

# SUMMER AND WINTER CAMPS | FRANCE

## PARTICIPANTS



Young People



## DURATION

Residential Camps

## ACTIVITIES

Multi-sports



## NUMBER OF SURVEYS

- » 103 Surveys were sent
- » 103 Surveys were received

100%

## ✓ PHYSICAL HEALTH

### Top physical health benefits

- » 54% said that have become more effective in sports
- » 36% said it helped them to maintain their health
- » 24% said that the activities helped them to sleep better
- » 10% said that they lost some weight

## ✓ MENTAL HEALTH AND WELL-BEING

### Top mental wellbeing benefits

- » Participants scored how they felt before and after the camps out of 10 (10 very good and 0 being poor)
- » The average score before was 7.9 and afterwards was 8.5 so their sense of well-being had increased by 6%
- » 47% indicated that the programme helps them to forget daily life

## ✓ ENVIRONMENT

### Top Environmental benefits

- » The camps helped students be more aware of sustainable development
- » 53% felt they had discovered the natural environment better during activities
- » 58% indicated that they were more aware of the human impact on natural environment

## ✓ EDUCATION AND LIFE-LONG LEARNING

### Reported Top Educational benefits

- » The programmes developed self-esteem, 21% reported feeling less shy and 13% more brave.
- » 53% thought that the organization of their personal life is now more efficie
- » 13% think would be more able to concentrate better at school
- » 23% said that the camps help to develop decision making skills
- » 33% said that camps helps to develop initiative taking



## MAIN BENEFIT IDENTIFIED

Meeting new people and developing trust with  
whom the participants wanted to keep in touch with

## COMMUNITY

23% said that sport helps you to forget the differences between people

29% said that camps helps to develop collective life

Participants felt that they were better able to understand group life rules

## TOP QUOTES

“Sport allows us to create some connections due to good moments and sensations. It encourages us to get to know each other.”

“Sport brings useful values and helps me to find a place in the group”

AVERAGE VALUE  
GENERATED

€572

(BASED ON CHILDREN'S PERCEPTIONS  
OF POCKET MONEY)



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