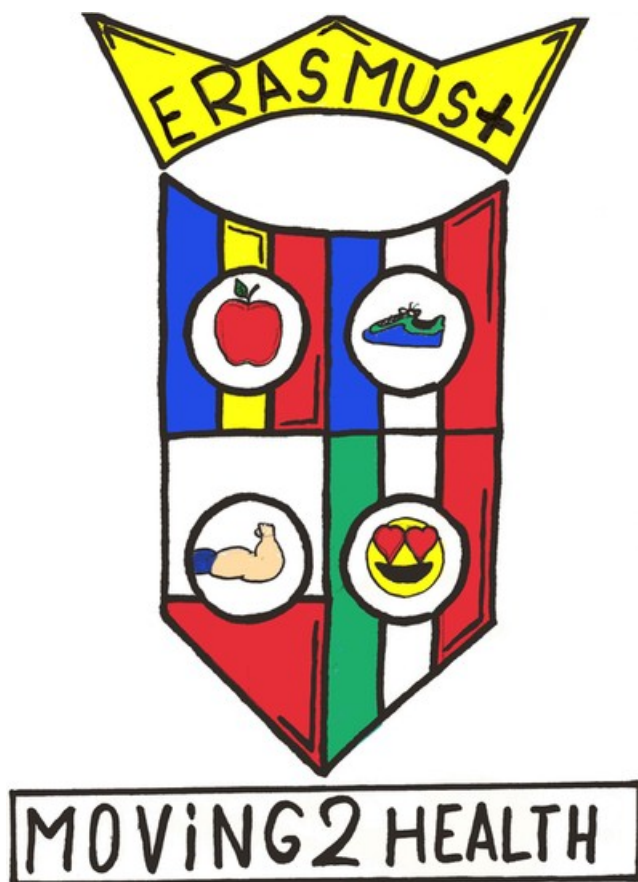




Erasmus+

Comparison of the questionnaire 's results between the beginning and the end of the project



Number of students' answers	Beginning of the project	End of the project
FRANCE	30	22
ITALY	22	15
POLAND	27	19
ROMANIA	20	19

A) HEALTH

A)1) What is health for you? (many possible answers)

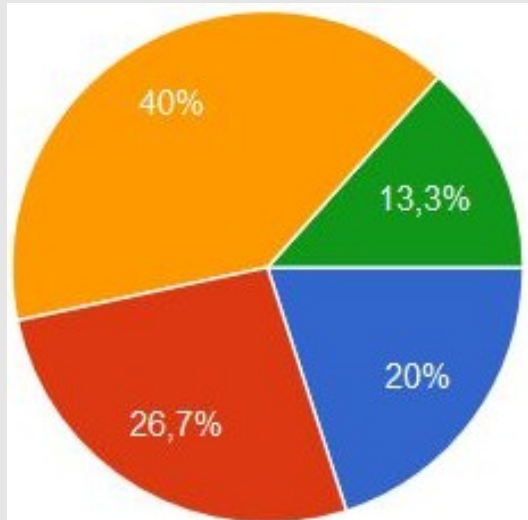
	FRANCE	ITALY	POLAND	ROMANIA
healthy life style (exercising, healthy eating, etc.), lack of addictions	70% 96%	100% 93%	81.5% 79 %	95% 100%
full mobility	26.7% 36%	18.2% 13%	29.6% 21%	- 21%
lack of dysfunctions (problems with sight or hearing, etc.)	23.3% 41%	- -	11.1% 26%	10% 10%
controlling my health (visiting the doctors)	43.3% 41%	22.7% 13%	51.9% 32%	15% 26%
peace of mind	46.7% 36%	27.3% 53%	40.7% 32%	60% 63%

* in red : answers given at the end of the project

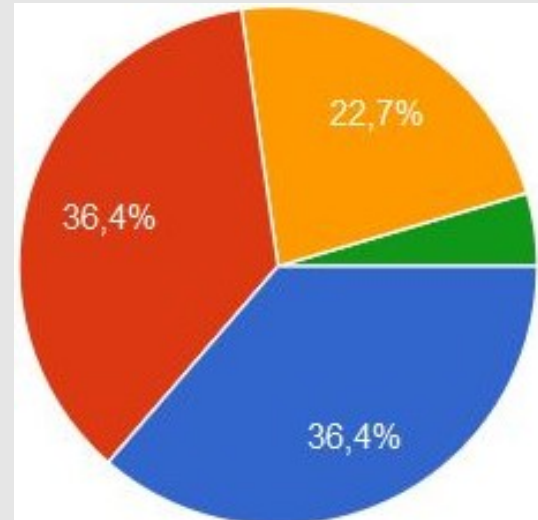
A)2) What do you think is the most important aspect to be healthy?

- taking up any sport
- personal hygiene
- healthy eating
- other

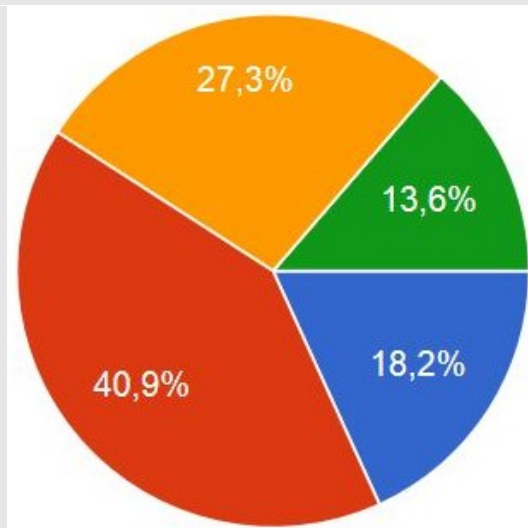
FRANCE (beginning)



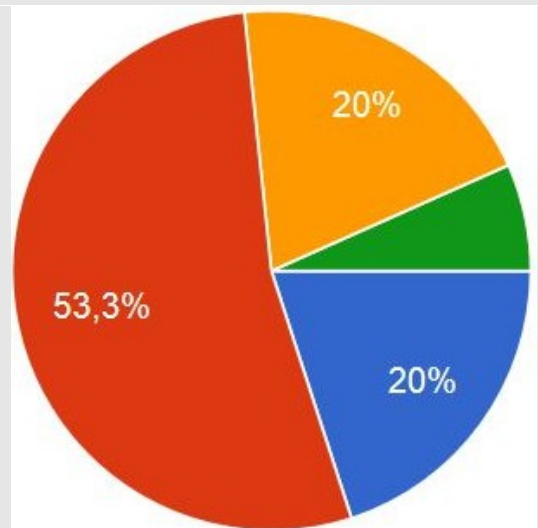
ITALY (beginning)



FRANCE (end)



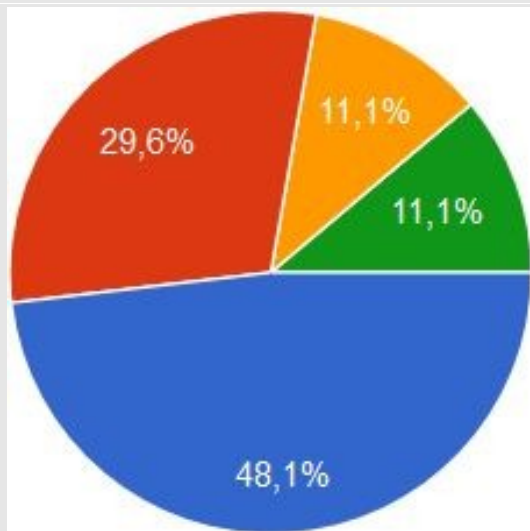
ITALY (end)



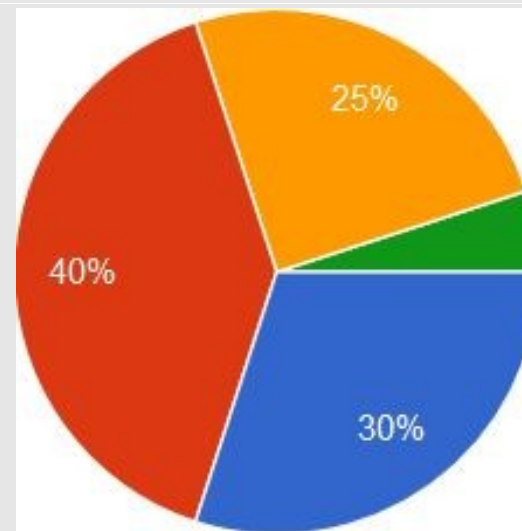
A)2) What do you think is the most important aspect to be healthy?

- taking up any sport
- personal hygiene
- healthy eating
- other

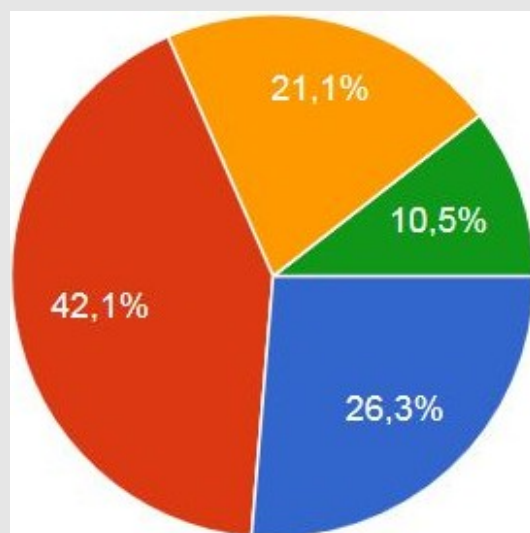
POLAND (beginning)



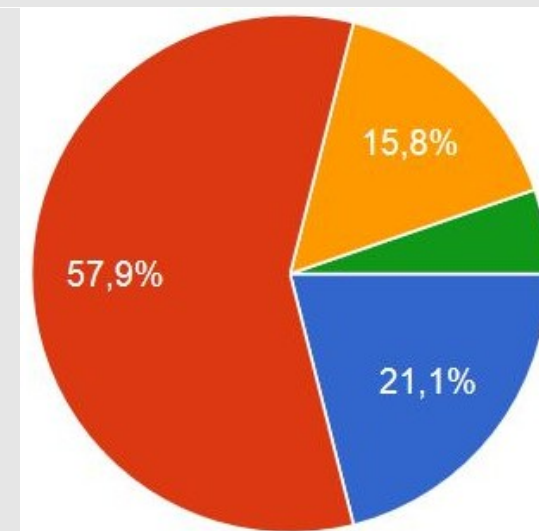
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



A)3) How do you look after your health? (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
avoid stress	40% 46%	9.1% 40%	29.6% 47%	25% 32%
regularly visit doctors	16.7% 14%	22.7% 7%	18.5% 37%	25% 21%
eat healthily	60% 64%	68.2% 73%	66.7% 47%	70% 89%
take up sports	56.7% 46%	72.7% 73%	70.4% 42%	70% 68%

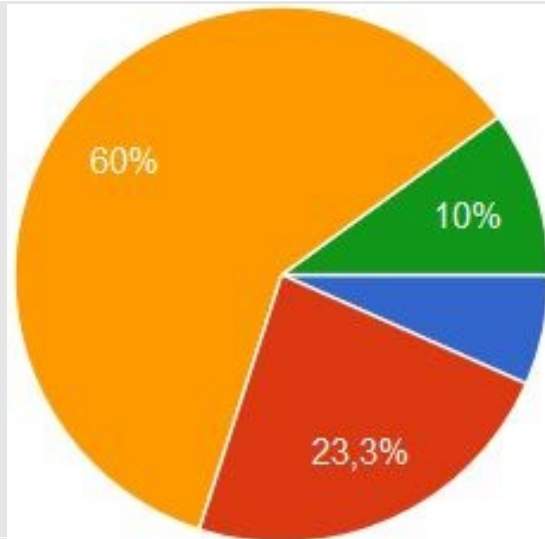
* in red : answers given at the end of the project

A)4) How do you rate your health?

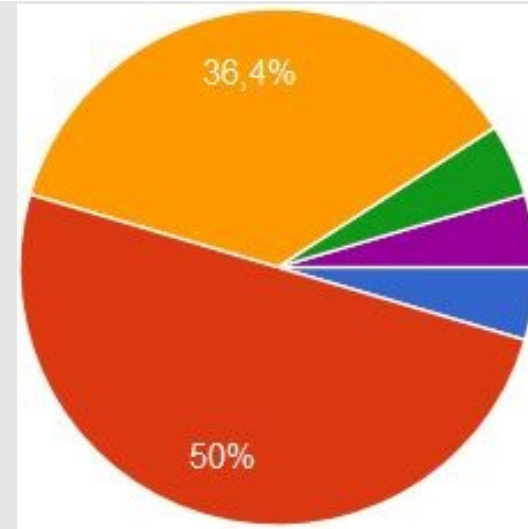
● excellent
● very good
● good

● satisfactory
● poor

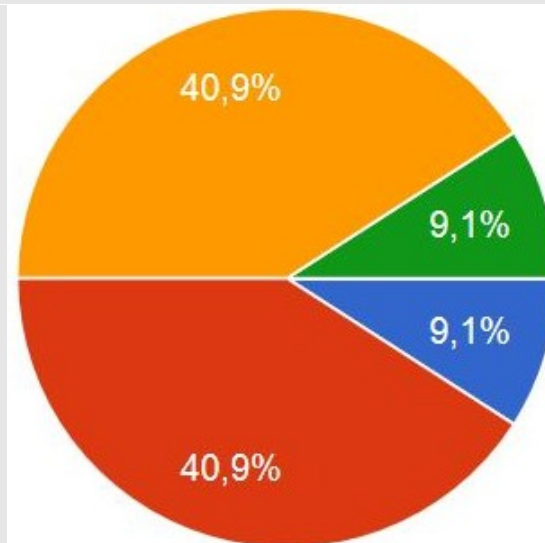
FRANCE (beginning)



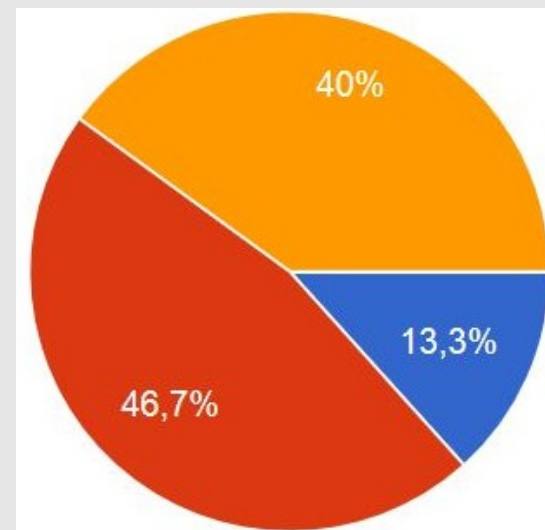
ITALY (beginning)



FRANCE (end)



ITALY (end)

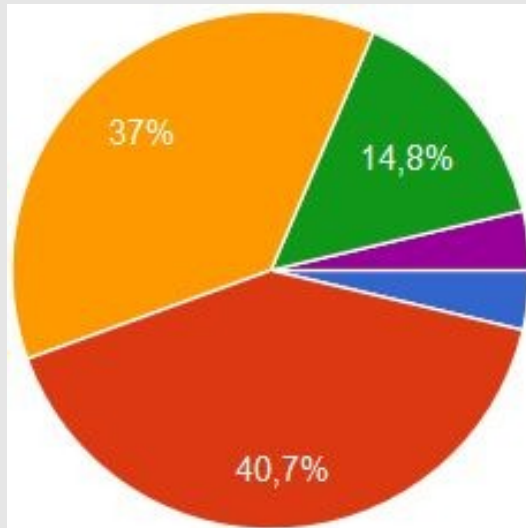


A)4) How do you rate your health?

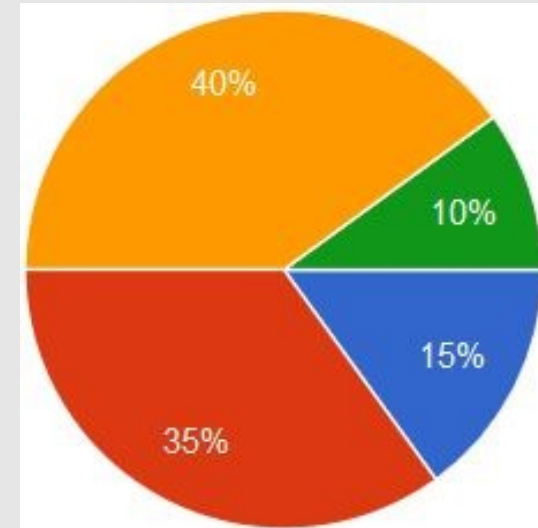
● excellent
● very good
● good

● satisfactory
● poor

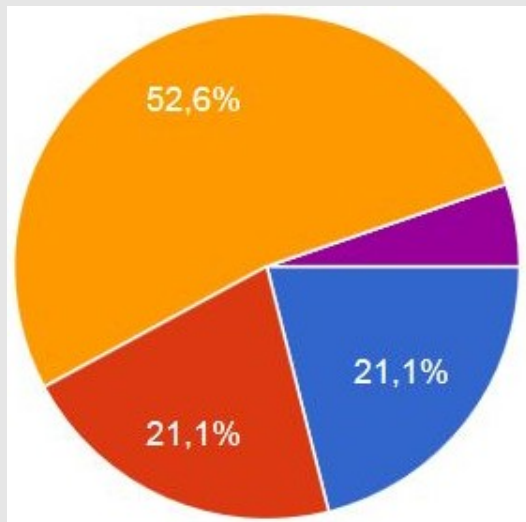
POLAND (beginning)



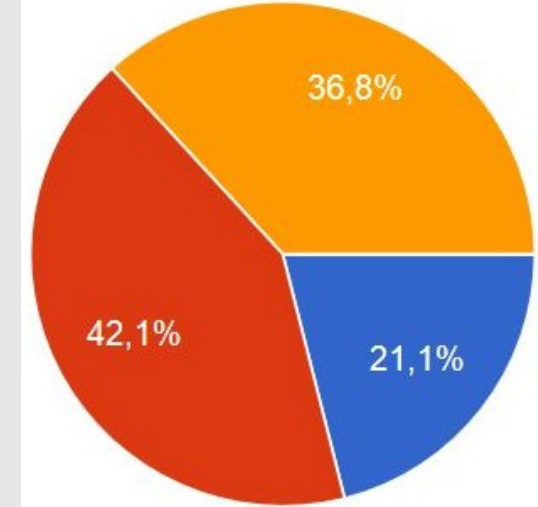
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

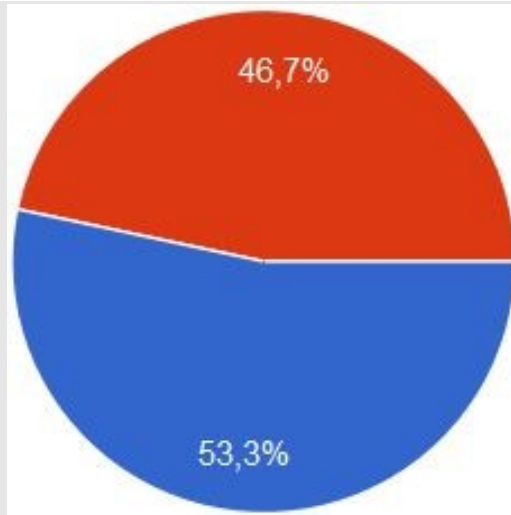


B) Physical or sports activities

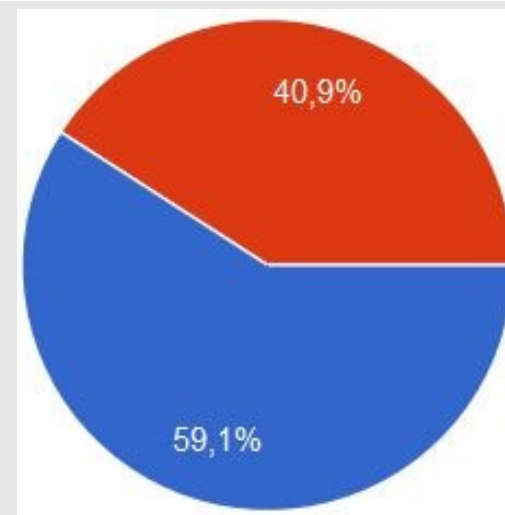
B)1) Do you make any difference between physical activities and sports activities?

● yes, I do
● no, I don't

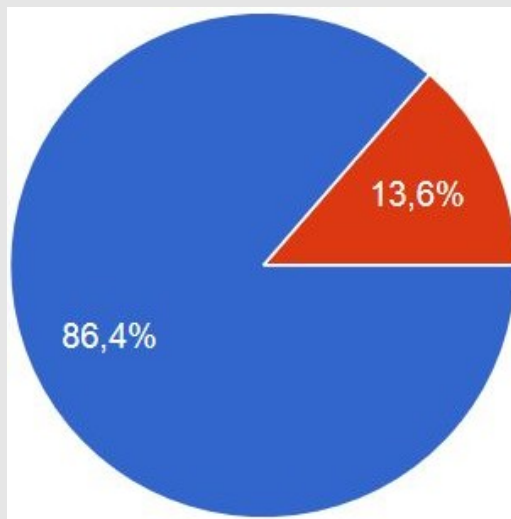
FRANCE (beginning)



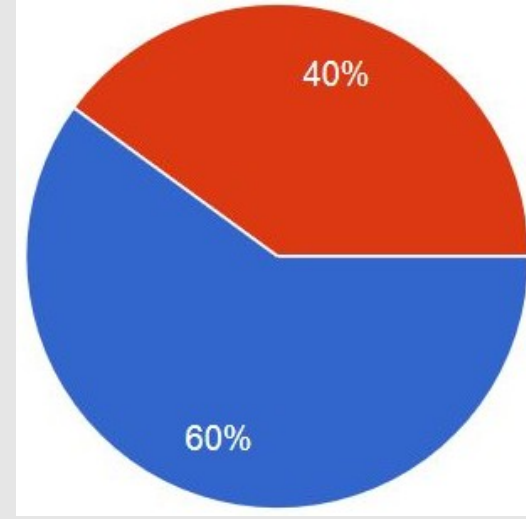
ITALY(beginning)



FRANCE (end)



ITALY (end)



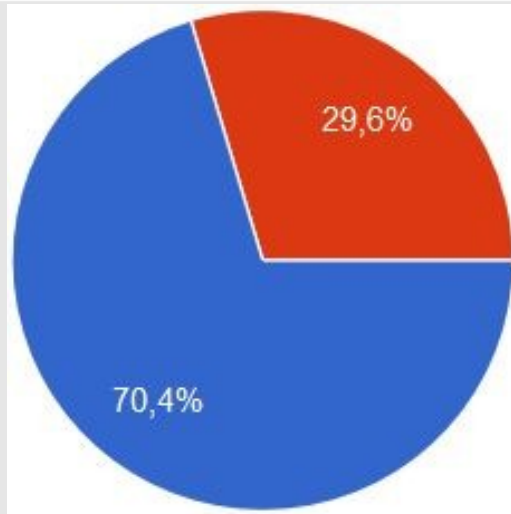
B) Physical or sports activities

B)1) Do you make any difference between physical activities and sports activities?

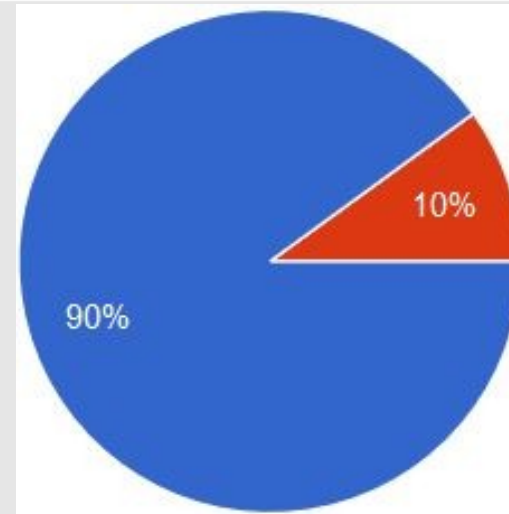
● yes, I do

● no, I don't

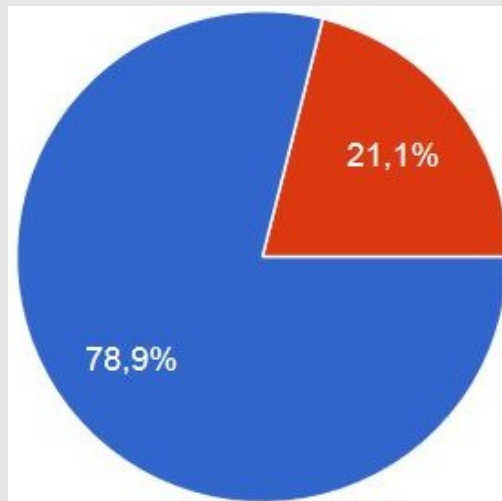
POLAND (beginning)



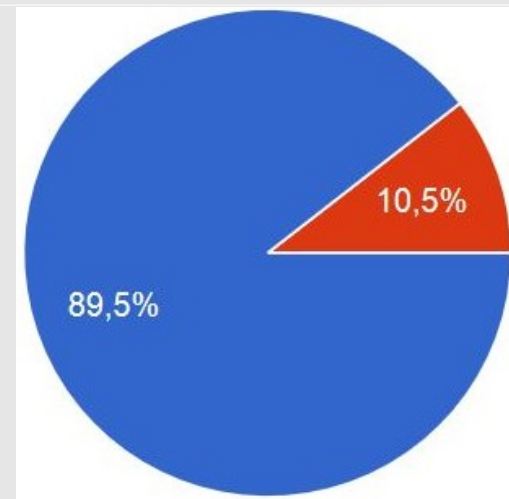
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



B)2) Intense sports activity is an activity that requires a significant physical effort resulting in a significant shortness of breath and a sharp acceleration of the pulse.
How many times a week do you have at least 20 minutes of intense physical activity?

	FRANCE	ITALY	POLAND	ROMANIA
never (score: 0)	10% 18%	- -	11.1% 21%	- -
once to twice a week (score: 2)	66.7% 37%	45.5% 54%	40.7% 32%	60% 32%
3 times a week (score 3)	20% 31%	22.7% 33%	7.4% 42%	15% 16%
more than 3 times a week (score: 4)	3.3% 14%	31.8% 13%	40.7% 5%	25% 52%

* in red : answers given at the end of the project

B)3) Moderate physical activity is an activity in everyday life that requires moderate physical exertion resulting in a slight shortness of breath and a small acceleration of the pulse.

How many times a week do you do 30 minutes of moderate physical activity?

	FRANCE	ITALY	POLAND	ROMANIA
never (score: 0)	3.3% -	4.5% -	11.1% 32%	- -
once to twice a week (score: 2)	56.7% 41%	31.8% 33%	48.1% 32%	35% 21%
3 to 4 times a week (score: 2)	26.7% 41%	36.4% 47%	33.3% 20%	25% 21%
more than 5 times a week (score: 4)	13.3% 18%	27.3% 20%	7.4% 16%	40% 58%

* in red : answers given at the end of the project

!!!! Small checkpoint: total score of the 2 previous questions

If the score is greater than or equal to 4: the person is active "enough" and must continue!

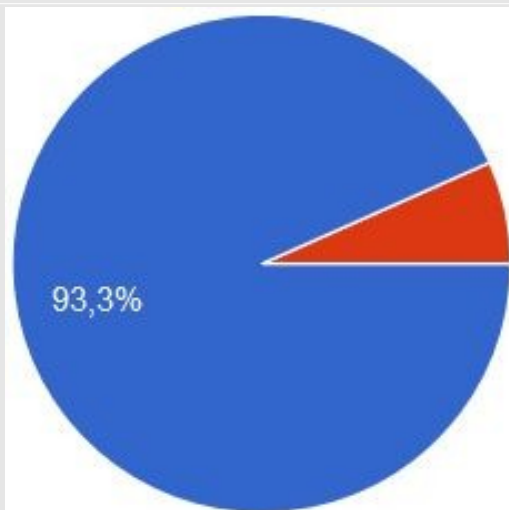
If the score is less than 4: the person is "insufficiently" active and he or she must increase their physical activity / sport per week.

B)4) Do you think that physical activity or sport improves sleep?

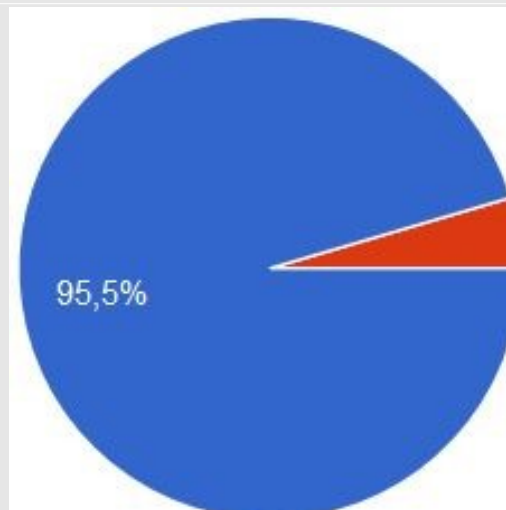
● yes, I do

● no, I don't

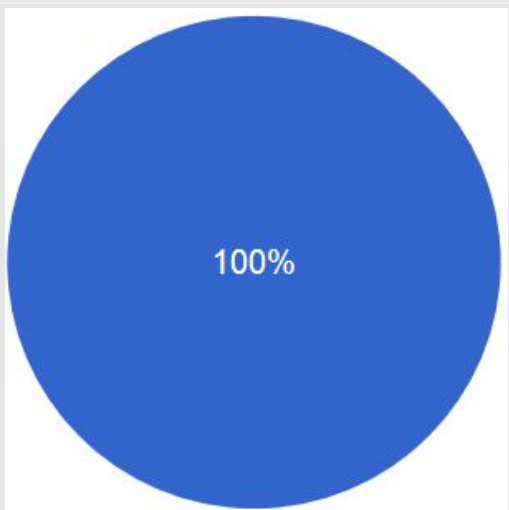
FRANCE (beginning)



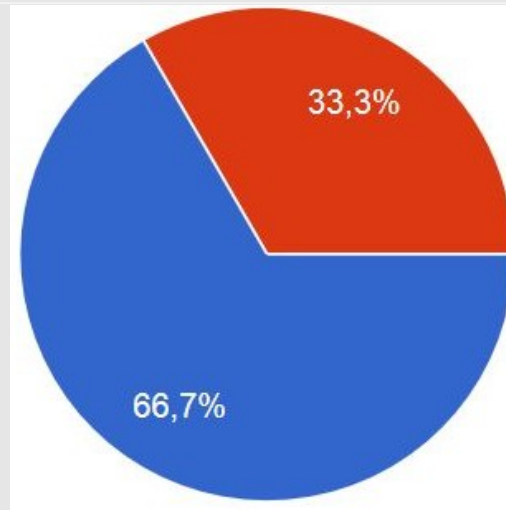
ITALY (beginning)



FRANCE (end)



ITALY (end)

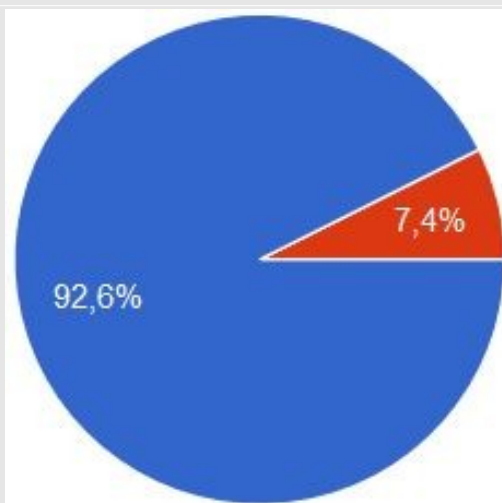


B)4) Do you think that physical activity or sport improves sleep?

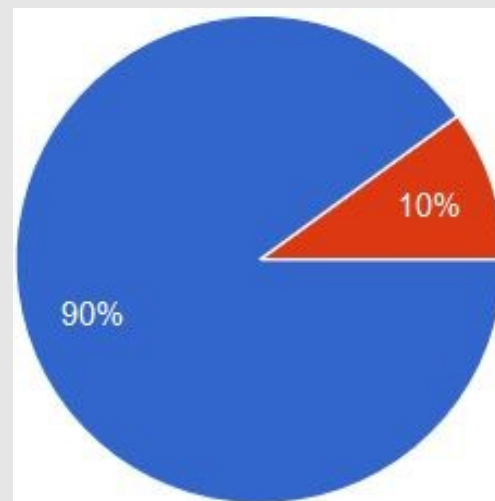
● yes, I do

● no, I don't

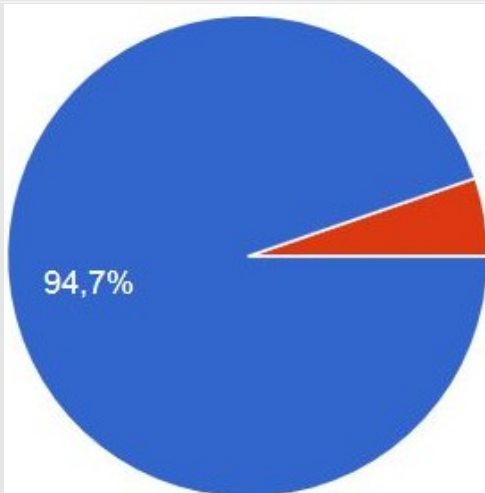
POLAND (beginning)



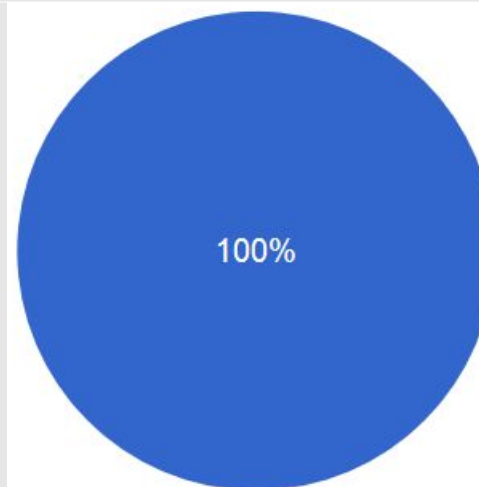
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

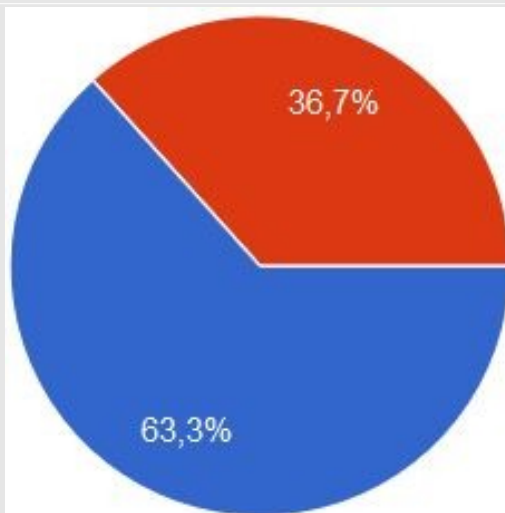


B)5) Did you know that when you practice a physical activity or sport, your body secretes the « well-being » hormone?

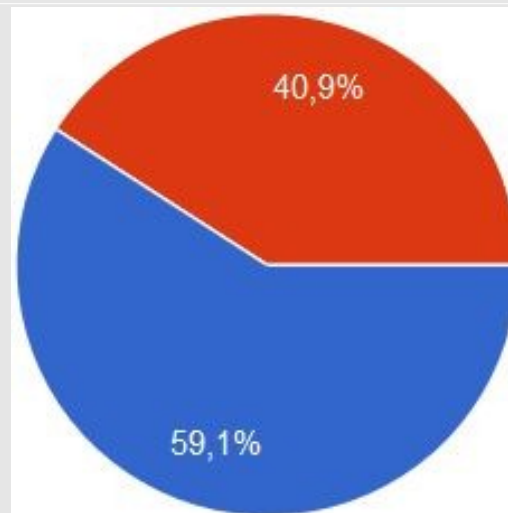
● yes, I do

● no, I don't

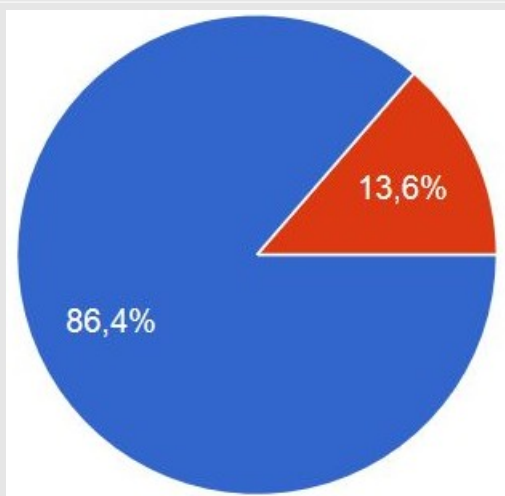
FRANCE (beginning)



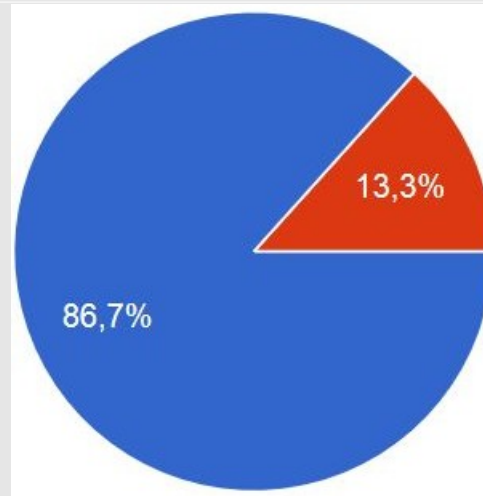
ITALY(beginning)



FRANCE (end)



ITALY (end)

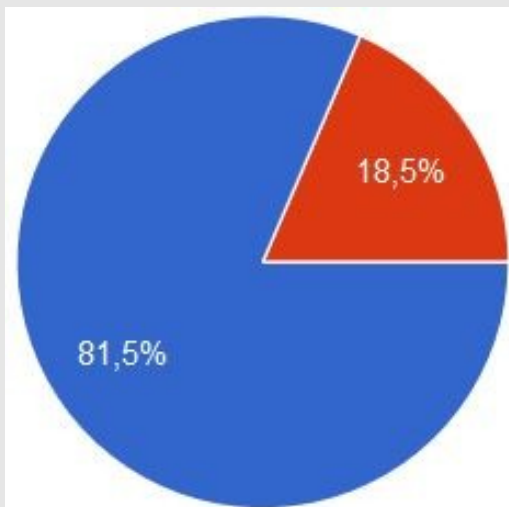


B)5) Did you know that when you practice a physical activity or sport, your body secretes the « well-being » hormone?

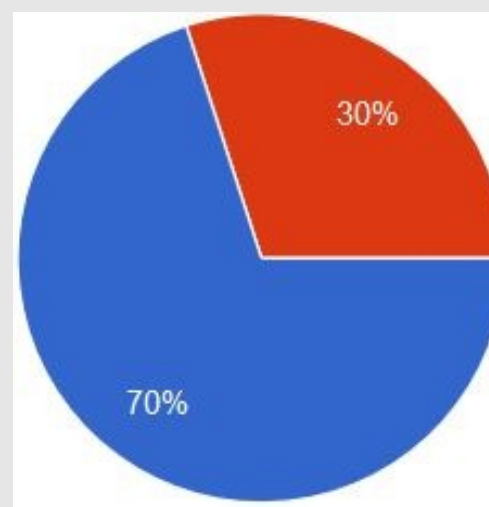
● yes, I do

● no, I don't

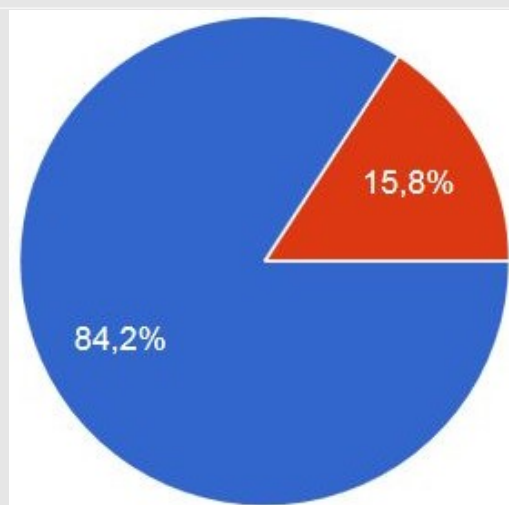
POLAND (beginning)



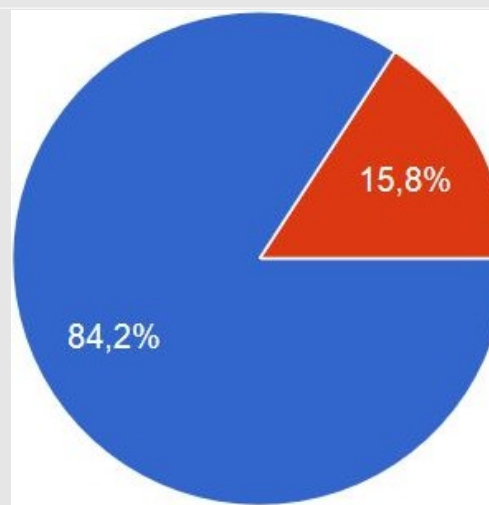
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



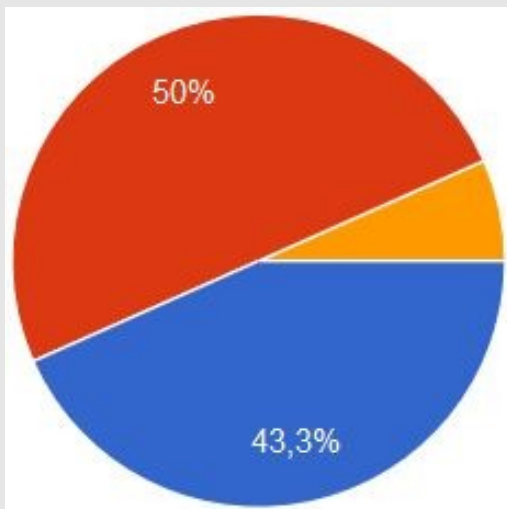
B)6) The days you practice a sports activity, do you change the way you feed yourself?

● yes, I do

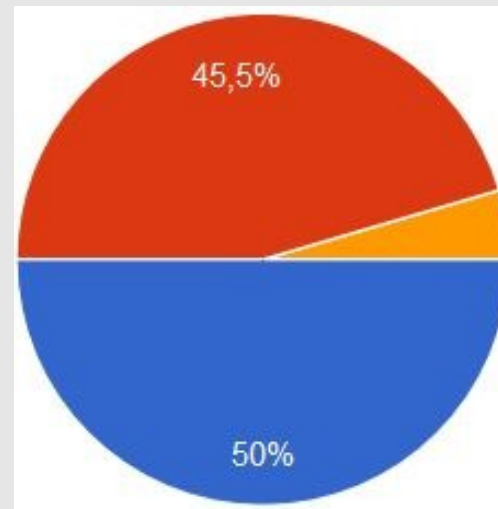
● No, I don't.

● I don't practice any sports activity

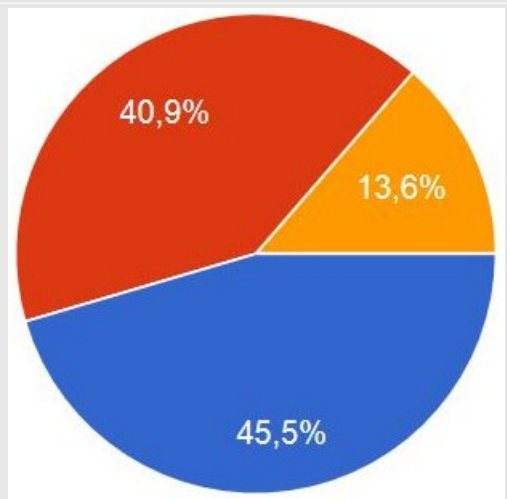
FRANCE (beginning)



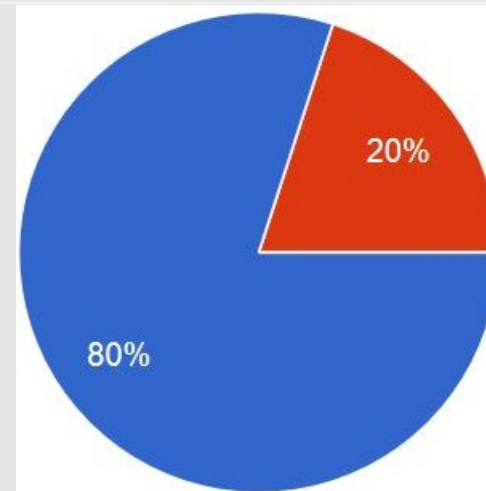
ITALY(beginning)



FRANCE (end)



ITALY (end)



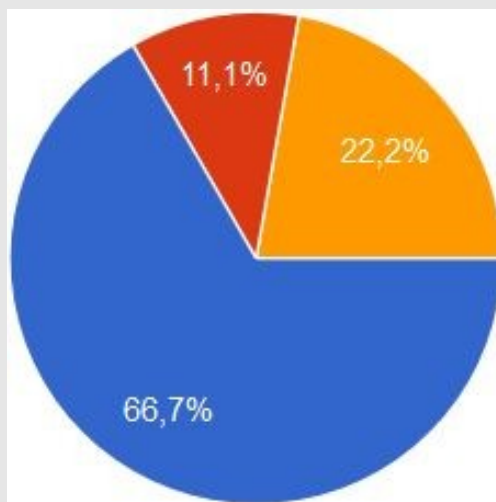
B)6) The days you practice a sports activity, do you change the way you feed yourself?

● yes, I do

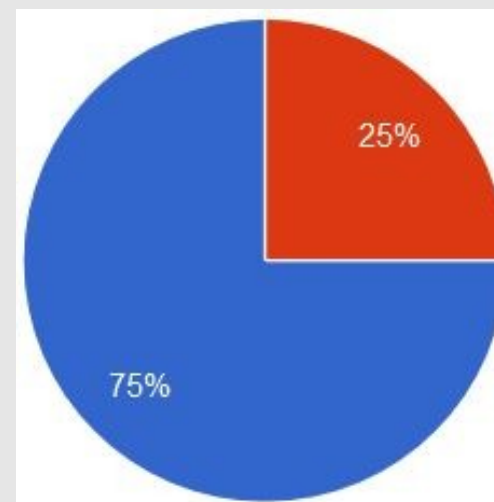
● No, I don't.

● I don't practice any sports activity

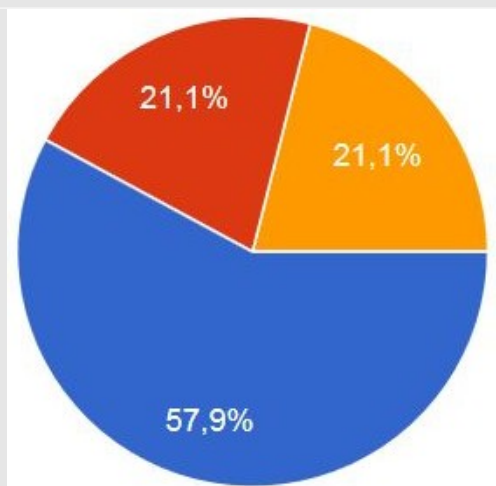
POLAND (beginning)



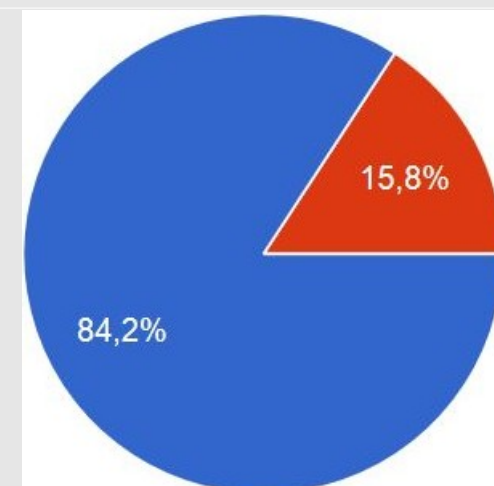
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



B)7) If you answered "yes" to the previous question, you eat: (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
more starchy foods (pasta, rice ...)	84.6% 75%	50% 46%	47.6% 8%	16.3% 25%
more sweet drinks / chocolate bars	15.4% 8%	- -	33.3% 33%	- 6%
more fruits / vegetables	69.2% 75%	58.3% 54%	71.4% 42%	66.7% 94%
more protein (in the form of eggs, fish, meat ...)	61.5% 58%	83.3% 69%	61.9% 50%	61.1% 69%
more protein (in the form of powder, high protein bar ...)	15.4% 17%	8.3% -	14.3% 0%	11.1% -

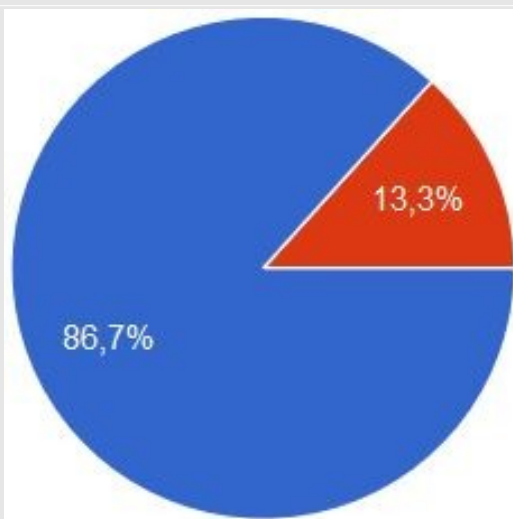
*** in red : answers given at the end of the project**

B)8) In your opinion, is there a link between physical activity / sport and the improvement of attention capacity?

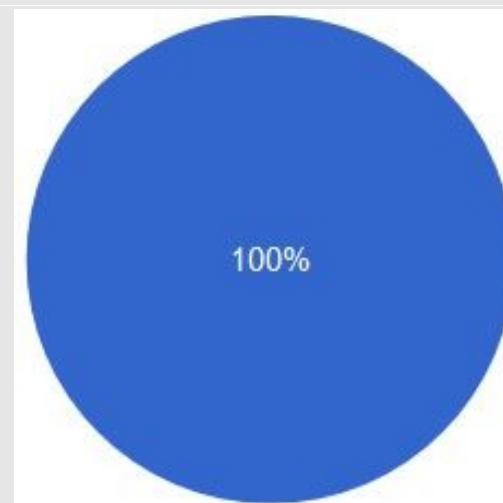
● Yes, there is

● No, there isn't.

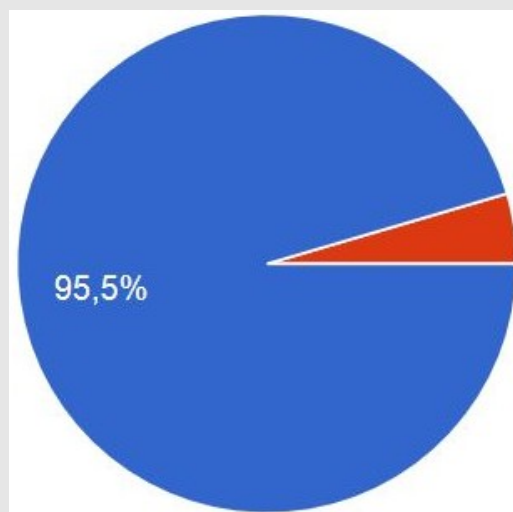
FRANCE (beginning)



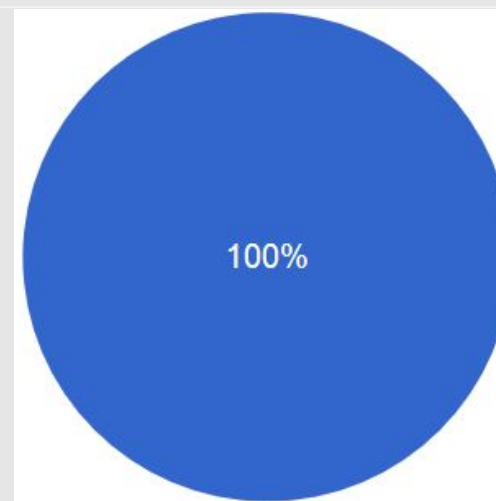
ITALY(beginning)



FRANCE (end)



ITALY (end)

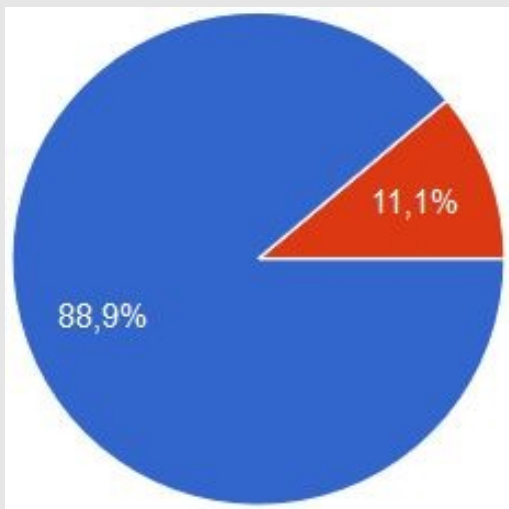


B)8) In your opinion, is there a link between physical activity / sport and the improvement of attention capacity?

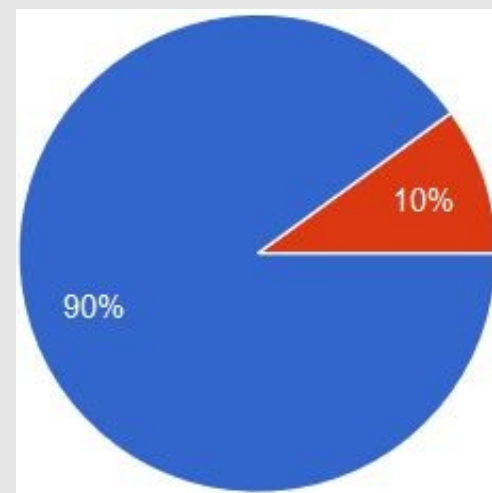
● Yes, there is

● No, there isn't.

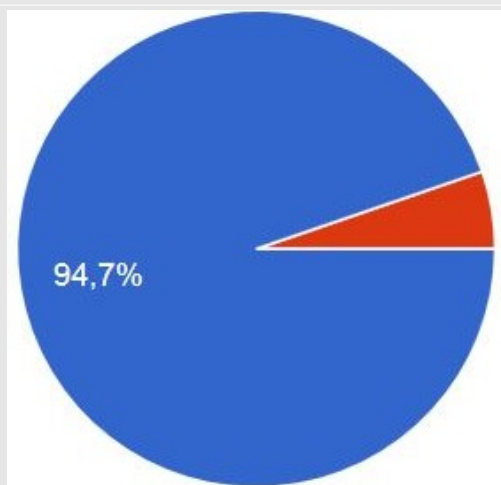
POLAND (beginning)



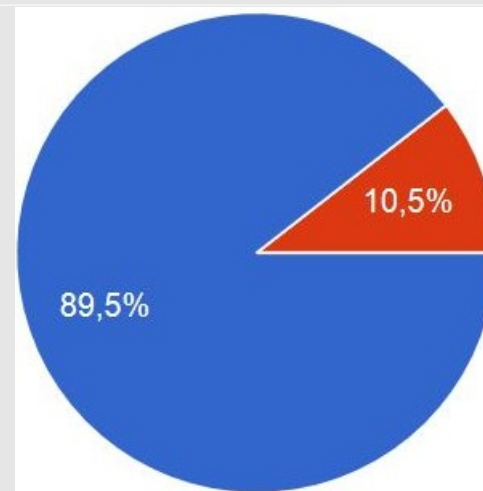
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



C) Addictions

C)1) How do you spend your free time? (Just 3 answers : 1 or 2 or 3)

	FRANCE	FRANCE	ITALY	ITALY
by the computer and phone	1) 41% 2) 23% 3) 18%	1) 32% 2) 23% 3) 37%	1) 15% 2) 20% 3) 25%	1) 27% 2) 27% 3) 47%
reading books and magazines	1) 22% 2) 20% 3) 14%	1) 27% 2) 32% 3) 18%	1) 25% 2) 20% 3) 17%	1) 53% 2) 20% 3) 13%
going to the gym	1) 17% 2) 9% 3) 4%	1) 32% 2) 18% 3) 9%	1) 15% 2) 17% 3) 17%	1) 27% 2) 53% 3) 20%
walking	1) 6% 2) 28% 3) 21%	1) 9% 2) 46% 3) 18%	1) 10% 2) 22% 3) 18%	1) 27% 2) 33% 3) 33%
aerobics / zumba	1) 3% 2) - 3) 4%	1) 37% 2) - 3) 14%	1) 25% 2) 5% 3) -	1) 73% 2) 13% 3) -
other	1) 11% 2) 20% 3) 39%	1) 27% 2) 9% 3) 55%	1) 10% 2) 16% 3) 23%	1) - 2) 40% 3) 40%

* in red : answers given at the end of the project

C) Addictions

C)1) How do you spend your free time? (Just 3 answers : 1 or 2 or 3)

	POLAND	POLAND	ROMANIA	ROMANIA
by the computer and phone	1) 19% 2) 22% 3) 21%	1) 26% 2) 37% 3) 26%	1) 13% 2) 27% 3) 27%	1) 47% 2) 36% 3) 16%
reading books and magazines	1) 19% 2) 20% 3) 9%	1) 32% 2) 32% 3) 16%	1) 19% 2) 30% 3) 10%	1) 26% 2) 58% 3) 10%
going to the gym	1) 13% 2) 22% 3) 18%	1) 16% 2) 21% 3) 21%	1) 23% 2) 10% 3) 17%	1) 47% 2) 16% 3) 21%
walking	1) 11% 2) 22% 3) 15%	1) 21% 2) 32% 3) 21%	1) 10% 2) 17% 3) 30%	1) 26% 2) 26% 3) 36%
aerobics / zumba	1) 19% 2) 4% 3) 18%	1) 37% 2) 10% 3) 10%	1) 26% 2) - 3) 7%	1) 42% 2) 5% 3) 26%
other	1) 19% 2) 10% 3) 19%	1) 5% 2) 32% 3) 63%	1) 10% 2) 17% 3) 10%	1) 16% 2) 21% 3) 21%

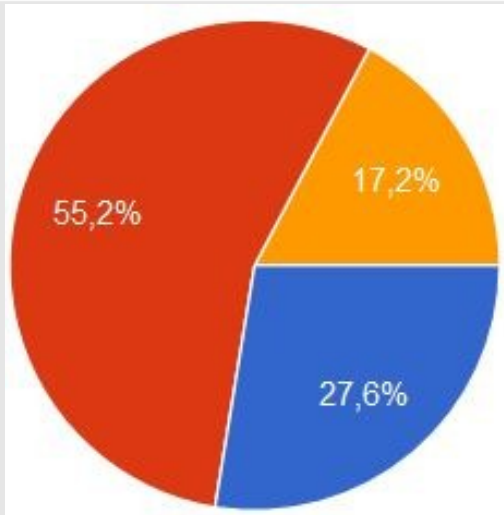
* in red : answers given at the end of the project

MOBILE PHONE

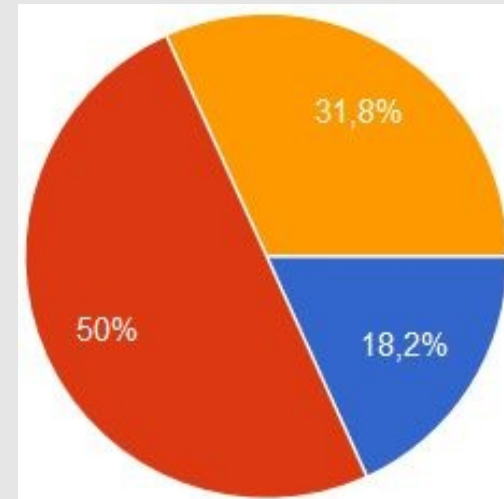
C)2) How much time per day do you spend with your mobile phone?

● less than an hour ● two to three hours ● more than three hours

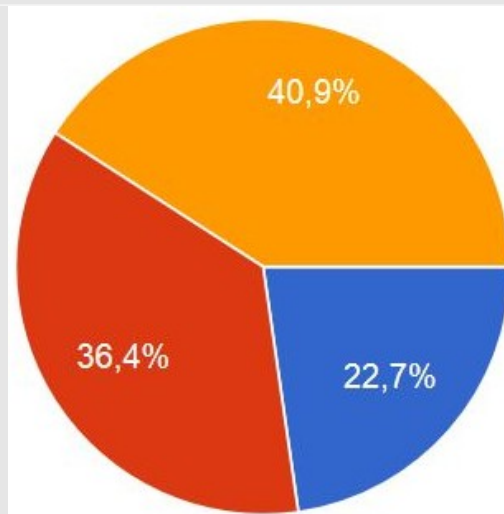
FRANCE (beginning)



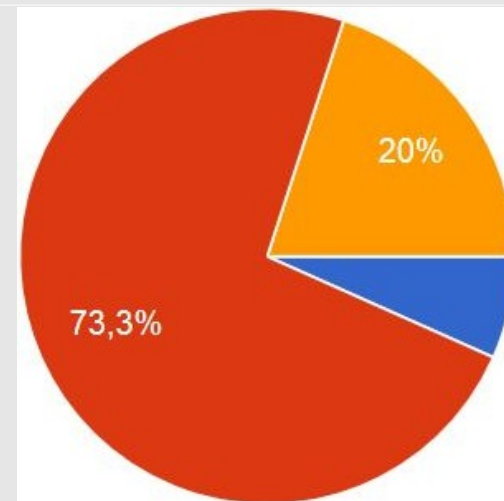
ITALY (beginning)



FRANCE (end)



ITALY (end)



MOBILE PHONE

C)2) How much time per day do you spend with your mobile phone?



less than an hour

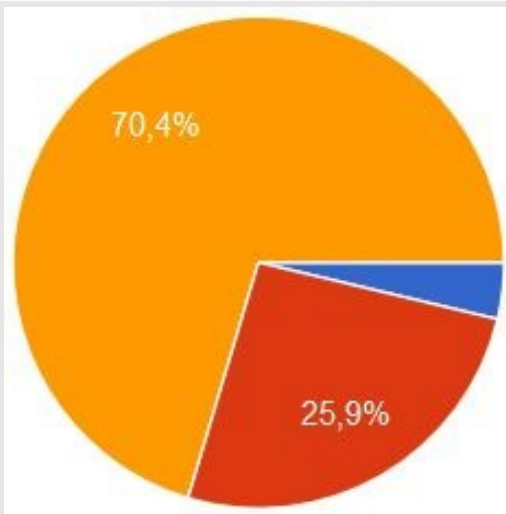


two to three hours

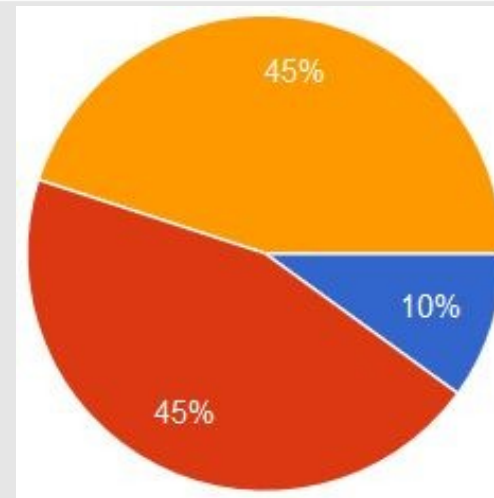


more than three hours

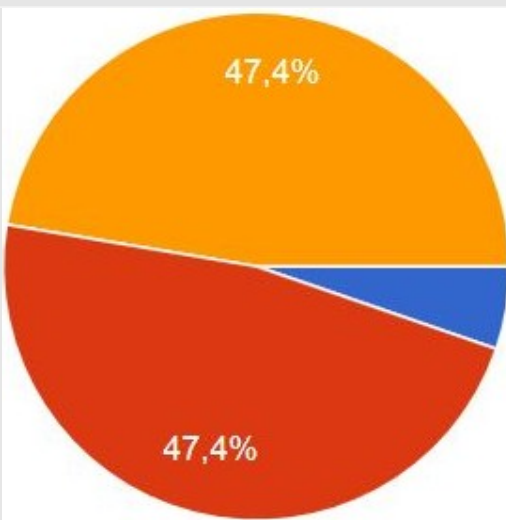
POLAND (beginning)



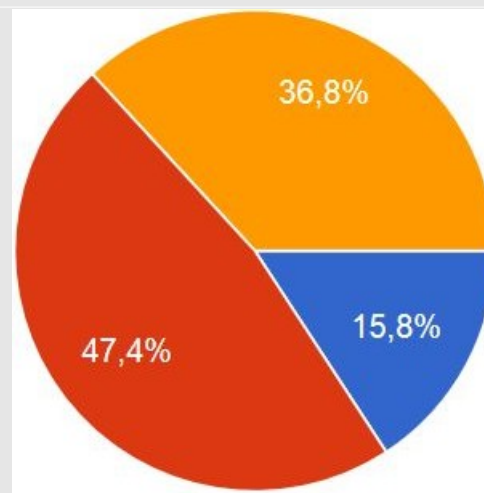
ROMANIA (beginning)



POLAND (end)



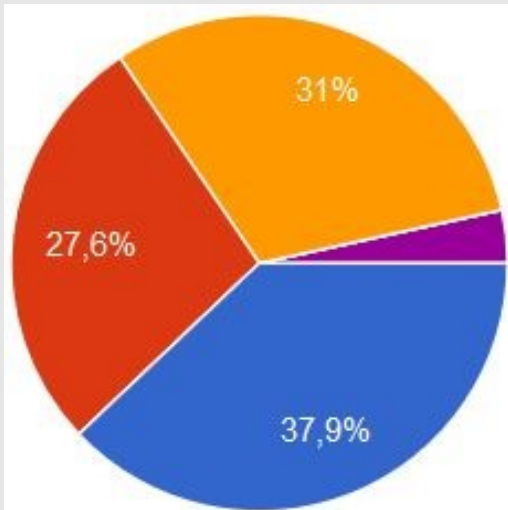
ROMANIA (end)



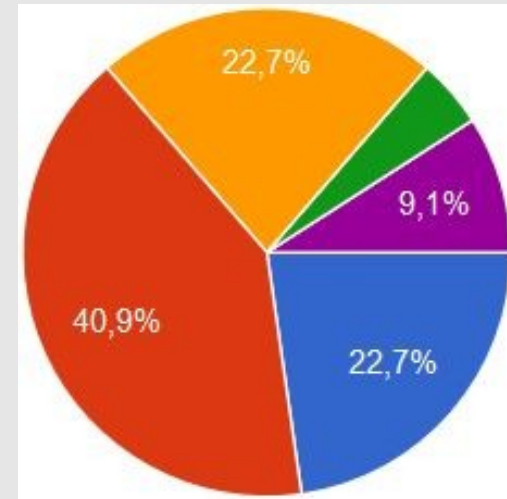
C)3) When your mobile phone doesn't work properly or you can not charge it, you are:



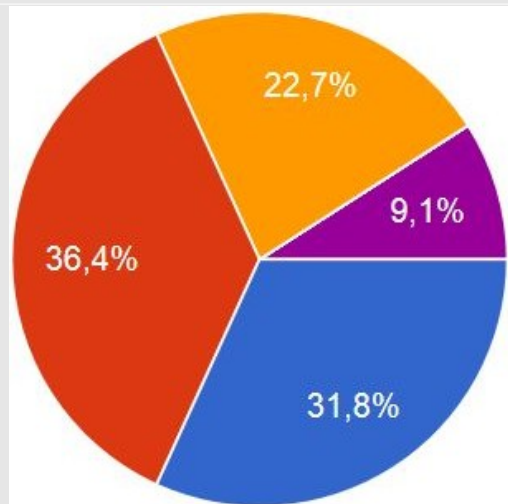
FRANCE (beginning)



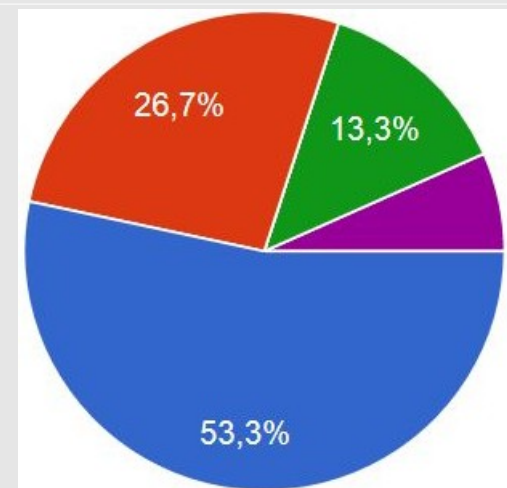
ITALY (beginning)



FRANCE (end)



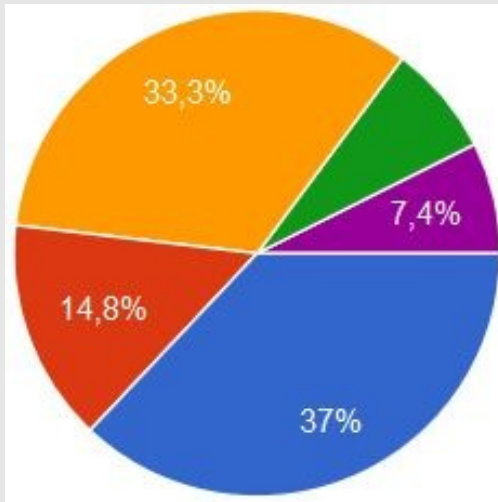
ITALY (end)



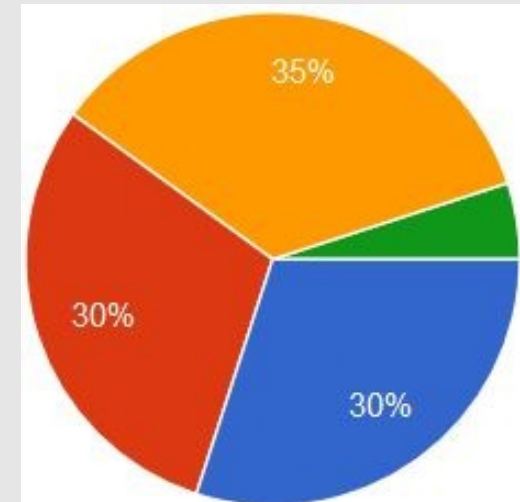
C)3) When your mobile phone doesn't work properly or you can not charge it, you are:



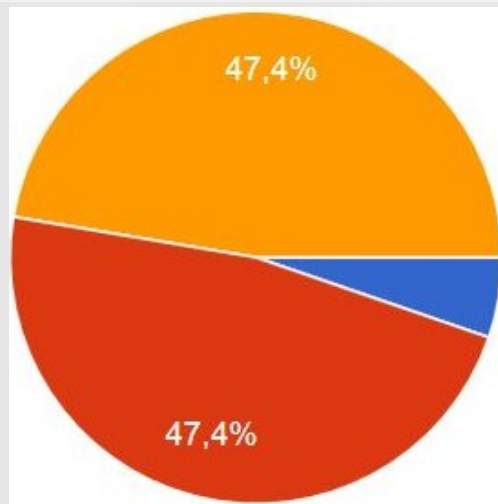
POLAND (beginning)



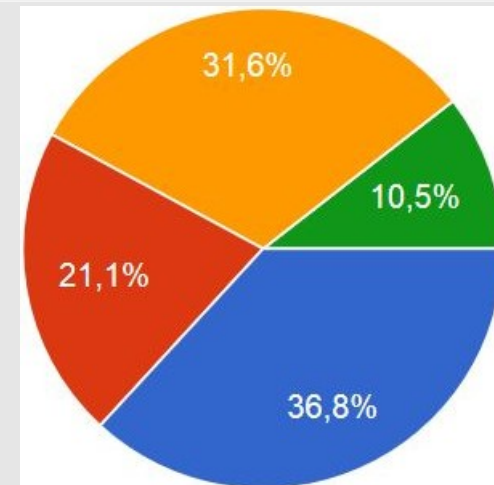
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



C)4) Replying to a message or e-mail that has just arrived is:

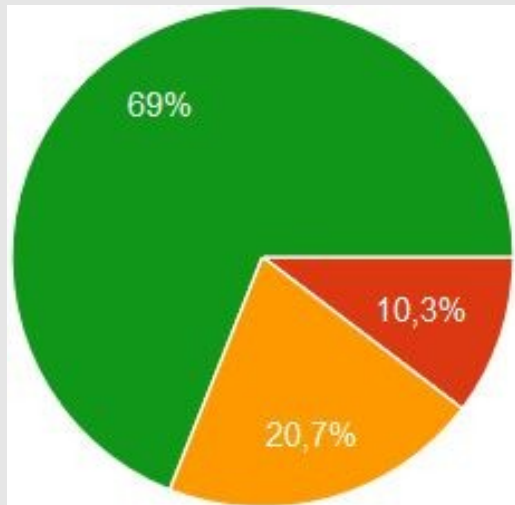
● an absolute urgency

● a priority

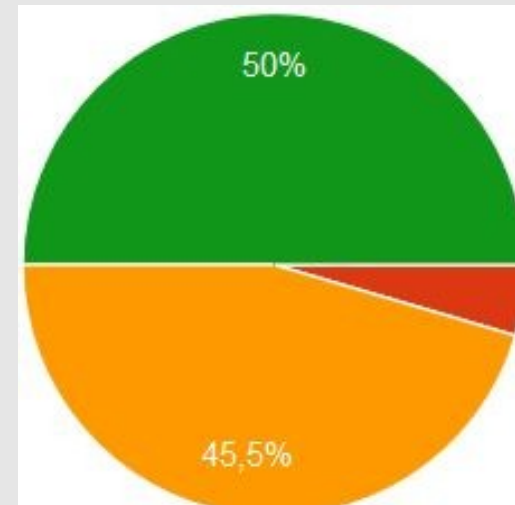
● important

● optional

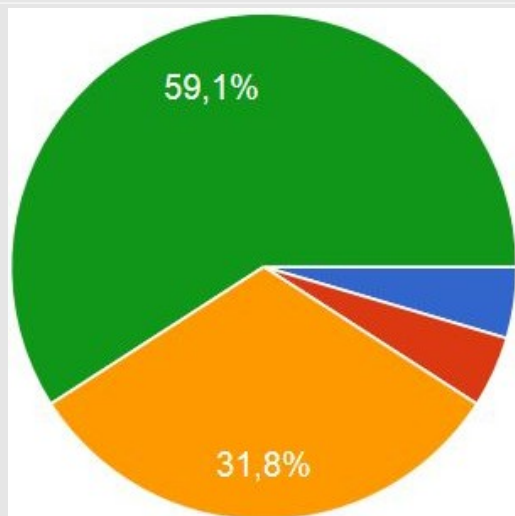
FRANCE (beginning)



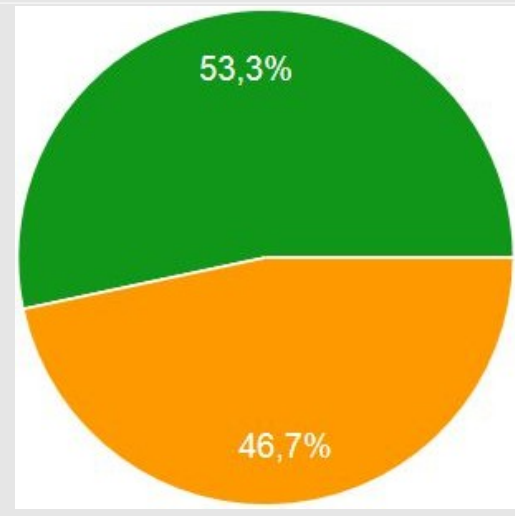
ITALY (beginning)



FRANCE (end)



ITALY (end)



C)4) Replying to a message or e-mail that has just arrived is:

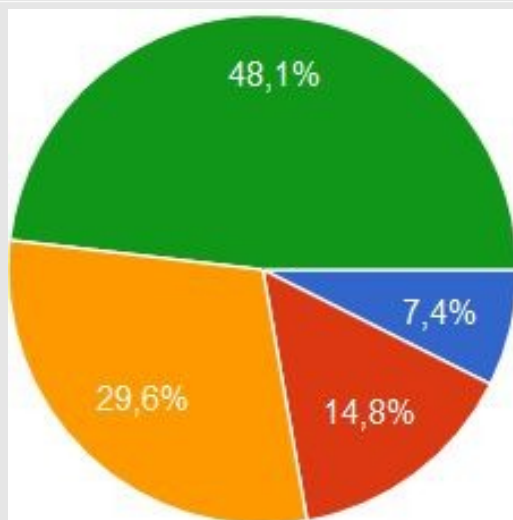
an absolute urgency

a priority

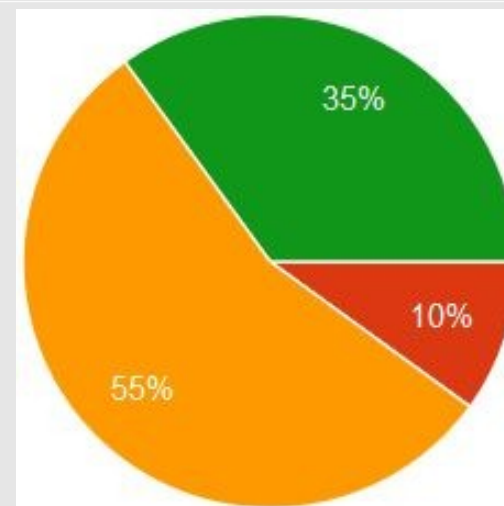
important

optional

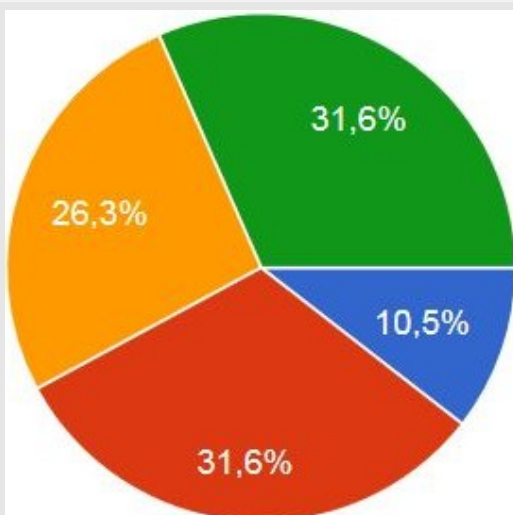
POLAND (beginning)



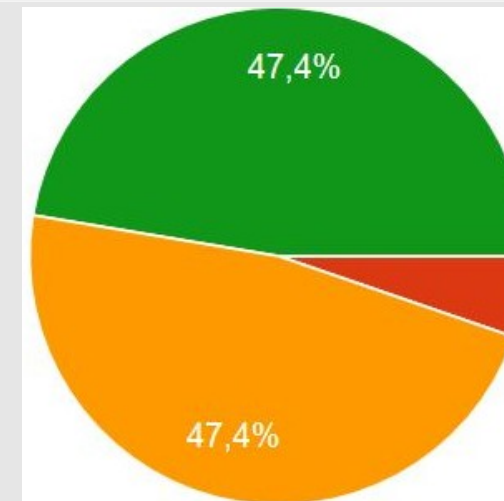
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



C)5) If you lost your mobile phone, what would your reaction be?

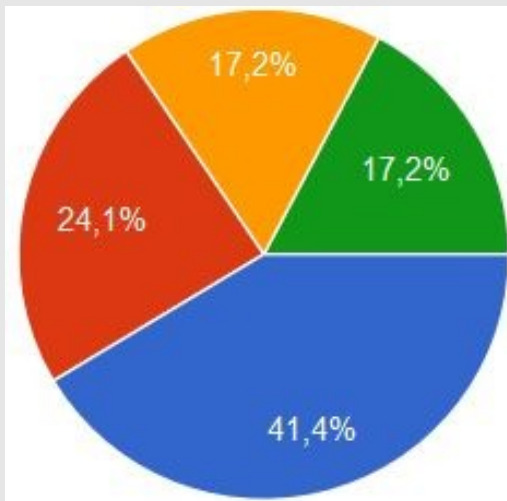
● a major stress stroke

● an easily mastered stress

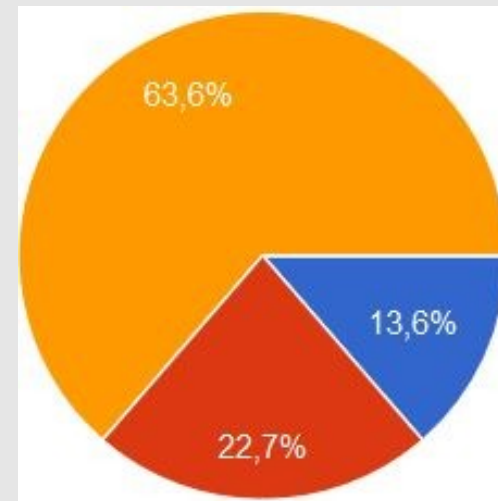
● a panic attack

● it is not important in the immediate future

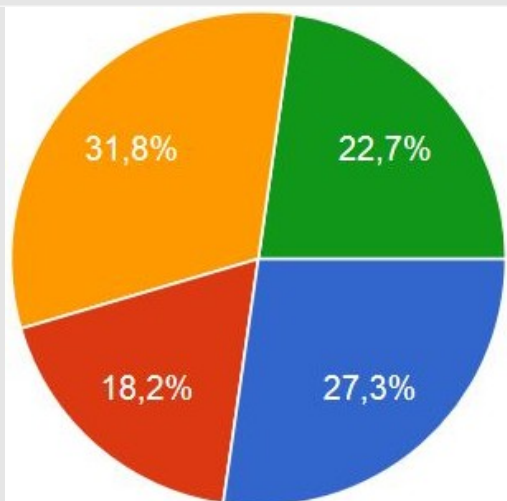
FRANCE (beginning)



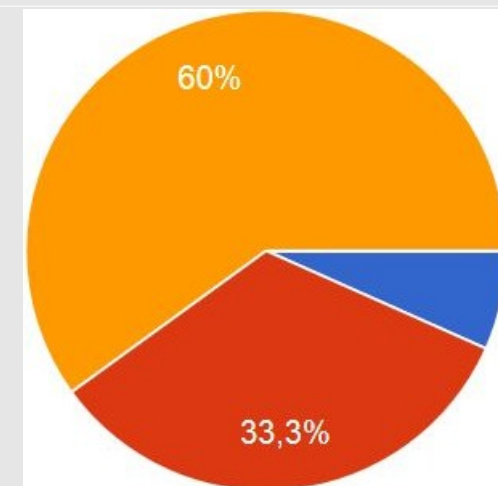
ITALY(beginning)



FRANCE (end)



ITALY (end)



C)5) If you lost your mobile phone, what would your reaction be?

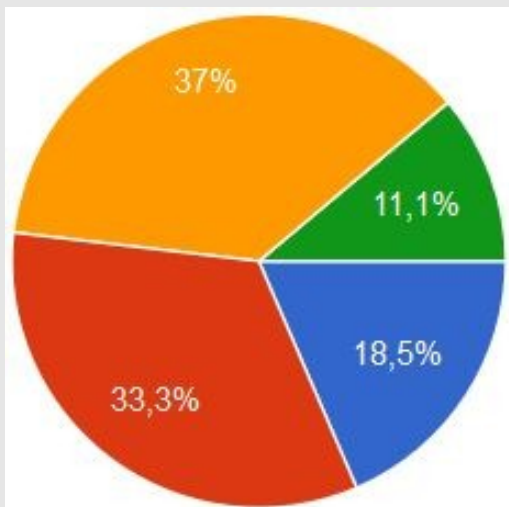
● a major stress stroke

● an easily mastered stress

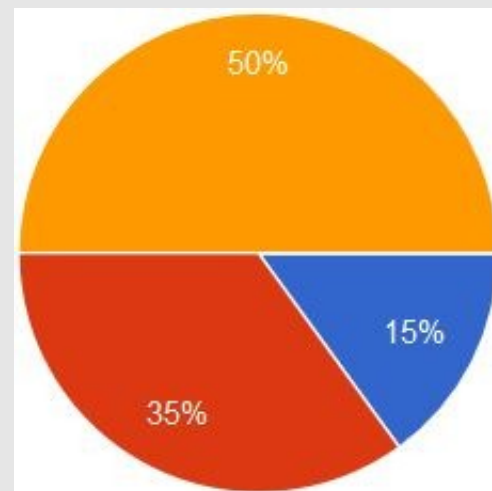
● a panic attack

● it is not important in the immediate future

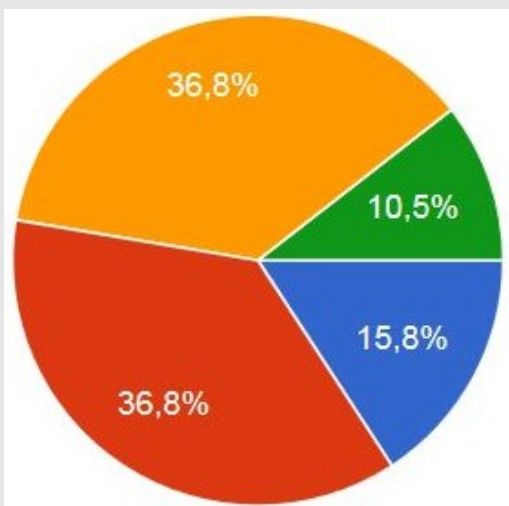
POLAND (beginning)



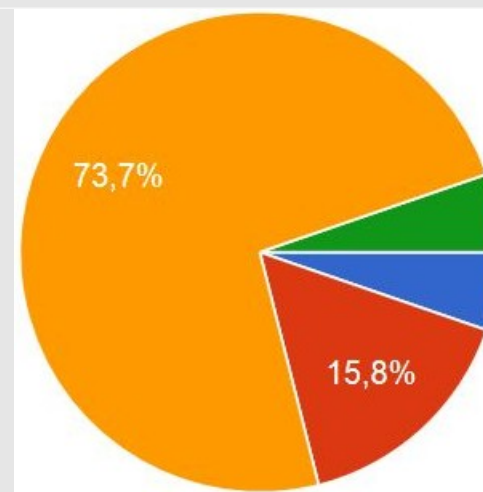
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



TV - Video games - Online games

C)6) How often do you watch tv?

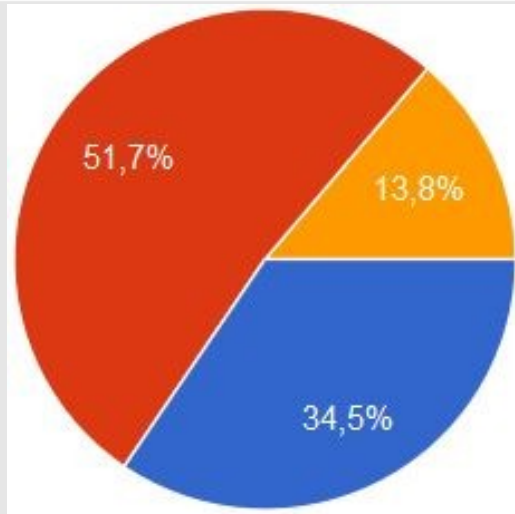
● never

● about 1 hour a day

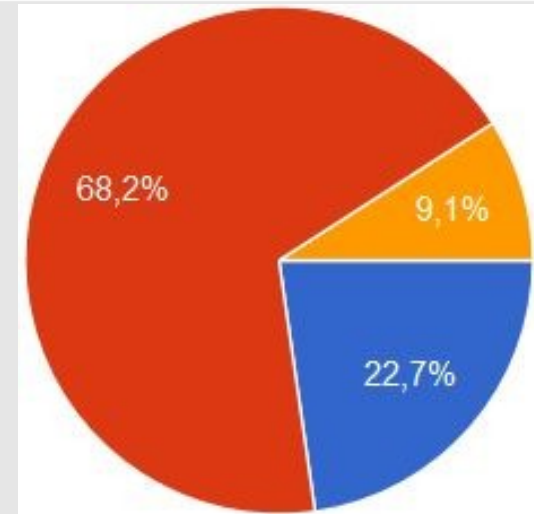
● 2-3 hours a day

● 4 hours and more

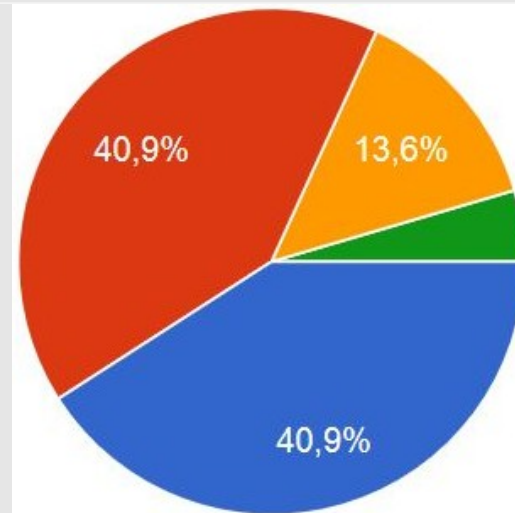
FRANCE (beginning)



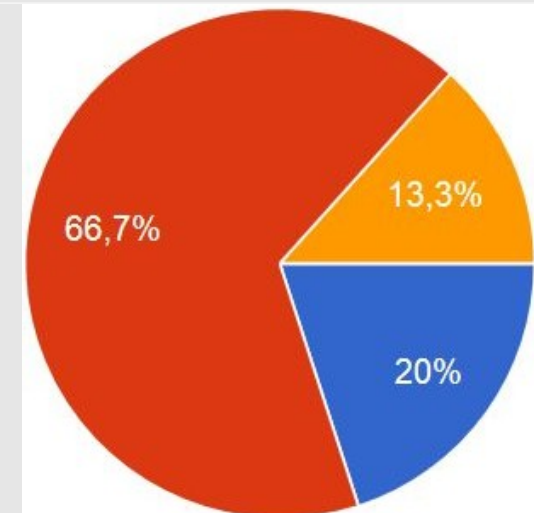
ITALY (beginning)



FRANCE (end)



ITALY (end)



TV - Video games - Online games

C)6) How often do you watch tv?

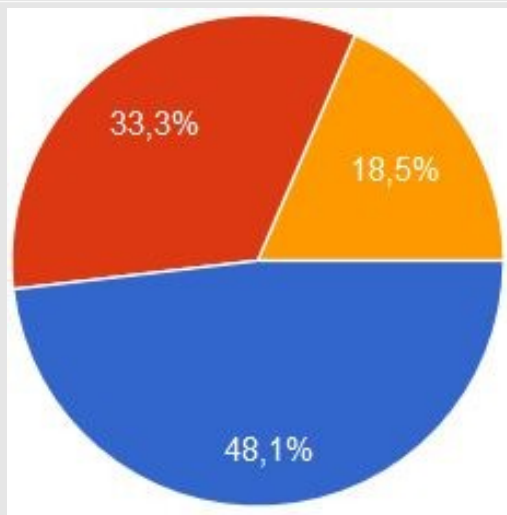
● never

● 2-3 hours a day

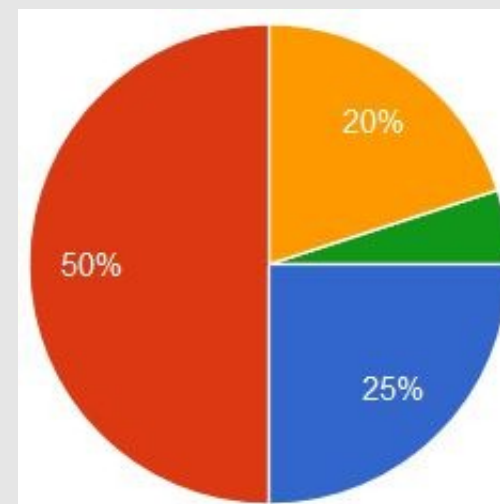
● about 1 hour a day

● 4 hours and more

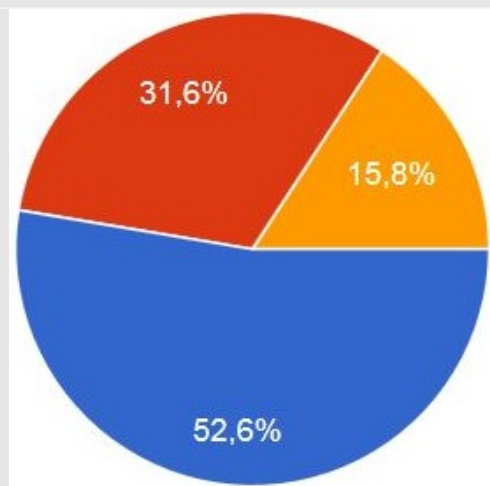
POLAND (beginning)



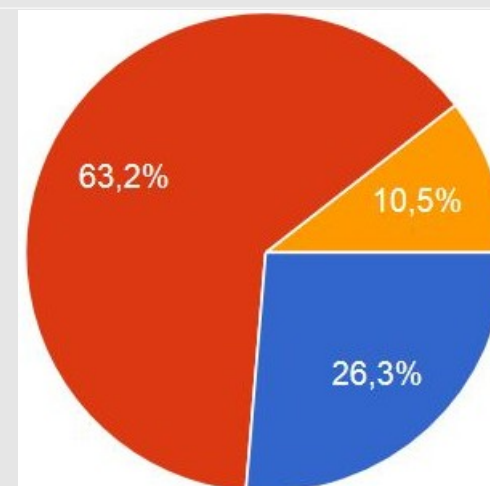
ROMANIA (beginning)



POLAND (end)



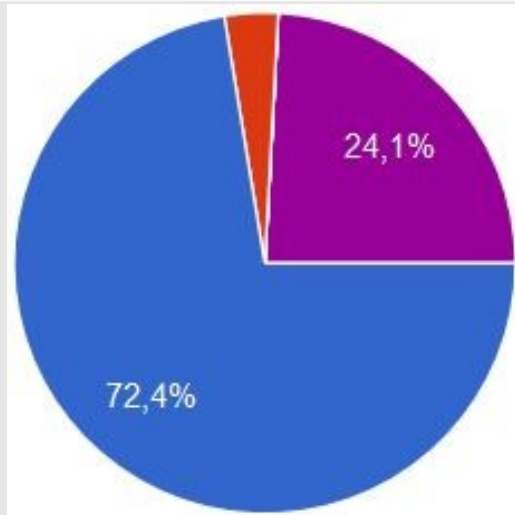
ROMANIA (end)



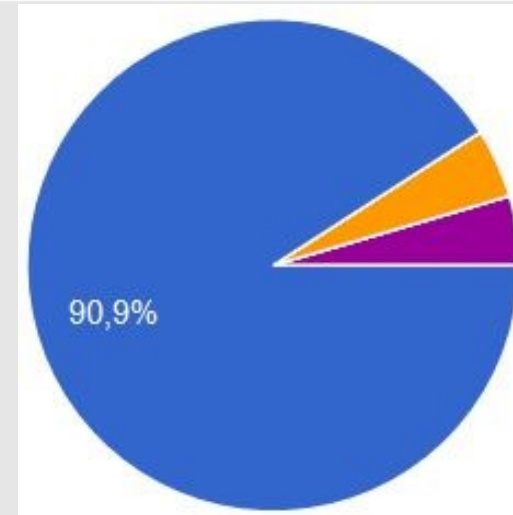
C)7) During the week, do you play video games ?



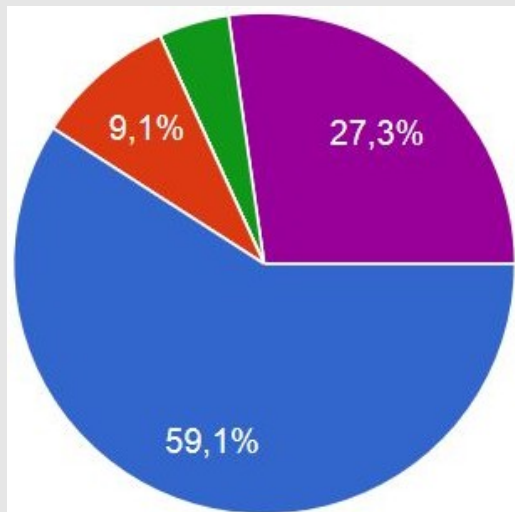
FRANCE (beginning)



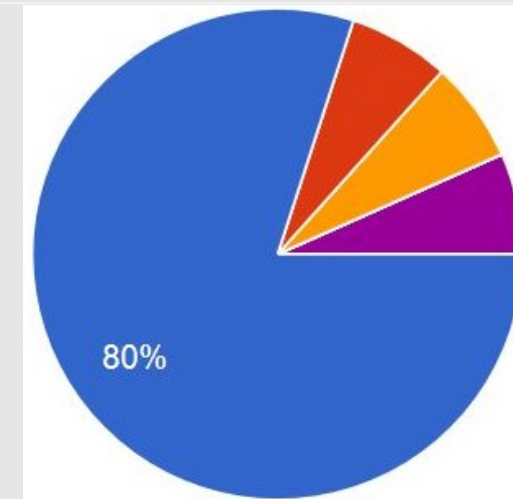
ITALY (beginning)



FRANCE (end)



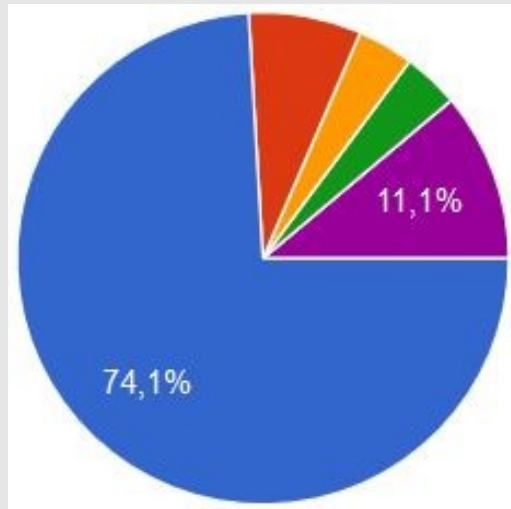
ITALY (end)



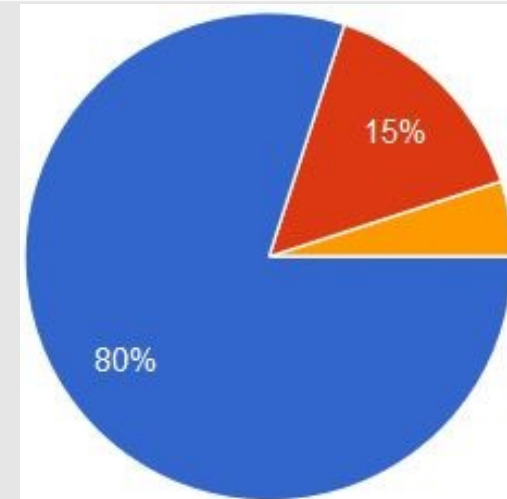
C)7) During the week, do you play video games ?



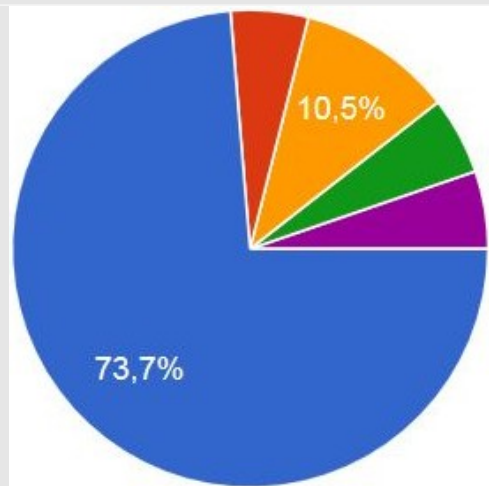
POLAND (beginning)



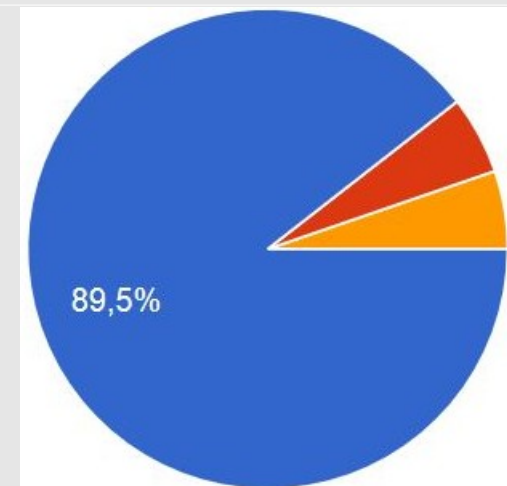
ROMANIA (beginning)



POLAND (end)



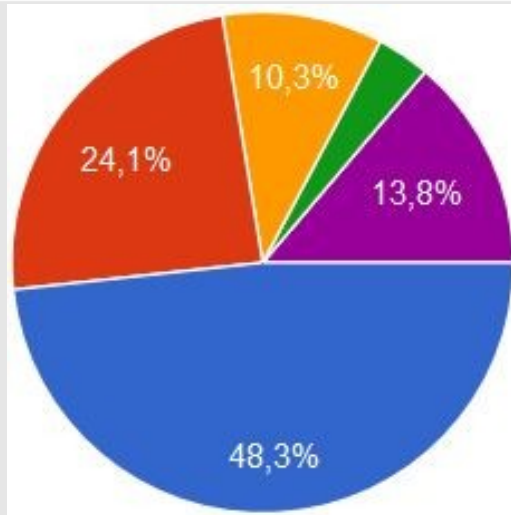
ROMANIA (end)



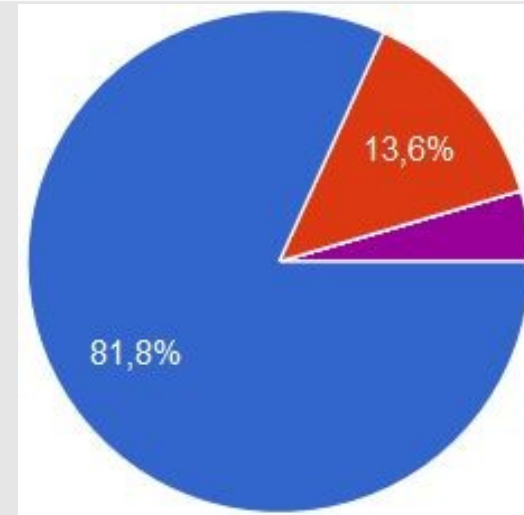
C)8) At the weekend, do you play video games ?



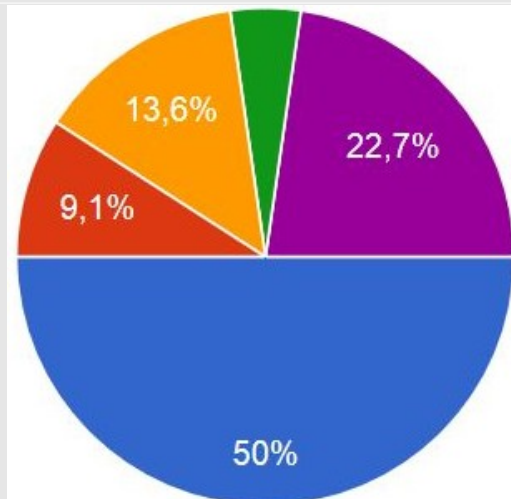
FRANCE (beginning)



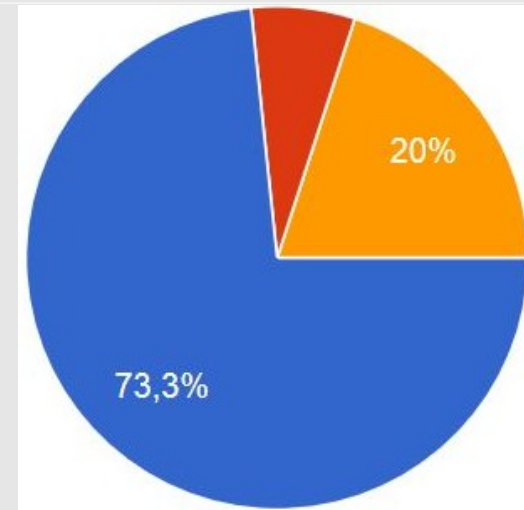
ITALY (beginning)



FRANCE (end)



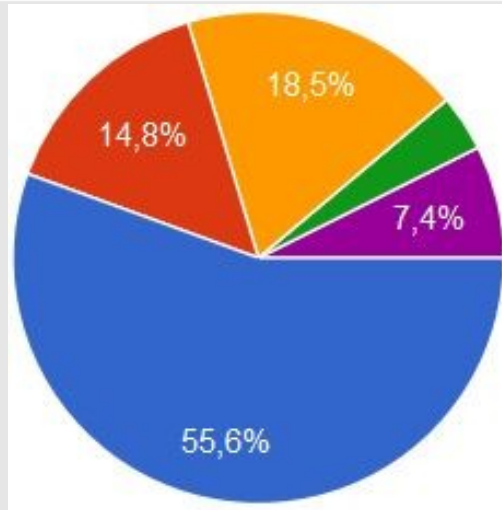
ITALY (end)



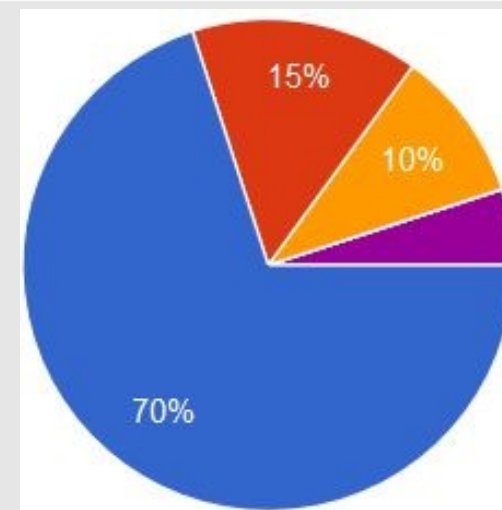
C)8) At the weekend, do you play video games ?



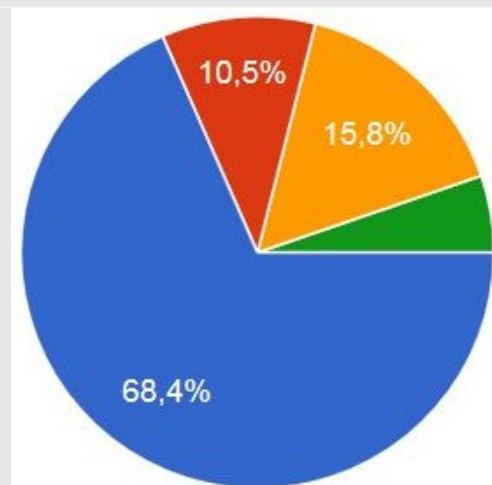
POLAND (beginning)



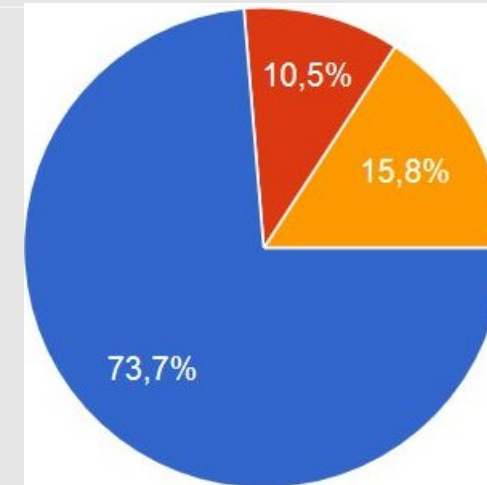
ROMANIA (beginning)



POLAND (end)



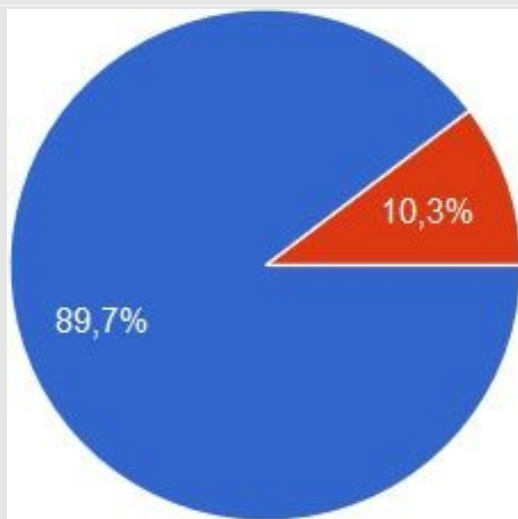
ROMANIA (end)



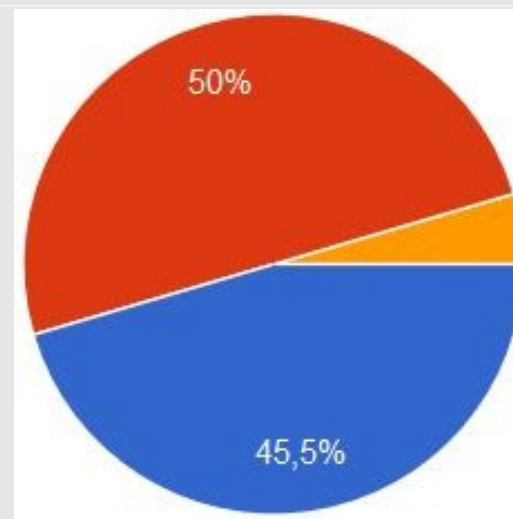
C)9) During the week : is your sleep time reduced by what you play late at night?

● never ● often
● sometimes

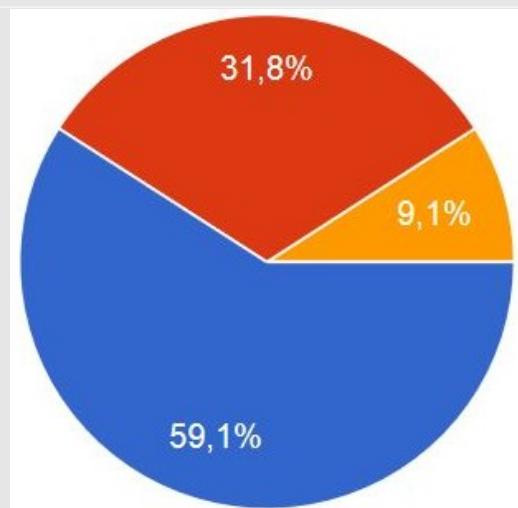
FRANCE (beginning)



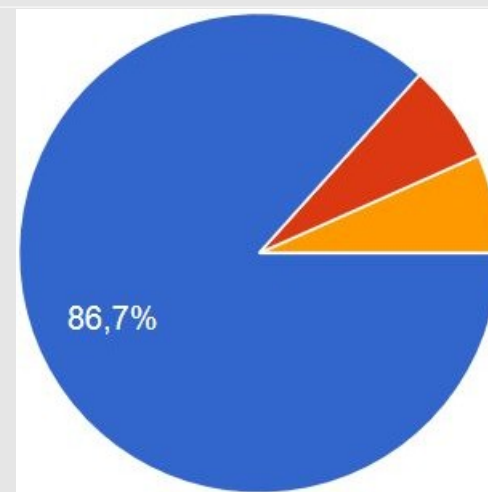
ITALY (beginning)



FRANCE (end)



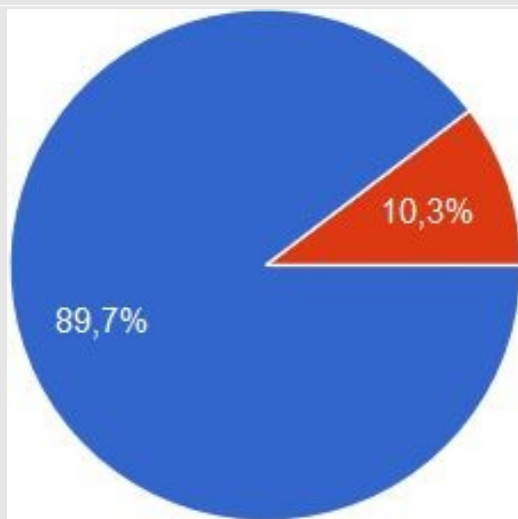
ITALY (end)



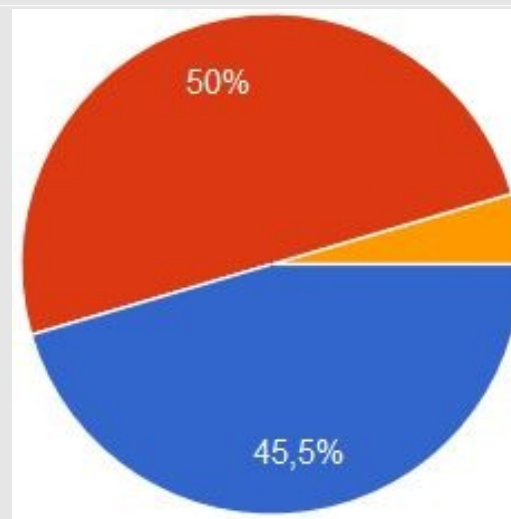
C)9) During the week : is your sleep time reduced by what you play late at night?

● never ● often
● sometimes

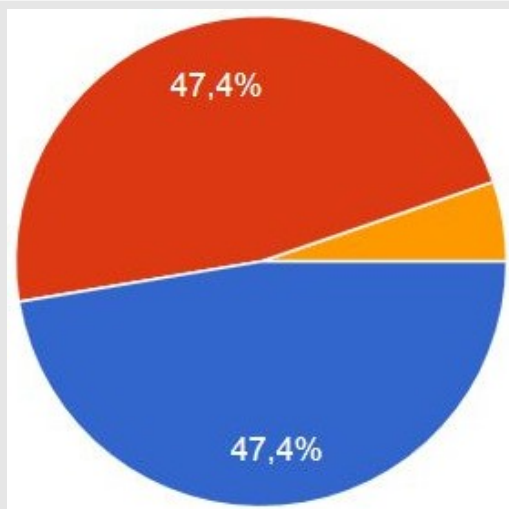
POLAND (beginning)



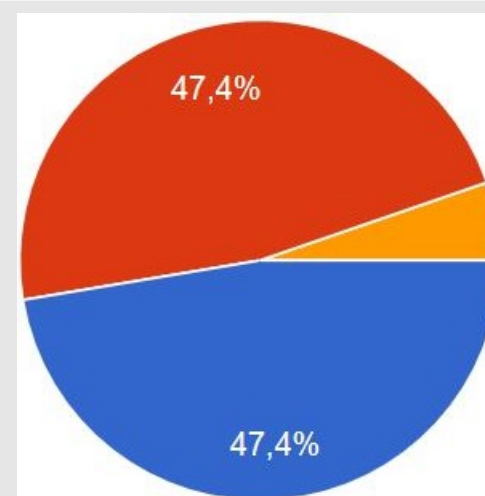
ROMANIA (beginning)



POLAND (end)



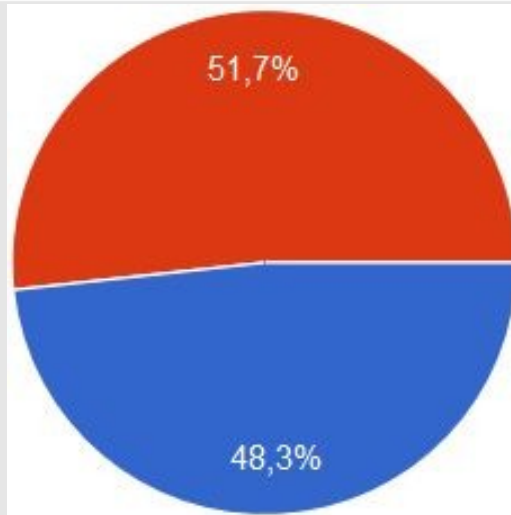
ROMANIA (end)



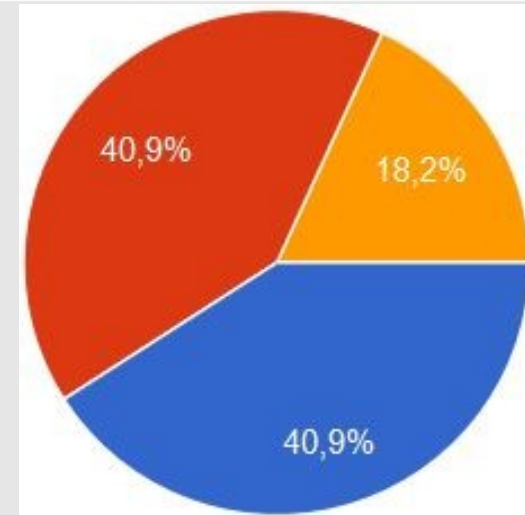
C)10) At the weekend : is your sleep time reduced by what you play late at night?

● never ● often
● sometimes

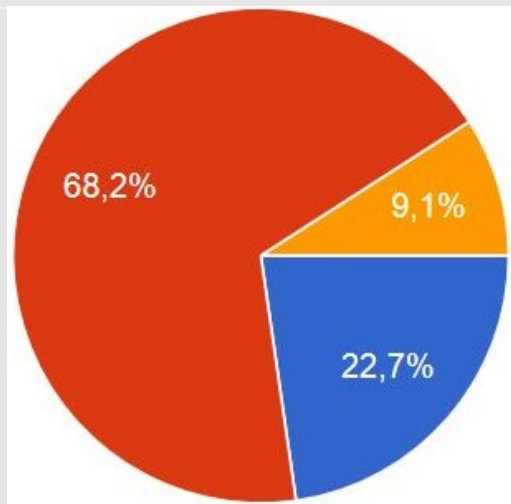
FRANCE (beginning)



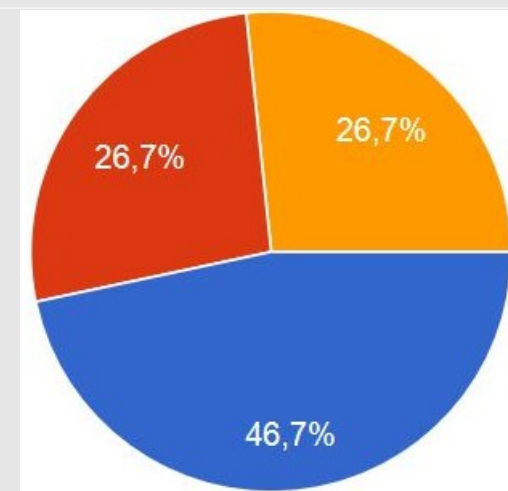
ITALY (beginning)



FRANCE (end)



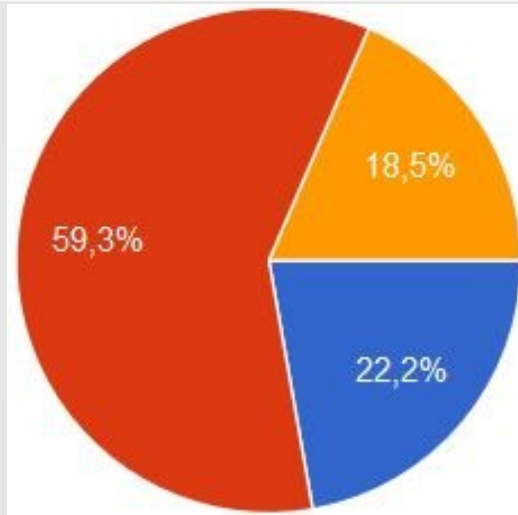
ITALY (end)



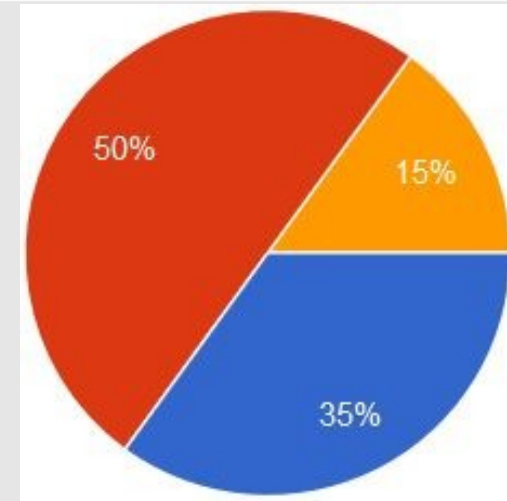
C)10) At the weekend : is your sleep time reduced by what you play late at night?

● never ● often
● sometimes

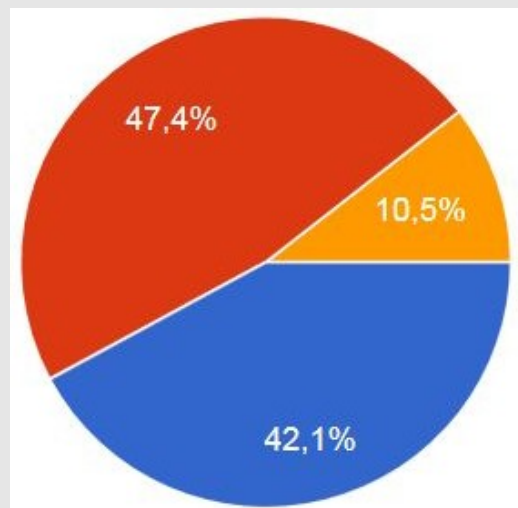
POLAND (beginning)



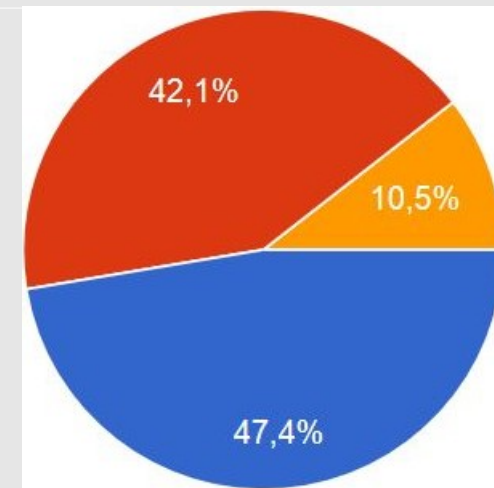
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



**C)11) How many social networks have you joined (Instagram, Facebook)?
Specify which one(s)**

	FRANCE	ITALY	POLAND	ROMANIA
Average number of social networks	2 2,5	3 2	4 3	3 2,5
Facebook	40% 32%	54% 40%	89% 68%	80% 68%
WhatsApp	- -	50% 40%	- -	25% 5%
Snapchat	57% 45%	23% -	63% 58%	60% 53%
Instagram	47% 59%	91% 80%	74% 68%	70% 89%
Twitter	13% 18%	18% 7%	19% 21%	10% 16%
Other (messenger, youtube, discord...)	9% 36%	27% 7%	22% 5%	25% 21%

*** in red : answers given at the end of the project**

C)12) How much time do you spend each day on social networks?

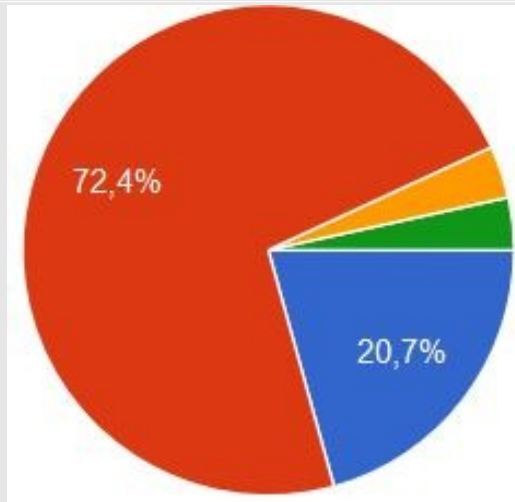
● I do not go on social networks

● from 1 hour to 2 hours

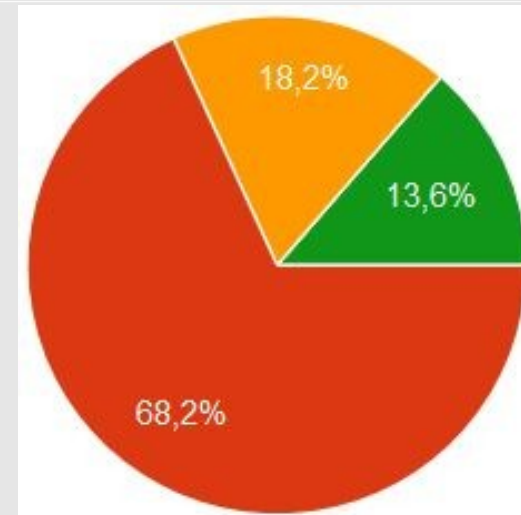
● from 2 to 3 hours

● more than 3 hours

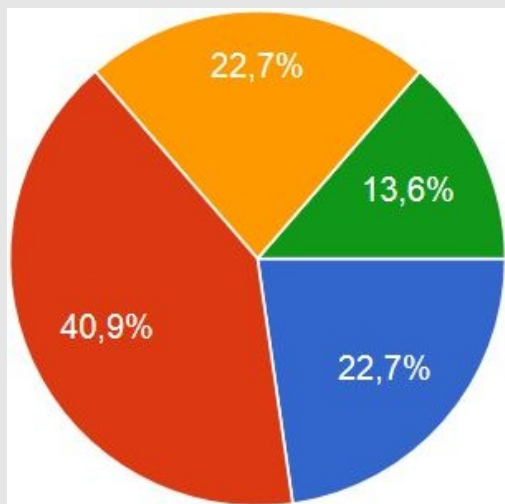
FRANCE(beginning)



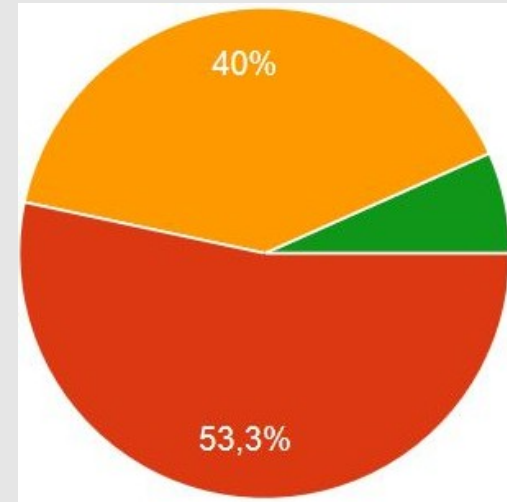
ITALY(beginning)



FRANCE (end)



ITALY (end)



C)12) How much time do you spend each day on social networks?

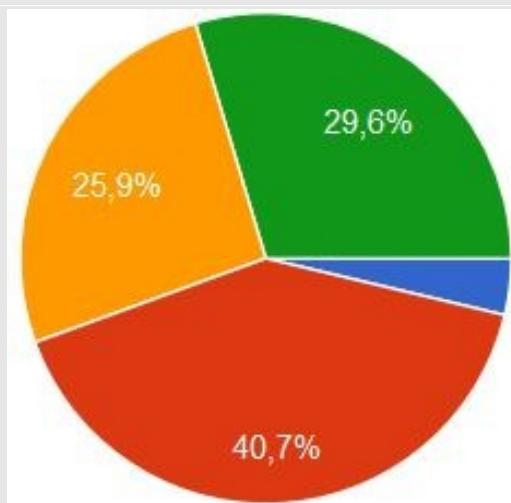
● I do not go on social networks

● from 1 hour to 2 hours

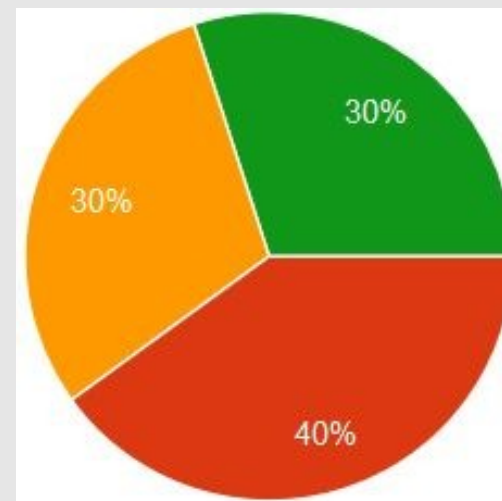
● from 2 to 3 hours

● more than 3 hours

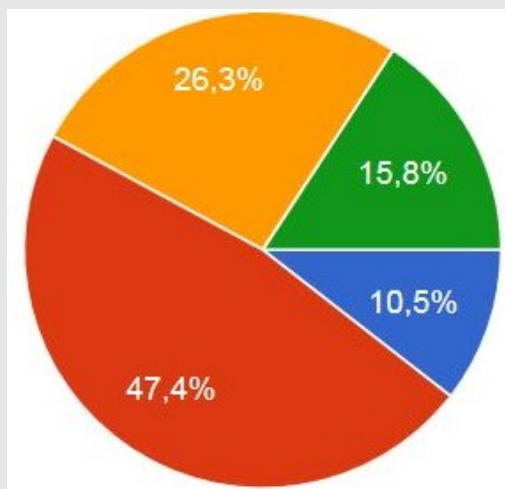
POLAND (beginning)



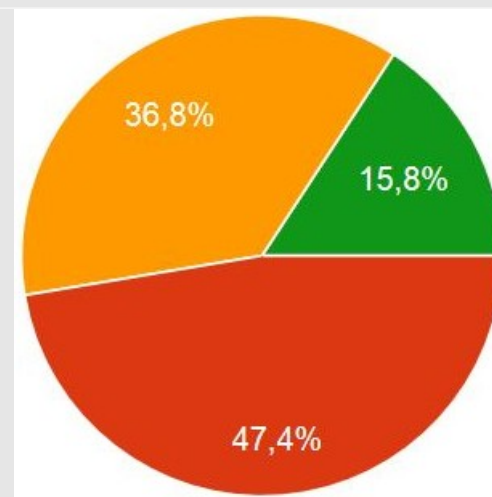
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



C)13) You go on social networks to : (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
keep up with the news	62,1% 73%	72.7% 67%	59.3% 58%	80% 79%
follow the publication of yourfriends	58.6% 82%	86.4% 87%	63% 32%	75% 84%
put your own data publications online	20.7% 27%	27.3% 20%	25.9% 10%	40% 21%
comment upon or likepublications	34.5% 32%	18.2% 27%	25.9% 32%	40% 10%
have the most views or likes	6.9% 4%	4.5% -	22.2% 5%	10% -
Other (...)	65.5% 46%	18.2% 7%	29.6% 26%	- 5%

* in red : answers given at the end of the project

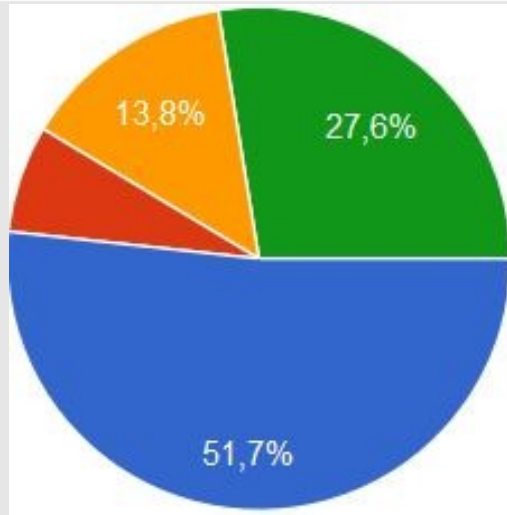
DRUGS

C)14) What do you think about taking drugs?

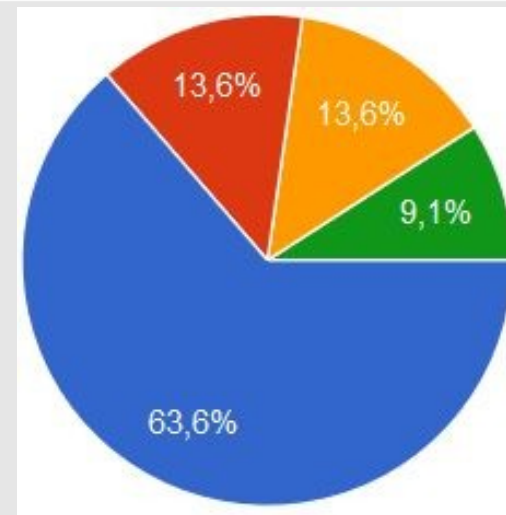
- taking any drugs is unacceptable
- taking soft drugs is acceptable

- I think this is up to every individual
- other

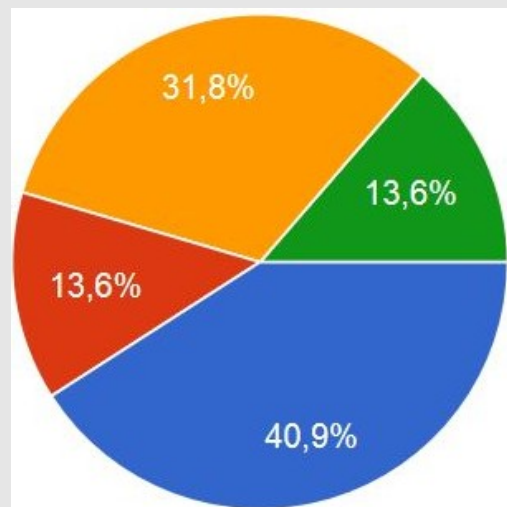
FRANCE (beginning)



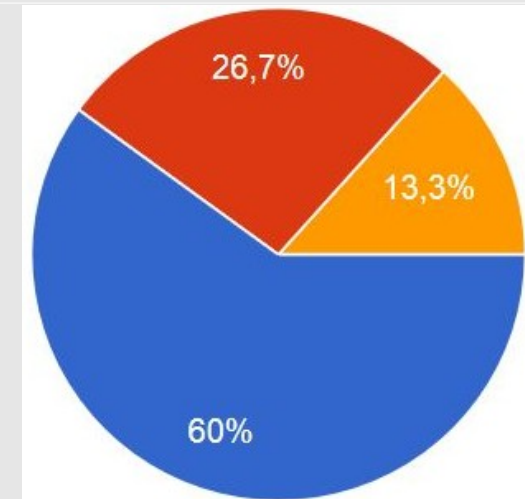
ITALY (beginning)



FRANCE (end)



ITALY (end)



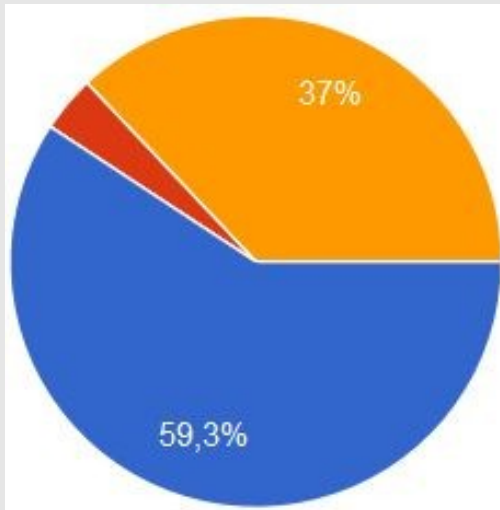
DRUGS

C)14) What do you think about taking drugs?

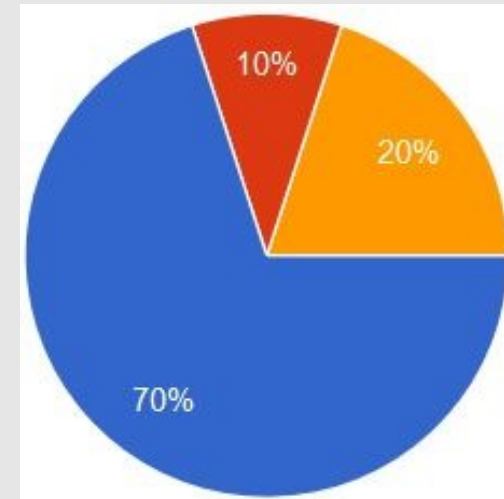
- taking any drugs is unacceptable
- taking soft drugs is acceptable

- I think this is up to every individual
- other

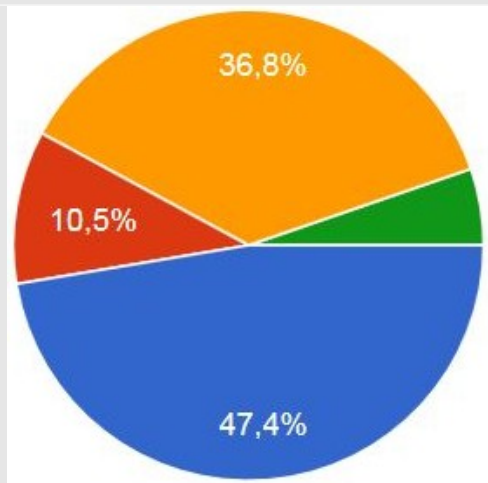
POLAND (beginning)



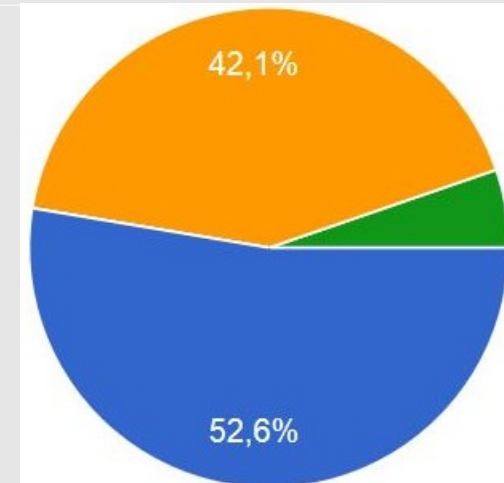
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



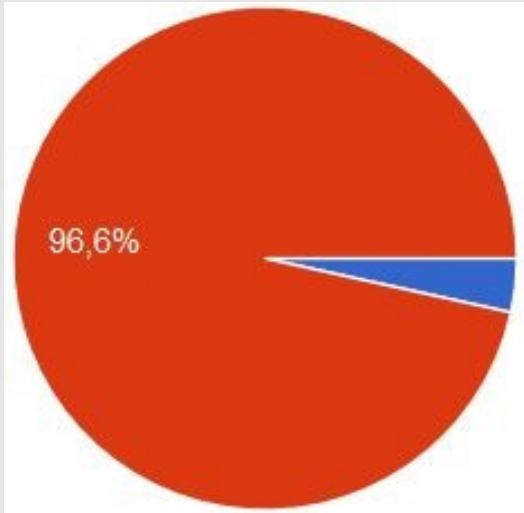
Classic tobacco

C)15) Are you a smoker?

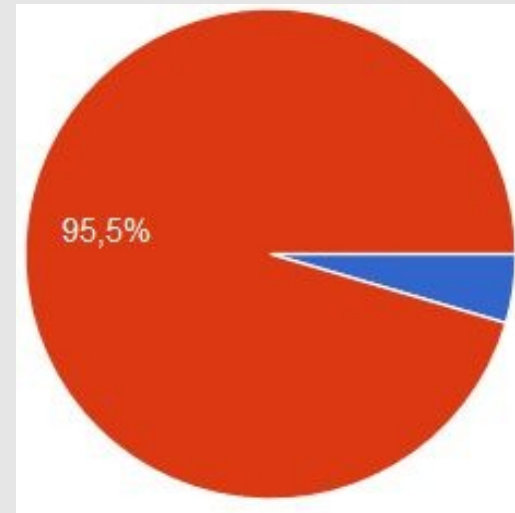
● Yes, I am

● No, I'm not.

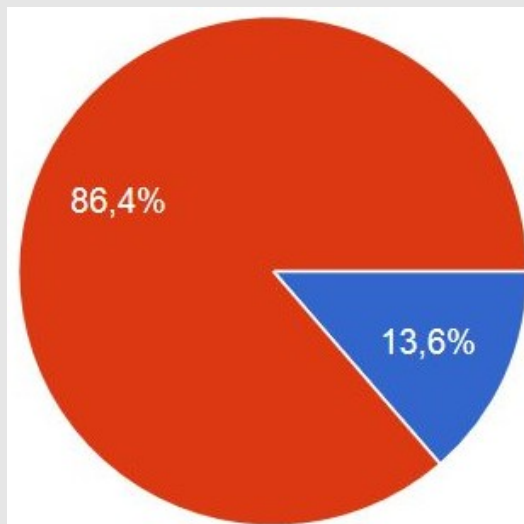
FRANCE (beginning)



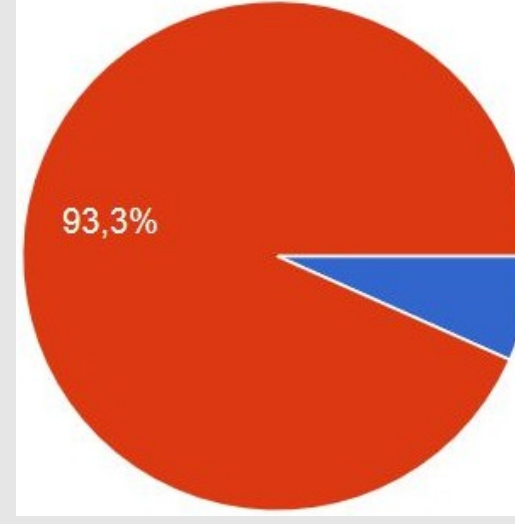
ITALY (beginning)



FRANCE (end)



ITALY (end)



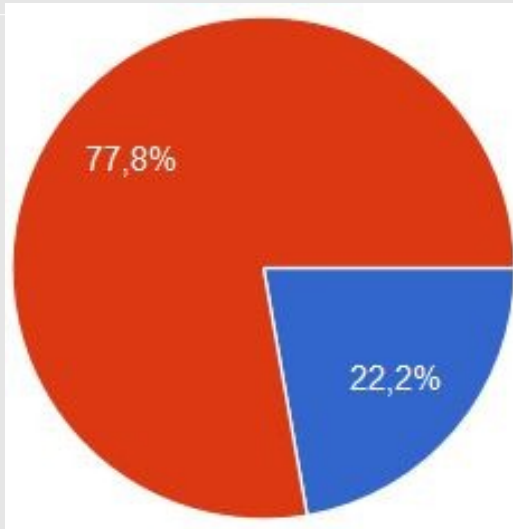
Classic tobacco

C)15) Are you a smoker?

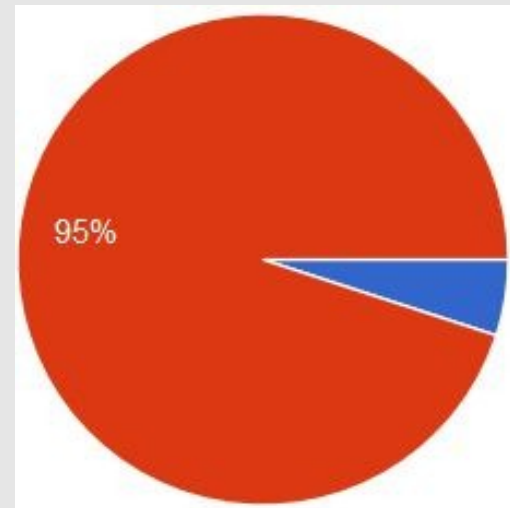
● Yes, I am

● No, I'm not.

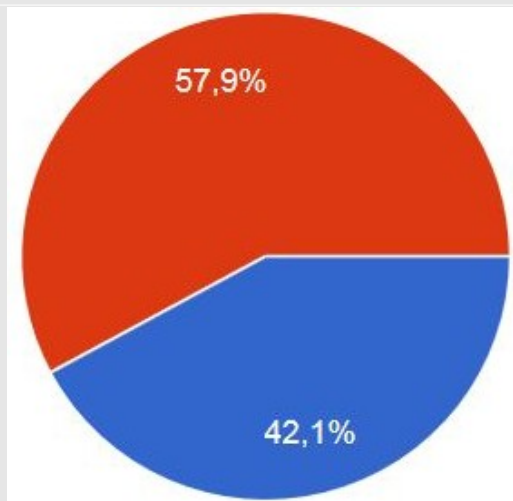
POLAND (beginning)



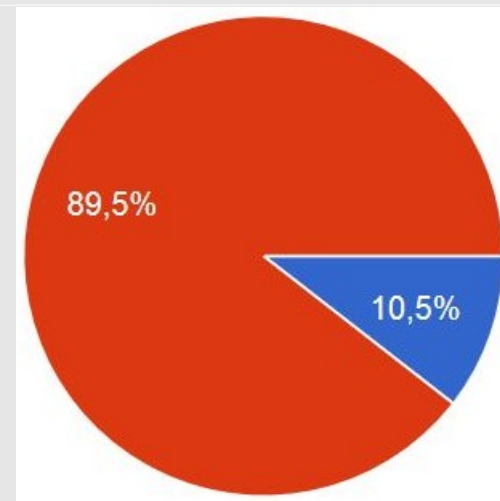
ROMANIA (beginning)



POLAND end)



ROMANIA (end)



Classic tobacco

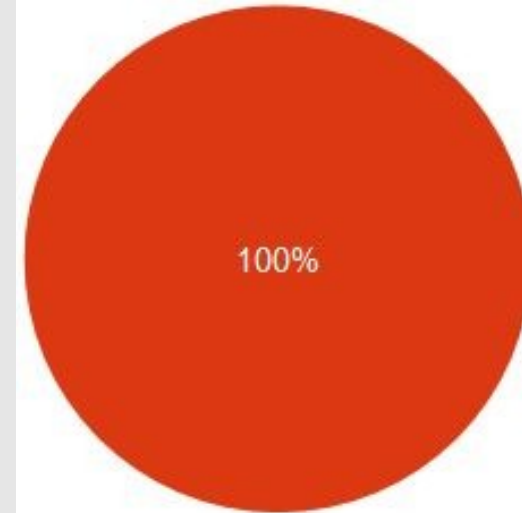
C)16) Do your parents know that you smoke?

- Yes
- No
- I am an adult

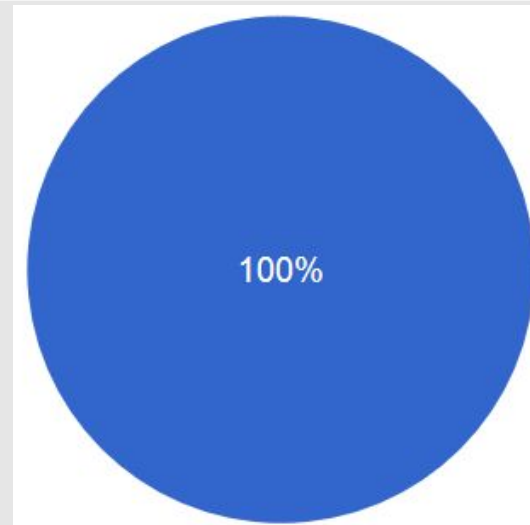
FRANCE (beginning)



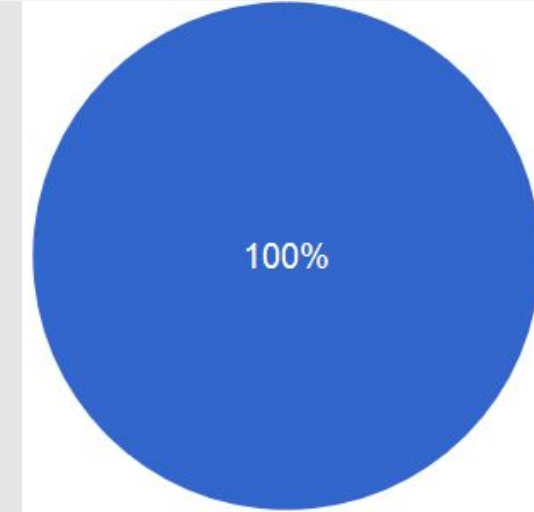
ITALY(beginning)



FRANCE (end)



ITALY (end)

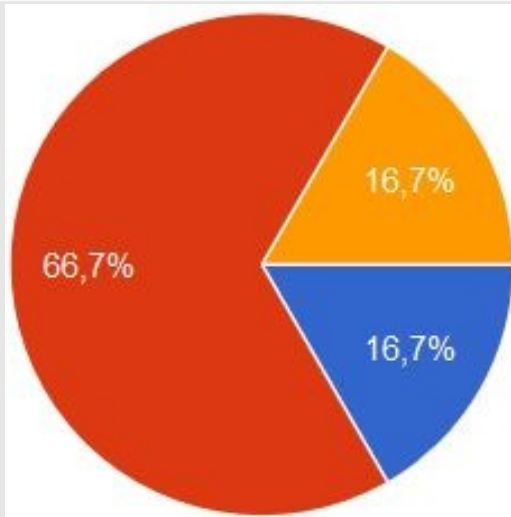


Classic tobacco

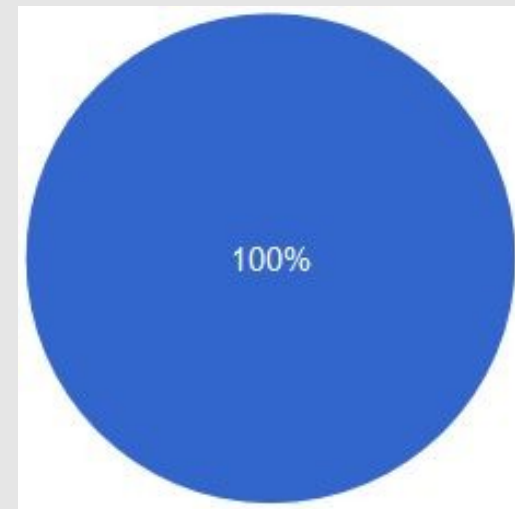
C)16) Do your parents know that you smoke?

- Yes
- No
- I am an adult

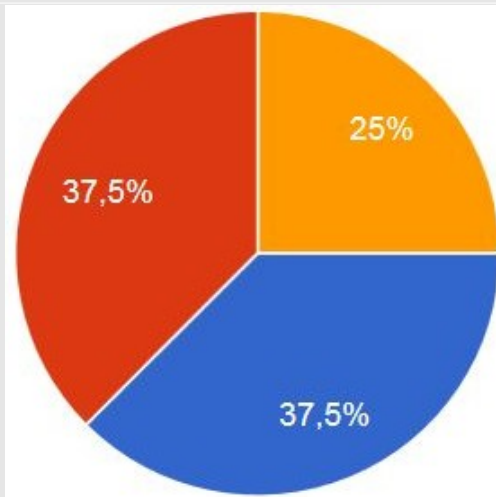
POLAND (beginning)



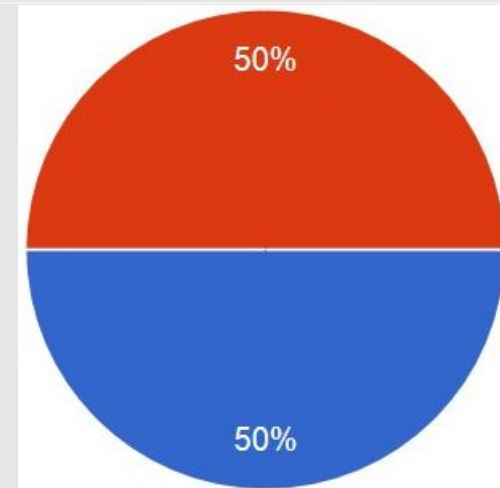
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

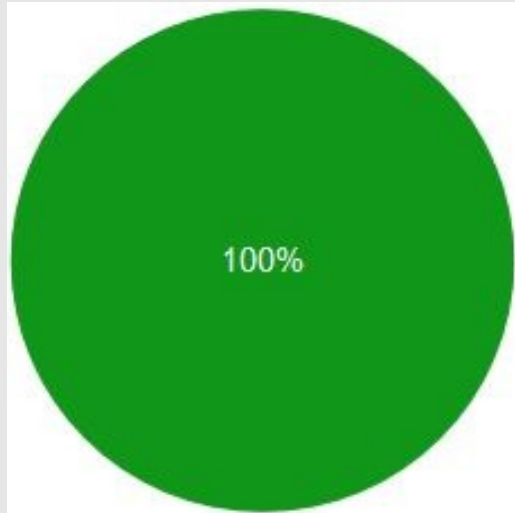


Classic tobacco

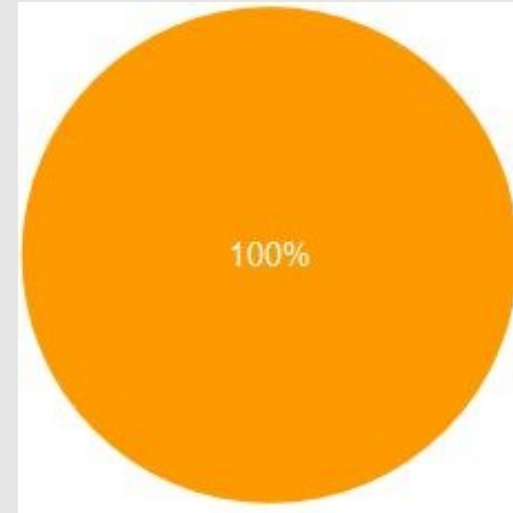
C)17) How many cigarettes do you smoke?



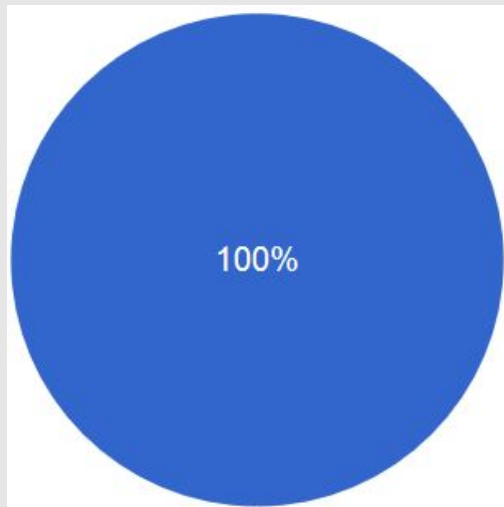
FRANCE (beginning)



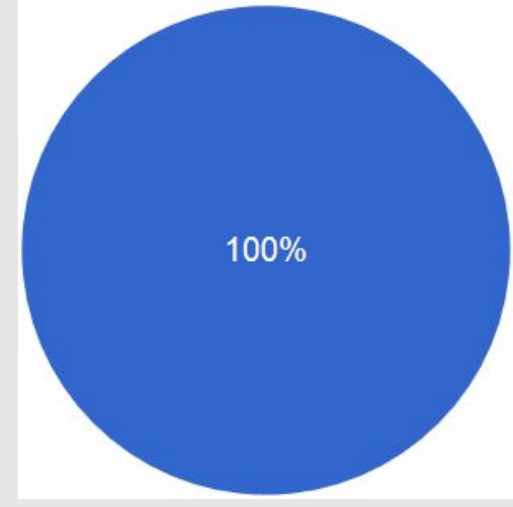
ITALY (beginning)



FRANCE (end)



ITALY (end)

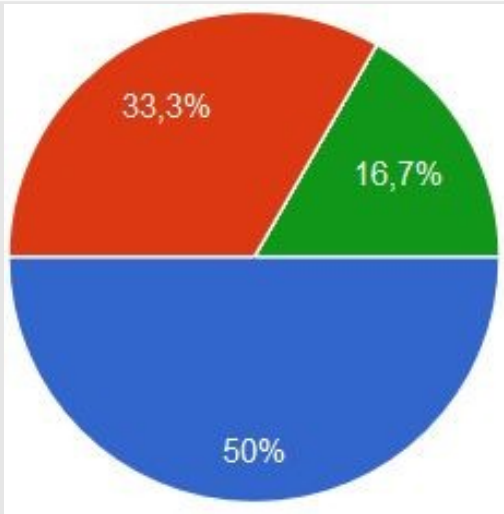


Classic tobacco

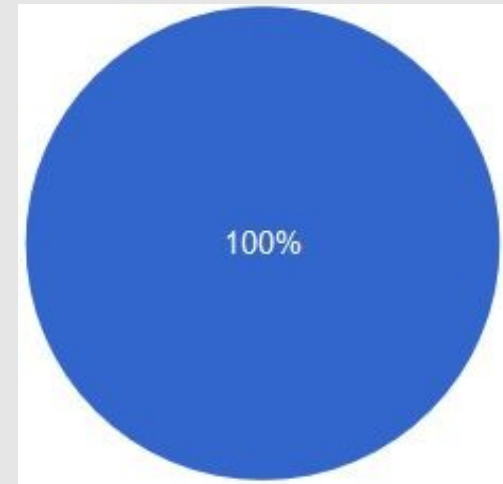
C)17) How many cigarettes do you smoke?



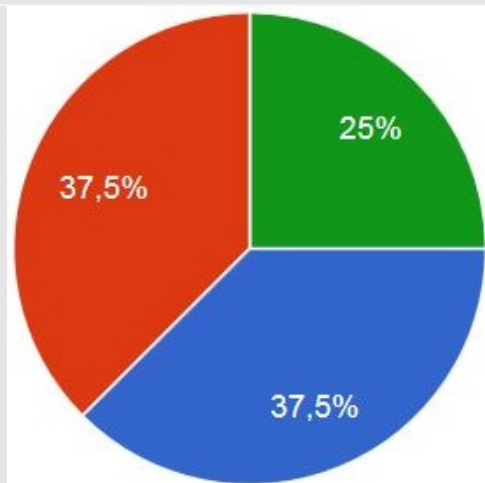
POLAND (beginning)



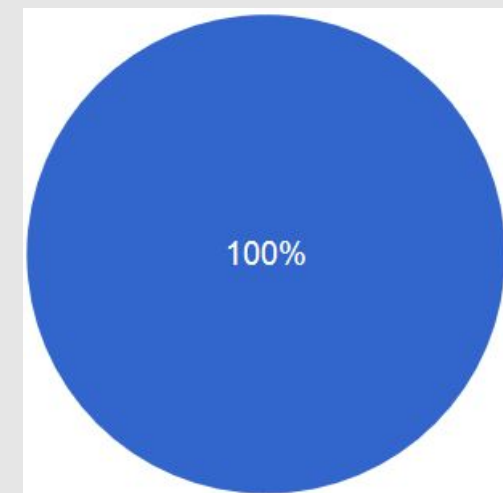
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



C)18) What benefit do you think cigarettes give you (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
you get calmer	- 100%	- 100%	100 % 25%	- 100%
it enables you to have friends	- -	100 % -	- 12%	- -
it makes you more mature	- 33%	- -	- -	- -
it provides you some kind of pleasure	100 % 33%	- -	17 % 62%	- -
it facilitates relationships in parties	- 33%	100 % -	17 % -	- -
Other (...)	100 % -	- -	17 % 25%	100% -

* in red : answers given at the end of the project

	FRANCE	ITALY	POLAND	ROMANIA
C)19) Do you want to stop smoking?	Yes (0% - 67%) No (100%- 33%)	No (100%) No (100%)	Yes (67% - 83%) No (33% - 12%)	Yes (100%- 50%) No (0%- 50%)
C)20) If yes, why ? (many possible answers)				
you want to get rid of this habit	0% - 33%	- -	20% - 29%	- -
because of your parents	0% - 67%	- -	20% - 0%	- -
it's expensive	0% - 33%	- -	40% - 43%	100 % - 0%
it's dangerous for your health	0% - 67%	- -	60%- 71%	100 % - 100%
Other (...)	0% - 33%	- -	20% - 14%	- -

* **in red** : answers given at the end of the project

C)21) If you do not smoke it is because:

	FRANCE	ITALY	POLAND	ROMANIA
You do not want to	13.8% 58%	52.4% 50%	19% 64%	57.9% 35%
Your parents forbid it	- -	- -	- -	5.3% -
It's dangerous for your health	31% 16%	28.6% 43%	38.1% 9%	21.1% 35%
You have decided to be a non-smoker	34.5% 16%	14.3% 7%	14.3% 18%	5.3% 6%
You have stopped	6.9% -	- -	4.8%	- -
It's expensive	- 5%	- -	- 9%	5.3% 6%
You do not want to become addicted	3.4% -	4.8% -	14.3% -	5.3% 18%
Other (...)	10.3% 5%	- -	9.5% -	-

* in red : answers given at the end of the project

C)22) Do you know what a cigarette contains? No / Yes: specify

	FRANCE	ITALY	POLAND	ROMANIA
No	26% 18%	32% 5%	44% 26%	45% 26%
Yes	74% 82%	68% 95%	56% 74%	55% 74%

*** in red : answers given at the end of the project**

Nicotine, tobacco, carcinogenic compounds, toxins, hydrocarbons, tars, a lot of toxic chemicals compounds, lead, aromas

C)23) Do you know how tobacco affects the body? No / Yes: specify

	FRANCE	ITALY	POLAND	ROMANIA
No	38% 32%	32% 47%	44% 32%	45% 42%
Yes	62% 68%	68% 53%	56% 68%	55% 58%

*** in red : answers given at the end of the project**

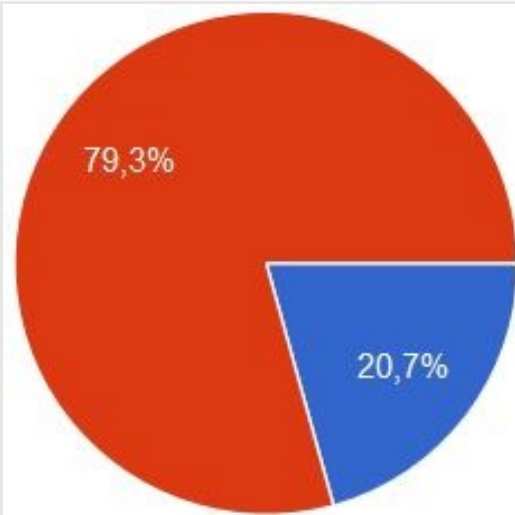
it injures the lungs, the heart rate goes faster, it affects the brain
It can cause cancers

Classic tobacco

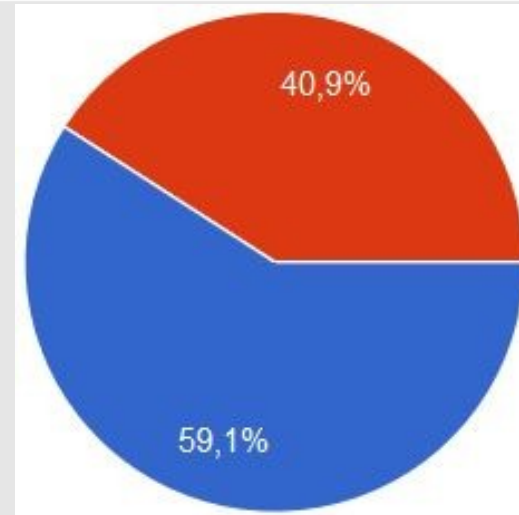
C)24) Do you think that electronic cigarettes are less harmful than conventional cigarettes?

- Yes, they are.
- No, they aren't.

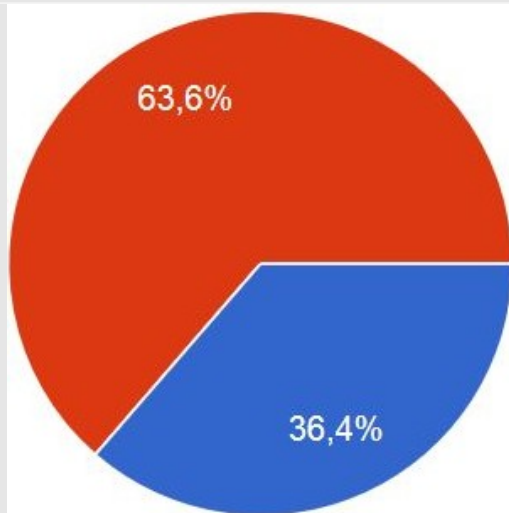
FRANCE (beginning)



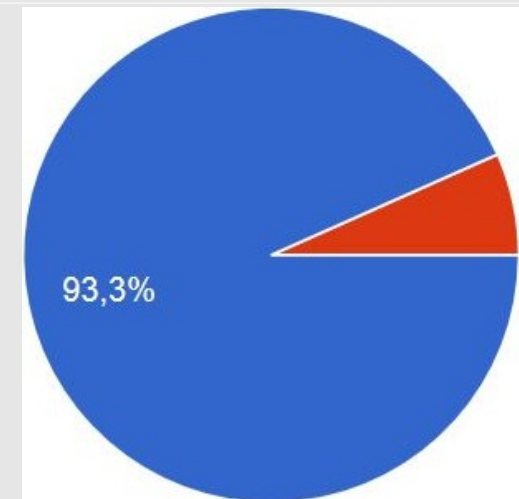
ITALY (beginning)



FRANCE (end)



ITALY (end)

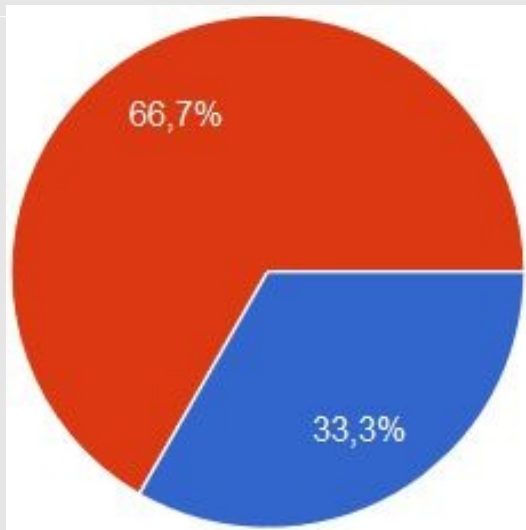


Classic tobacco

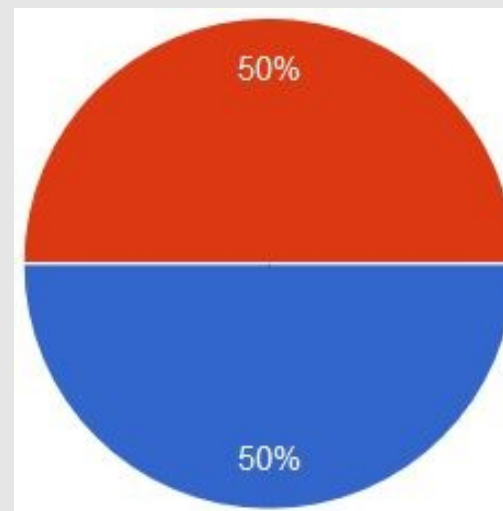
C)24) Do you think that electronic cigarettes are less harmful than conventional cigarettes?

- Yes, they are.
- No, they aren't.

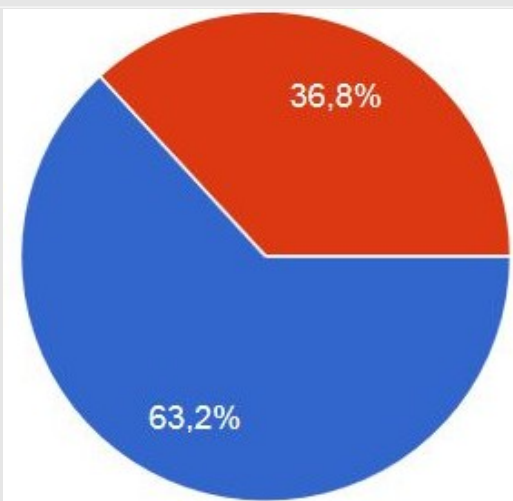
POLAND (beginning)



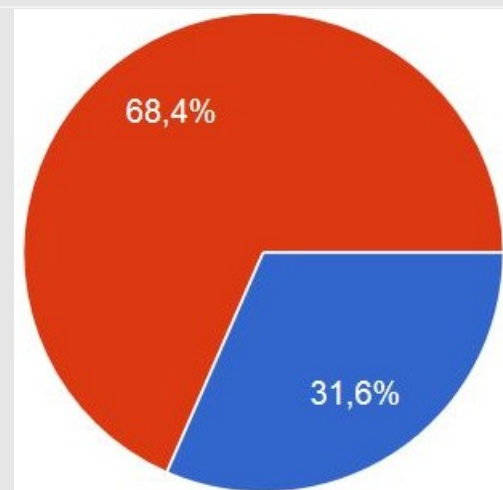
ROMANIA (beginning)



POLAND (end)



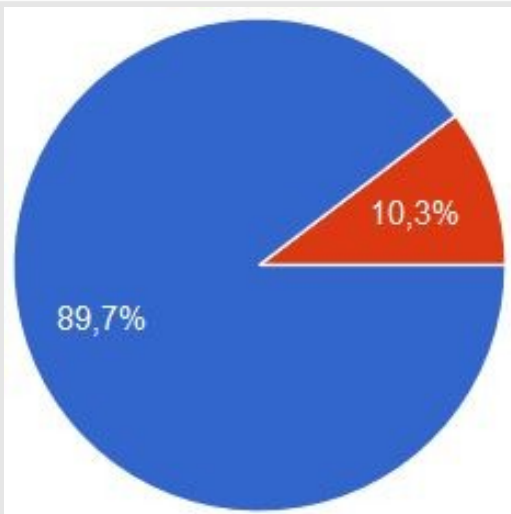
ROMANIA (end)



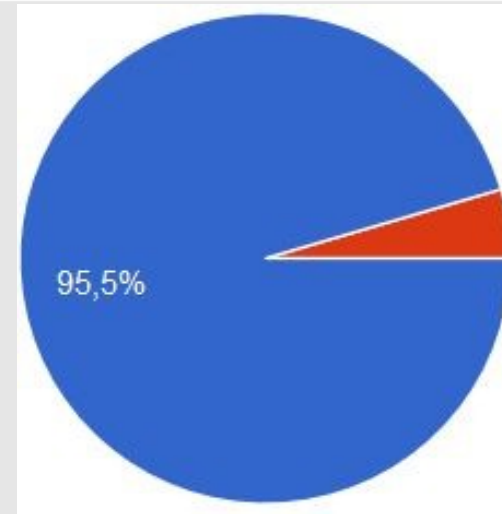
C)25) Do you smoke cannabis or other psychotropic substances?

- never
- I tried once or twice
- from time to time
- regularly

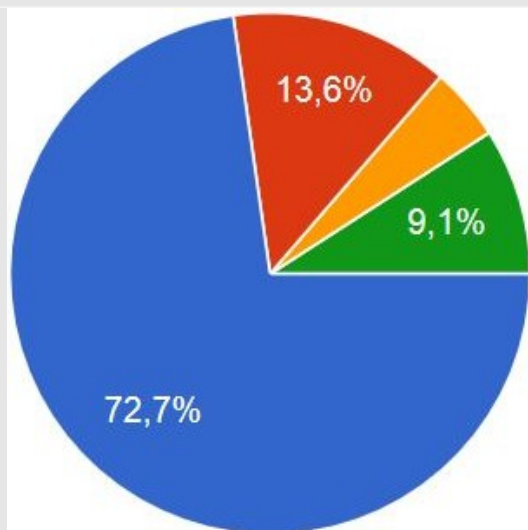
FRANCE (beginning)



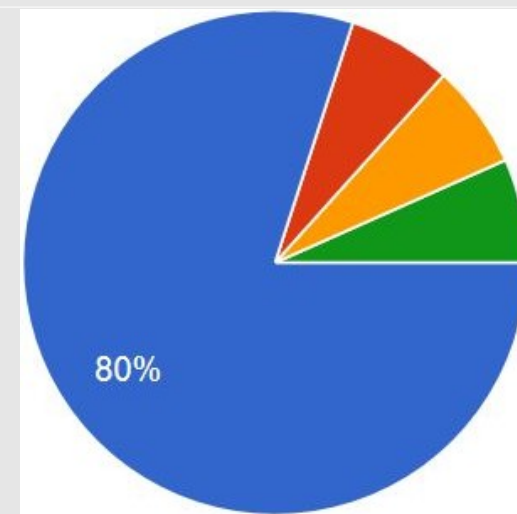
ITALY (beginning)



FRANCE (end)



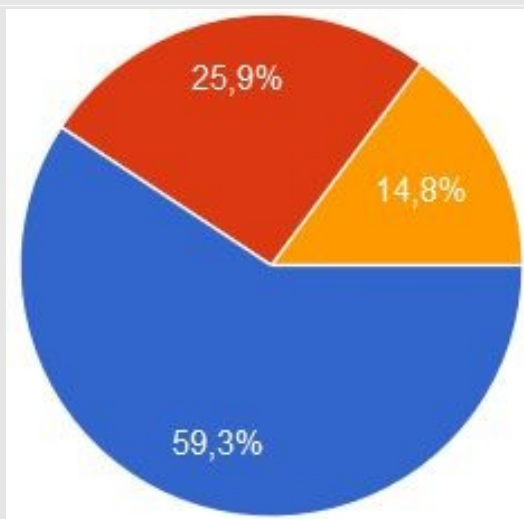
ITALY (end)



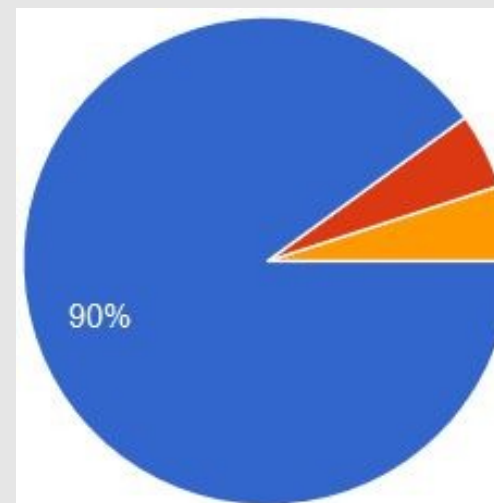
C)25) Do you smoke cannabis or other psychotropic substances?

- never
- I tried once or twice
- from time to time
- regularly

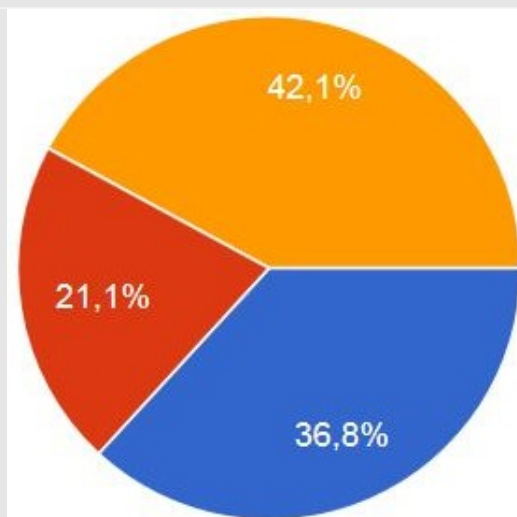
POLAND (beginning)



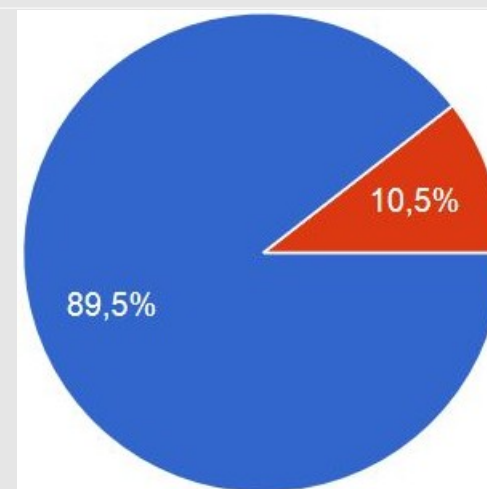
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

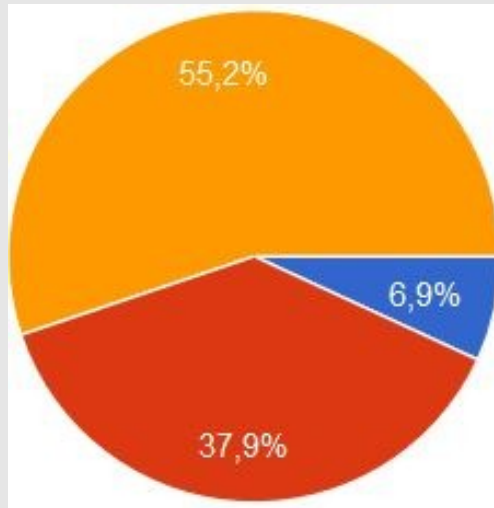


Alcohol

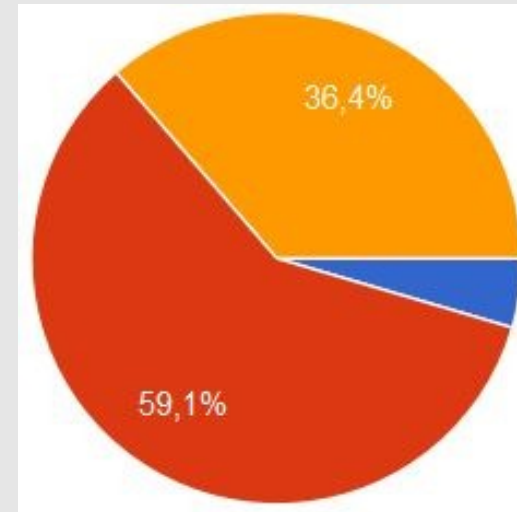
C)26) For the party to be successful,
there must be alcohol:

- totally agreeing
- somewhat agreeing
- disagreeing

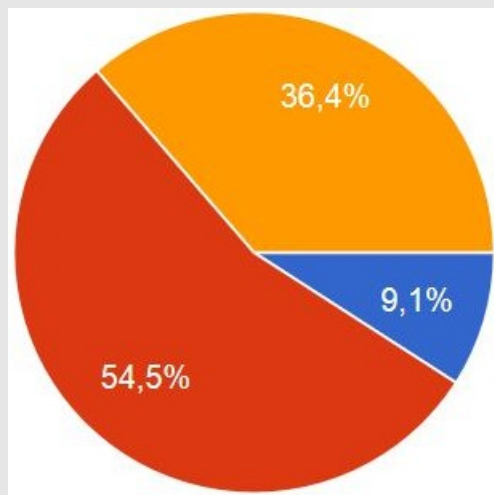
FRANCE (beginning)



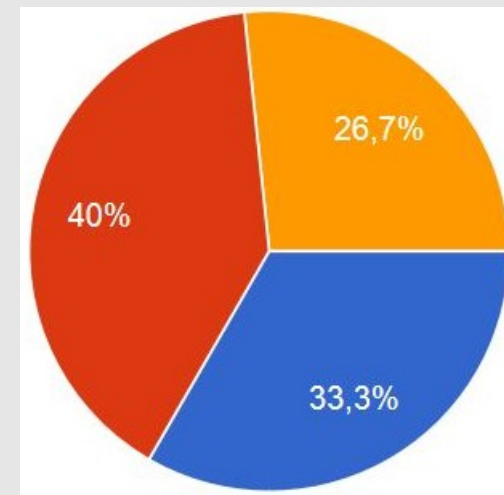
ITALY (beginning)



FRANCE (end)



ITALY (end)

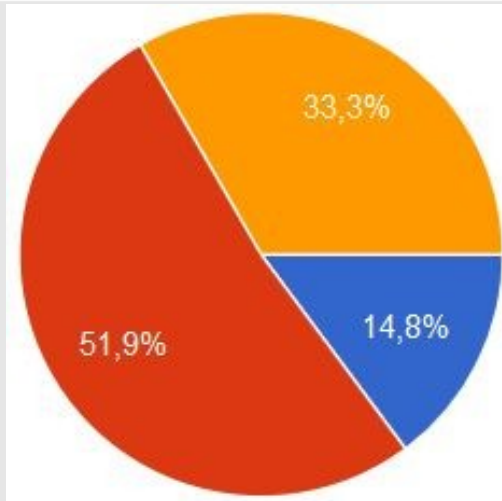


Alcohol

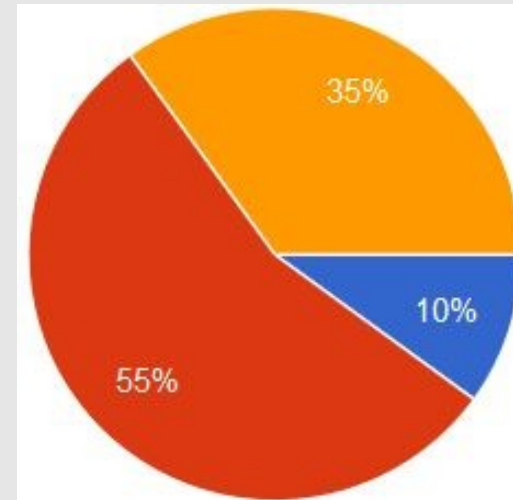
C)26) For the party to be successful, there must be alcohol:

- totally agreeing
- somewhat agreeing
- disagreeing

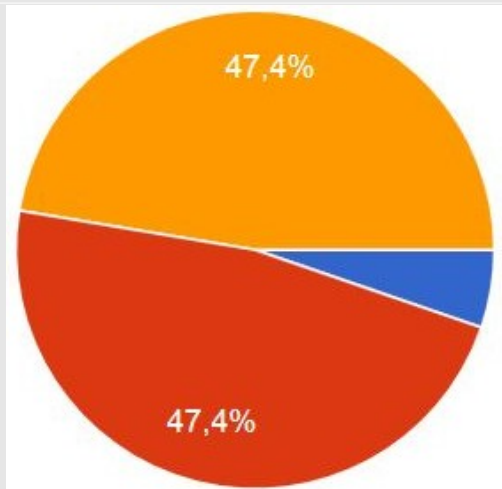
POLAND (beginning)



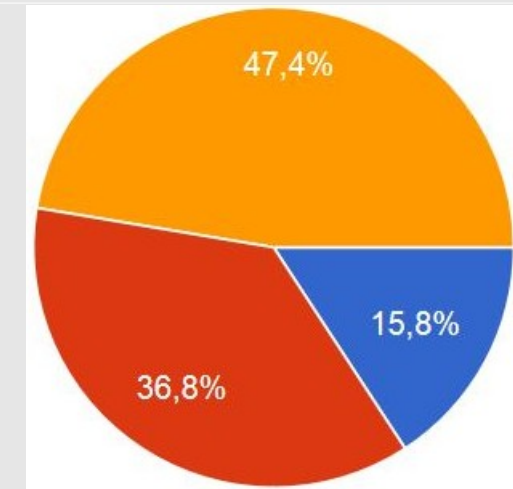
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



C)27) Do you think that by consuming regular alcohol, there are more risks:

	FRANCE	ITALY	POLAND	ROMANIA
to have an accident	93% 100%	90% 93%	89% 68%	95% 100%
to assault a friend	70% 64%	41% 47%	74% 68%	75% 74%
to develop health problems, such ascirrhosis or cancer	87% 77%	95% 100%	78% 79%	85% 100%

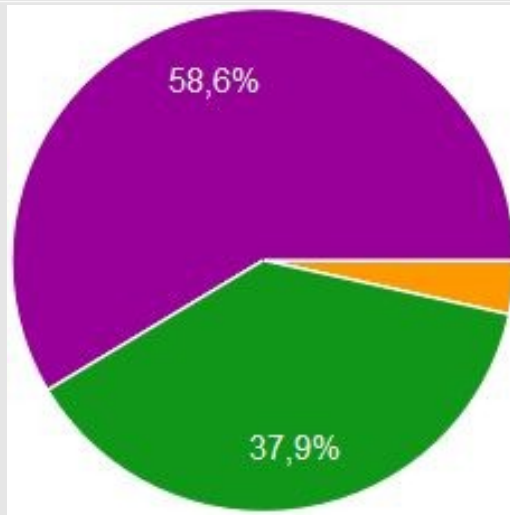
*** in red : answers given at the end of the project**

Alcohol

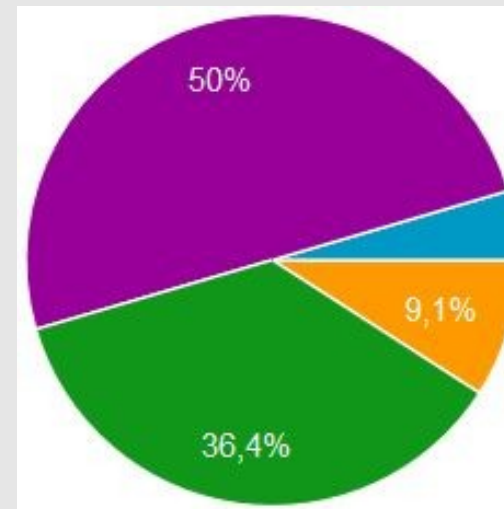
C)28) Alcohol consumption (1 glass)



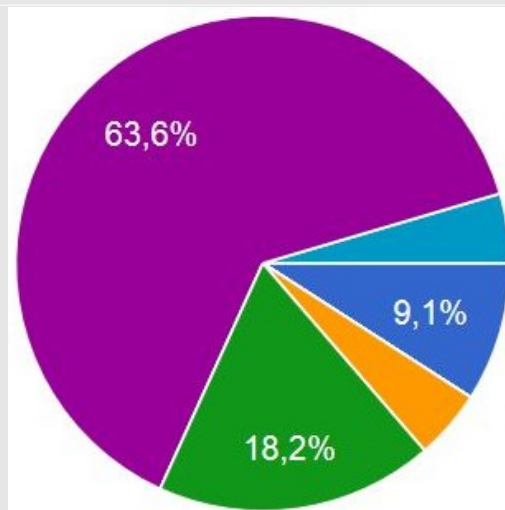
FRANCE (beginning)



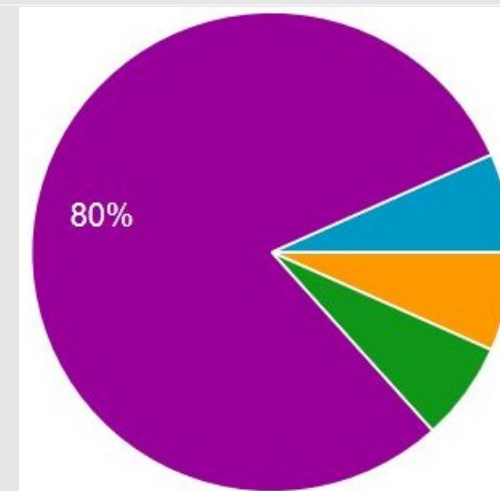
ITALY (beginning)



FRANCE (end)



ITALY (end)

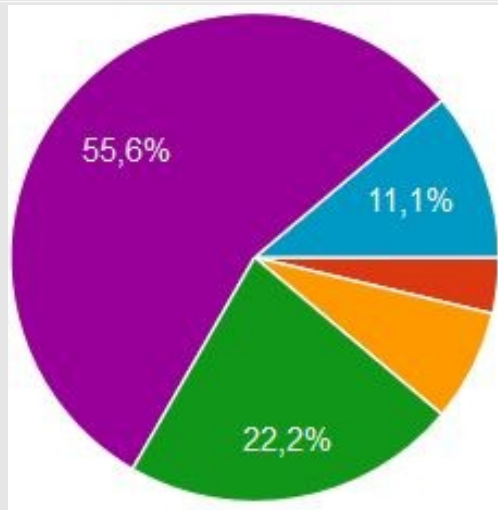


Alcohol

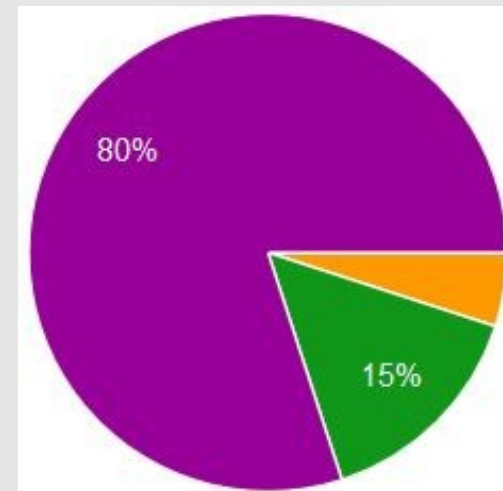
C)28) Alcohol consumption (1 glass)



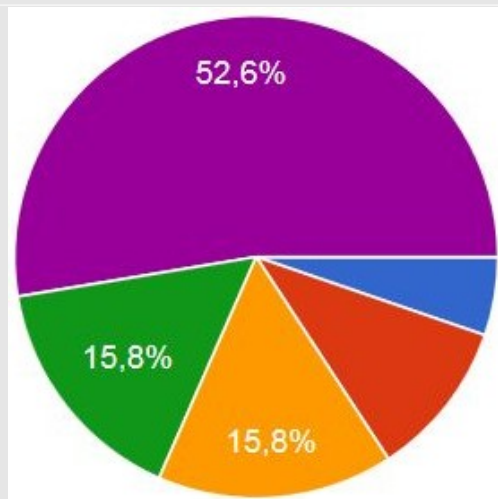
POLAND (beginning)



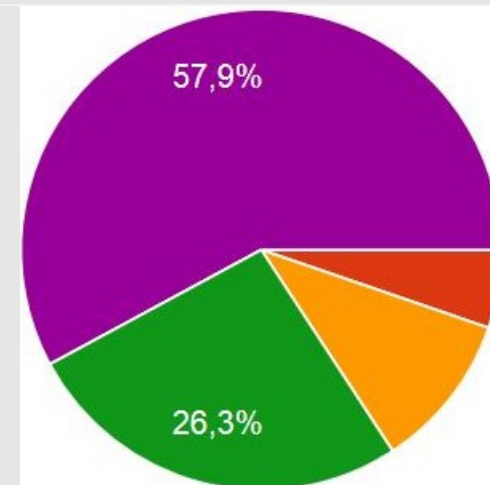
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

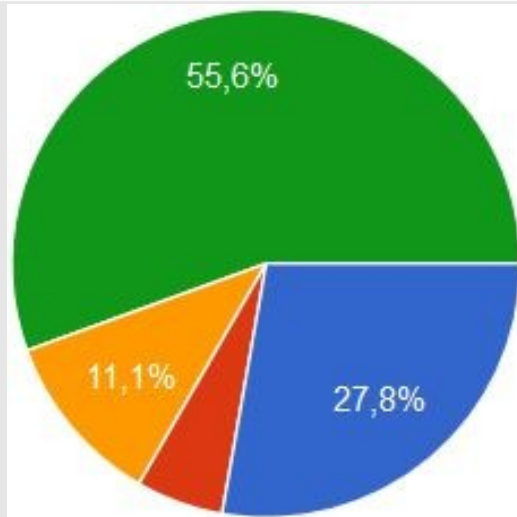


Alcohol

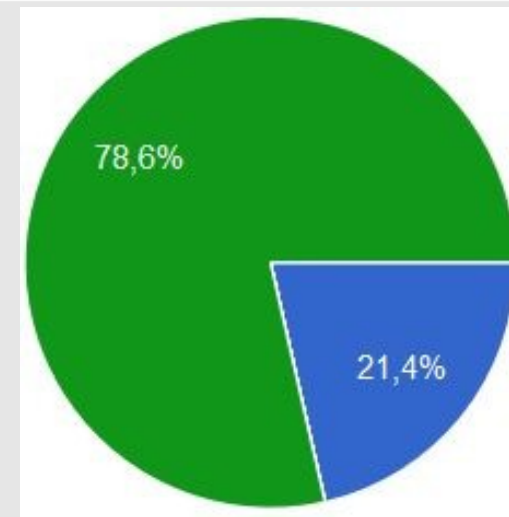
C)29) Has alcohol already caused you?

- an euphoric effect
- a loss of benchmarks
- a loss of consciousness
- no effect

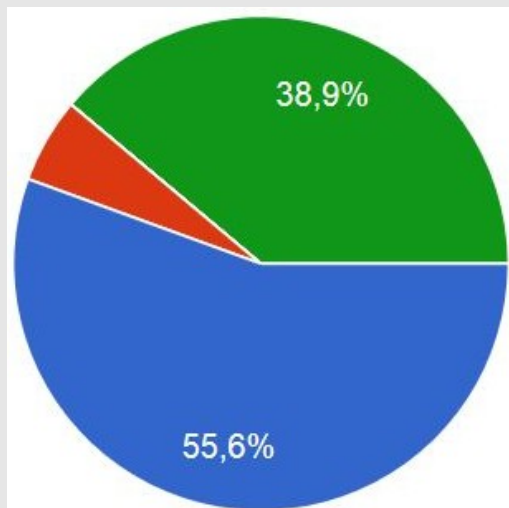
FRANCE (beginning)



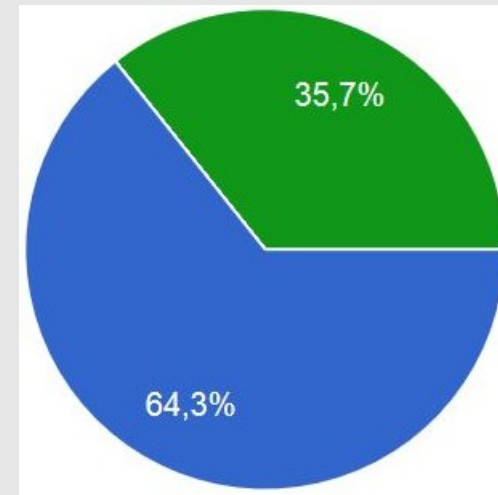
ITALY (beginning)



FRANCE (end)



ITALY (end)

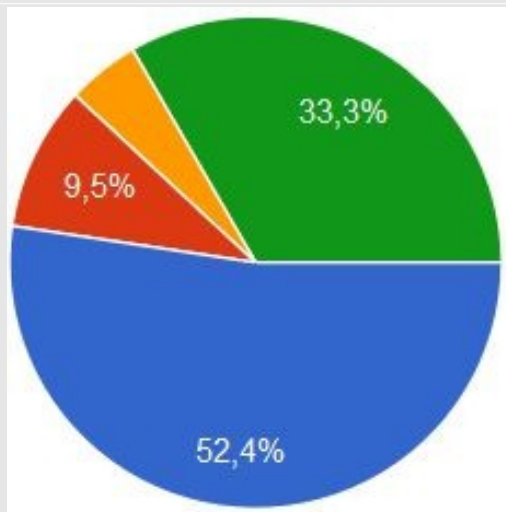


Alcohol

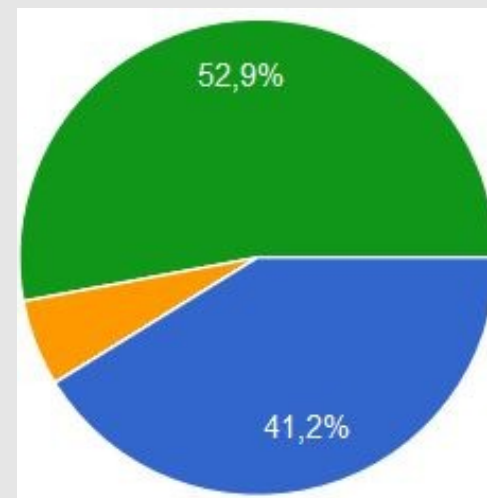
C)29) Has alcohol already caused you?

- an euphoric effect
- a loss of benchmarks
- a loss of consciousness
- no effect

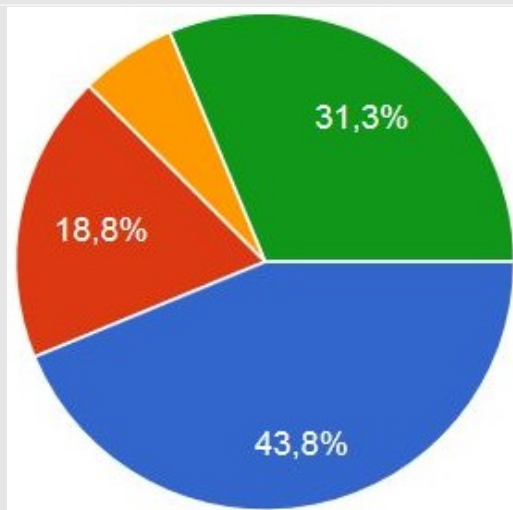
POLAND (beginning)



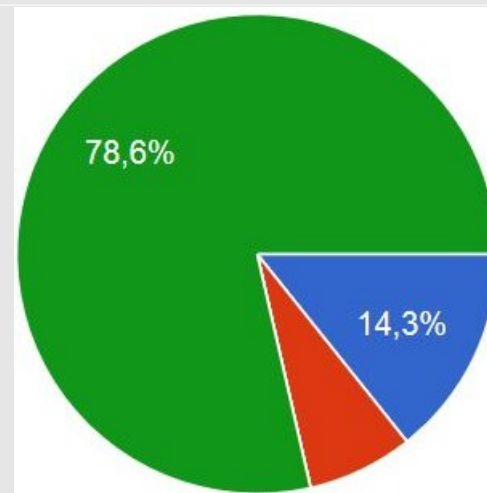
ROMANIA (beginning)



POLAND (end)



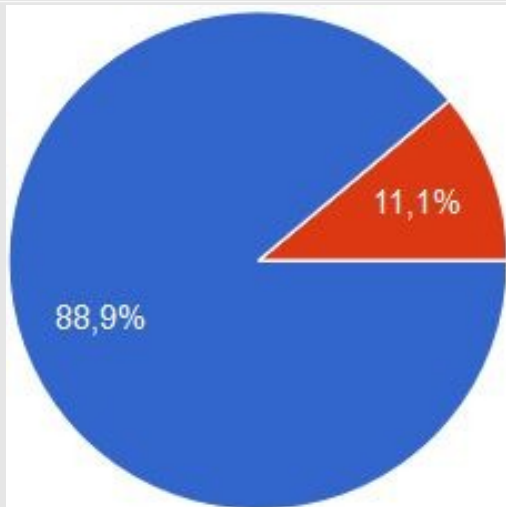
ROMANIA (end)



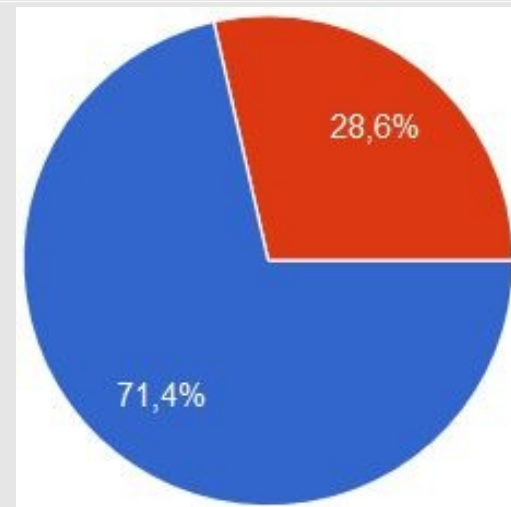
C)30) Do you think that consuming regular alcohol makes your learning and attention skills diminish?

- Yes, indeed.
- No, it doesn't.

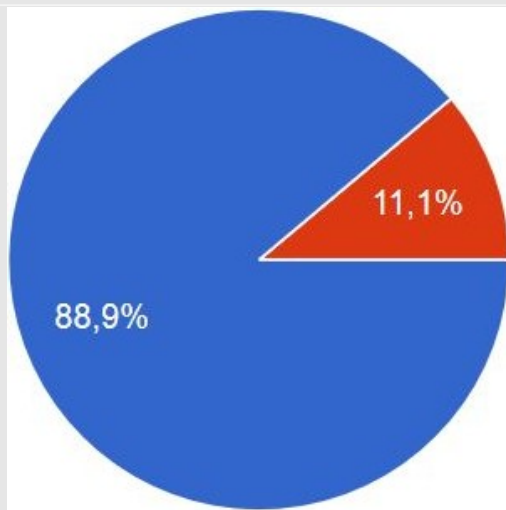
FRANCE (beginning)



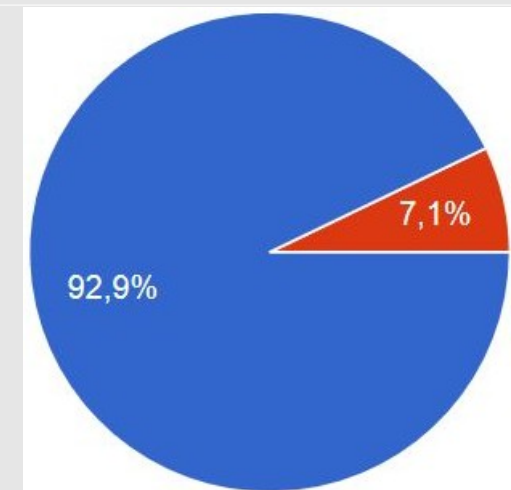
ITALY (beginning)



FRANCE (end)



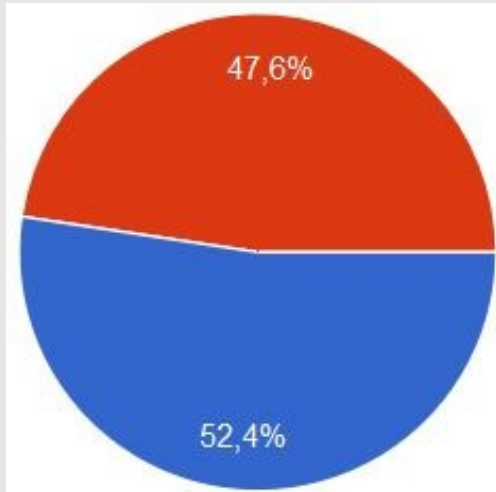
ITALY (end)



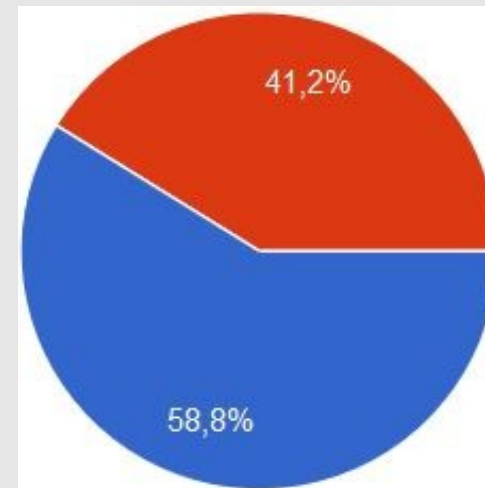
C)30) Do you think that consuming regular alcohol makes your learning and attention skills diminish?

- Yes, indeed.
- No, it doesn't.

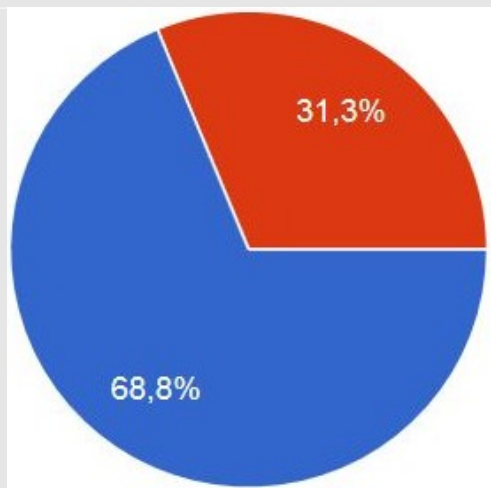
POLAND (beginning)



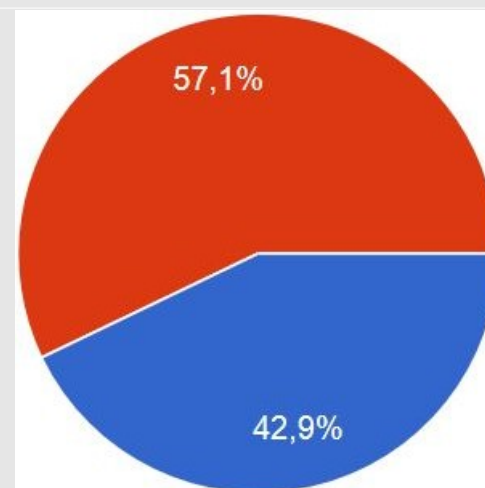
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



C)31) Which alcoholic drinks do you drink?

FRANCE	every day	once a week	once /twice a month	seldom
hard alcohol (Rum, Vodka, Whiskey ...)	- 5%	- 9%	23% 27%	37% 37%
beer	- 9%	10% 9%	37% 32%	13% 32%
wine (white or red wine, sweet wine,champagne ...)	- 5%	3% 9%	27% 32%	30% 37%

ITALY	every day	once a week	once /twice a month	seldom
hard alcohol (Rum, Vodka, Whiskey ...)	- -	5% 20%	27% 27%	32% 47%
beer	- -	14% 27%	18% 47%	32% 20%
wine (white or red wine, sweet wine,champagne ...)	- -	18% 27%	27% 47%	18% 20%

* in red : answers given at the end of the project

C)31) Which alcoholic drinks do you drink?

POLAND	every day	once a week	once /twice a month	seldom
hard alcohol (Rum, Vodka, Whiskey ...)	- 11%	11% 21%	22% 26%	44% 26%
beer	- 16%	37% 16%	11% 37%	30% 16%
wine (white or red wine, sweet wine,champagne ...)	7% 5%	4% 10%	15% 47%	52% 21%

ROMANIA	every day	once a week	once /twice a month	seldom
hard alcohol (Rum, Vodka, Whiskey ...)	- -	5% -	35% 31%	45% 42%
beer	- 21%	15% -	45% 26%	25% 26%
wine (white or red wine, sweet wine,champagne ...)	- -	10% 16%	50% 31%	25% 26%

* in red : answers given at the end of the project

C)32) Where do you drink? (many possible answers)

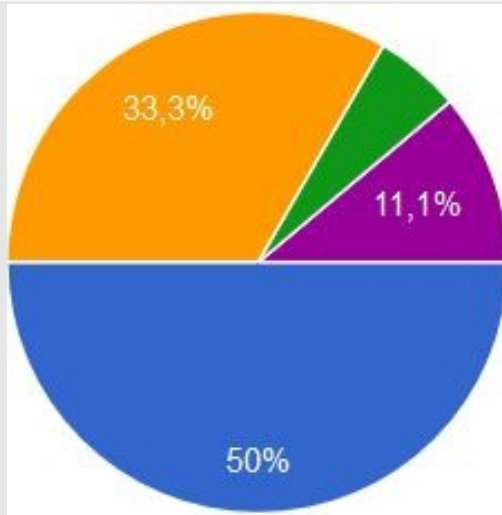
	FRANCE	ITALY	POLAND	ROMANIA
with friends	55.6% 95%	71.4% 86%	85.7% 81%	82.4% 100%
in nightclubs or pubs	5.6% 17%	7.1% 36%	42.9% 62%	23.5% 50%
at your house	72.2% 67%	50% 21%	71.4% 38%	35.3% 21%
on the street	- 11%	21.4% 14%	28.6% 6%	- 7%
at school	- 17%	- 7%	4.8% 6%	- -

* in red : answers given at the end of the project

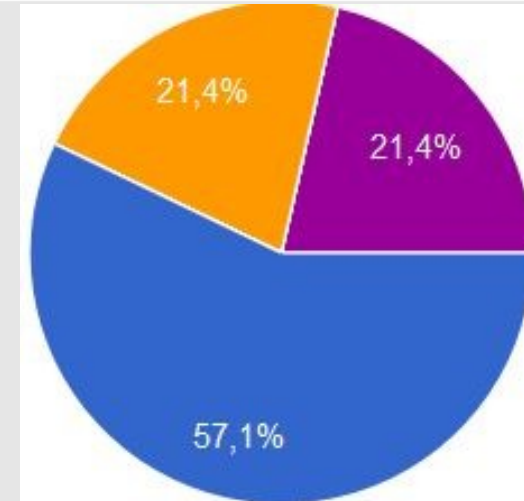
**C)33) Who do you drink with?
(many possible answers)**



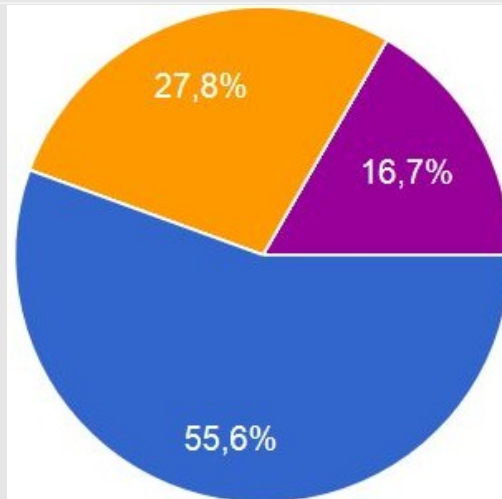
FRANCE (beginning)



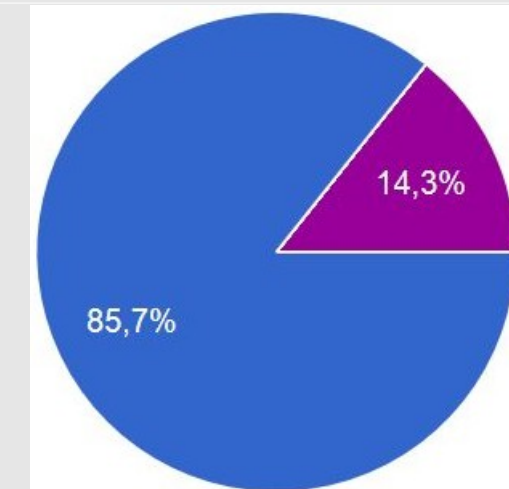
ITALY (beginning)



FRANCE (end)



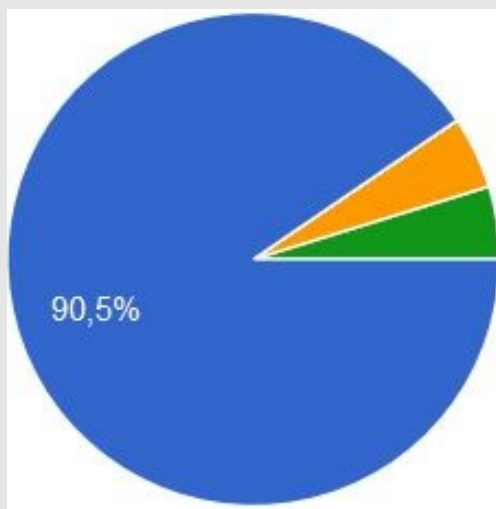
ITALY (end)



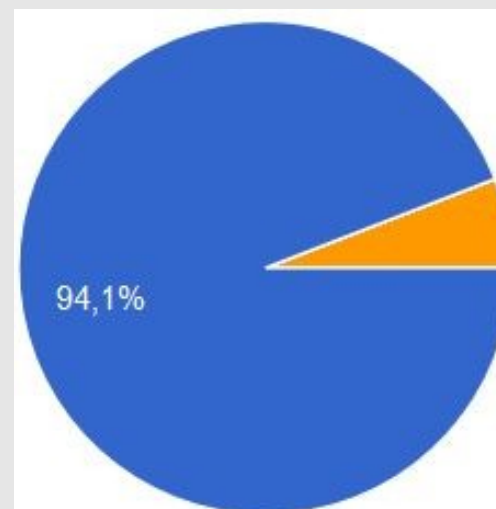
**C)33) Who do you drink with?
(many possible answers)**



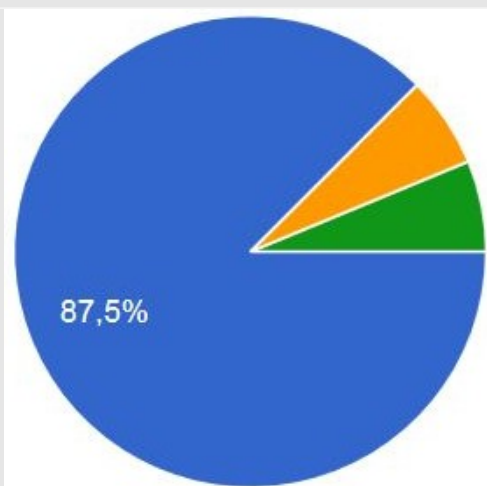
POLAND (beginning)



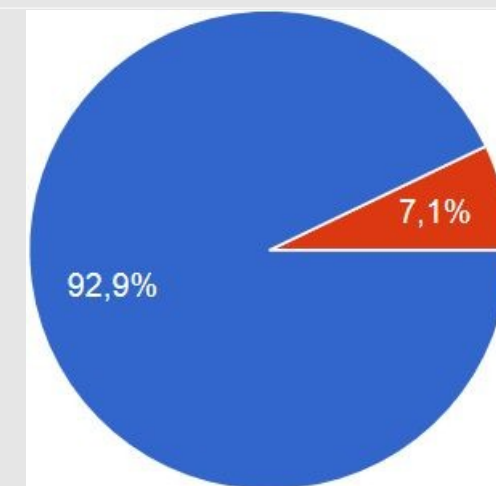
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

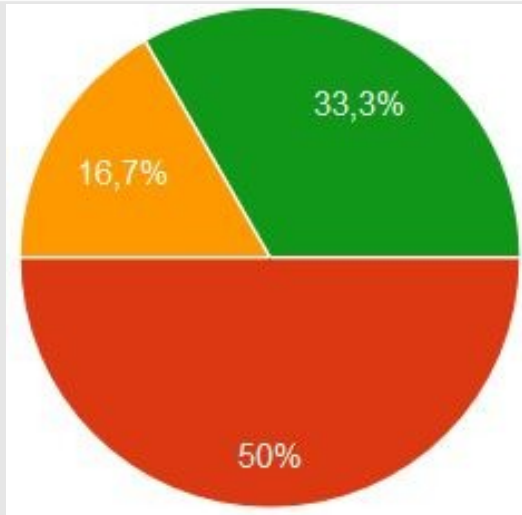


C)38) What do most energy drinks contain?

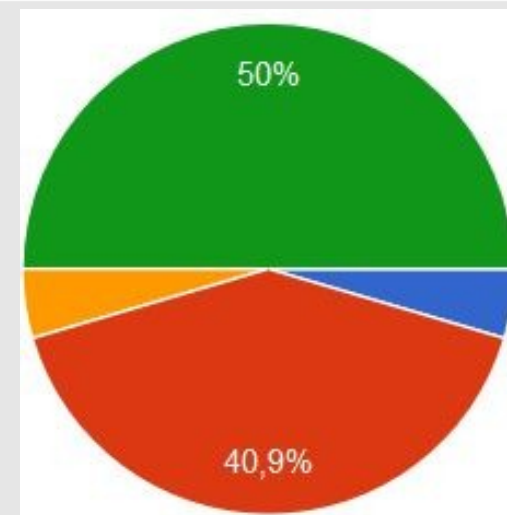
● carbohydrates
● Taurine

● vitamins
● caffeine

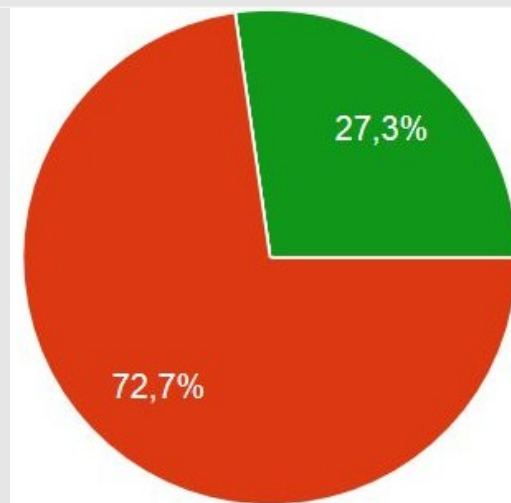
FRANCE (beginning)



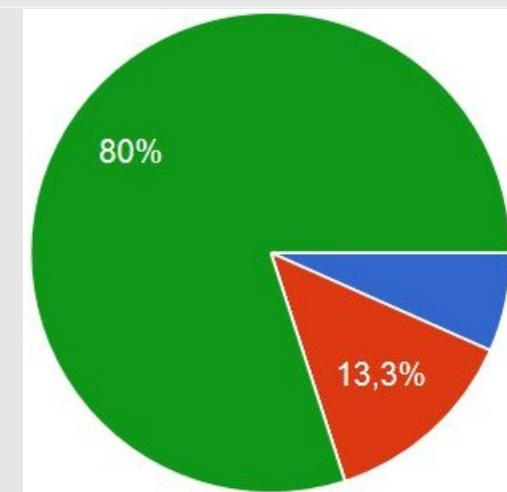
ITALY (beginning)



FRANCE (end)



ITALY (end)

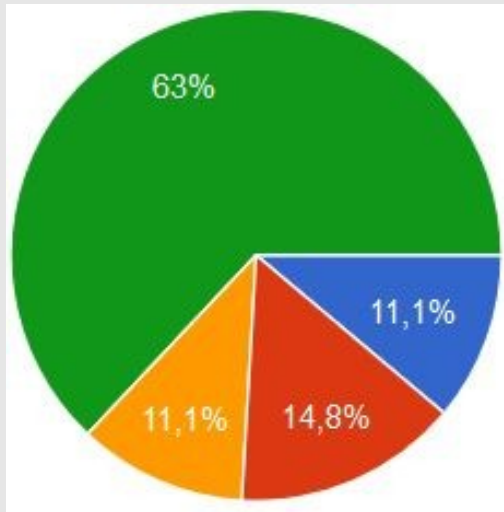


C)38) What do most energy drinks contain?

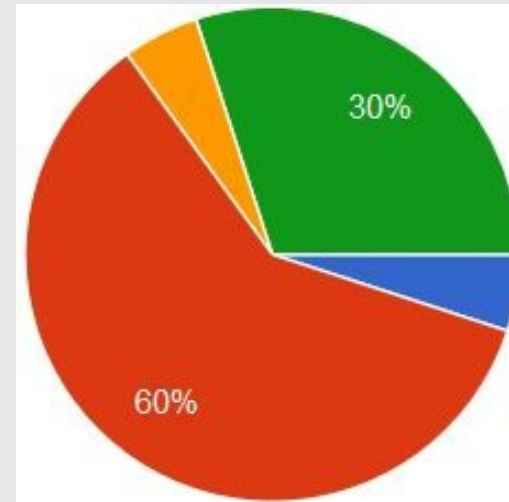
● carbohydrates
● Taurine

● vitamins
● caffeine

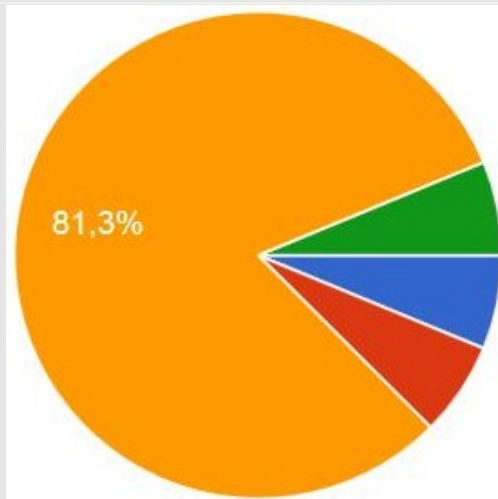
POLAND (beginning)



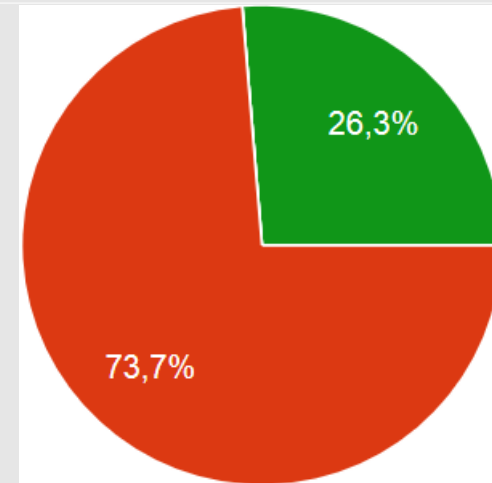
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



Medicine drugs

C)39) Do you regularly take painkillers ?

always

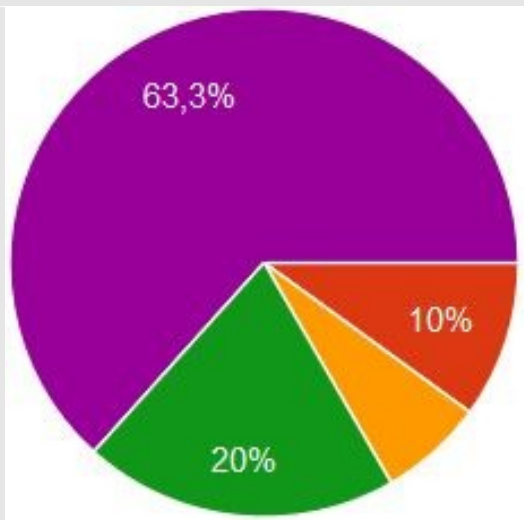
often

sometimes

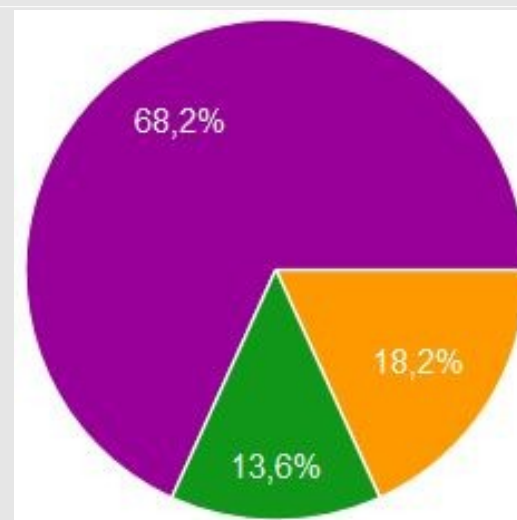
seldom

never

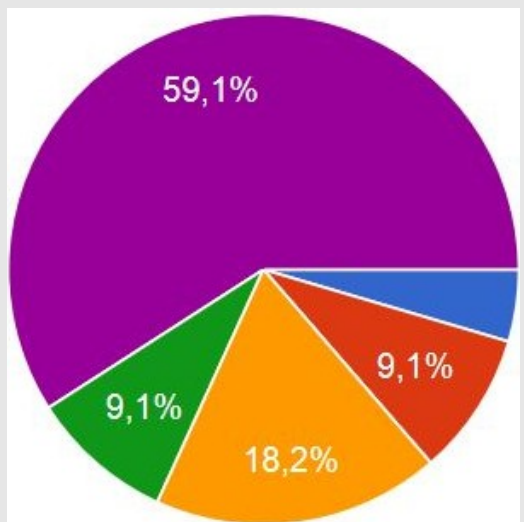
FRANCE (beginning)



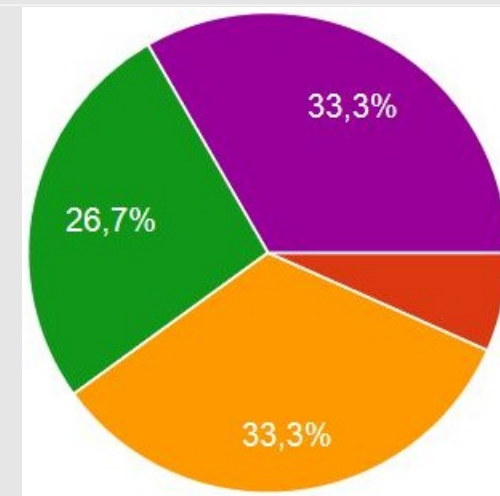
ITALY (beginning)



FRANCE (end)



ITALY (end)

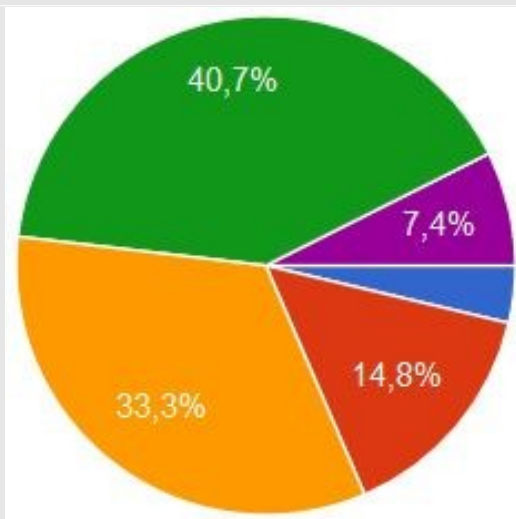


Medicine drugs

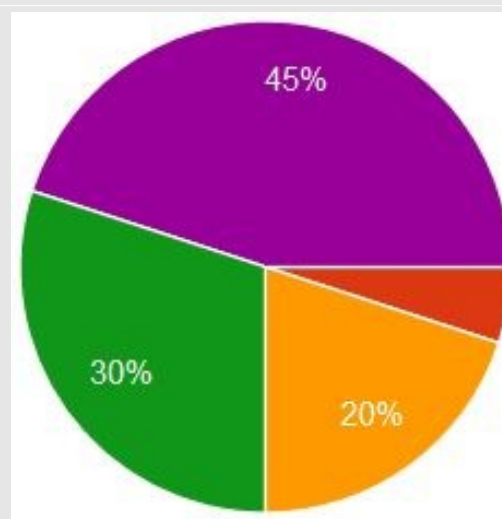
C)39) Do you regularly take painkillers ?



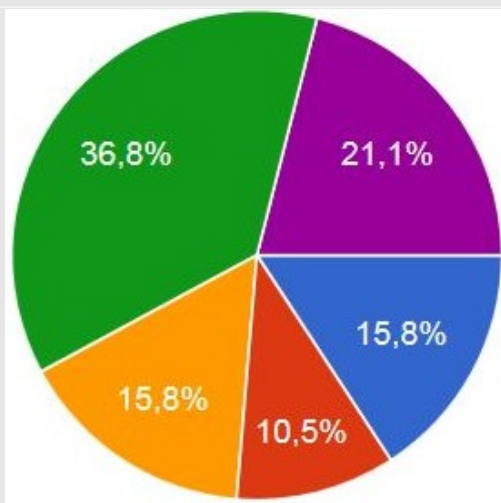
POLAND (beginning)



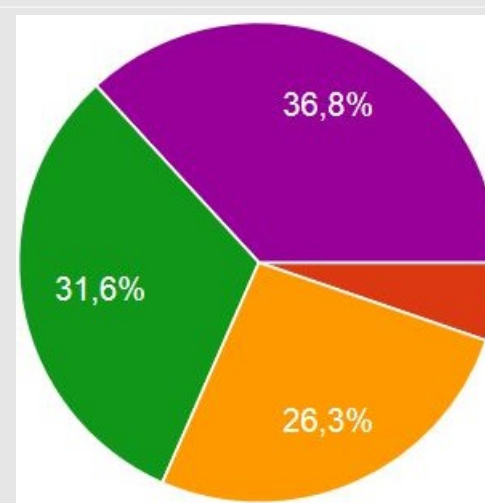
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

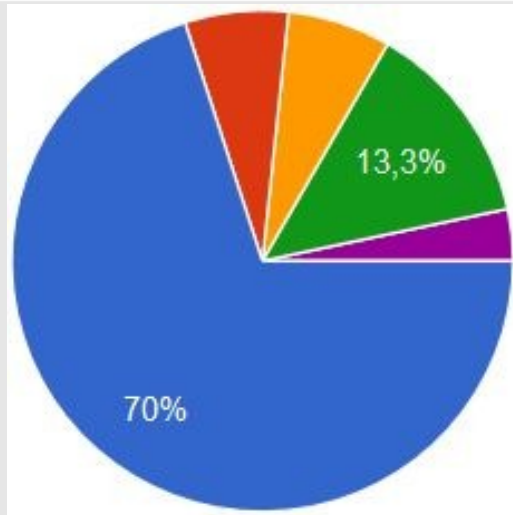


D) Eating habits

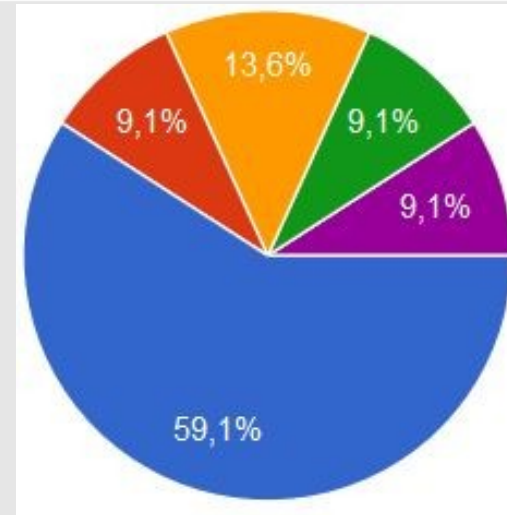
D)1) Do you have breakfast before going to school?



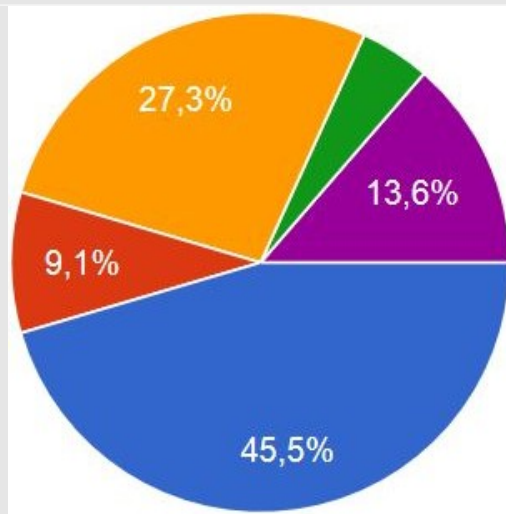
FRANCE (beginning)



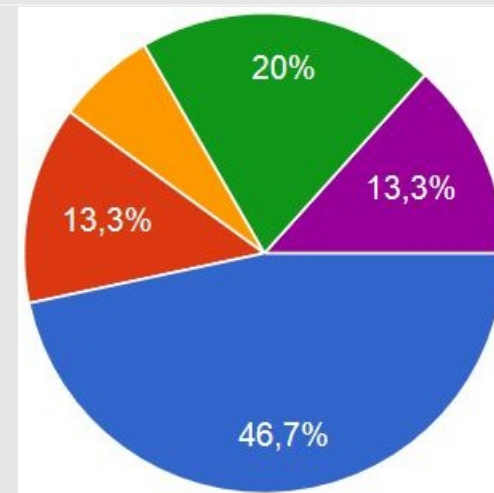
ITALY (beginning)



FRANCE (end)

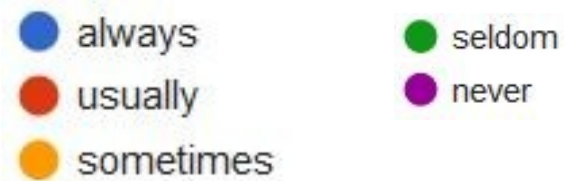


ITALY (end)

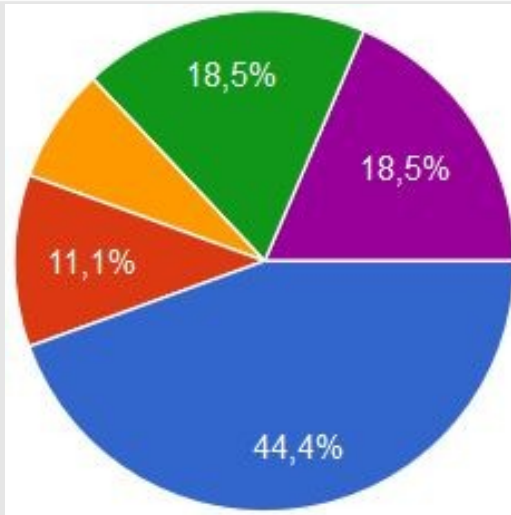


D) Eating habits

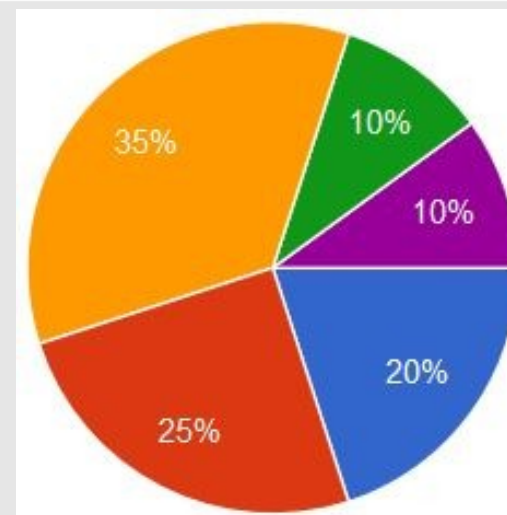
D)1) Do you have breakfast before going to school?



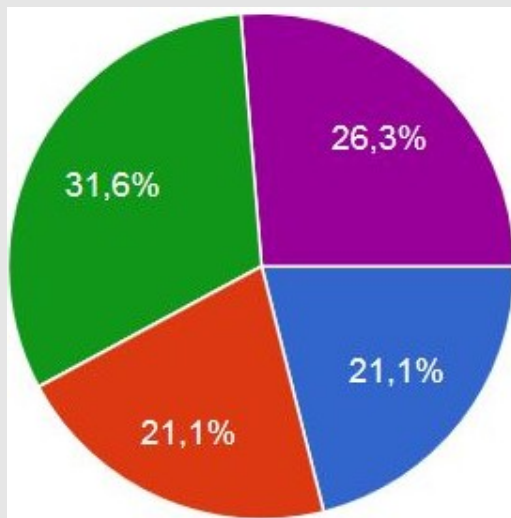
POLAND (beginning)



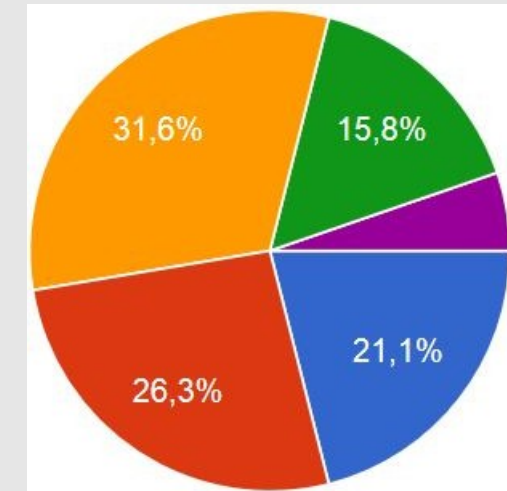
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



D) Eating habits

D)2) Which meals do you have a day ? (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
Breakfast	76.7% 73%	77.3% 60%	66.7% 37%	60% 56%
Snacks in the morning	20% 41%	72.7% 60%	33.3% 37%	60% 42%
Lunch	96.7% 87%	100% 100%	66.7% 79%	90% 95%
Snacks in the afternoon	36.7% 45%	63.7% 73%	55.6% 47%	40% 68%
Snacks before dinner	20% 14%	9.1% -	40.7% 37%	30% 10%
Dinner	96.7% 86%	100% 87%	92.6% 74%	95% 84%
Snacks during the night	- 14%	- -	25.9% 16%	25% 5%

* in red : answers given at the end of the project

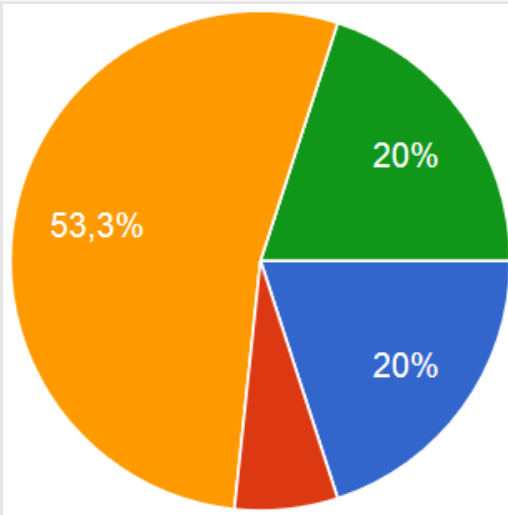
D) Eating habits

D)3) Do you snack ?

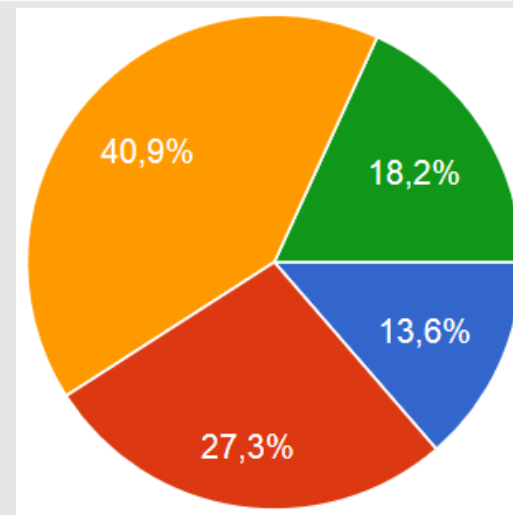
● all day long
● several times during the week

● from time to time
● not at all

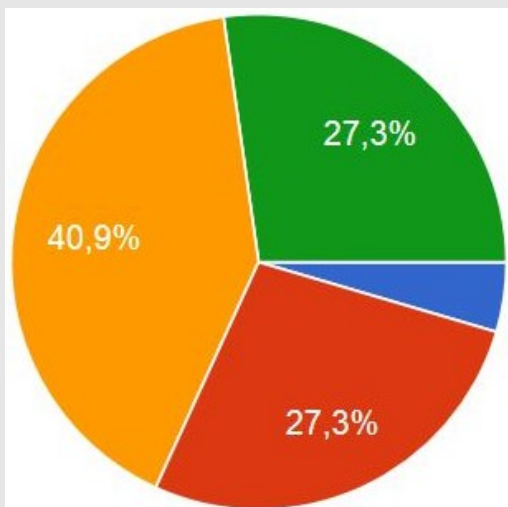
FRANCE (beginning)



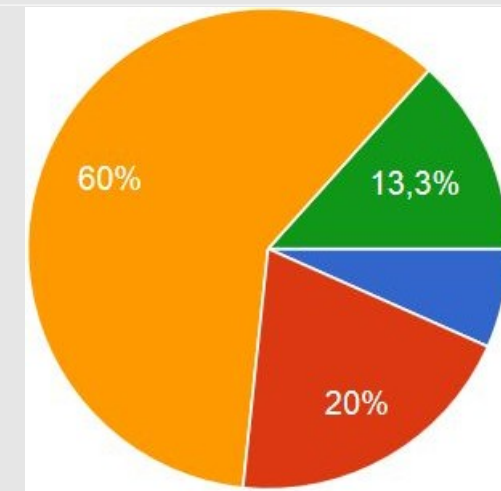
ITALY (beginning)



FRANCE (end)



ITALIA (end)



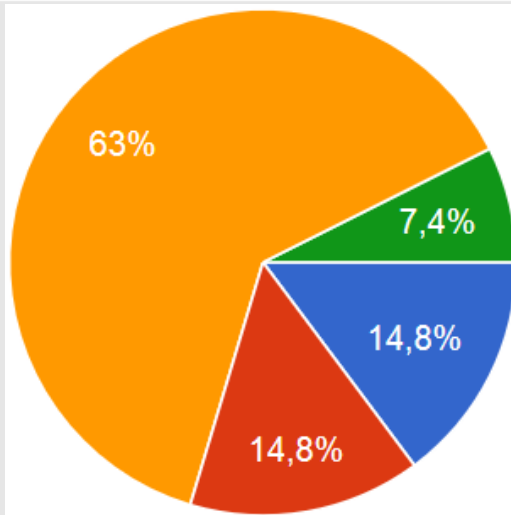
D) Eating habits

D)3) Do you snack ?

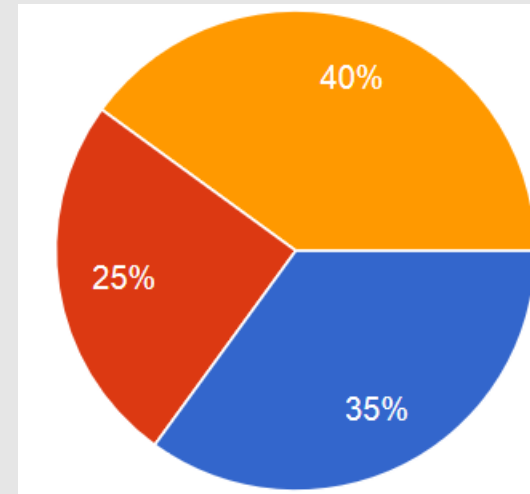
all day long
several times during the week

from time to time
not at all

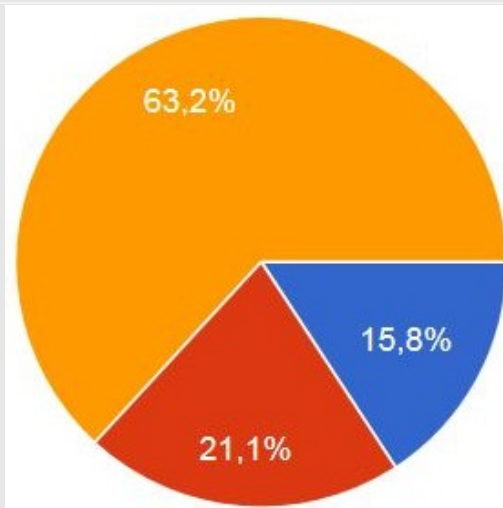
POLAND (beginning)



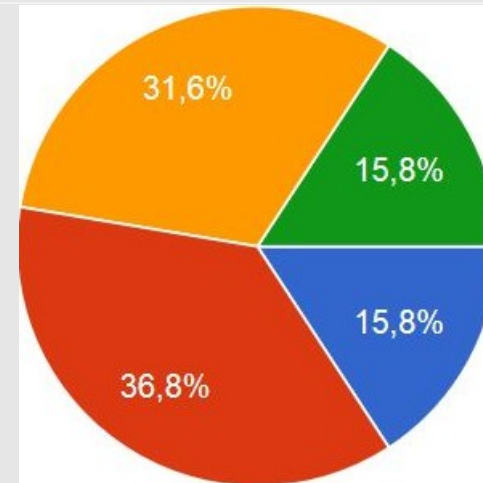
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

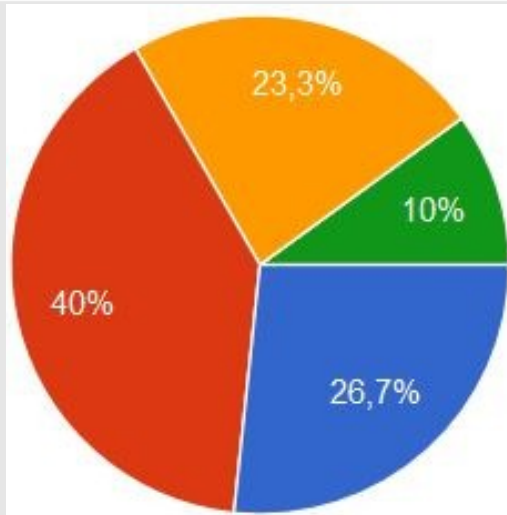


D) Eating habits

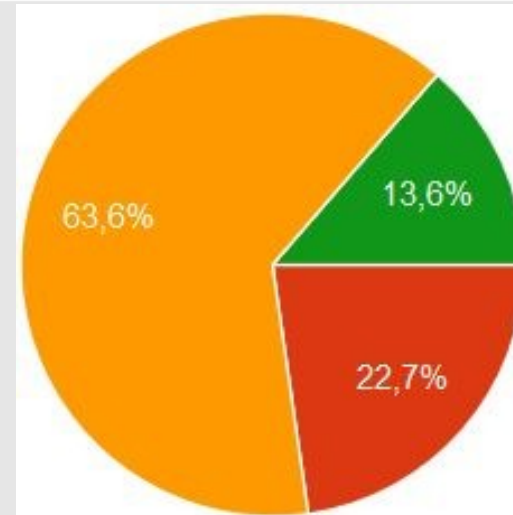
D)4) Are your meals balanced?

- never
- sometimes
- often
- every day

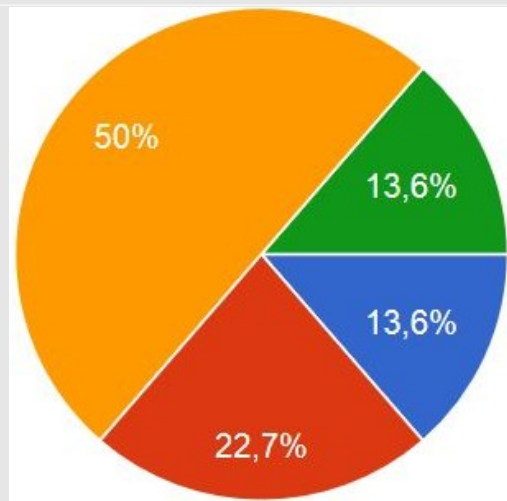
FRANCE (beginning)



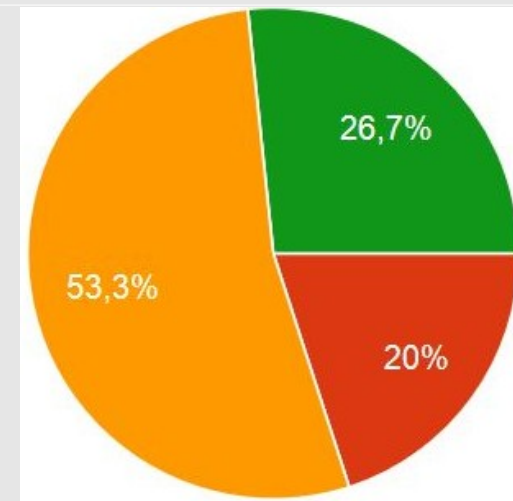
ITALY (beginning)



FRANCE (end)



ITALY (end)

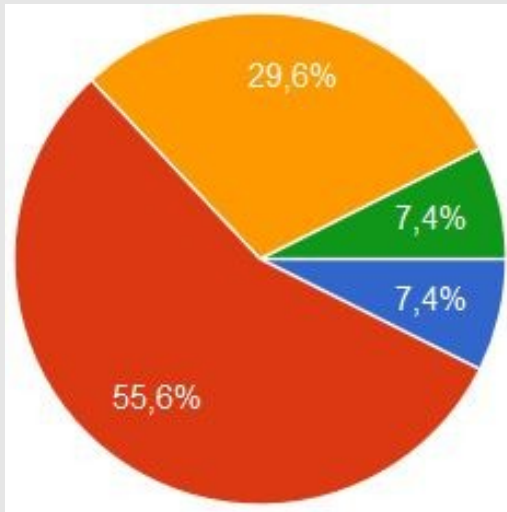


D) Eating habits

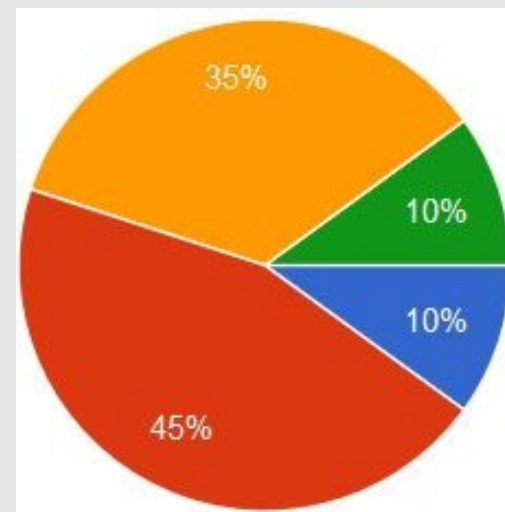
D)4) Are your meals balanced?

- never
- sometimes
- often
- every day

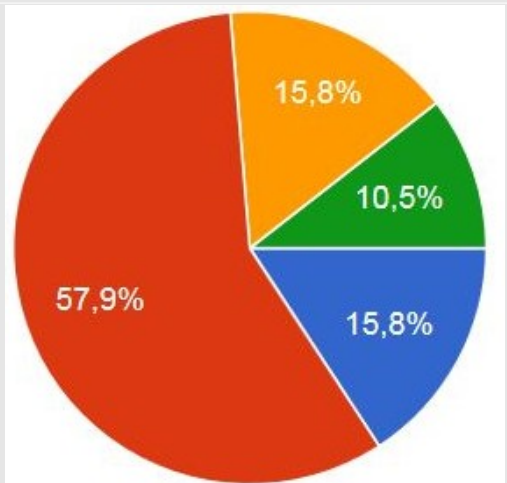
POLAND (beginning)



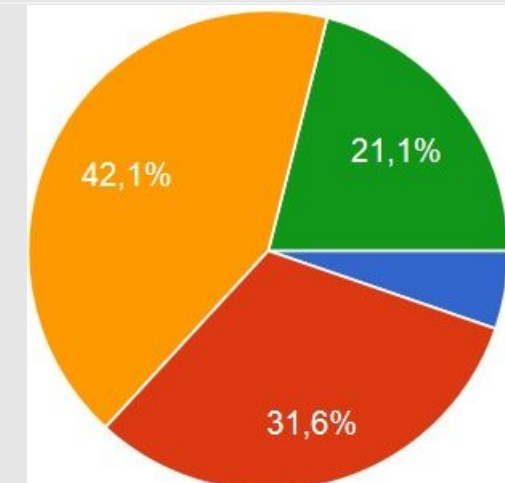
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



D)5) How often do you eat?

FRANCE	sweets	fruit	raw vegetables	brown bread	milk and dairy products
once a day and more	16.7% 22%	53.3% 77%	46.7% 50%	40% 54%	80% 86%
once a week	26.7% 14%	30% 9%	33.3% 45%	23.3% 14%	10% 9%
seldom	40% 50%	16.7% 9%	20% -	13.3% 23%	10% -
never	16.7% 14%	- 5%	- 5%	23.3% 9%	- 5%

ITALY	sweets	fruit	raw vegetables	brown bread	milk and dairy products
once a day and more	31.8% 20%	77.3% 93%	63.6% 53%	40.9% 34%	54.5% 34%
once a week	36.4% 46%	13.6% -	23.3% 33%	36.3% 20%	36.4% 53%
seldom	27.3% 27%	9.1% 7%	4.5% 7%	13.6% 33%	9.1% 13%
never	4.5% 7%	- -	4.5% 7%	9.1% 13%	- -

* in red : answers given at the end of the project

D)5) How often do you eat?

POLAND	sweets	fruit	raw vegetables	brown bread	milk and dairy products
once a day and more	44.4% 47%	63% 84%	55.6% 74%	33.3% 43%	55.6% 51%
once a week	25.9% 32%	29.6% 5%	25.9% 21%	29.6% 52%	25.9% 25%
seldom	29.6% 21%	7.4% 11%	14.8% 5%	29.6% 5%	11.1% 20%
never	- -	- -	3.7% -	7.4% -	7.4% 4%

ROMANIA	sweets	fruit	raw vegetables	brown bread	milk and dairy products
once a day and more	40% 42%	75% 79%	50% 64%	25% 48%	45% 47%
once a week	40% 42%	20% 21%	30% 36%	30% 26%	45% 43%
seldom	20% 16%	5% -	20% -	45% 26%	10% 10%
never	- -	- -	- -	- -	- -

* in red : answers given at the end of the project

D)6) Which meals do you have with your family? (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
breakfast	33.3% 41%	22.7% -	14.8% 5%	25% 5%
lunch	43.3% 46%	68.2% 87%	22.2% 32%	75% 68%
dinner	93.3% 82%	81.8% 67%	85.2% 52%	90% 68%
never	6.7% 14%	- -	14.8% 32%	- 5%

*** in red : answers given at the end of the project**

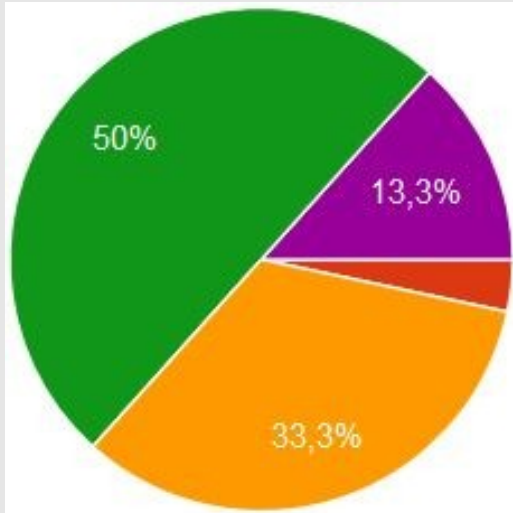
D) Eating habits

D)7) How much water do you drink a day?

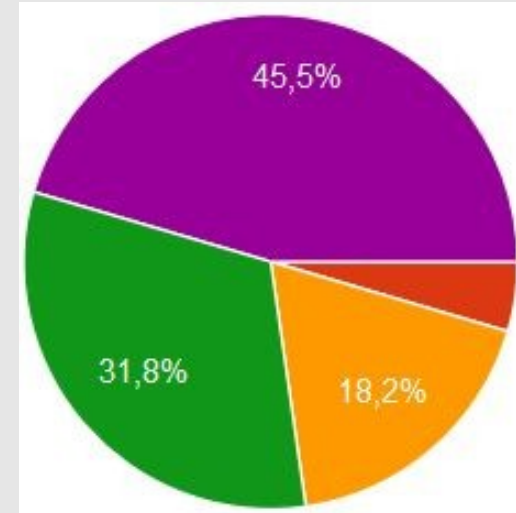
never
1 glass
0.5 L

1L
1.5L or more

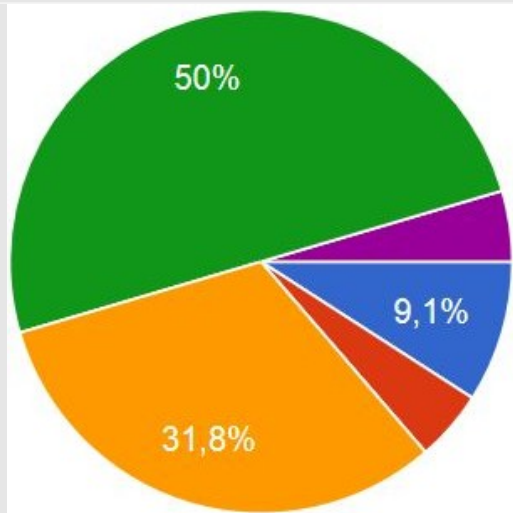
FRANCE (beginning)



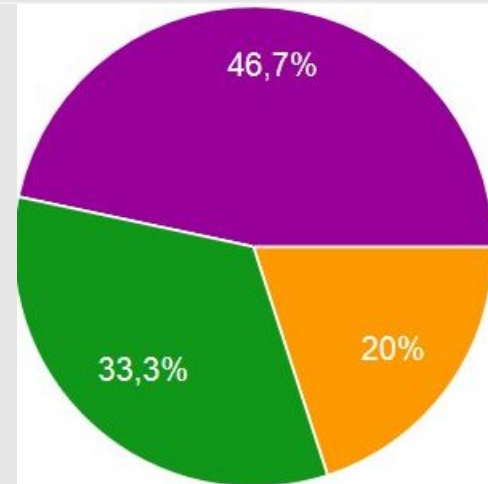
ITALY (beginning)



FRANCE (end)



ITALY (end)



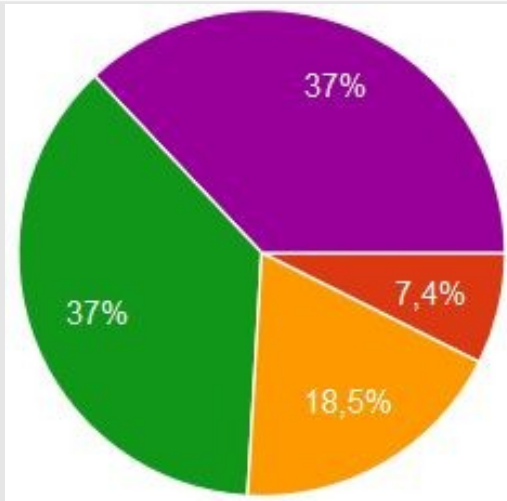
D) Eating habits

D)7) How much water do you drink a day?

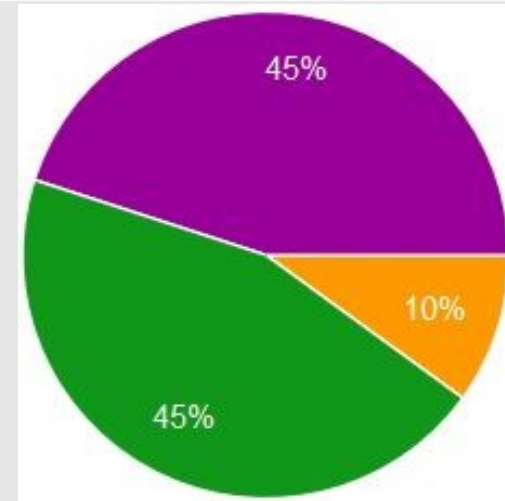
never
1 glass
0.5 L

1L
1.5L or more

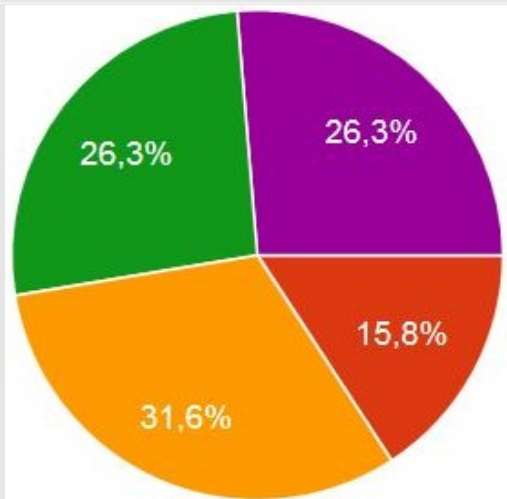
POLAND (beginning)



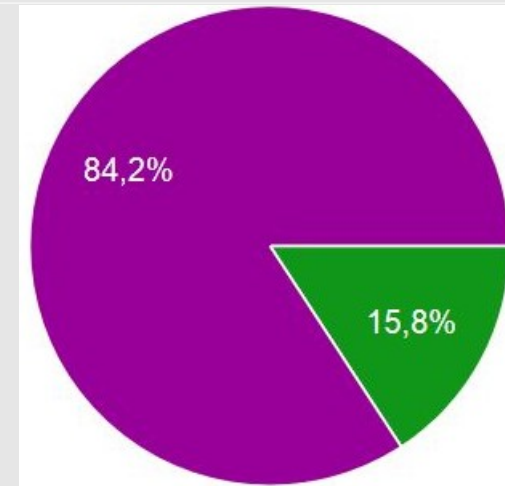
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



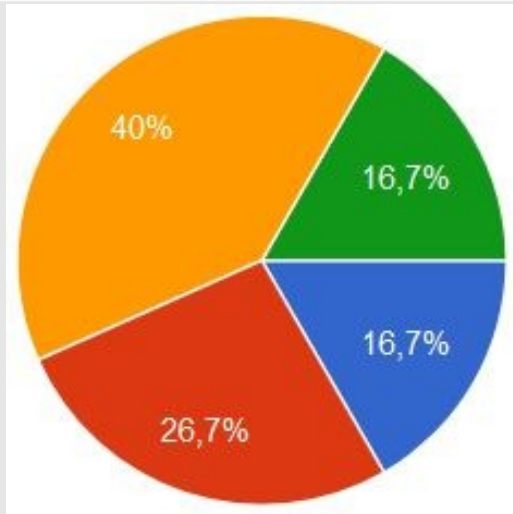
D) Eating habits

D)8) What do you think about your body?

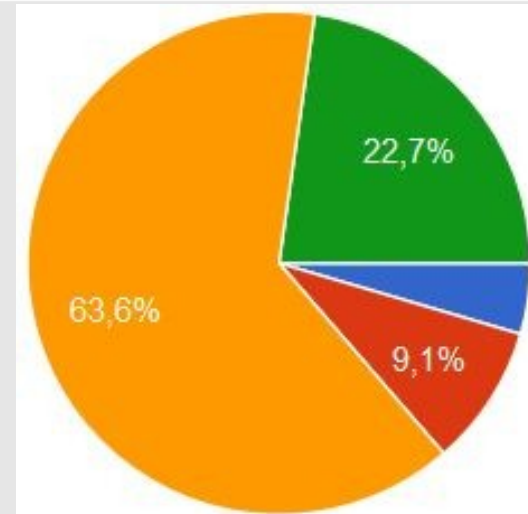
● I am slim
● I am too fat

● I am ok
● I don't think about it

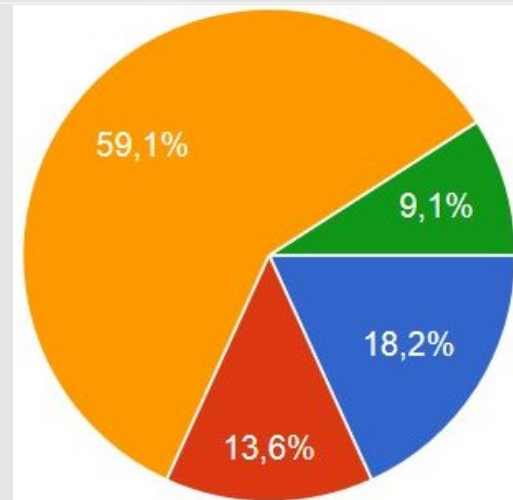
FRANCE (beginning)



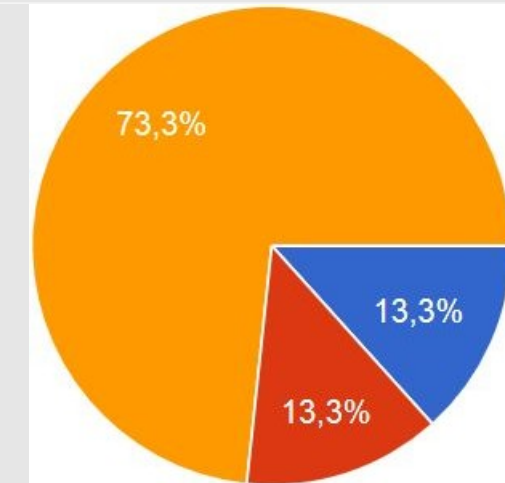
ITALY (beginning)



FRANCE (end)



ITALY (end)



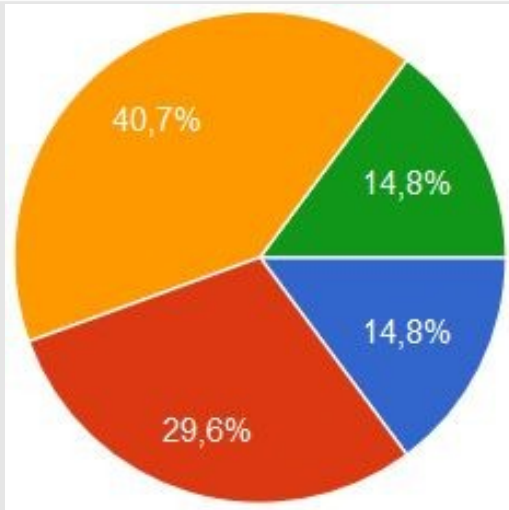
D) Eating habits

D)8) What do you think about your body?

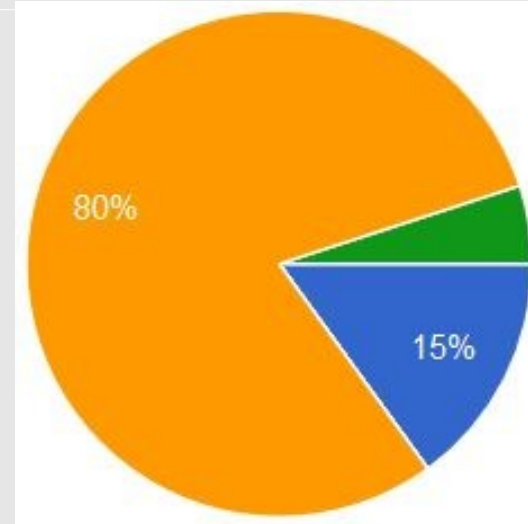
● I am slim
● I am too fat

● I am ok
● I don't think about it

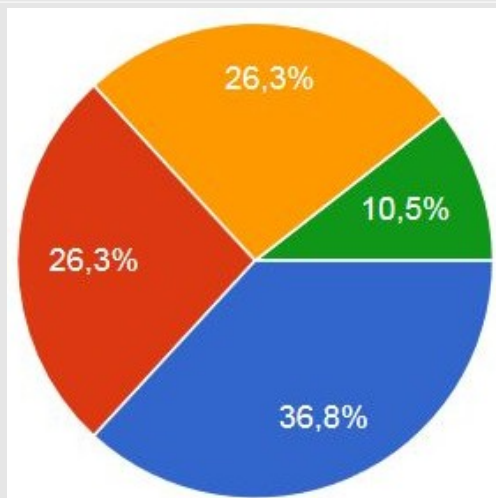
POLAND (beginning)



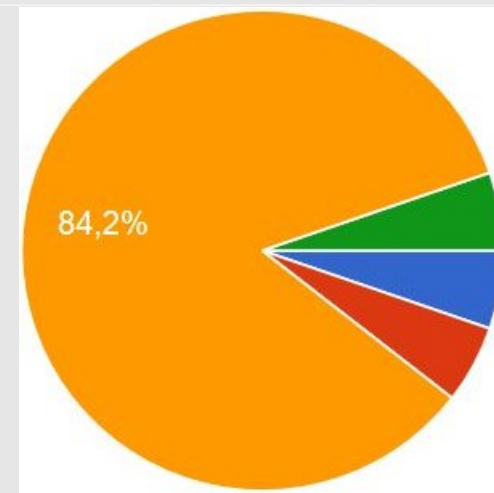
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

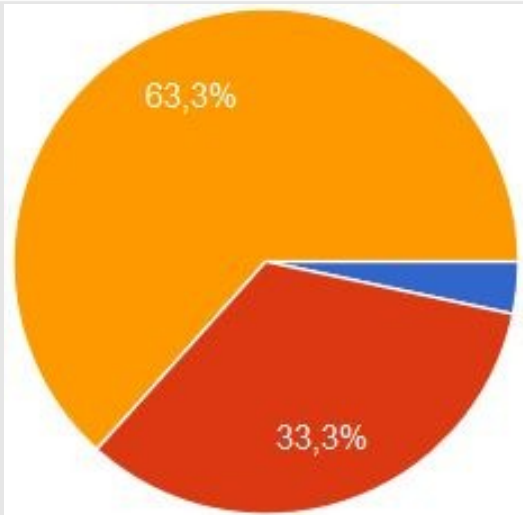


D) Eating habits

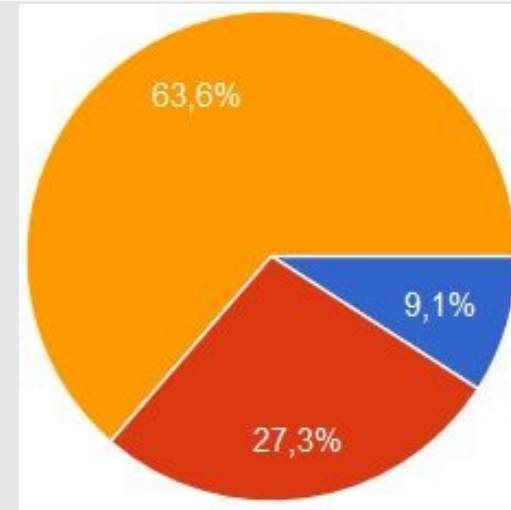
D)9) Are you on a diet?

- yes, I am
- no, I'm not but I should be
- no, I'm not

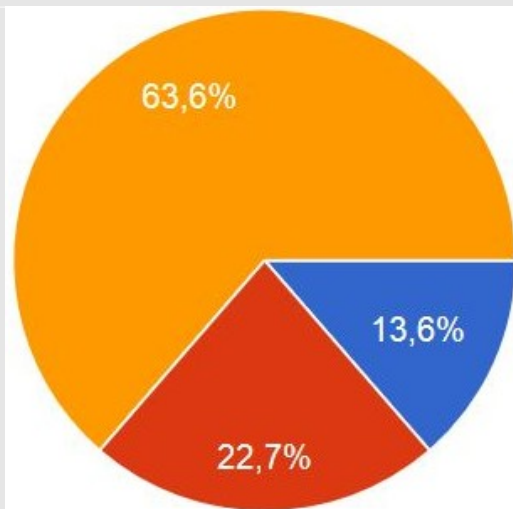
FRANCE (beginning)



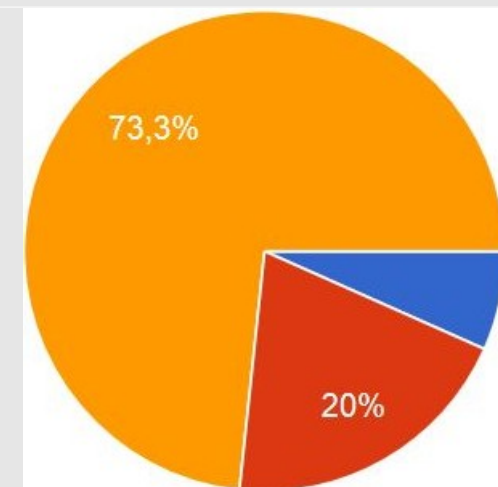
ITALY (beginning)



FRANCE (end)



ITALY (end)

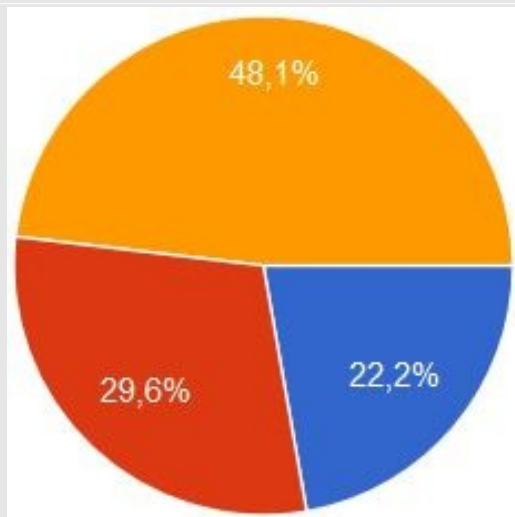


D) Eating habits

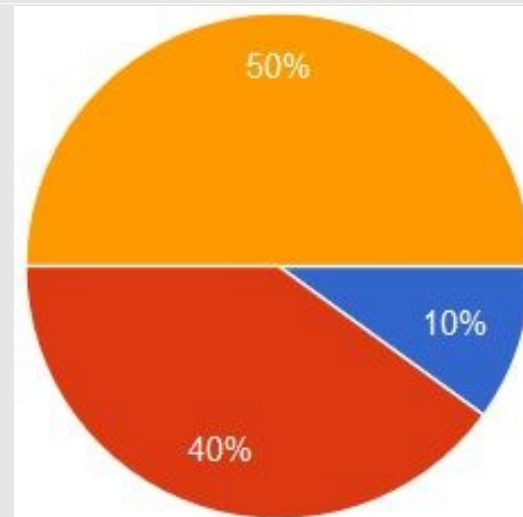
D)9) Are you on a diet?

- yes, I am
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- no, I'm not

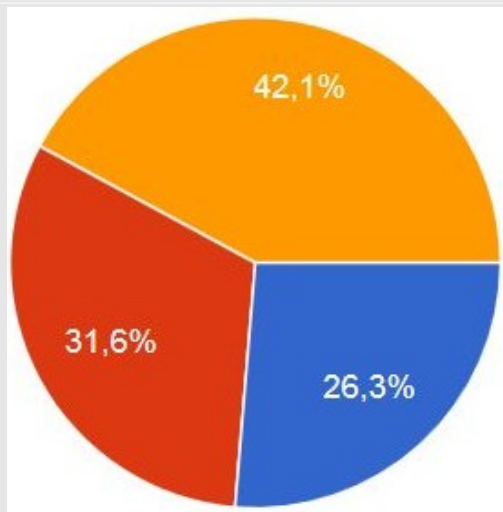
POLAND (beginning)



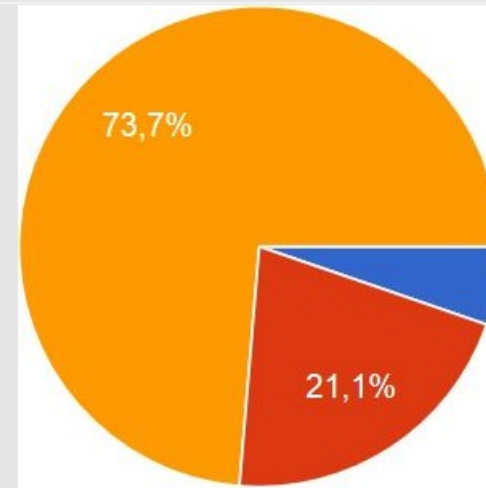
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

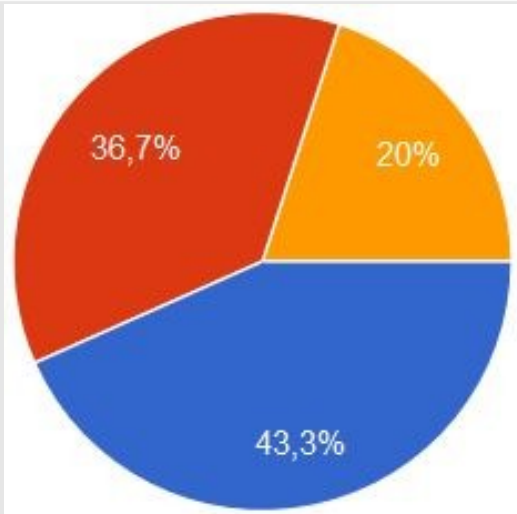


D) Eating habits

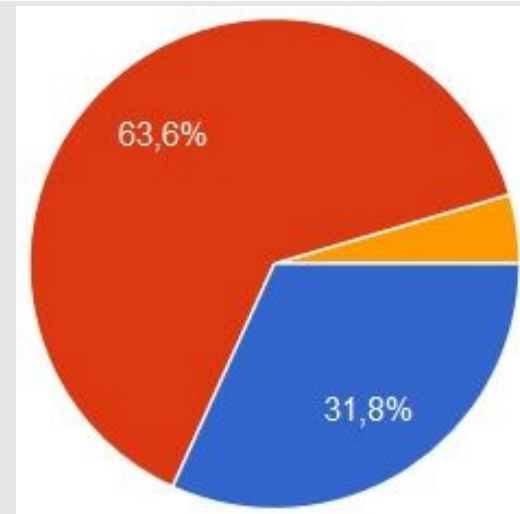
D)10) Does sport make you lose weight?

- yes without changing the diet
- yes but changing the diet
- no

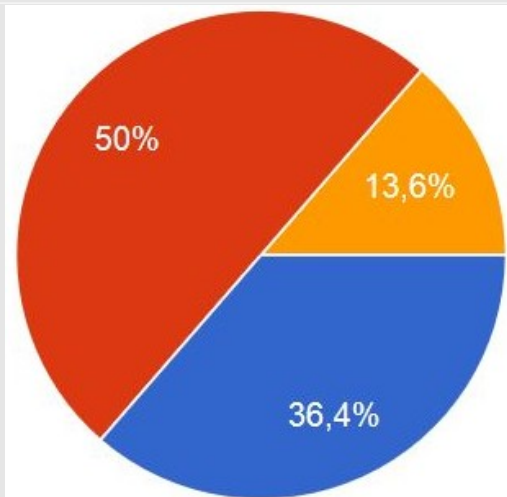
FRANCE (beginning)



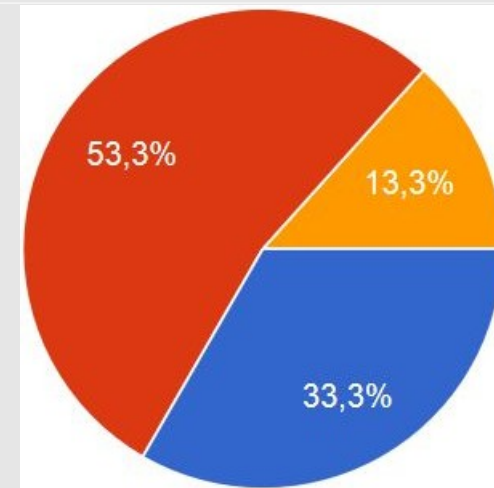
ITALY (beginning)



FRANCE (end)



ITALY (end)

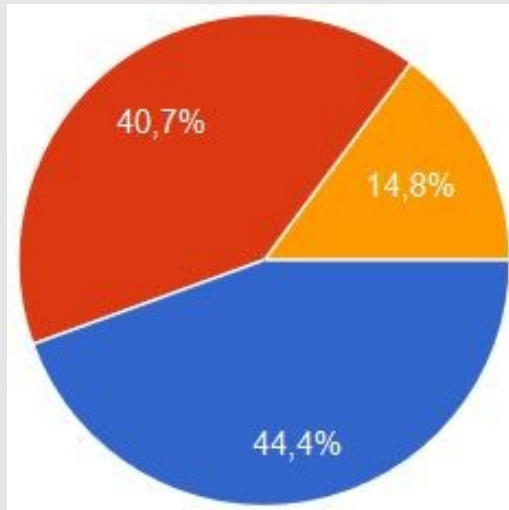


D) Eating habits

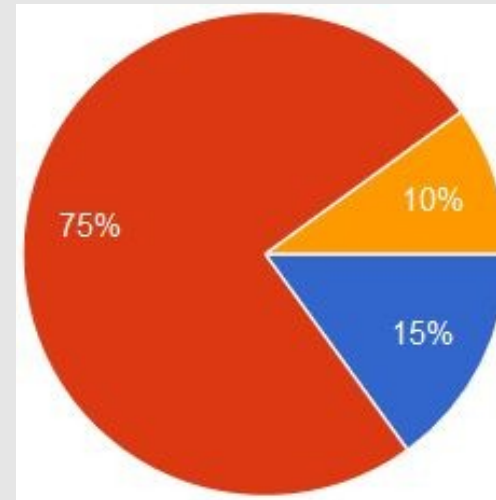
D)10) Does sport make you lose weight?

- yes without changing the diet
- yes but changing the diet
- no

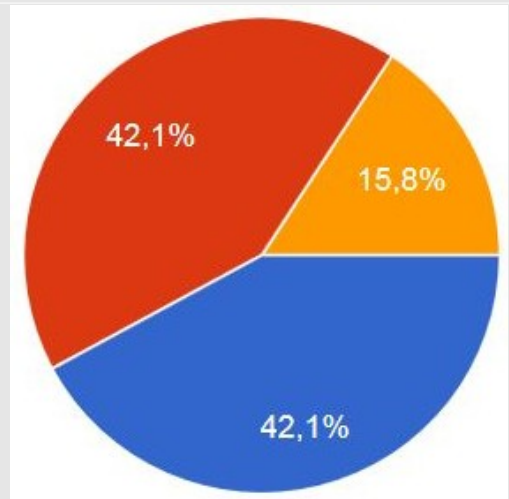
POLAND (beginning)



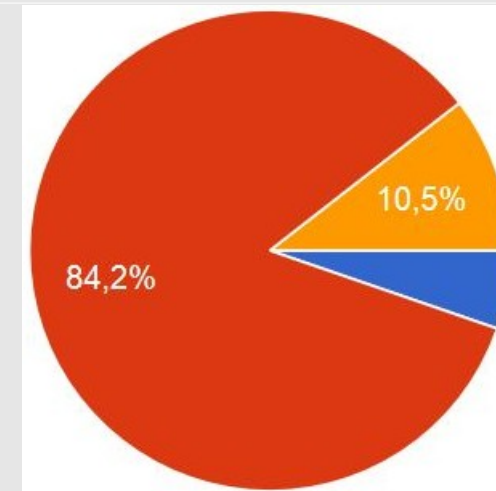
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

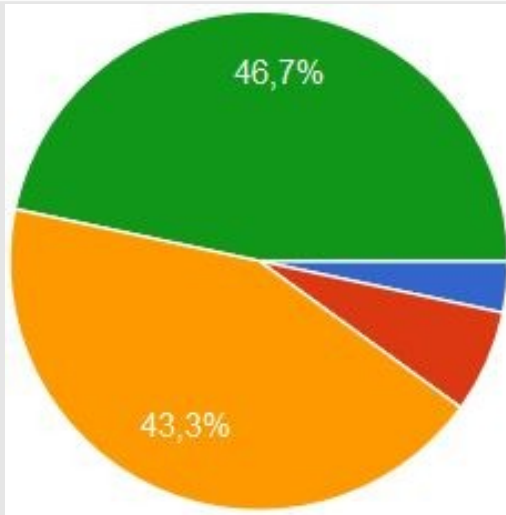


E) Stress management - Selfconfidence

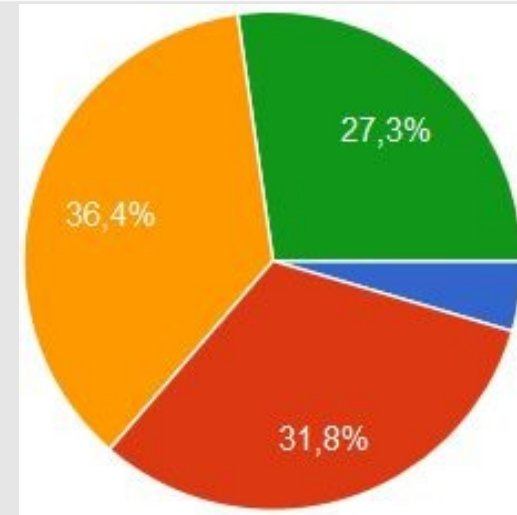
E)1) During the week, how many hours do you sleep per night?



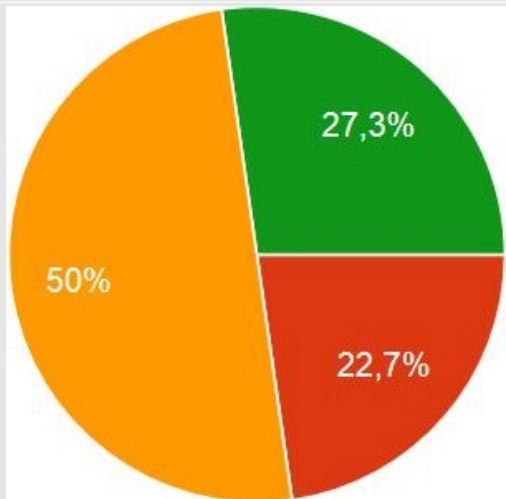
FRANCE (beginning)



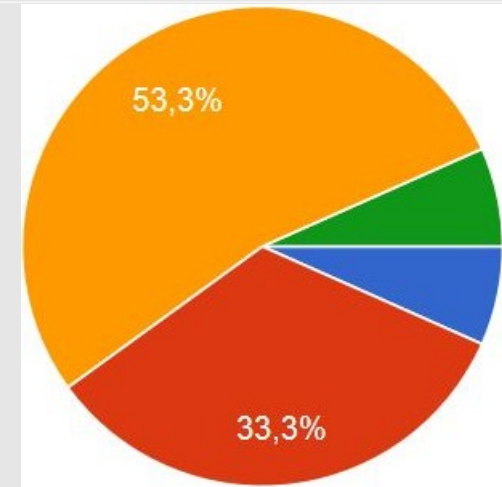
ITALY (beginning)



FRANCE (end)



ITALY (end)

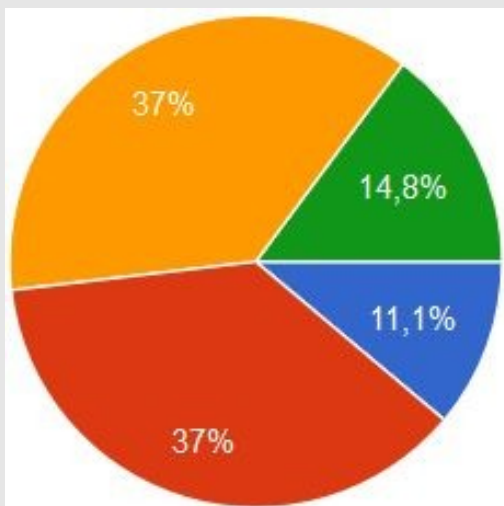


E) Stress management - Selfconfidence

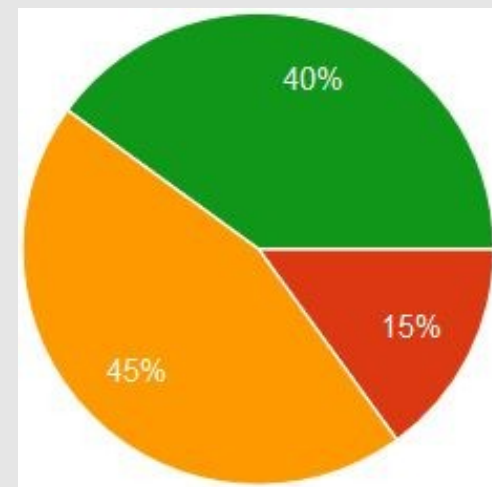
E)1) During the week, how many hours do you sleep per night?



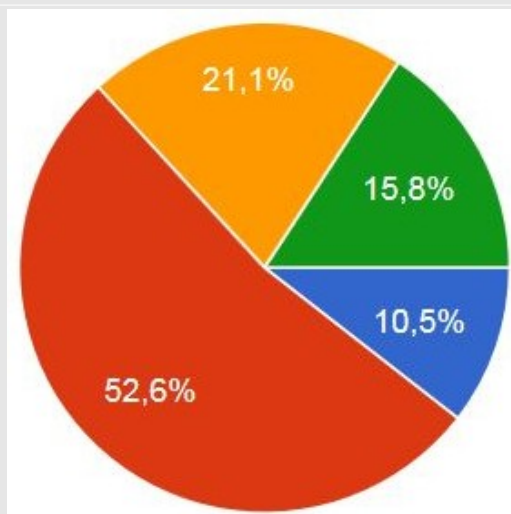
POLAND (beginning)



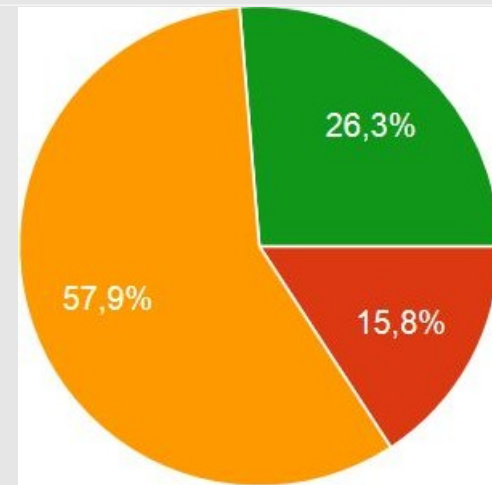
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

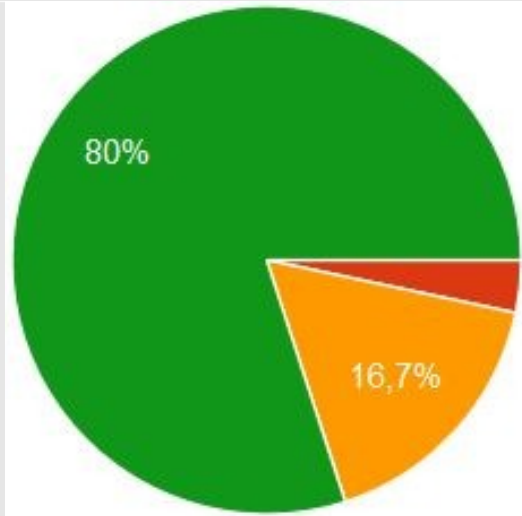


E) Stress management - Selfconfidence

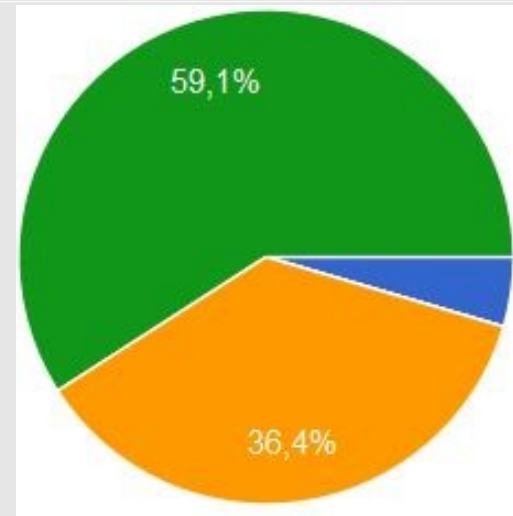
E)2) At the weekend, how many hours do you sleep per night?



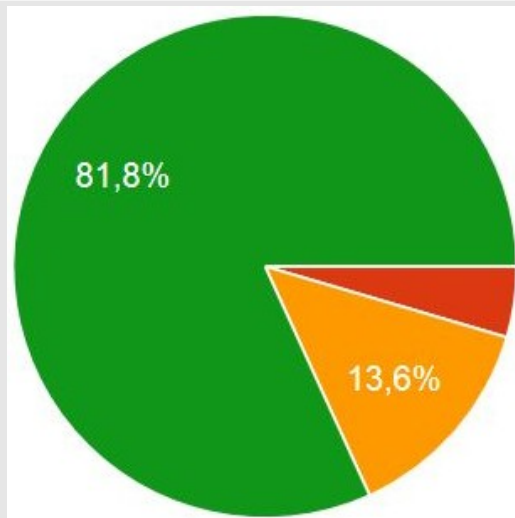
FRANCE (beginning)



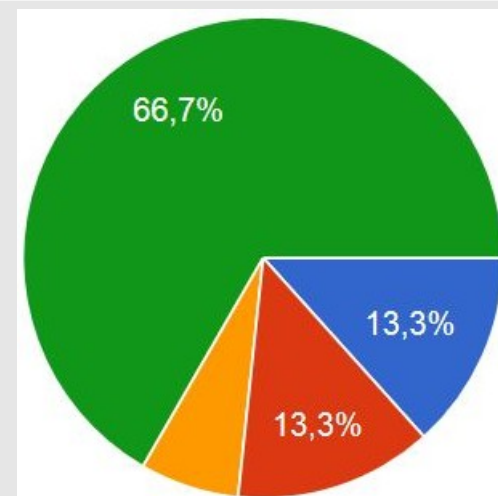
ITALY (beginning)



FRANCE (end)



ITALY (end)

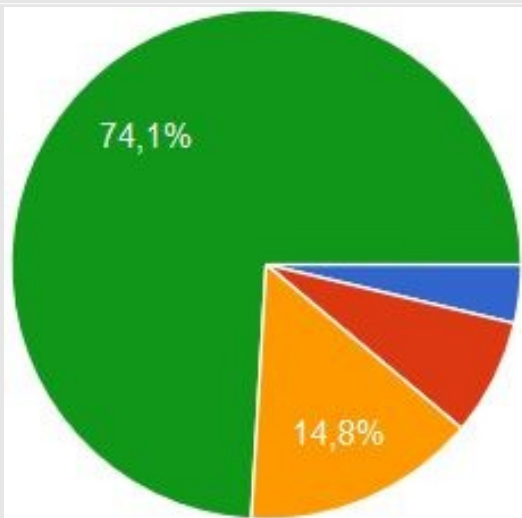


E) Stress management - Selfconfidence

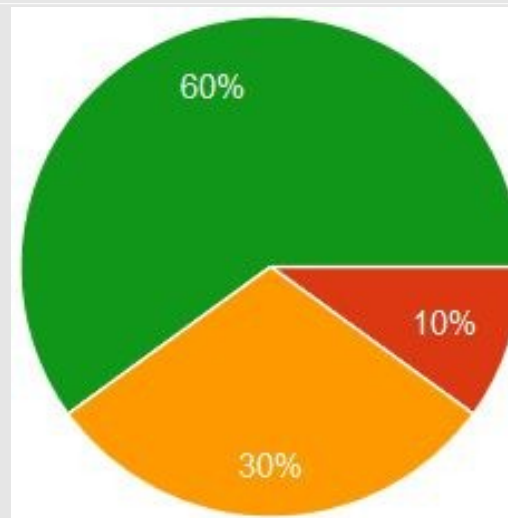
E)2) At the weekend, how many hours do you sleep per night?



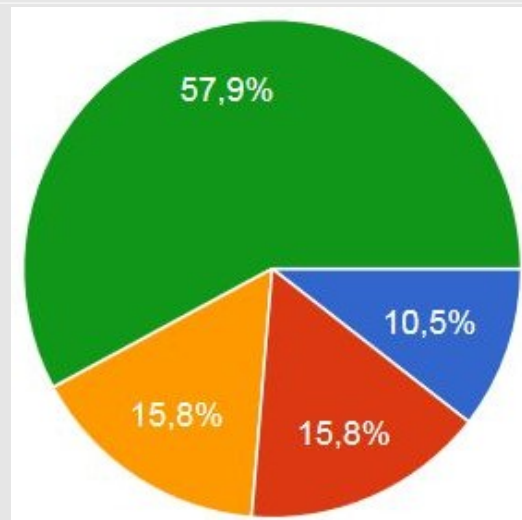
POLAND (beginning)



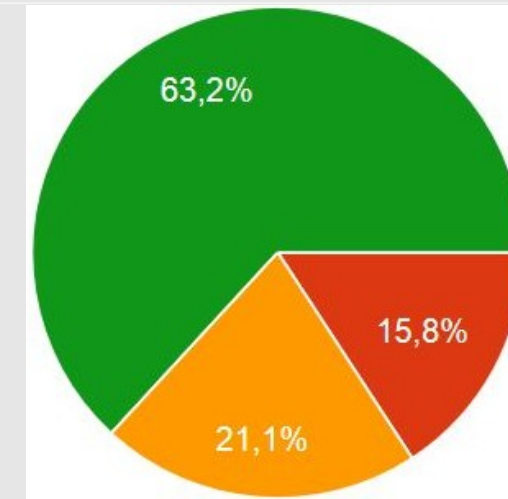
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

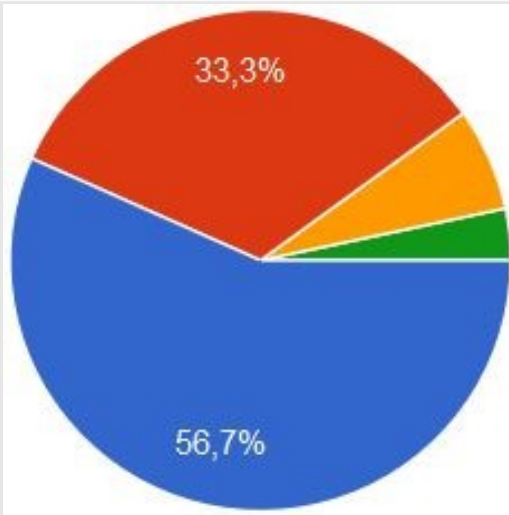


E) Stress management - Selfconfidence

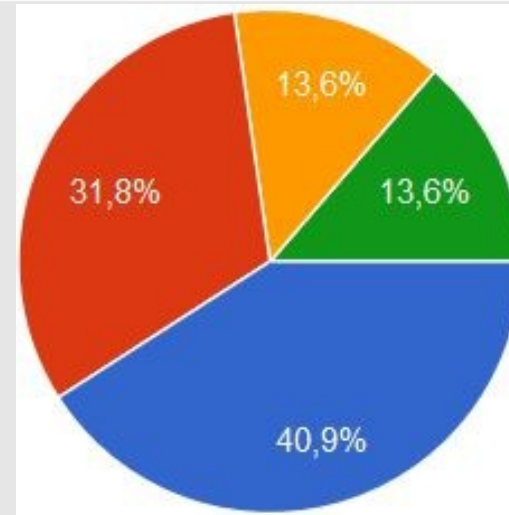
E)3) How do you feel on Sunday night, the day before going back to school ?

- Fine
- Not good
- Badly
- Very badly

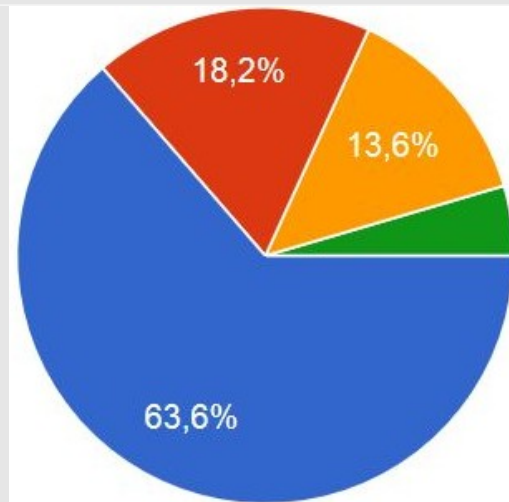
FRANCE (beginning)



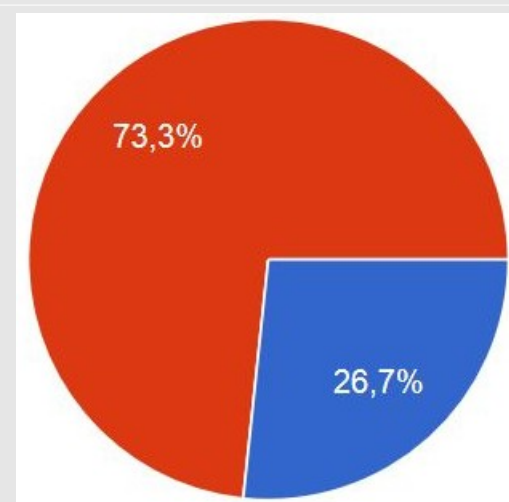
ITALY (beginning)



FRANCE (end)



ITALY (end)

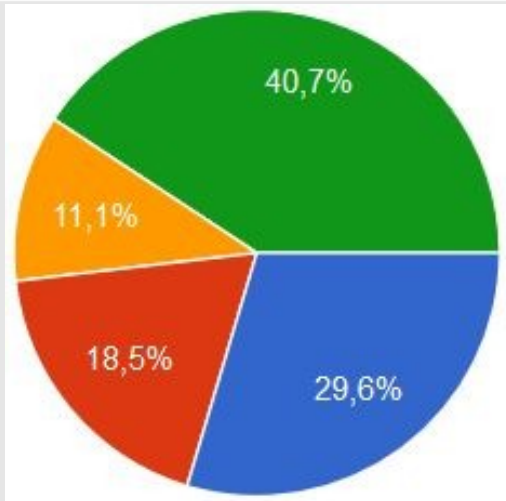


E) Stress management - Selfconfidence

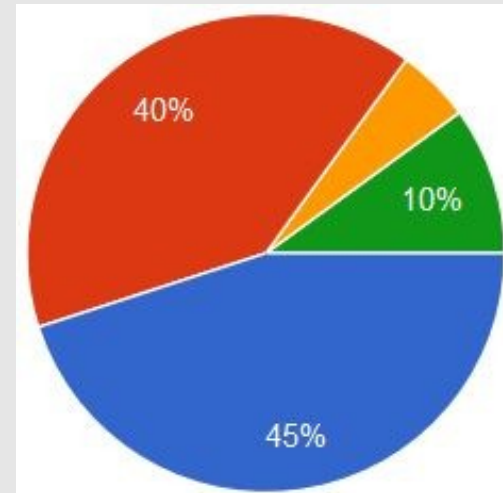
E)3) How do you feel on Sunday night, the day before going back to school ?

- Fine
- Not good
- Badly
- Very badly

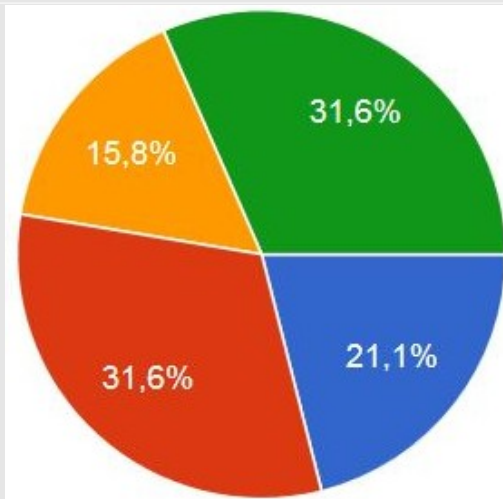
POLAND (beginning)



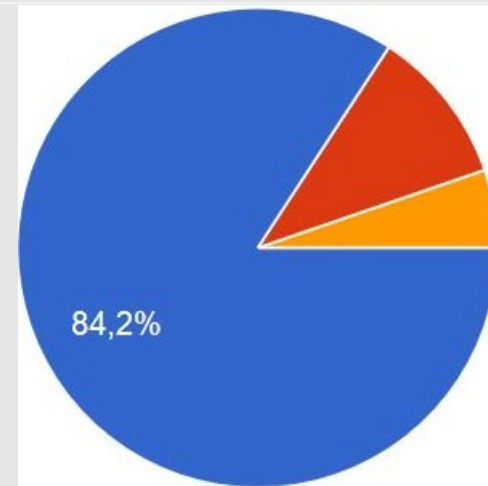
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



E)4) Which symptoms do you suffer most from stress? (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
irritability	43.3% 36%	63.6% 67%	33.3% 42%	35% 37%
unability to participate in class or to answer the teacher's questions	33.3% 27%	13.6% 13%	29.6% 37%	30% 16%
tiredness	40% 41%	50% 40%	44.4% 47%	60% 63%
pessimism	26.7% 41%	36.4% 67%	66.7% 68%	30% 21%
palpitations	20% 32%	4.5% 13%	14.8% 21%	25% 10%

*** in red : answers given at the end of the project**

E)4) Which symptoms do you suffer most from stress? (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
cold sweats	10% 23%	18.2% -	18.5% 10%	10% 10%
stomach ache	50% 36%	27.3% 40%	51.9% 32%	40% 21%
trembling	43.3% 36%	13.6% 13%	18.5% 21%	10% 16%
anxiety	66.7% 64%	50% 73%	33.3% 42%	30% 37%
no stress	16.7% 27%	13.6% -	7.4% 5%	5% 16%

*** in red : answers given at the end of the project**

E)5) What do you do or practice to reduce the stress in your life? (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
deep breathing / yoga	30% 35%	40.9% 35%	33.3% 10%	45% -
eating more	26.7% 27%	22.7% 20%	33.3% 26%	30% 47%
sports	56.7% 41%	59.1% 73%	51.9% 32%	70% 26%
singing / drawing	30% 30%	32% 33%	34% 26%	45% 20%
sleeping	56.7% 73%	59.1% 27%	70% 37%	50% 58%

*** in red : answers given at the end of the project**

E)5) What do you do or practice to reduce the stress in your life? (many possible answers)

	FRANCE	ITALY	POLAND	ROMANIA
shouting or fighting	13.3% 14%	9.1% -	3.7% 5%	5% 5%
medicines the doctor recommended to you	3.3% 9%	- -	- 5%	5% -
plants or homeopathy	6.7% 14%	- 7%	3.7% 16%	- -
massage	10% 23%	9.1% 27%	22.2% 16%	- -
hypnotherapy	- 4,5%	- -	7.4% -	- -

*** in red : answers given at the end of the project**

E)6) Do you regularly take :

		FRANCE	ITALY	POLAND	ROMANIA
sleeping pills	always	- 9%	- -	11.1% 5%	- -
	often	3.3% -	- -	- 21%	- -
	sometimes	23.4% 23%	13.7% -	7.4% 16%	25% 11%
	seldom	3.3% 9%	4.5% 7%	- 16%	5% -
	never	70% 59%	81.8% 93%	81.5% 42%	70% 89%

*** in red : answers given at the end of the project**

E)6) Do you regularly take :

		FRANCE	ITALY	POLAND	ROMANIA
calming pills	always	3.3% 9%	- -	3.7% 21%	- -
	often	- -	- -	7.4% 0%	- -
	sometimes	16.7% 18%	13.6% -	11.1% 16%	35% 16%
	seldom	13.3% 14%	9.1% 7%	7.4% 16%	10% 10%
	never	66.7% 59%	77.3% 93%	70.4% 47%	55% 74%

* in red : answers given at the end of the project

E)7) Which life events do you think are the most stressful?

	FRANCE	ITALY	POLAND	ROMANIA
losing your job	20% 14%	13.6% 47%	44.4% 26%	30% 47%
taking a written exam	6.7% 23%	18.2% 20%	3.8% 10%	40% 16%
answering the teacher's questions	- 4%	- -	11.1% 10%	- -
speaking in front of a group of persons	10% 4%	31.8% 7%	11.1% 16%	15% 16%
starting a new job	3.3% 14%	-	11.1% 16%	- 16%
learning to drive	3.3% 18%	-	7.4% -	10% 5%
taking an oral exam	56.7% 23%	36.4% 26%	11.1% 22%	5% -

* in red : answers given at the end of the project

E)8) Do you think your life will become more and more stressful in the future?

	FRANCE	ITALY	POLAND	ROMANIA
absolutely	46.6% 41%	4.5% 7%	37% 37%	25% 16%
Not at all	10% 14%	27.3% 13%	33.3% 26%	20% 42%
No idea !	43.4% 45%	68.2% 80%	29.7% 37%	55% 42%

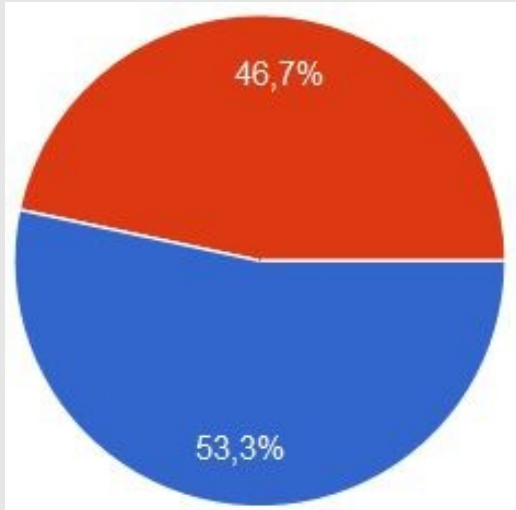
*** in red : answers given at the end of the project**

E) Stress management - Selfconfidence

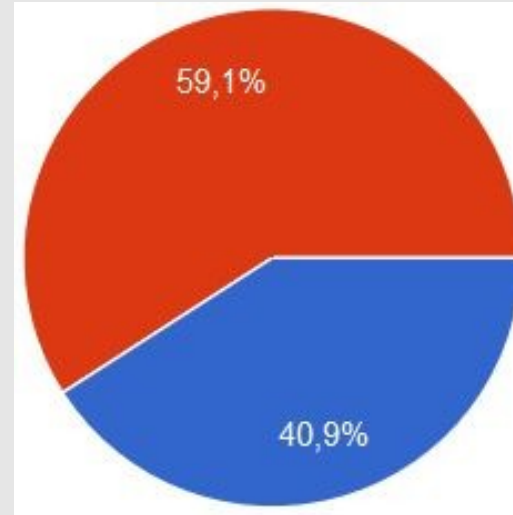
E)9) Do you know any breathing technique to cope with stress?



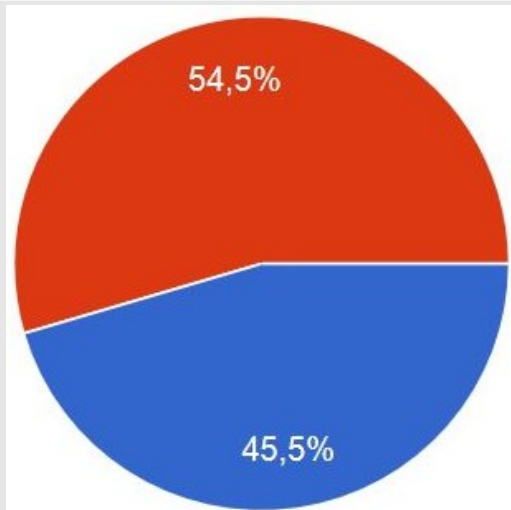
FRANCE (beginning)



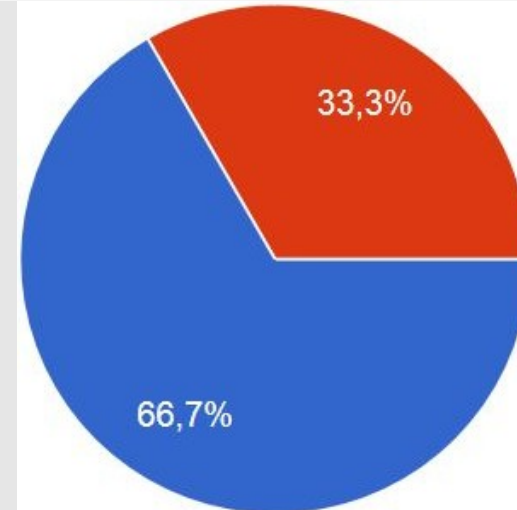
ITALY (beginning)



FRANCE (end)



ITALY (end)

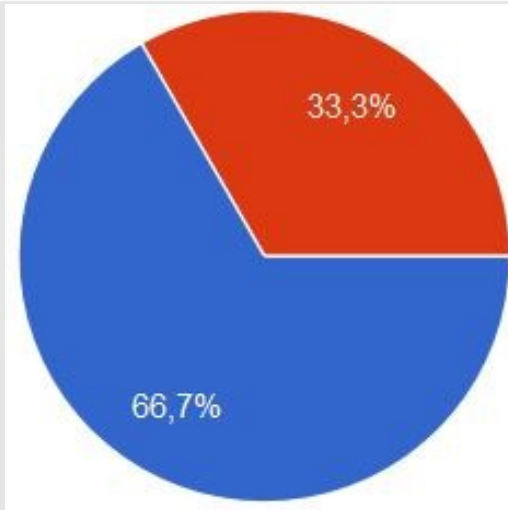


E) Stress management - Selfconfidence

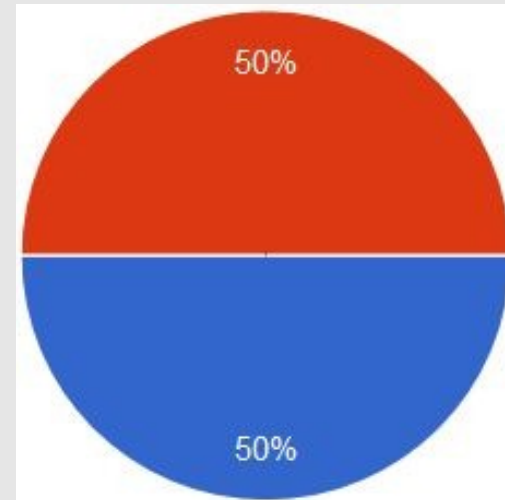
E)9) Do you know any breathing technique to cope with stress?



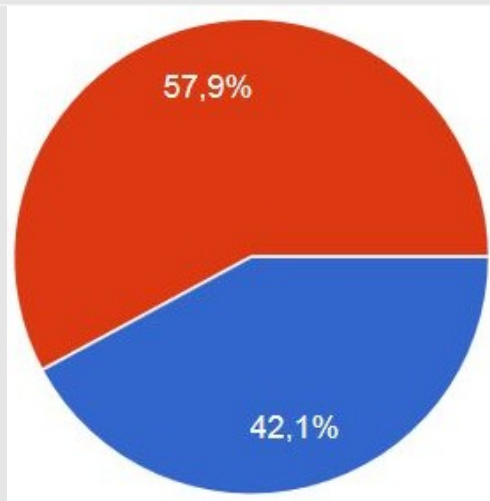
POLAND (beginning)



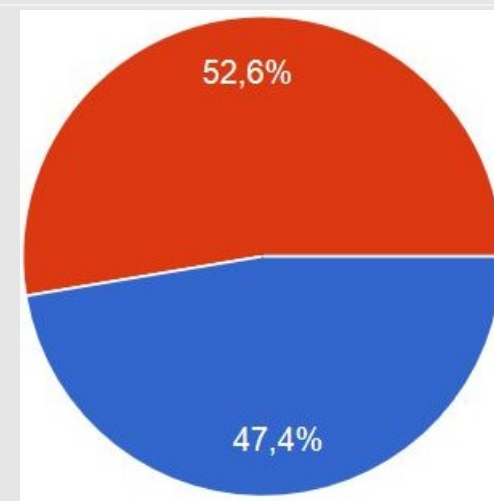
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

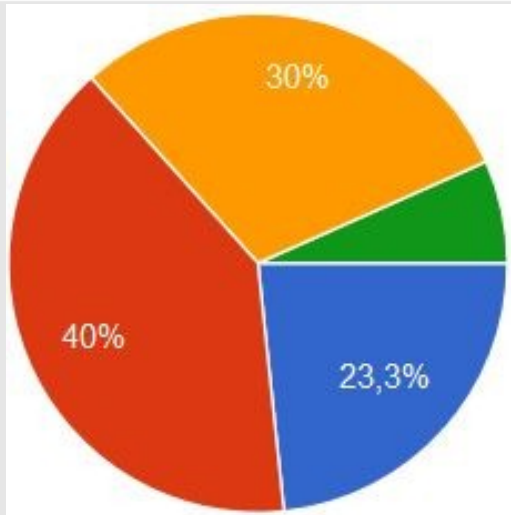


E) Stress management - Selfconfidence

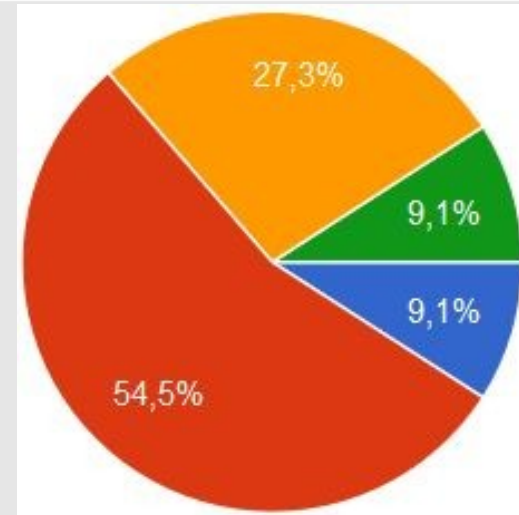
E)10) Do you happen to feel tired during the day without a major physical effort?



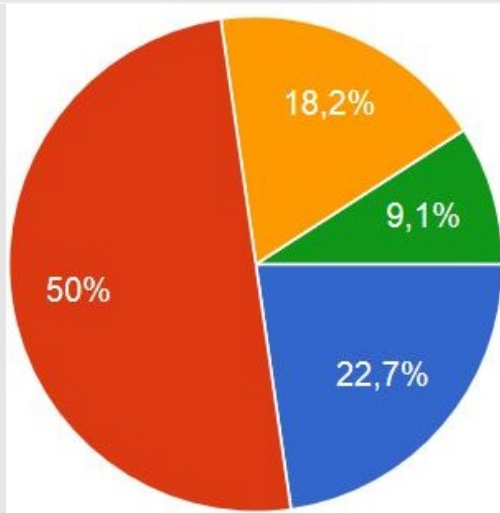
FRANCE (beginning)



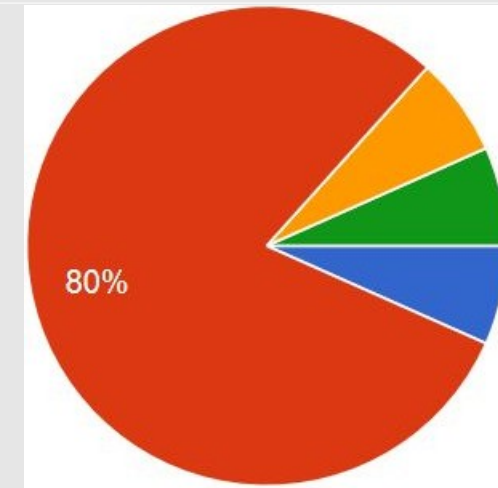
ITALY (beginning)



FRANCE (end)



ITALY (end)

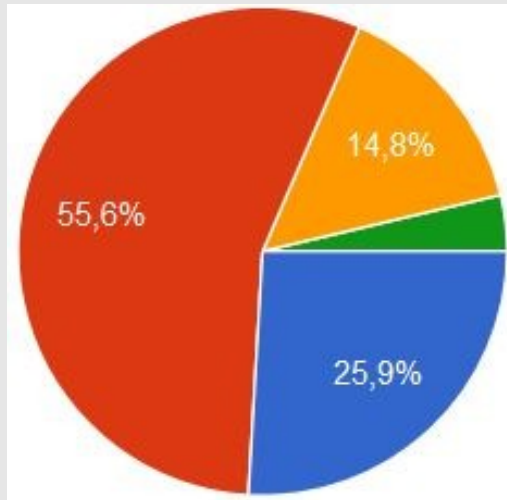


E) Stress management - Selfconfidence

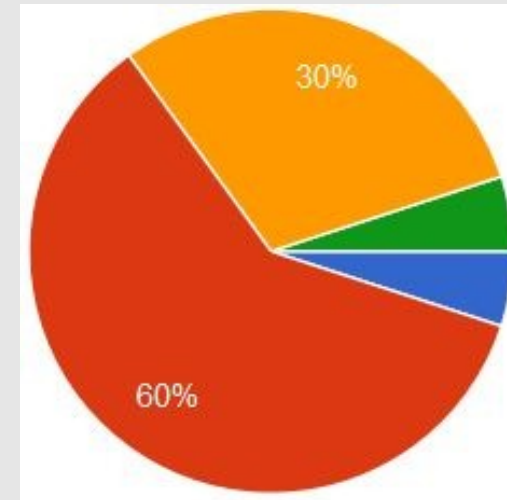
E)10) Do you happen to feel tired during the day without a major physical effort?



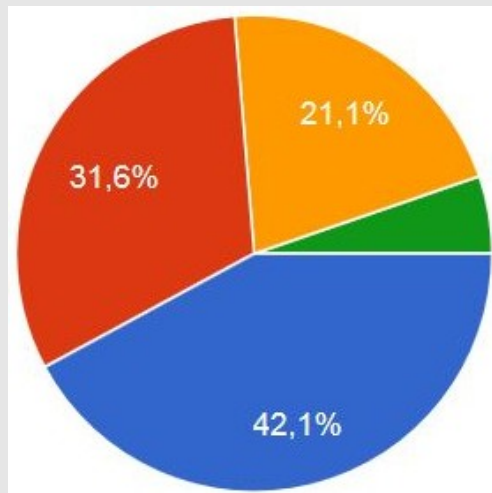
POLAND (beginning)



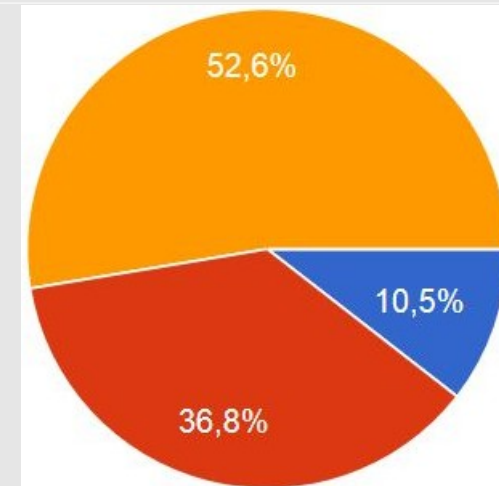
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

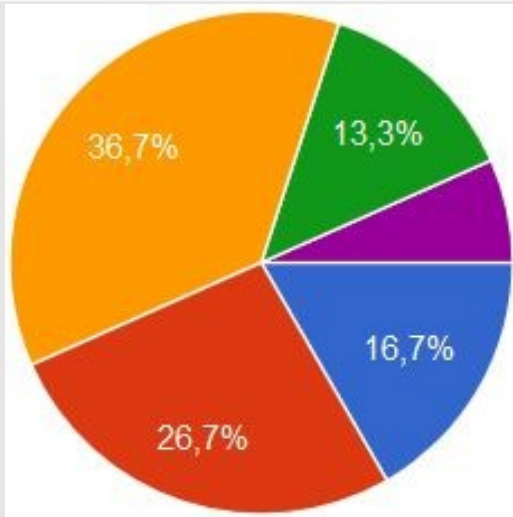


E) Stress management - Selfconfidence

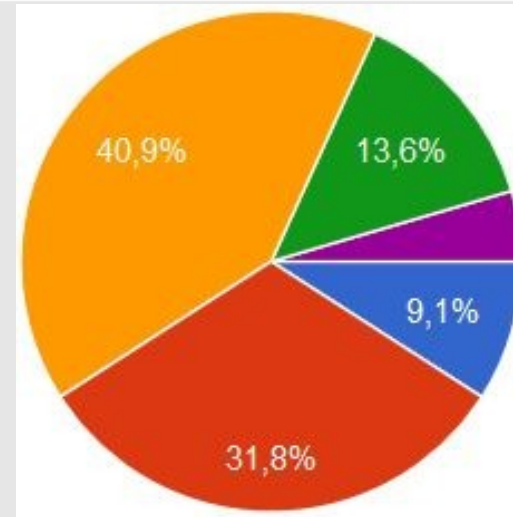
E)11) Do you believe your strengths?



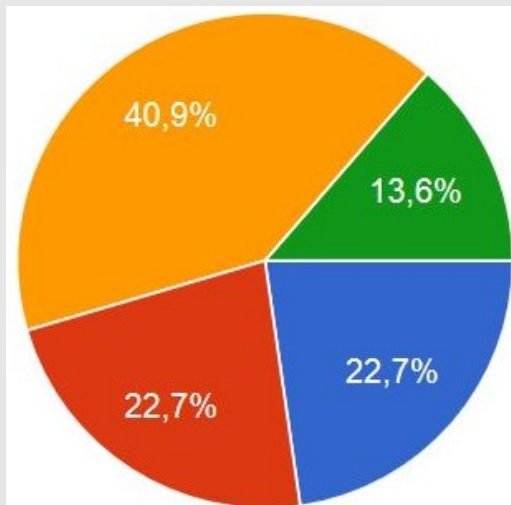
FRANCE (beginning)



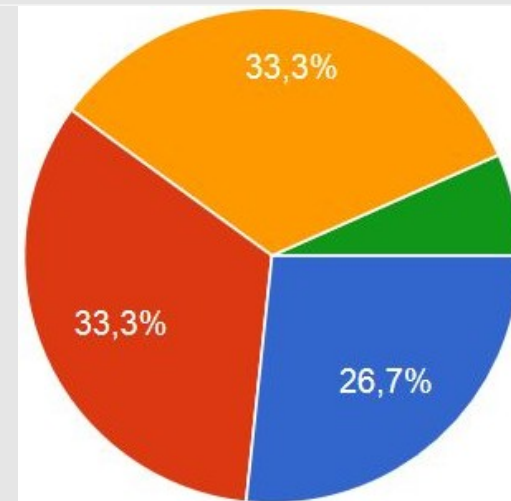
ITALY (beginning)



FRANCE (end)



ITALY (end)

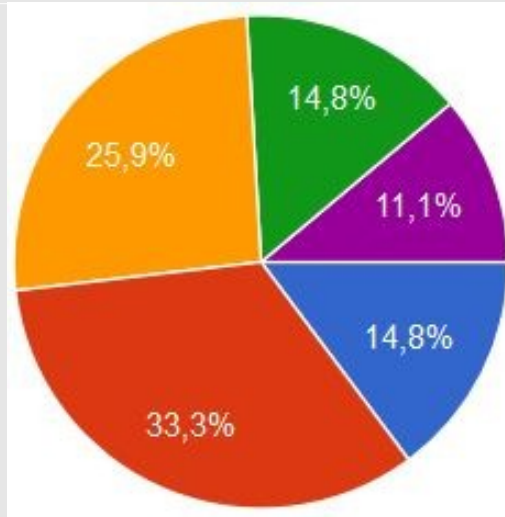


E) Stress management - Selfconfidence

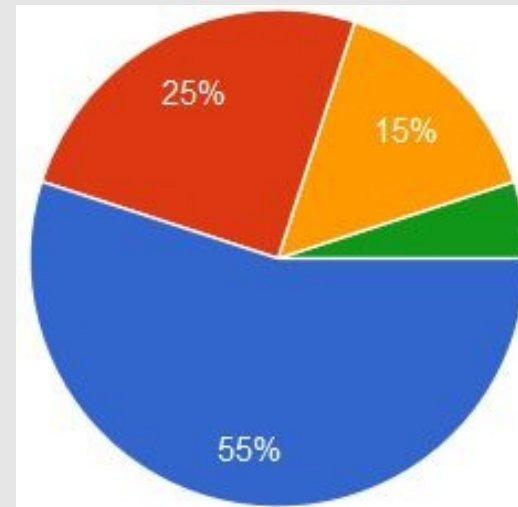
E)11) Do you believe your strengths?



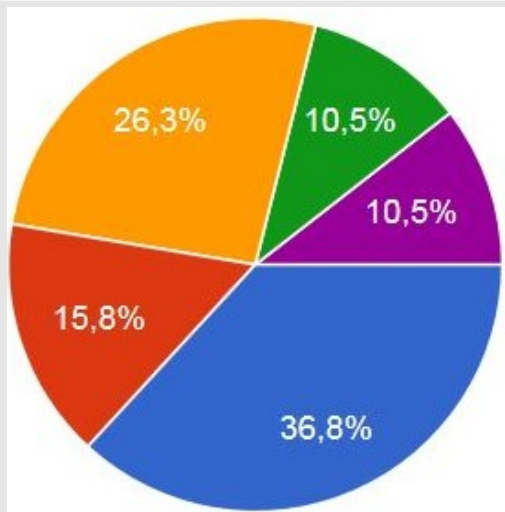
POLAND (beginning)



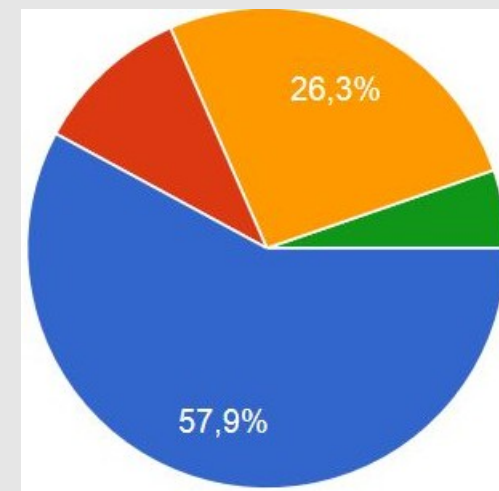
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

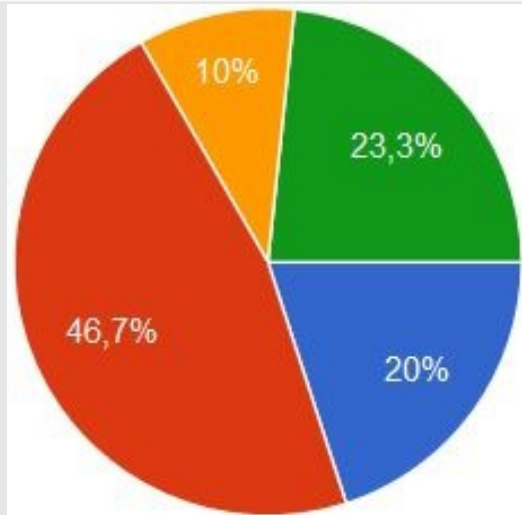


E) Stress management - Selfconfidence

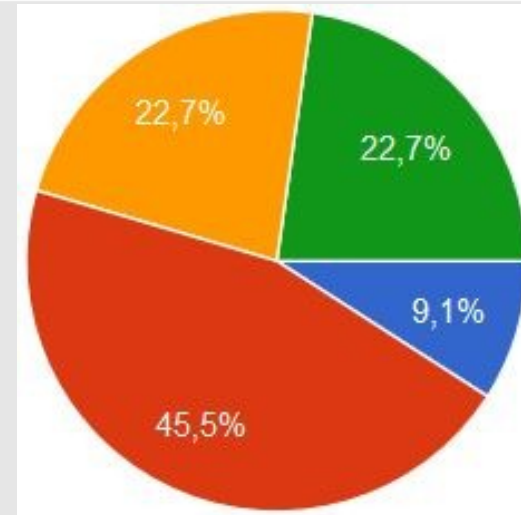
E)12) How do you assess your looks?

- I look very good
- I look good
- I don't look good
- I don't think about it.

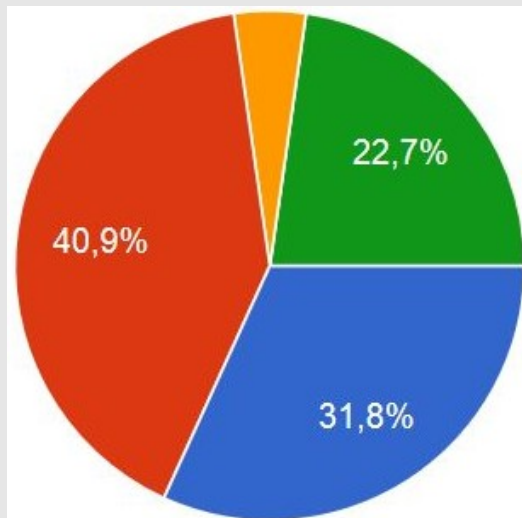
FRANCE (beginning)



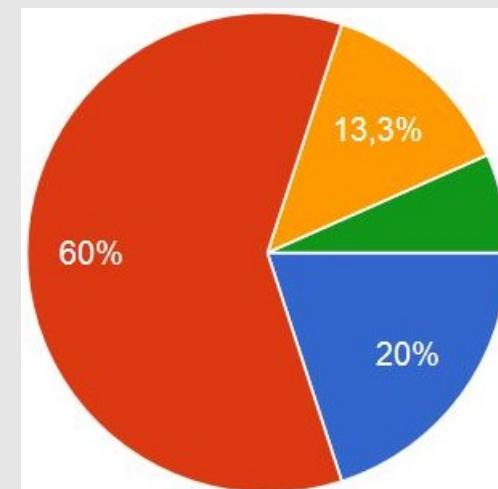
ITALY (beginning)



FRANCE (end)



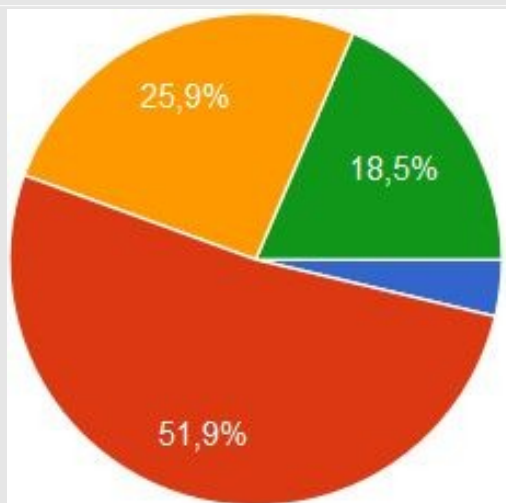
ITALY (end)



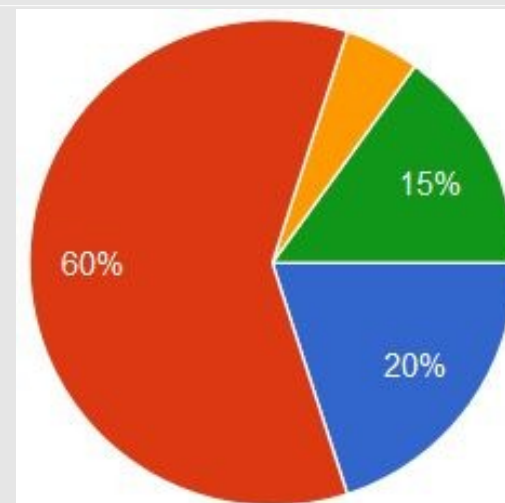
E) Stress management - Selfconfidence
E)12) How do you assess your looks?

- I look very good
- I look good
- I don't look good
- I don't think about it.

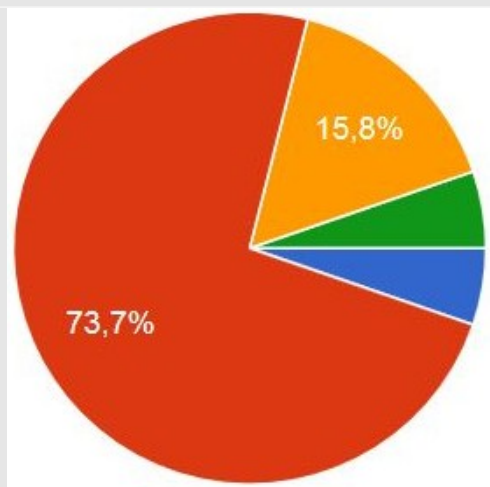
POLAND (beginning)



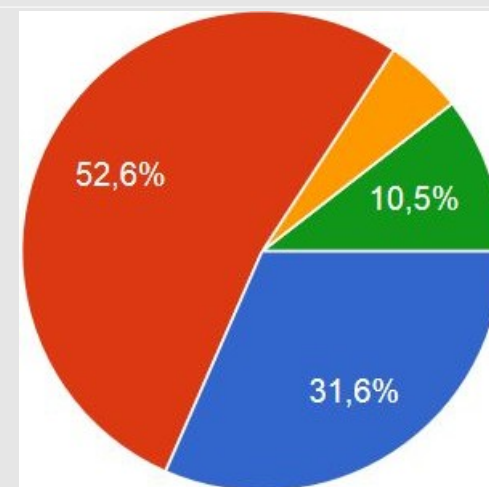
ROMANIA (beginning)



POLAND (end)



ROMANIA (end)



E) Stress management - Selfconfidence

E)13) Are you satisfied with your life?

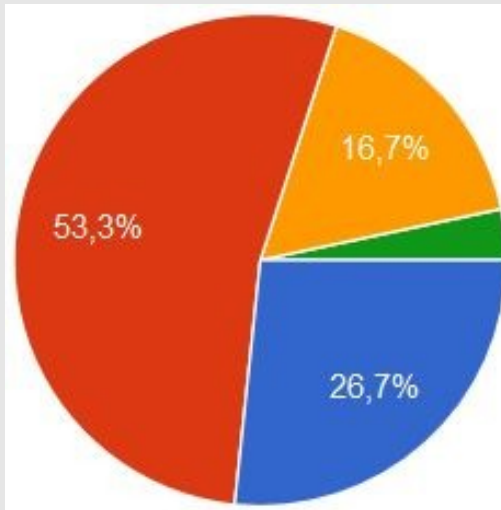
very much satisfied

a bit not satisfied

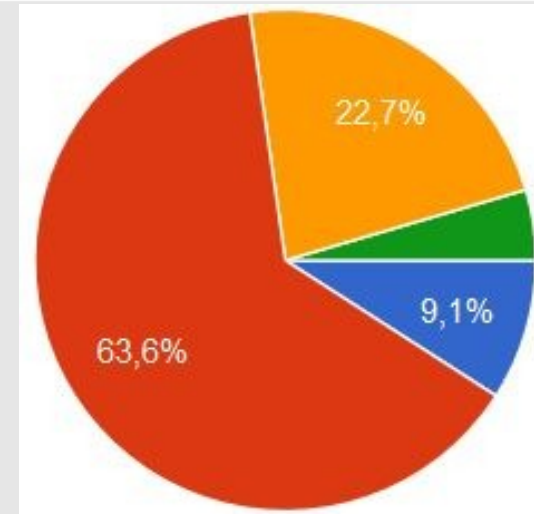
satisfied

dissatisfied

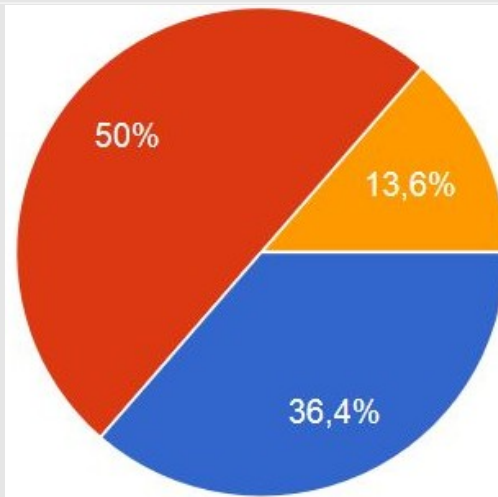
FRANCE (beginning)



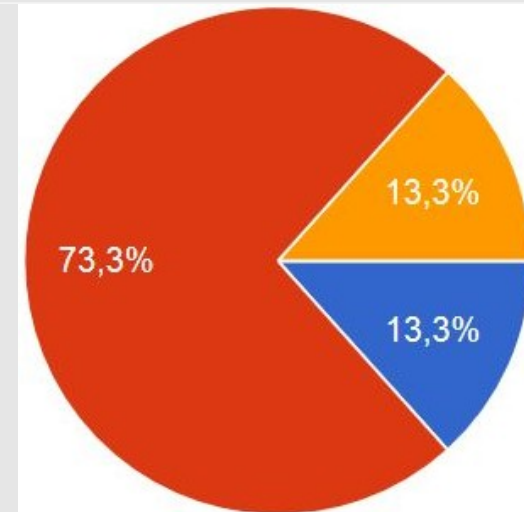
ITALY (beginning)



FRANCE (end)



ITALY (end)

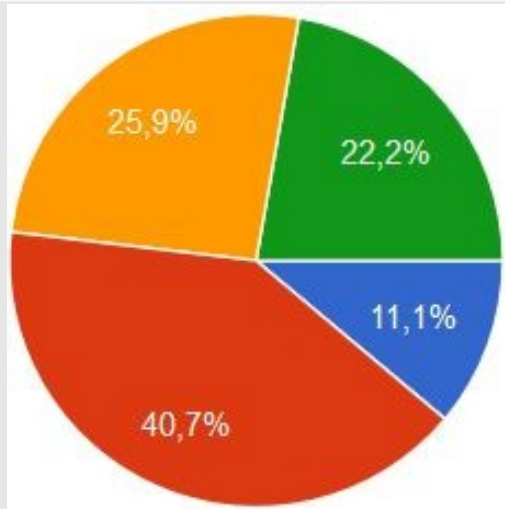


E) Stress management - Selfconfidence

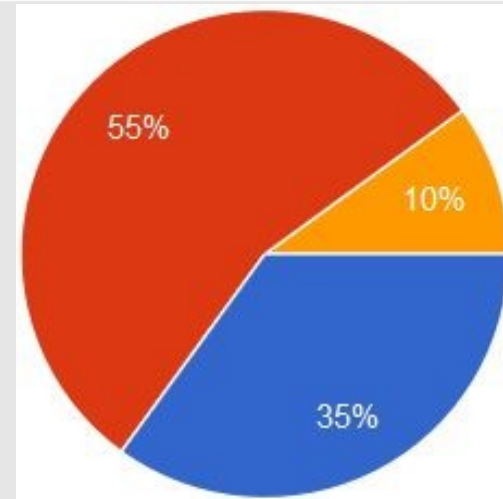
E)13) Are you satisfied with your life?



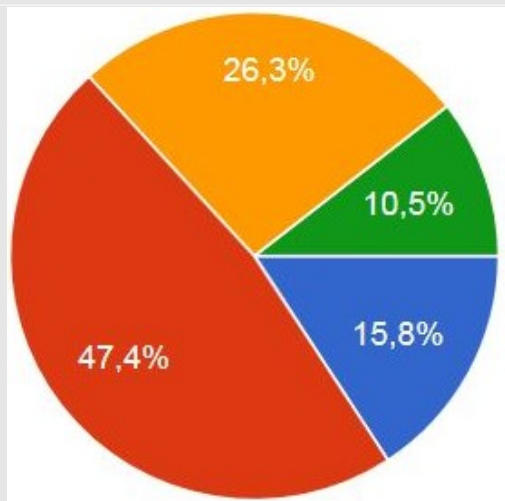
POLAND (beginning)



ROMANIA (beginning)



POLAND (end)



ROMANIA (end)

