

# NAUTICAL IN SCHOOLS | PORTUGAL

## PARTICIPANTS



Young People  
School Pupils in Full Time education



## DURATION

Blocks of activities

## ACTIVITIES

Watersports



## NUMBER OF SURVEYS

- » 700 Surveys were sent
- » 586 Surveys were received

81%



## PHYSICAL HEALTH

Top physical health benefits

- » 43% stated that their health is much better now
- » Reduction in the number of children who “never” practice physical activity has been reduced from 15% to a 2.5% after the project



## MENTAL HEALTH AND WELL-BEING

Top mental wellbeing benefits

- » Using the World Health organisation standard 5 questions the young people all responded very positively to the statements with “all of the time or some of the time”
- » 74% of respondent stated that they feel that they have improved their mental health and wellbeing through the programme
- » More than 80% of the participants stated that “being in the sea makes them feel refreshed and revitalised”



## ENVIRONMENT

Top Environmental benefits

- » 83% felt that they had an improvement in environmental awareness and their feelings towards the environment
- » More than 80% said they are concerned about damage to the marine environment



## EDUCATION AND LIFE-LONG LEARNING

Reported Top Educational benefits

- » 84% stated that the nautical activities have improved their education
- » More than 50% of the participants reported that the programme has helped them to have improved their time management



## MAIN BENEFIT IDENTIFIED

Improvement in social relations and  
self-esteem

## COMMUNITY

78% stated that the programme had significantly affected friendship and social relationships

75% of the participants affirm that their “general behaviour” has improved after the project

## TOP QUOTES

“I have more respect from the environment”

“I feel more energetic and active”

“The programme gives me more knowledge about the ocean, the environment and what the city has to offers”

AVERAGE SOCIAL VALUE  
GENERATED PER ANNUM **€79,502**

