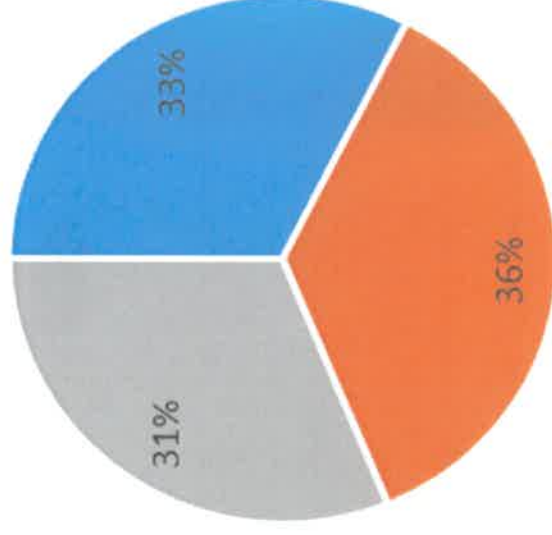
### Lives in a:

\*City-59(74%)

\*Village-

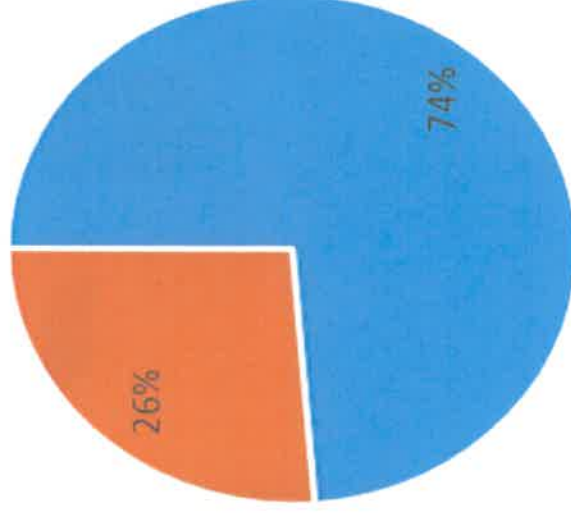
21(26%)

High School Year



■ 2nd year ■ 3rd year ■ 4th year

Lives in a:



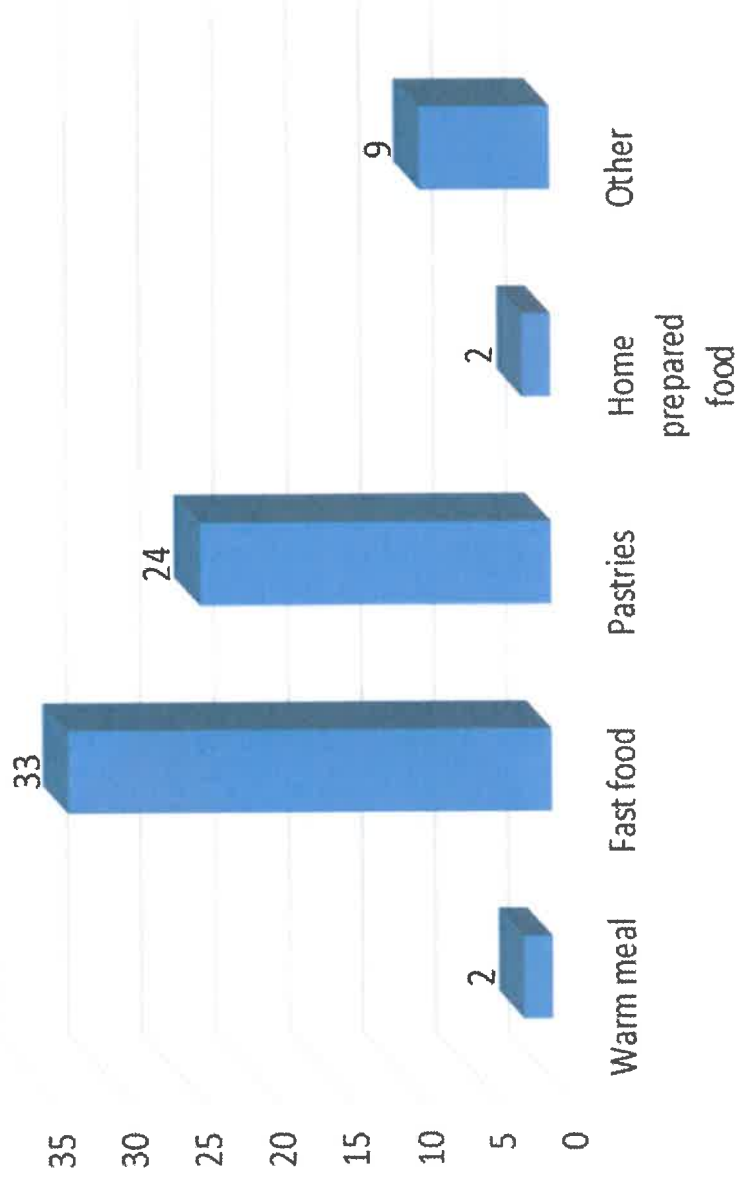
■ City ■ Village

While you are at school you have:

- \*Warm meal-2
- \*Fast food-33
- \*Pastries-24
- \*Home prepared food-2
- \*Other(describe)

-9

Food at school



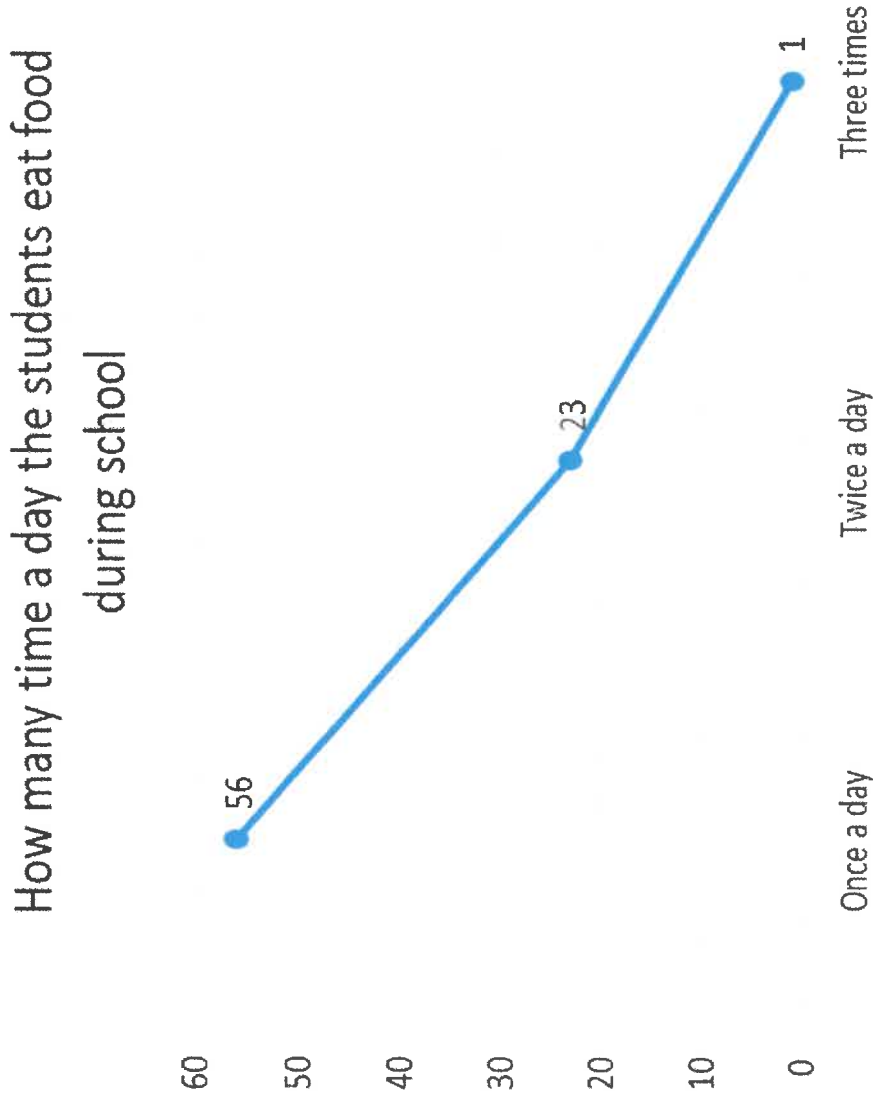


How many  
times do you  
eat while you  
are at school  
or internship?

\*Once-56

\*Twice-23

\*Three times-1

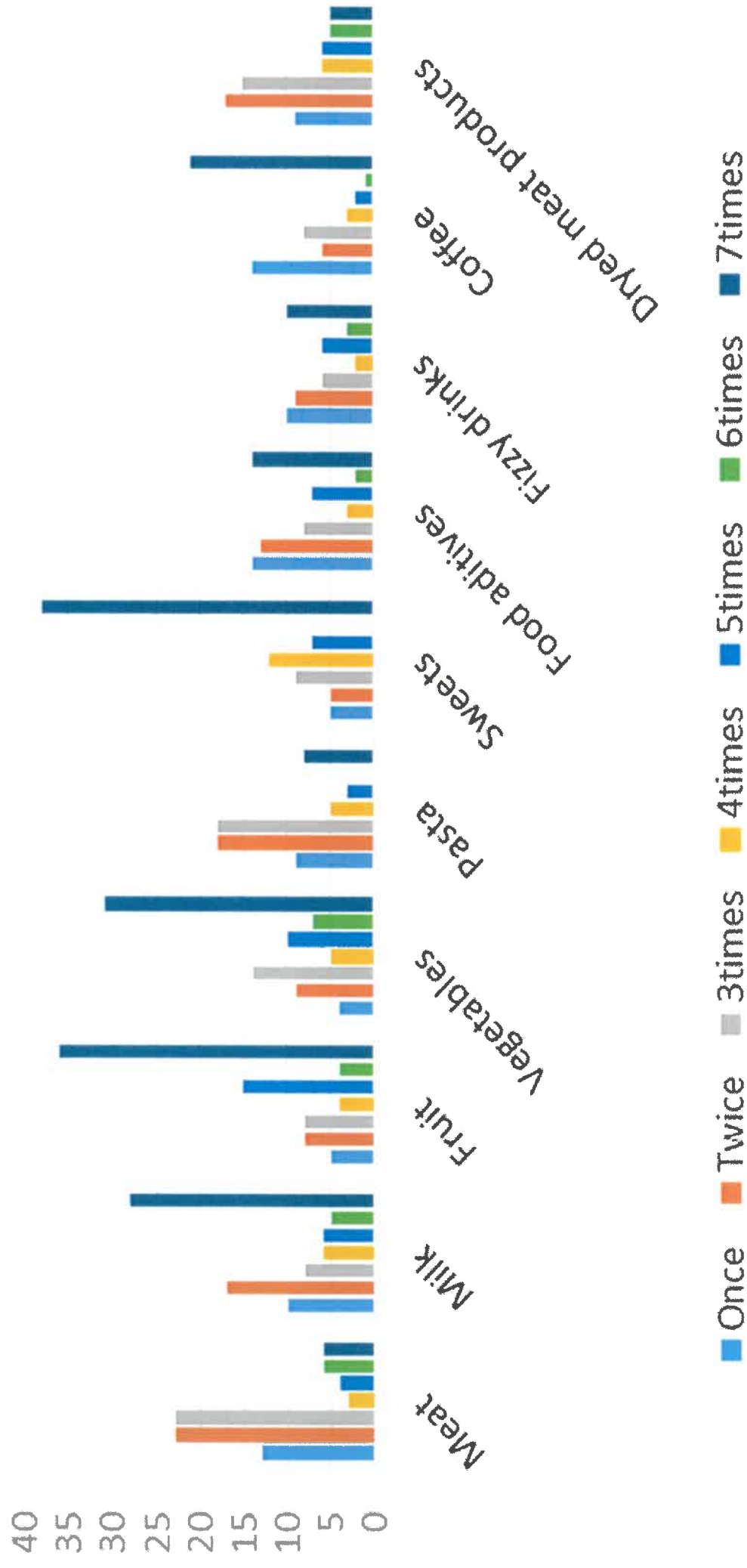


How many times a week do you eat/drink the mentioned products?

- \*Meat
- \*Milk and dairy products
- \*Fruit
- \*Vegetables
- \*Pasta(carbon hydrates)
- \*Sweets
- \*Food additives:mayonaise,ketchup
- \*Fizzy drinks
- \*Coffee
- \*Cured or dried meat products

|                     | Once | Twice | 3times | 4times | 5times | 6times | 7times |
|---------------------|------|-------|--------|--------|--------|--------|--------|
| Meat                | 13   | 23    | 23     | 3      | 4      | 6      | 6      |
| Milk                | 10   | 17    | 8      | 6      | 6      | 5      | 28     |
| Fruit               | 5    | 8     | 8      | 4      | 15     | 4      | 36     |
| Vegetables          | 4    | 9     | 14     | 5      | 10     | 7      | 31     |
| Pasta               | 9    | 18    | 18     | 5      | 3      | /      | 8      |
| Sweets              | 5    | 5     | 9      | 12     | 7      | 3      | 38     |
| Food additives      | 14   | 13    | 8      | 3      | 7      | 2      | 14     |
| Fizzy drinks        | 10   | 9     | 6      | 2      | 6      | 3      | 10     |
| Coffee              | 14   | 6     | 8      | 3      | 2      | 1      | 21     |
| Dried meat products | 9    | 17    | 15     | 6      | 6      | 5      | 5      |

## Weekly food



Do you smoke?

\*YES-6

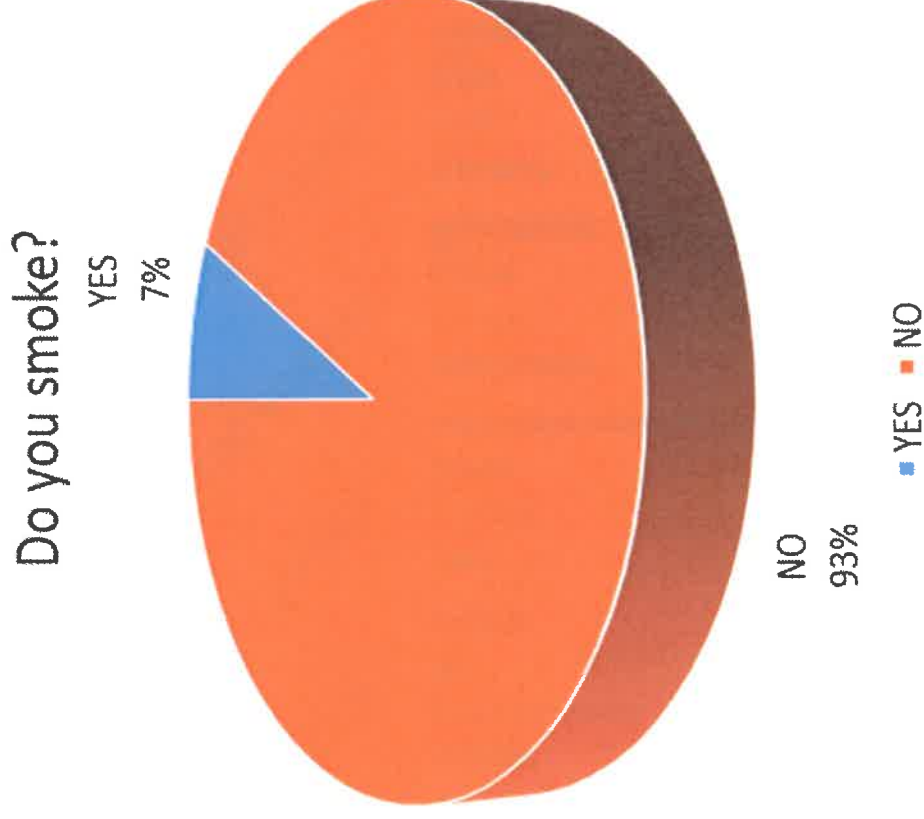
\*NO-74

How many  
cigarettes do  
you smoke a  
day?

\*0-57

\*<5-20

\*>5-3



Do you use  
marijuana?

\*YES-4

\*NO-76

How many of  
your classmates  
have tried

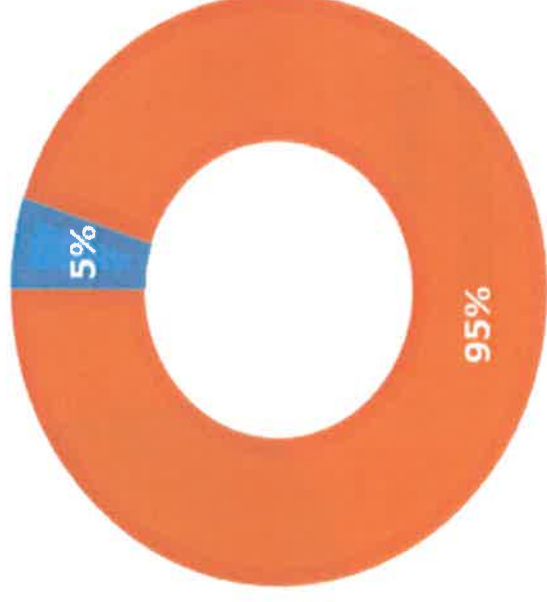
marijuana?

\*0-76

\*Several  
students-4

DO YOU USE MARIJUANA?

■ YES ■ NO





### Marijuana is?

- \*Easy to get-51
- \*Hard to get-29

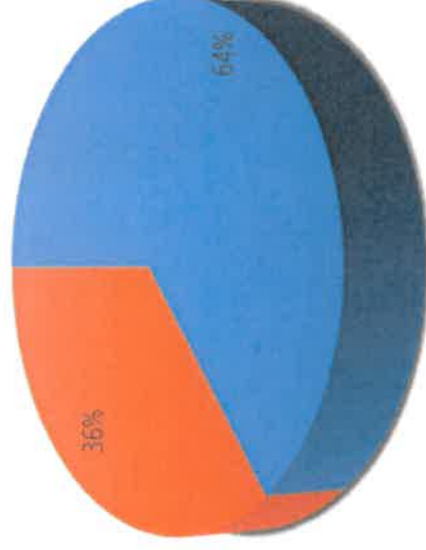
### Can marijuana be found in the school or close to it?

- \*YES-14
- \*NO-66

### Are there any drugs that are available?

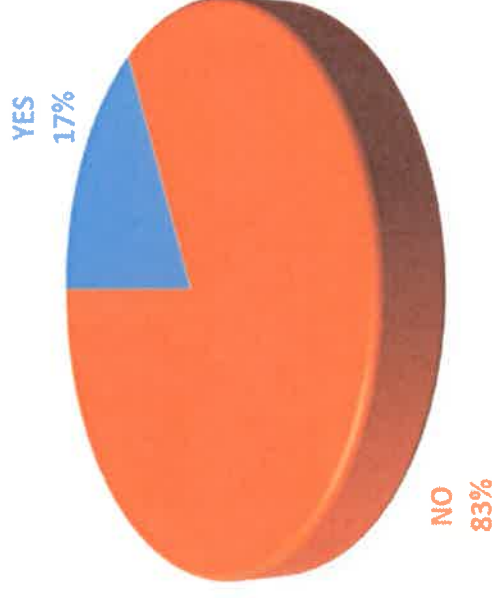
- \*All of them-18
- \*None-62

**Marijuana is:**



■ Easy to get ■ Hard to get

**CAN MARIJUANA BE FOUND IN THE SCHOOL OR CLOSE TO IT?**



Have you tried  
alcohol?

\*YES-61

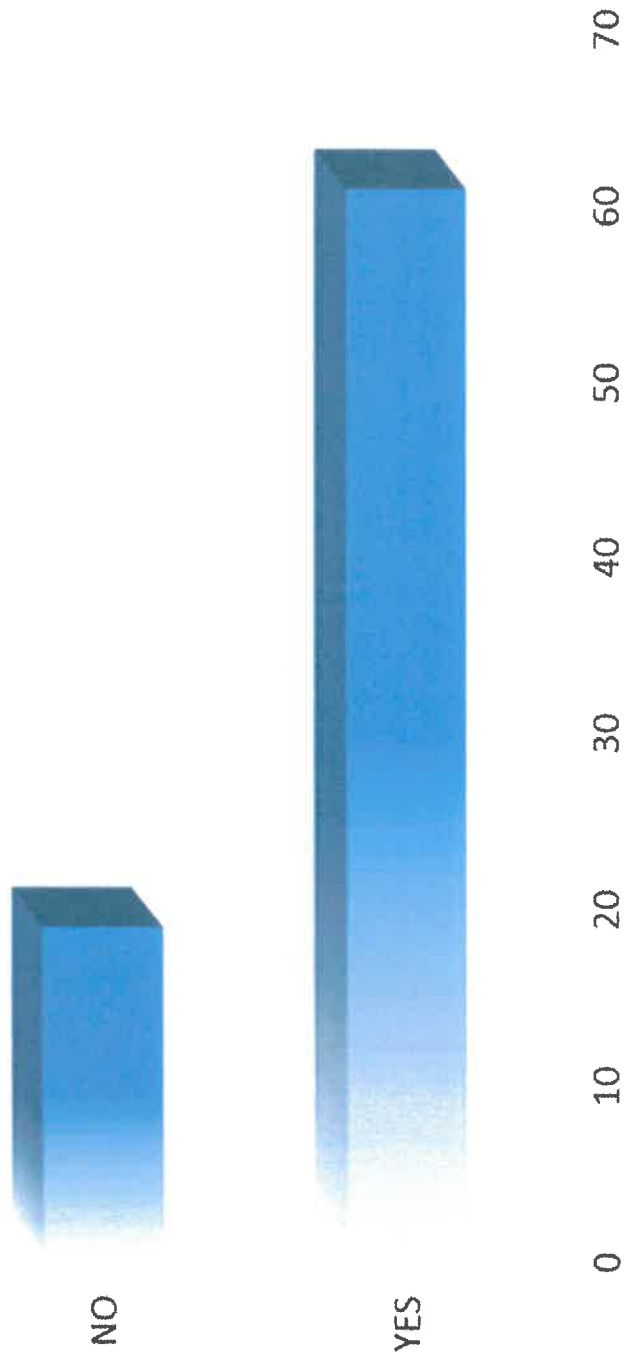
\*NO-19

When do you  
use alcohol?

\*During the  
week-14

\*Only at  
weekends-66

## HAVE YOU TRIED ALCOHOL?



How many times a month do you use alcohol?

\*0-30

\*<5-24

\*>5-26

You usually use:

\*Liquors-40

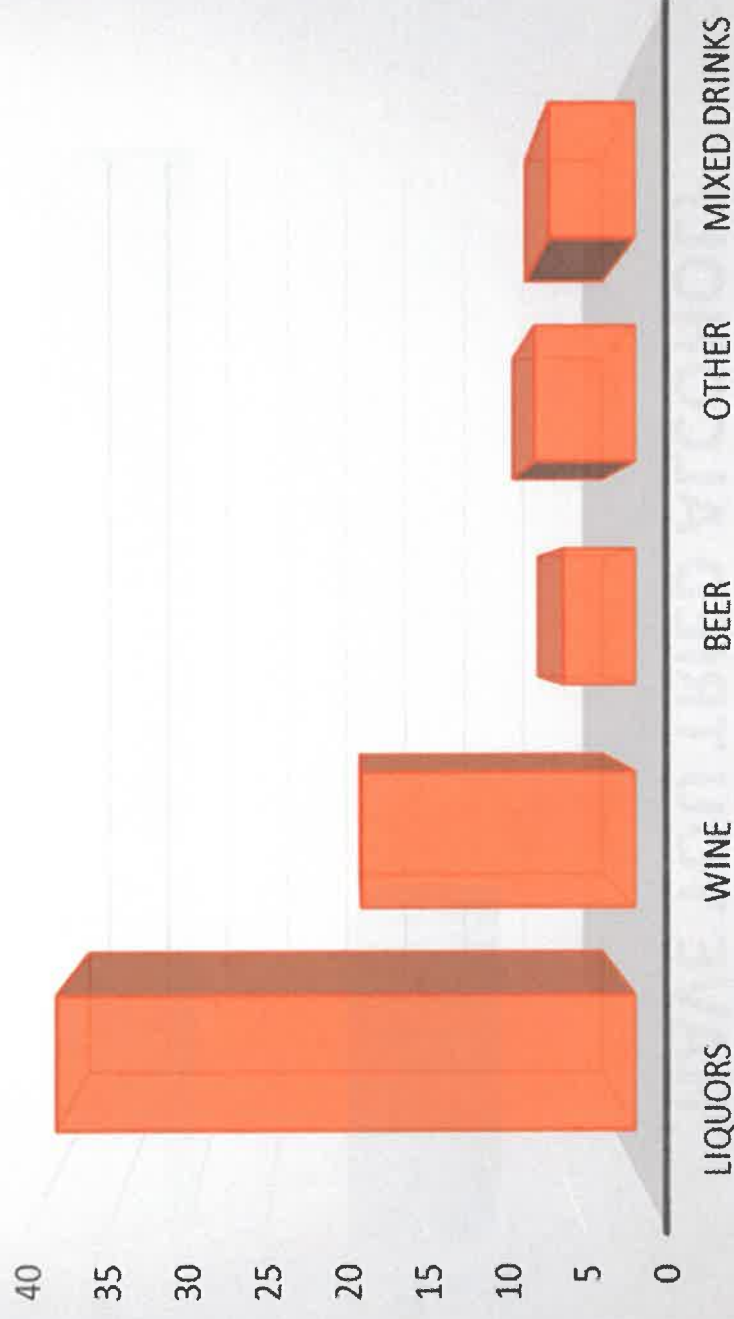
\*Wine-19

\*Beer-5

\*Other-7

\*Mixed drinks-6

## YOU USUALLY USE:



Do you use  
energy drinks?

\*YES-23

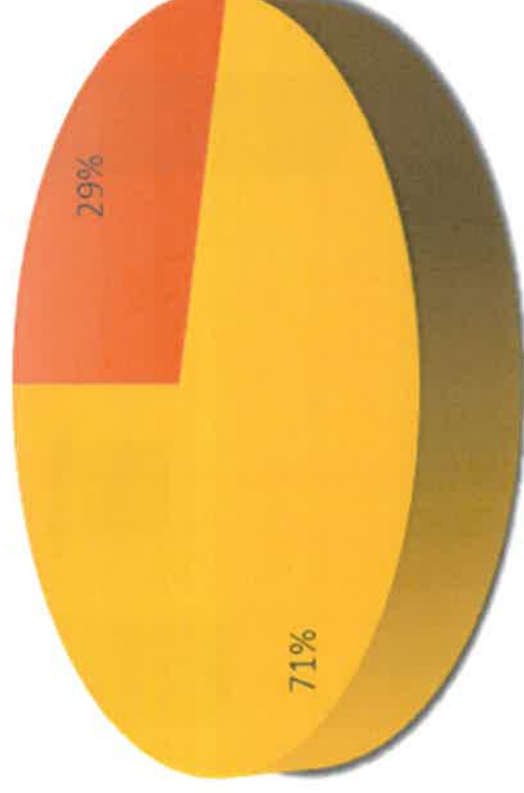
\*NO-57

When do you  
use energy  
drinks?

\*Never-41

\*Rarely-39

Do you use energy drinks?



■ YES ■ NO

How many  
hours a week do  
you stay at  
school?

\*23h-15

\*32h-40

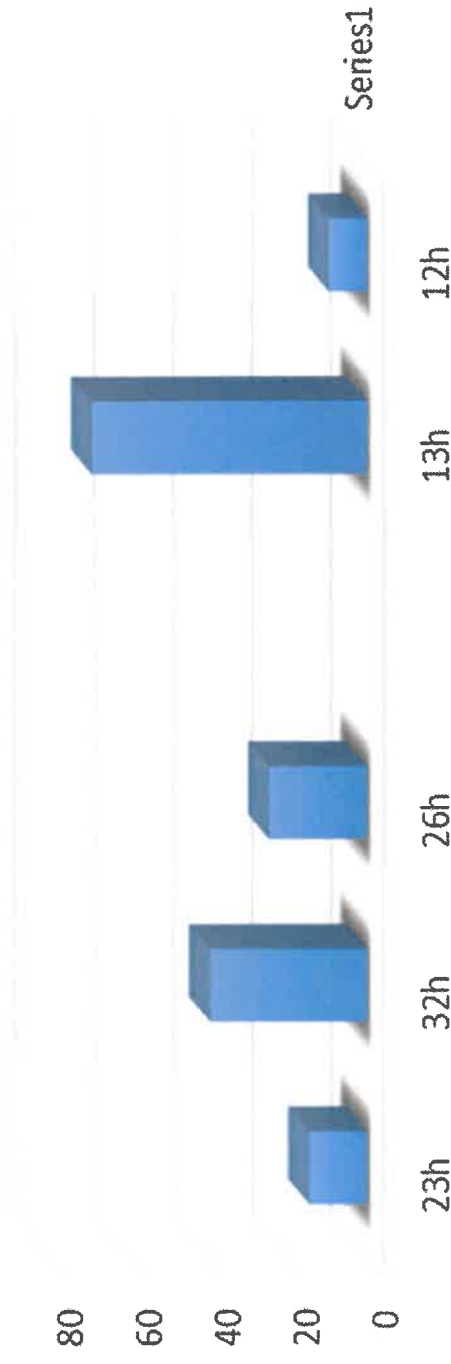
\*26h-25

How many hours a  
week do you have  
internship?

\*13h-70

\*12h-10

## Weekly hours at school and internship





How many  
hours do you  
study at home?

\*0h-1

\*<5h-61

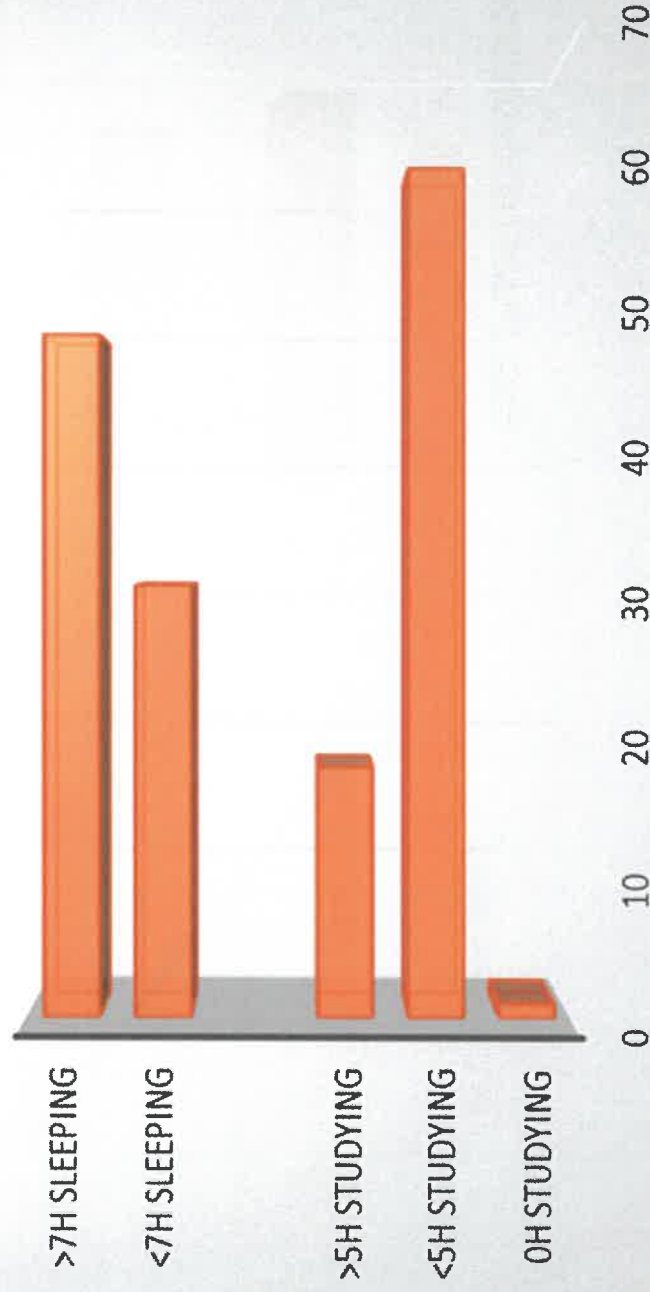
\*>5h-18

How many  
hours do you  
sleep?

\*<7h-31

\*>7h-49

## Weekly hours of sleeping and studying



## Do you do any sports?

\*Actively-21

\*Occasionally-59

## How many hours of sport do you have at school?

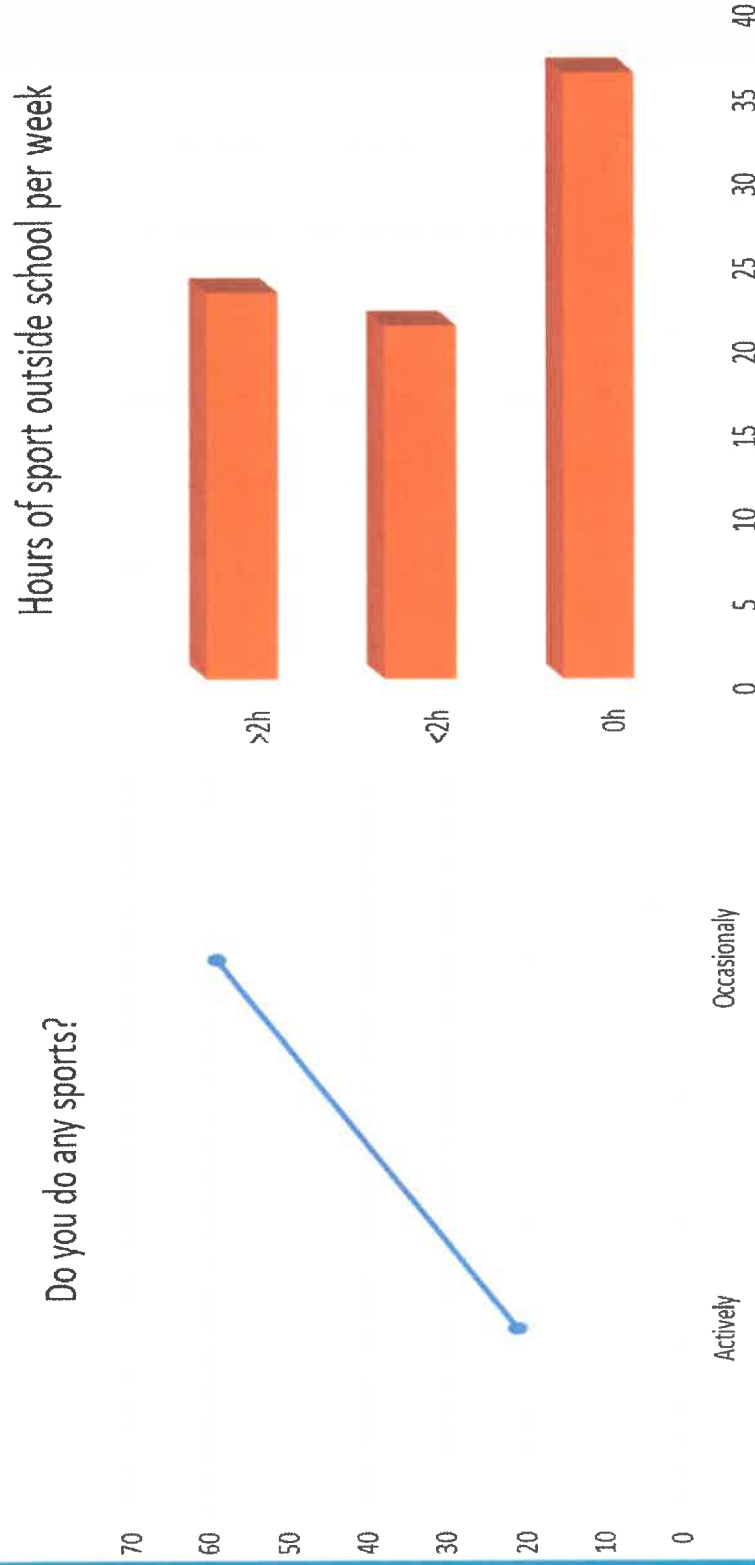
\*2h-80

## How many hours of sport do you have outside school per week?

\*0h-36

\*<2h-21

\*>2h-23



Do you walk to school or use public transportation?

\*Walking-54

\*Public transport-15

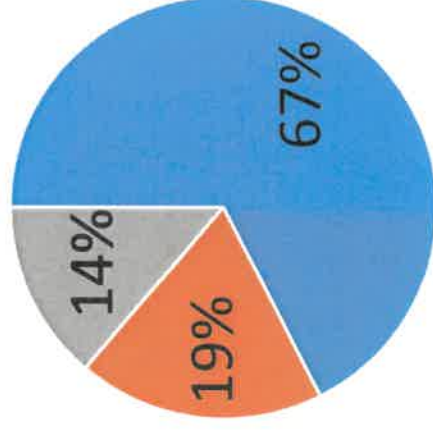
\*Combination-11

Do you often go in the nature?

\*Often-35

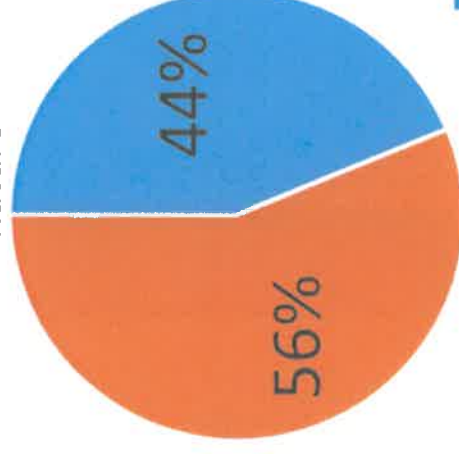
\*Rarely-45

How do you get to school



Walking  
Public transportation  
Combination

Going in the nature



Often Rarely

### You have Internet in school:

\*YES-14

\*NO-66

### What do you use Internet for the most?

\*Nothing-12

\*Social media-68

### Do you use Internet for studying or for social media?

\*Studying-13

\*Social media-25

\*Combination-42

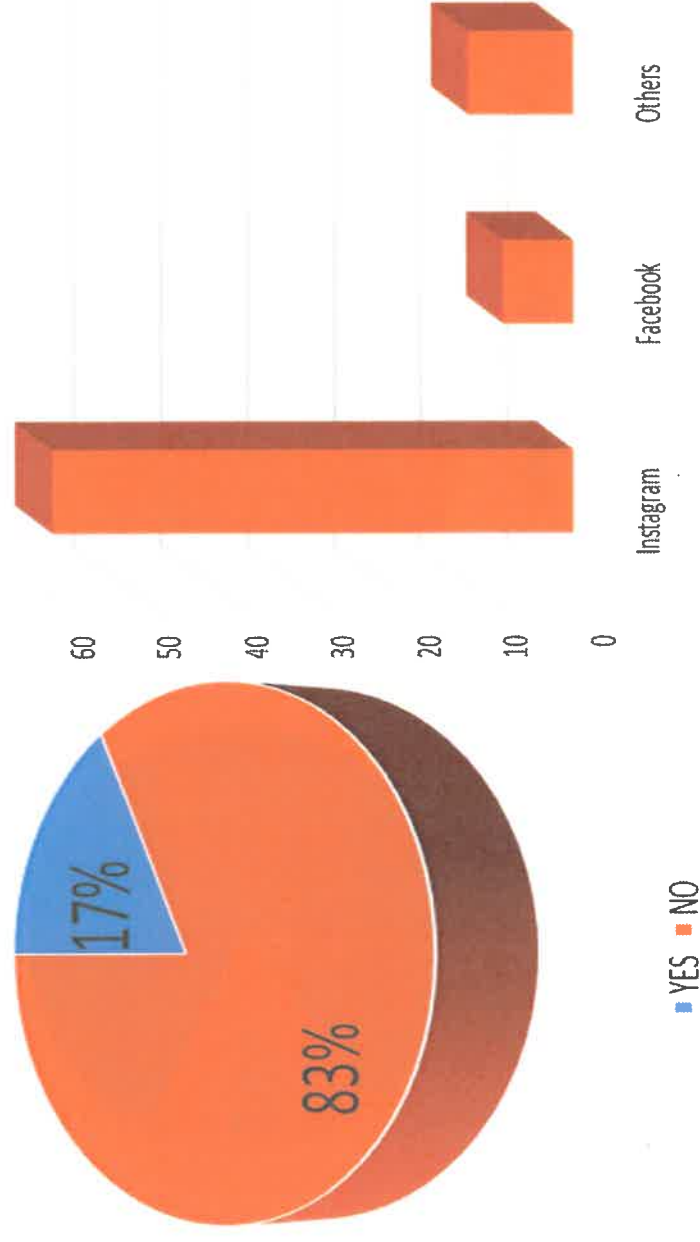
### Which social media sites do you use the most?

\*Instagram-60

\*Facebook-8

\*Other-12

## Internet at school:



How many hours a day are you in front of the computer or phone?

\*<5h-43

\*>5h-37

Can you go one day without your phone?

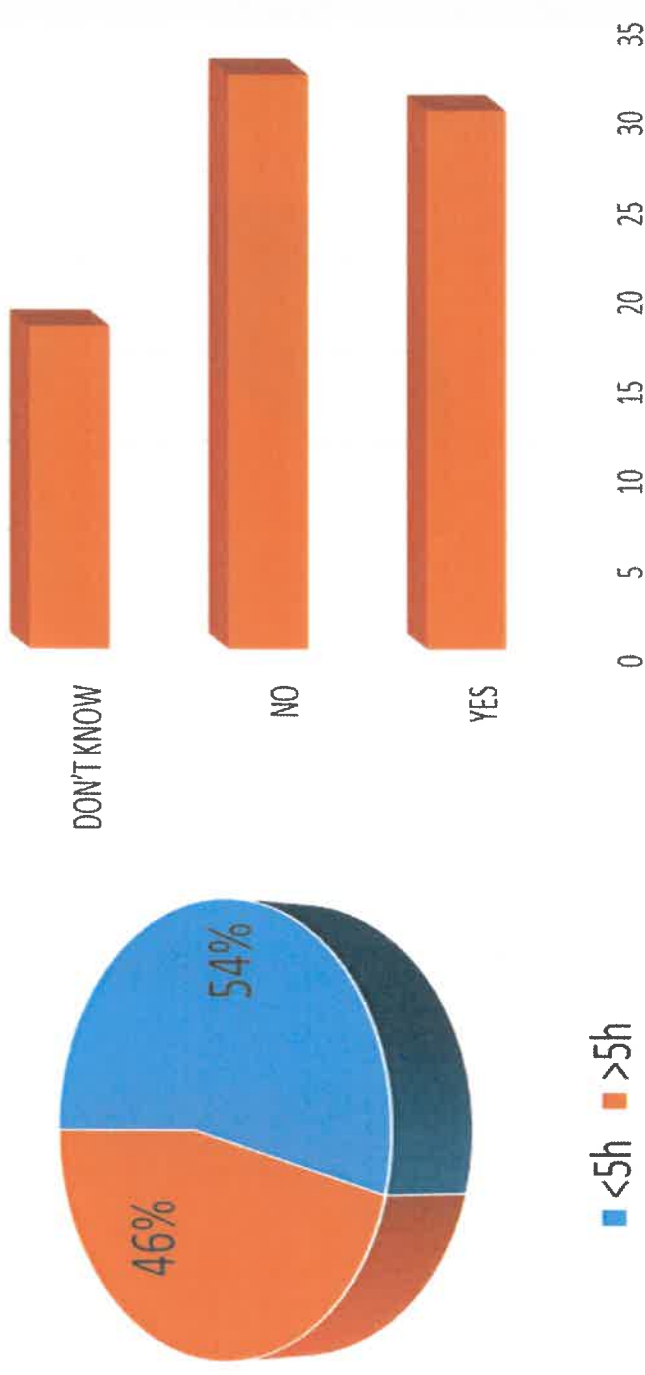
\*YES-30

\*NO-32

\*DON'T KNOW-18

Hours a day in front of the computer or phone

CAN YOU GO A DAY WITHOUT YOUR PHONE?





How many hours can you go without Internet?

\*0h-4

\*<5h-47

\*>5h-29

In your free time you would choose?

\*Reading a book-32

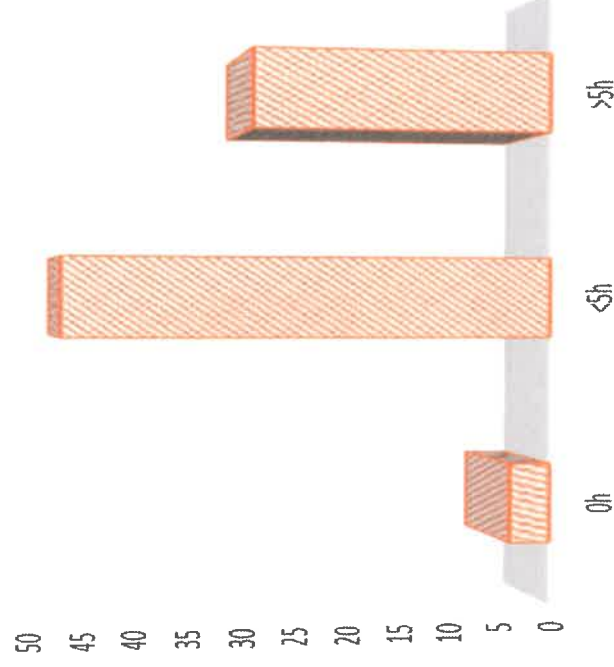
\*Using the Internet-48

In your home you have limits using the Internet?

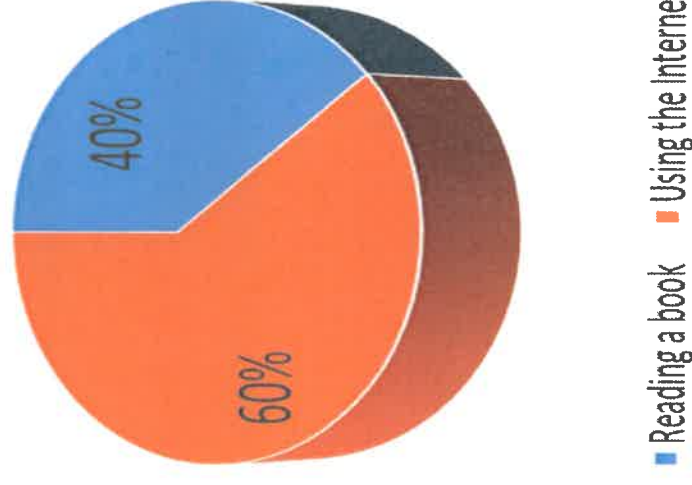
\*YES-15

\*NO-65

## HOW MANY HOURS YOU CAN GO WITHOUT INTERNET?



In your free time you would choose?

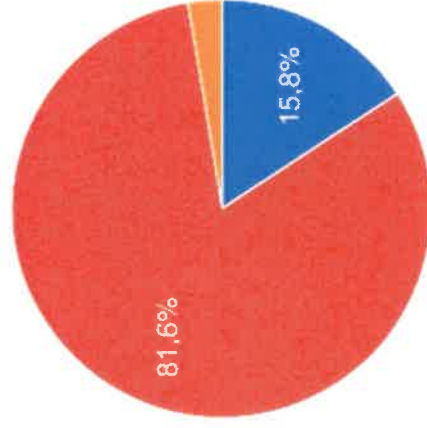




# QUESTIONNAIRE ABOUT STUDENT'S LIFESTYLE

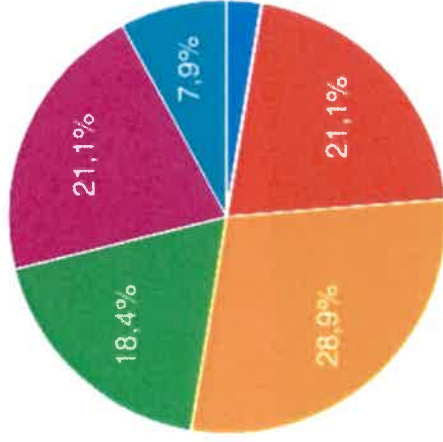
SPAIN

# GENDER



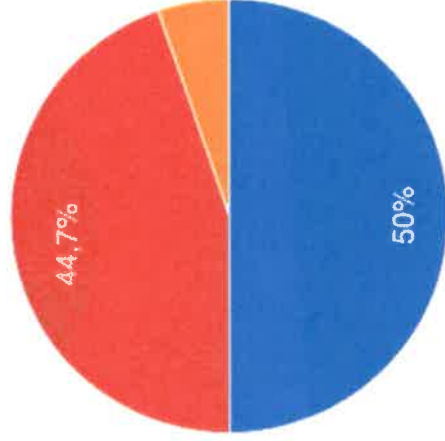
**MEN**  
**WOMAN**  
**I'D RATHER NOT SAY IT**

# AGE



16  
17  
19 A 20  
21 A 30  
MORE THAN 30  
I'D RATHER NOT SAY IT

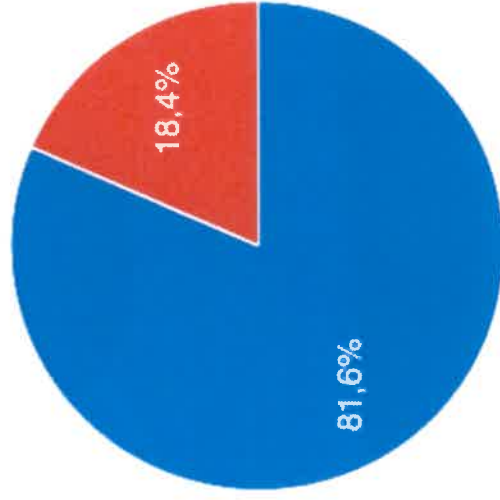
# YOU ARE A STUDENT IN THE



**MORNING**  
**AFTERNOON**  
**I'D RATHER NOT SAY IT**

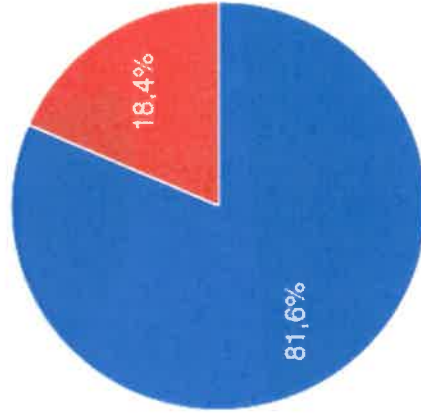


# STUDENT YEAR



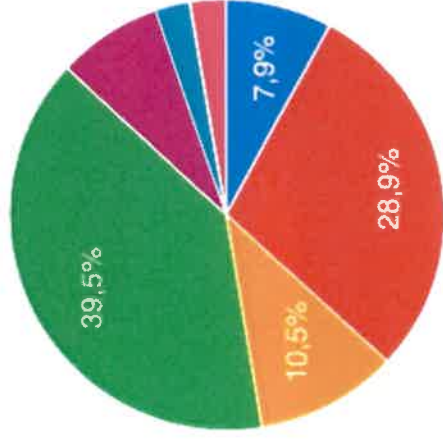
**FIRST**  
**SECOND**

YOU LIVE IN



CITY  
VILLAGE

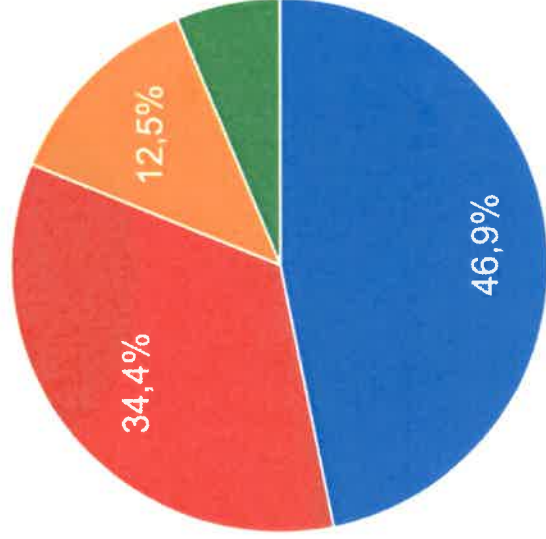
# 1. WHILE YOU ARE AT SCHOOL YOU EAT



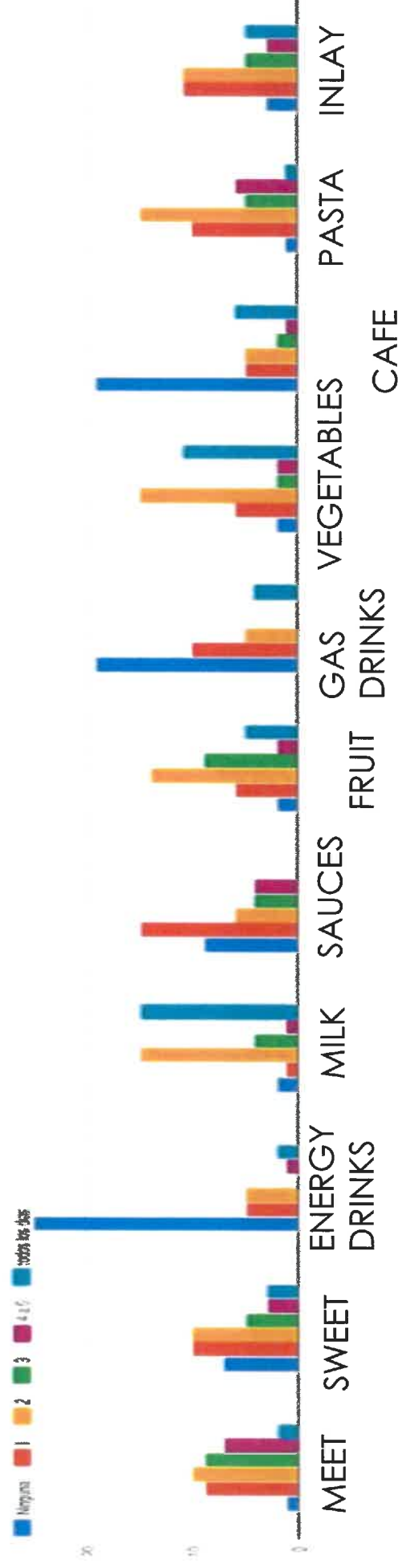
**HOT FOOD**  
**FAST FOOD**  
**SWEETS**  
**HOME FOOD**  
**FRUIT**  
**STRAWBERRY SMOOTHIE**  
**SANDWICH**

## 2. HOW MANY TIMES DO YOU EAT WHILE YOU ARE AT SCHOOL OR INTERNSHIP

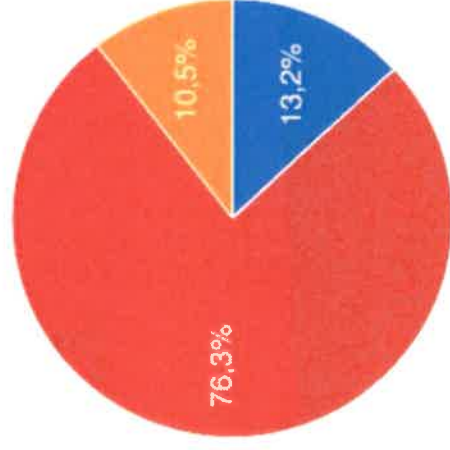
1  
2  
3  
5



### 3. HOW MANY TIMES A WEEK DO YOU EAT/DRINK THE MENTIONED PRODUCTS



## 4. ARE YOU A CIGARETTE SMOKER?



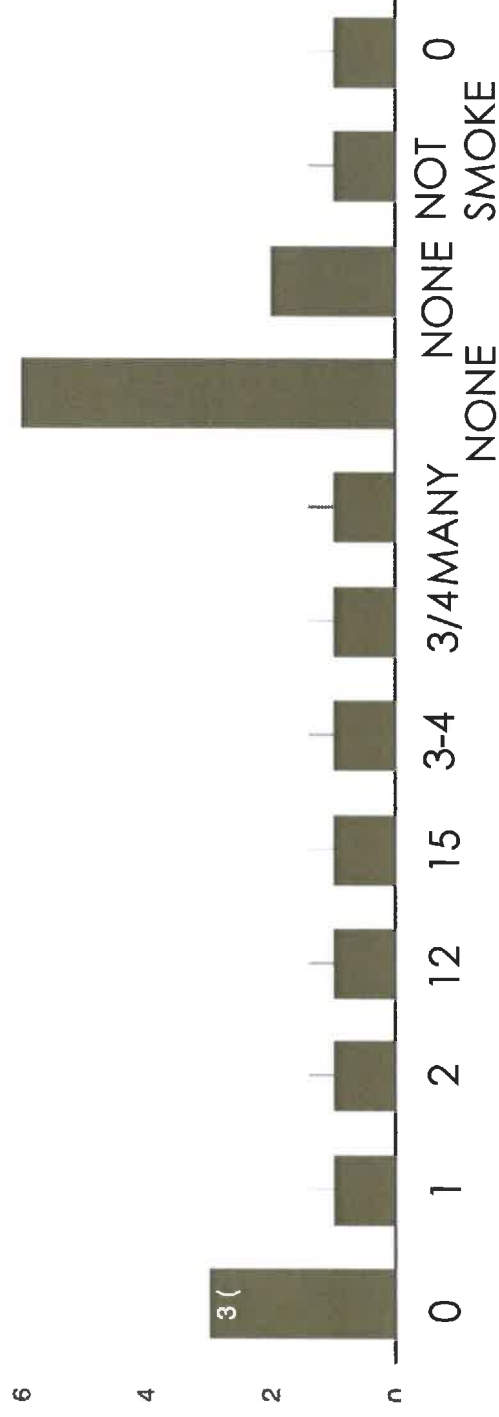
YES

NO

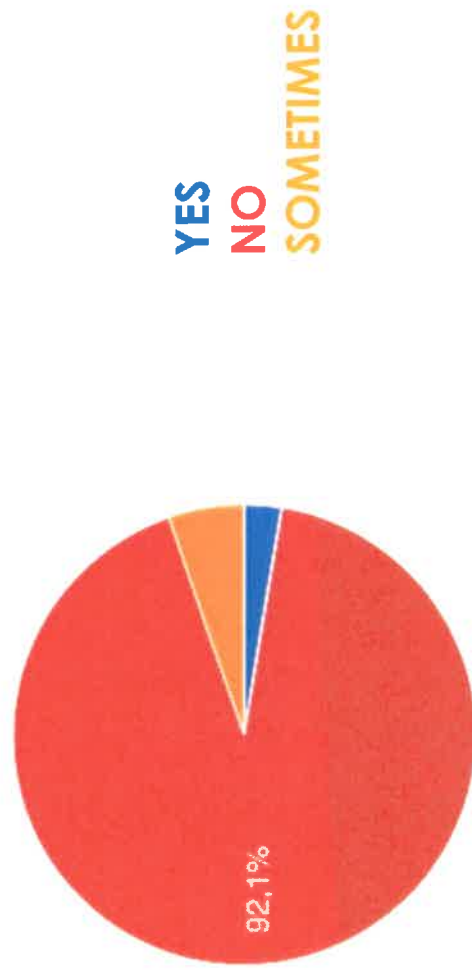
SOMETIMES



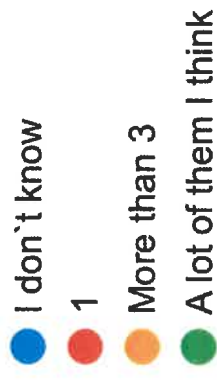
## 5. HOW MANY CIGARETTES DO YOU SMOKE IN A DAY?



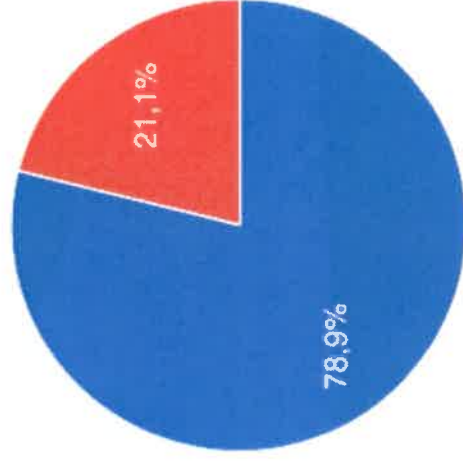
## 6. ARE YOU A MARIJUANA USER?



## 7. HOW MANY OF YOUR CLASSMATES HAVE TRIED MARIJUANA?

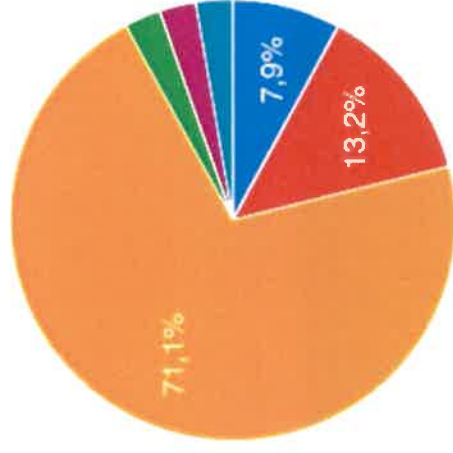


## 8. MARIJUANA IS...



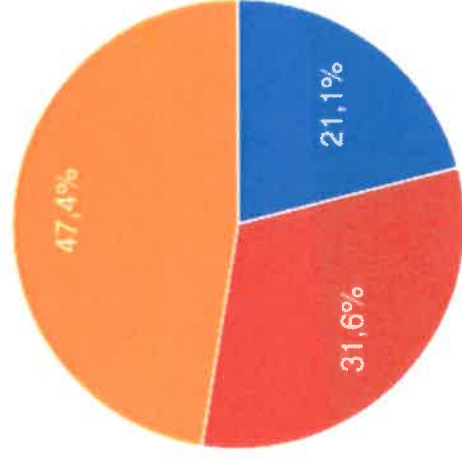
**EASY TO GET**  
**HARD TO GET**

## 9. CAN MARIJUANA BE FOUND IN THE SCHOOL OR CLOSE TO THE SCHOOL?



YES  
NO  
I DON'T KNOW  
LA VIRGEN, LAS MIL,  
JUAN 23...  
ON THE STREET NEXT  
DOOR  
IN THE INSTITUTE AND  
FRONT

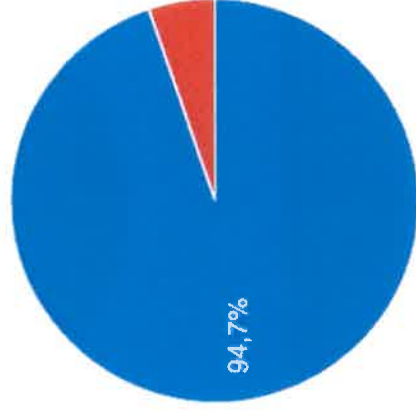
## 10. ARE THERE ANY OTHER DRUGS THAT ARE AVAILABLE?



YES  
NO  
MAYBE

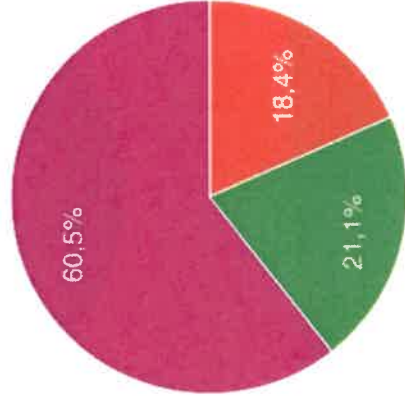


## 11. HAVE YOU TRIED ALCOHOL?



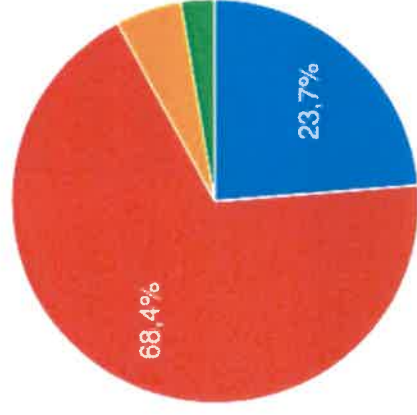
YES  
NO

## 12. WHEN YOU USE ALCOHOL?



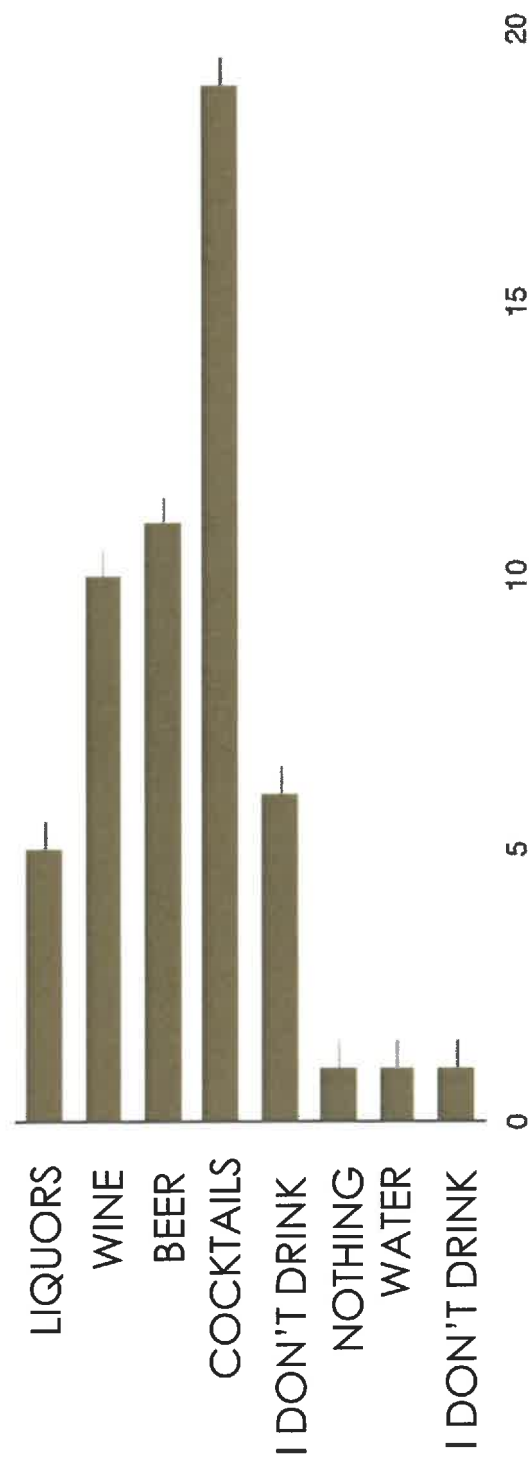
**WEEKENDS**  
**NEVER**  
**THE WEEKEND**

## 13. HOW MANY TIMES A MONTH DO YOU USE ALCOHOL?

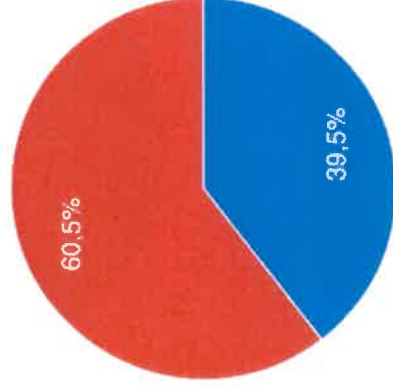


**NEVER**  
**1 OR 2 TIMES A MONTH**  
**EVERY WEEKEND**  
**MORE THAN 4 TIMES A MONTH**

## 14. YOU USUALLY DRINK

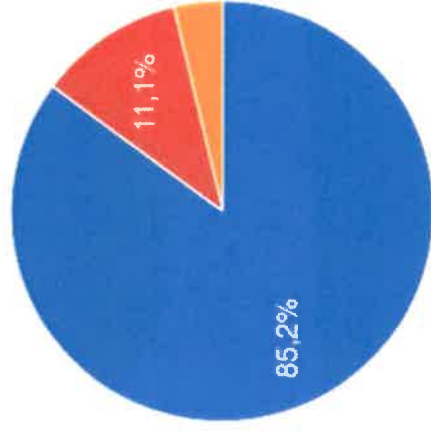


## 15. DO YOU USE ENERGY DRINKS?



**YES**  
**NO**

## 16. WHEN DO YOU USE ENERGY DRINK?



**SOMETIMES**  
**2 OR 3 TIMES FOR WEEK**  
**EVERY DAY**

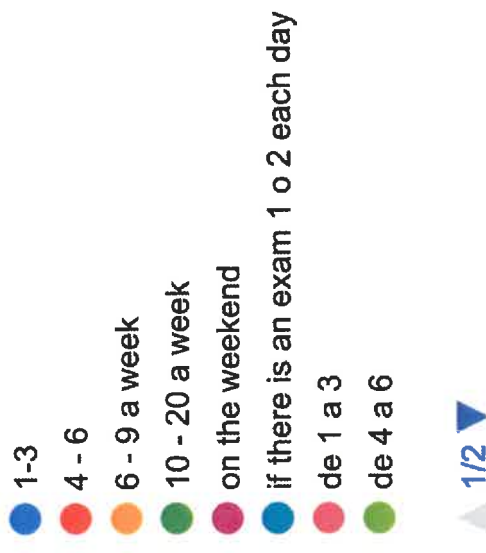
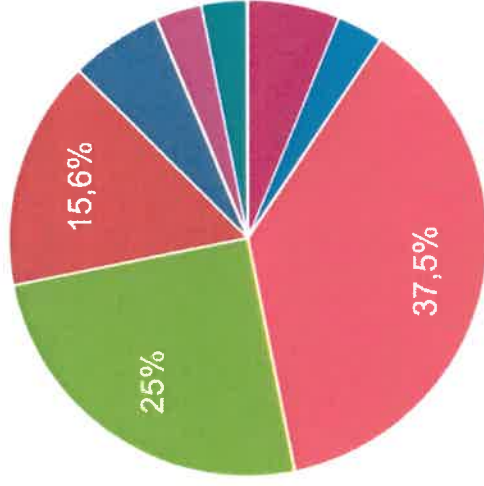




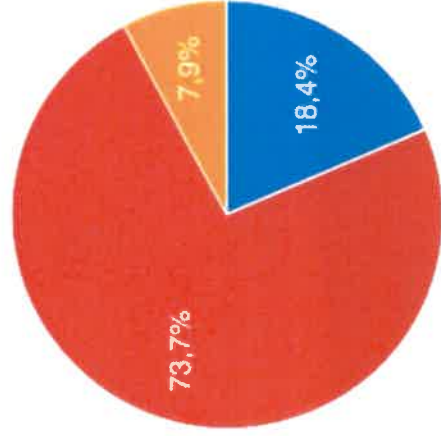
17. HOW MANY HOURS A WEEK ARE YOU  
AT SCHOOL? HOW MANY A WEEK ARE YOU  
INTERNING?

- AT SCHOOL 30 HOURS A WEEK FOR 9 MONTHS (960 HOURS)  
(FIRST YEAR)
- INTERING 440 HOURS (7 HOURS A DAY, 63 DAYS)  
(SECOND YEAR)

## 18. HOW MANY HOURS DO YOU STUDY AT HOME?

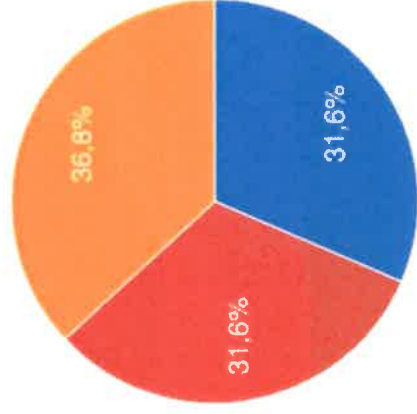


## 19. HOW MANY HOURS DO YOU SLEEP?



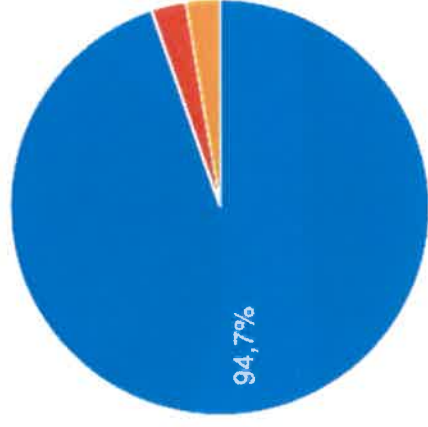
LESS THAN 6  
6 OR 8  
MORE THAN 8

## 20. DO YOU PRACTICE ANY SPORT?



YES  
NO  
SOMETIMES

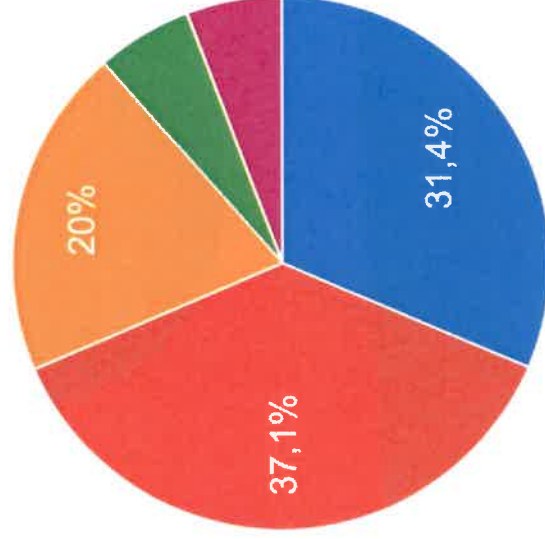
## 21. HOW MANY HOURS OF SPORTS AT SCHOOL?



**NEVER**  
**WAY DE SUNDAYS**  
**I PRACTICE IT OUT**

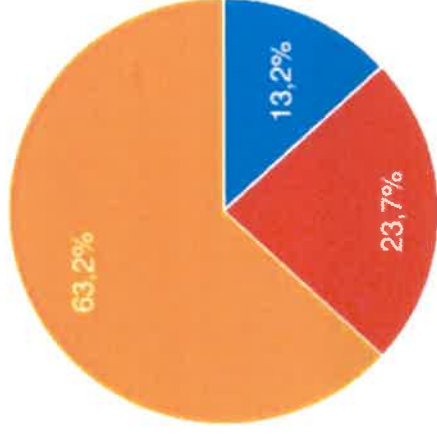
## 22. HOW MANY HOURS OF SPORTS FOR WEEK OUTSIDE OF SCHOOL?

- I dont do any sport
- 1-3
- 4 - 6
- 6 - 9 a week
- 10 - 20 a week



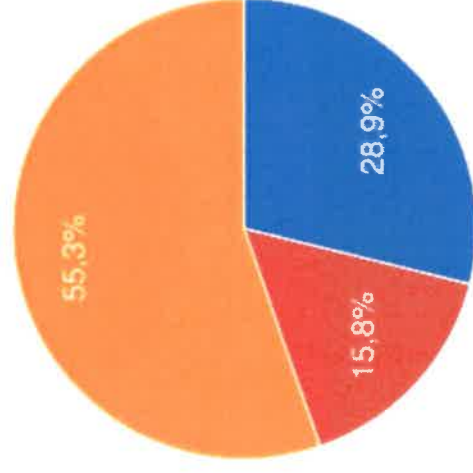


## 23. DO YOU WALK TO SCHOOL OR USE PUBLIC TRANSPORTATION?



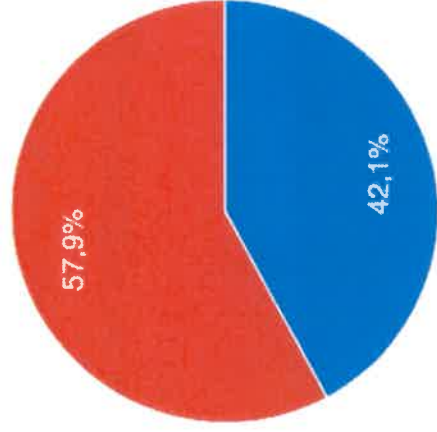
WALKING  
IN CAR  
IN PUBLIC TRANSPORTATION

## 24. DO YOU OFTEN VISIT NATURE?



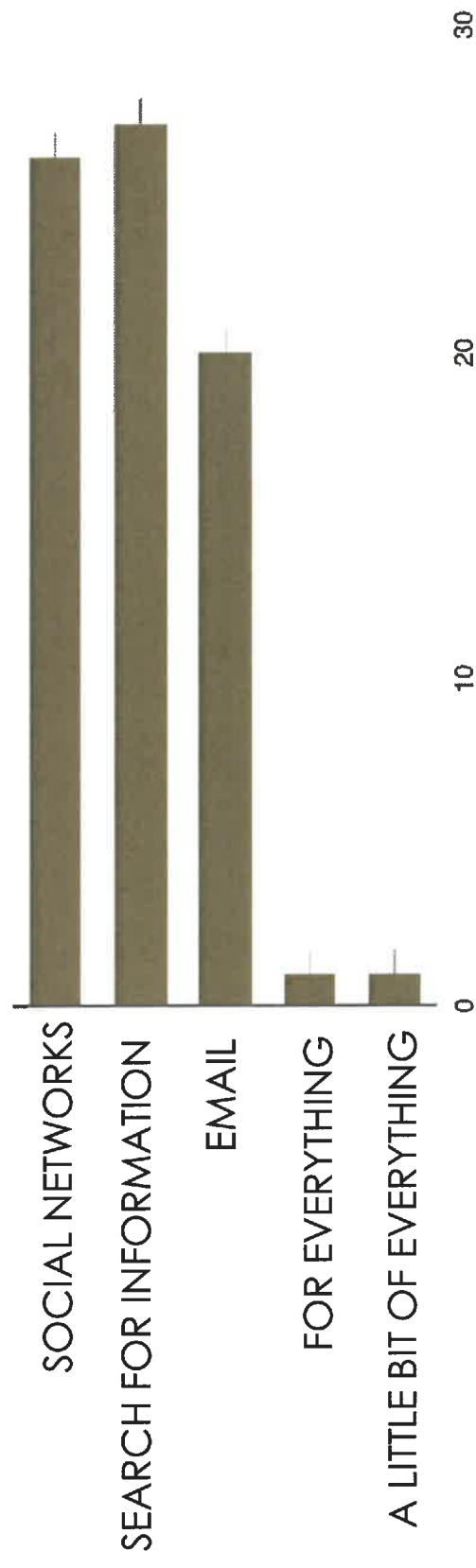
YES  
NO  
SOMETIMES

## 25. YOU HAVE INTERNET IN SCHOOL?

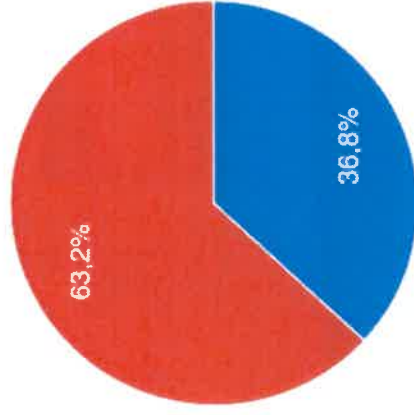


YES  
NO

## 26. WHAT DO YOU USE THE INTERNET FOR THE MOST?

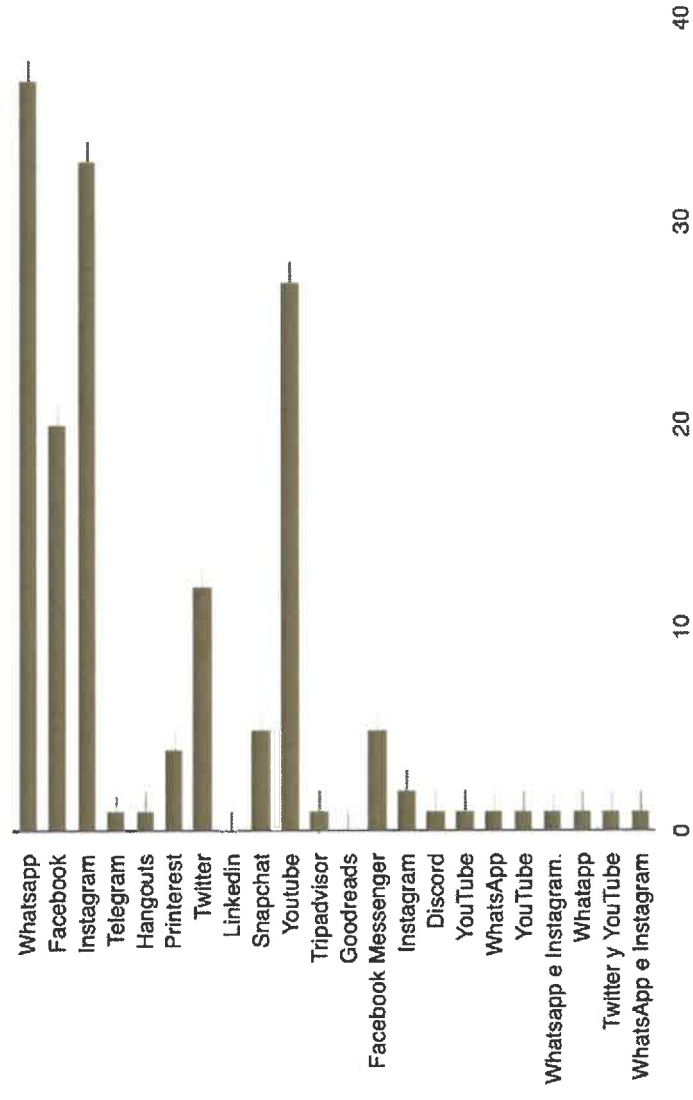


## 27. DO YOU USE THE INTERNET FOR HELP WITH STUDIES OR SOCIAL MEDIA?



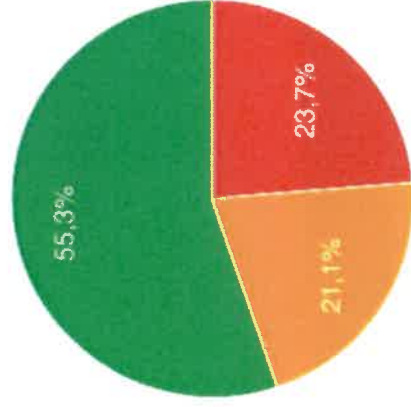
**STUDIES**  
**SOCIAL NETWORKS**

## 28. WHICH SOCIAL MEDIA SITE YOU USE THE MOST?



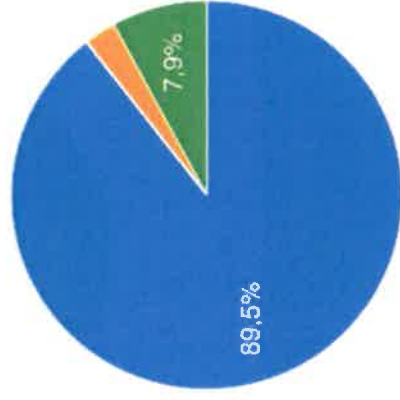


## 29. HOW MANY HOURS A DAY YOU ARE IN FRONT OF THE COMPUTER AND/OR PHONE?



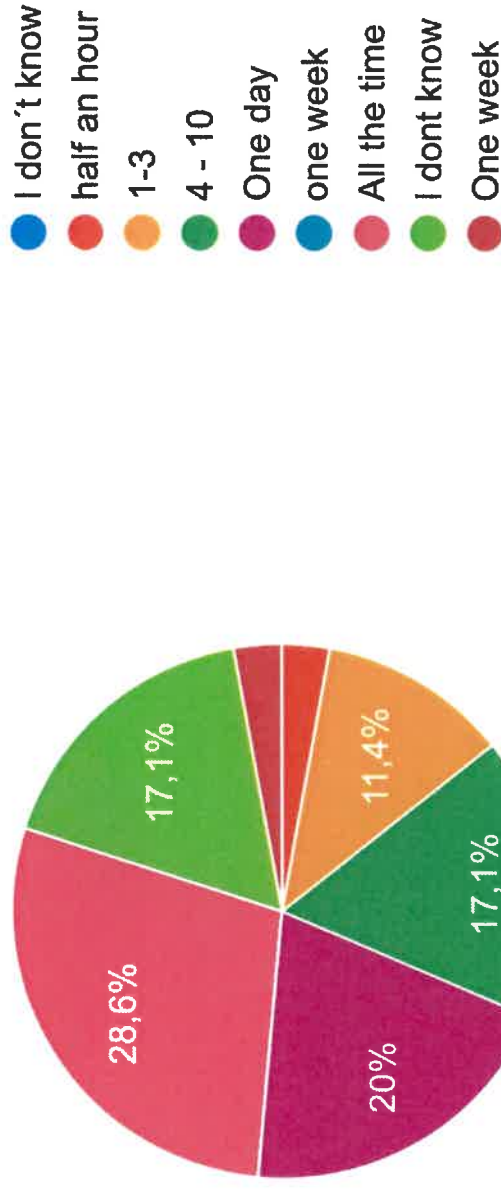
**LESS THAN 1**  
**1 OR 2**  
**2 OR 3**  
**MORE THAN 3**

## 30. CAN YOU GO ONE DAY WYTHOUT YOUR PHONE?

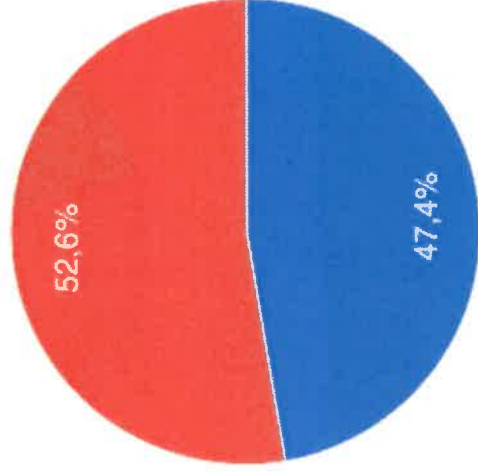


YES  
NO  
DIE  
I'M NOT SURE

## 31. HOW MANY HOURS CAN YOU GO WITHOUT INTERNET?



## 32. IN YOUR FREE TIME YOU WOULD CHOOSE?



**A BOOK**  
**INTERNET**

### 33. IN YOUR HOME YOU HAVE LIMITS ON INTERNET USE?

