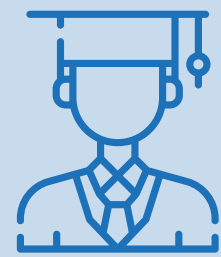


# OUTDOOR SPORTS – NATIONAL SPORTS ACADEMY | BULGARIA

## PARTICIPANTS



Students



## DURATION

Blocks of activities

## NUMBER OF SURVEYS

- » 200 Surveys were sent
- » 190 Surveys were received

95%

## ✓ PHYSICAL HEALTH

### Top physical health benefits

- » 58.2% of the respondents consider their health as “better” and
- » 39.2% find no change. It was noted that the participants are already generally very active as they are sports studies student

## ✓ MENTAL HEALTH AND WELL-BEING

### Top mental wellbeing benefits

- » 63.85% of the respondents gave a positive answer to the questions about positive emotions
- » 73.3% answered negatively about negative emotions
- » Overall more than 80% of the project participants claim that the courses had a positive impact but this increased significantly to 90.5% in relation to the water sports course

## ✓ ENVIRONMENT

### Top Environmental benefits

- » 57.3% of those who have completed the course feel more connected to the environment and have changed their attitude to it

## ✓ EDUCATION AND LIFE-LONG LEARNING

### Reported Top Educational benefits

- » 91.80% report that they have acquired above average new knowledge
- » 91.6% reported that they have developed new practical skills
- » 83.3% developed new coaching skills

## COMMUNITY

More than 85% of the respondents highlighted increased friendships, improved empathy for others and a stronger sense of team

## ACTIVITIES

Multi-sports



## MAIN BENEFIT IDENTIFIED

Developing professional knowledge and skills for outdoor sports

