

The questionnaire results for Sweden,Spain,Croatia,Poland and Turkey

Screen Usage

The results have shown that students tend to spend less time in front of the screen. Students prefer and appreciate more time spent outdoors. However, they still check their social media accounts more than three times a day. Many students emphasized, though, that social media is the way of keeping in touch with their Erasmus friends.

It seems that there are fewer students who spend more time in front of the screen rather than spending time outside. There is a tendency towards using the net less, and thus social networking sites. There is a significant reduction in the amount of students not feeling angry when they are cut back on screen time. However, there is a rise (4%) in the students who think about video games during lessons.

When we compare results of two questionnaires we can see the differences. Most of them realised negative effects of screen time.They significantly changed their minds within 3 years.

Stress Management

Students in our schools feel that their stress has reduced. Fewer students think that they have too much homework, that they feel stressed due to school-related tasks or that they need more breaks during the lessons. The negative side is that still a lot of students feel stressed about responsibilities given in a short time.

The biggest difference is in the way students think of extracurricular activities. After three years they are aware that they are in need of wider range of activities which decrease their stress levels and that is why they take up many sports or other creative activities outside school. Furthermore more students feel motivated with break activities such as simple brain gym or body percussion acquired during the project. To conclude students`stress levels aren`t lower but they know the ways how to manage their stress levels while and after school.

As a result,they learned how to cope with stress and school assignments.Most of them get enough sleep, are more active and happier now.Nearly half of them don`t feel themselves stucked in assignments. Now they are able to do some activities for stress management. They don`t feel discouraged when face with an obstacle. They mostly changed their perspective on problems.

Hobbies and Interests

The majority of students is engaged in either a sport or some other creative activity in their free time. More students walk or cycle to school aware of healthy habits and exercise. More teachers cycle to work as well. After three years of project many more students feel they know more about traditional dances or songs which were performed during karaoke nights at mobilities. They have some new hobbies and interests now such as playing cards,playing traditional games,dancing,walking, singing songs,exercising,cycling,walking,exploring the nature.

We can also see that our students do exercise a bit more now than before but there were a bit more students riding bikes to school before.

In a nutshell, we think that the results are quite good. In fact, if we put everything in context, we are very satisfied as our students and families have been through really hard times during the pandemic, bearing in mind that the lockdowns in Spain, Sweden, Turkey, Poland and Croatia were really harsh and the only way they had to meet their friends and relatives was through screens. The duration aligned with the covid outbreak and online classes so the topic of stress management and discovering ways of relaxing away from screen was what our schools just needed. The project has helped them to reflect about the rational use of digital devices and the importance of stress management in all aspects of life.

This Project has given them a lot. It has lots of positive effects on our students. They are largely aware of positive effects of offline World now. We ,as teachers can say that the project was a great success.