

**ERASMUS+ PROJECT: SAVE YOUR ENVIRONMENT, SAVE YOUR FUTURE**

**POLAND**

The main aim of the research was to investigate the impact of the activities undertaken among the Erasmus+ project “Save your environment, save your future”. The survey focused mainly on the amount of time and the ways children spend outdoors. The questionnaire was conducted in June 2023, 112 students took part in the survey. All participants are the students of Szkoła Podstawowa nr 23 im. gen. Józefa Bema w Poznaniu (Poland), aged 7-15 years old.

The results show that most students (94%) think that it is important to spend time outdoors. Over 89% of participants like doing outdoor activities and prefer doing outdoor activities with their friends that playing computer games. Children spend about 1-2 hours a day outdoors (weekdays), and more than 3 hours at the weekends. Students also reported that they are never bored when they do outdoor activities with their friends (77%). 79% of children can make up their own outdoor activities. When it comes to finding friends to play outdoors with, students think that they don’t have any problems with it. What is more, 82% students reported that they are invited by their friends to play outdoors. It is also important to write that for 85% of pupils it is easy to find a proper place to do outdoor activities after they finish lessons. This might suggest that children have suitable conditions created to enable the outdoor activities. As for the data gathered by means of the questionnaire, children reported that the most often they play: ball games, hide and seek, tag game, play in the sandbox, ride a bike, etc.

**Conclusion:**

In conclusion, it is evident that after conducting the project students spend more time outdoors. Over 38% of students spend over 3 hours outdoors (at the beginning of the project – 17%). What’s more students know more outdoor activities than they knew at the beginning of the project: 1-5 activities (39% at the end and 48 at the beginning), 6-10 activities (31% at the end of the project and 27 at the beginning) and 11 and more (29% at the end and 25 % at the beginning of the project). Moreover more children prefer team sports than individual sports. The number has increased 6%. What’s interesting, at the end of the project more students also answered that if they had free time, they would meet their friends and do some outdoor activities (62% at the beginning and 68% at the end of the project). A large number of respondents expressed that they are never bored when they do outdoor activities (75% ate the beginning and 78% at the end of the project) and that they can make up their own outdoor games – the increase 4%. However, it is important to add that still a large number of students prefer to spend more time playing computer games than spending their free time outdoors (67%).