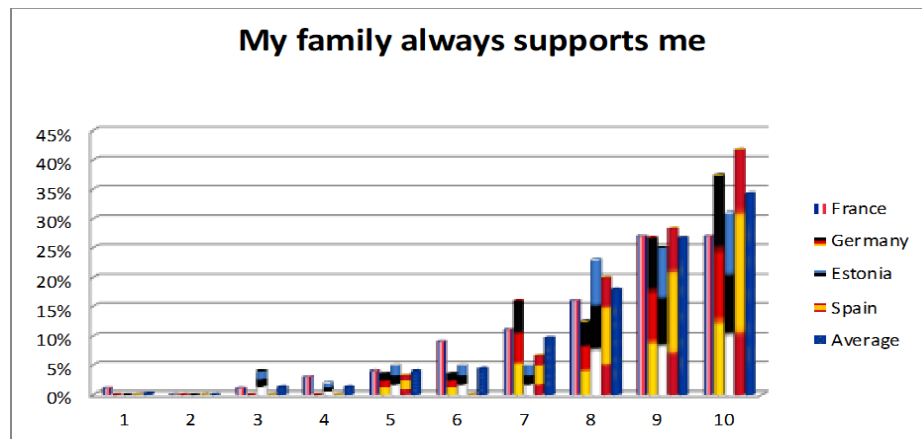




## Group 1: Family, friends and activities

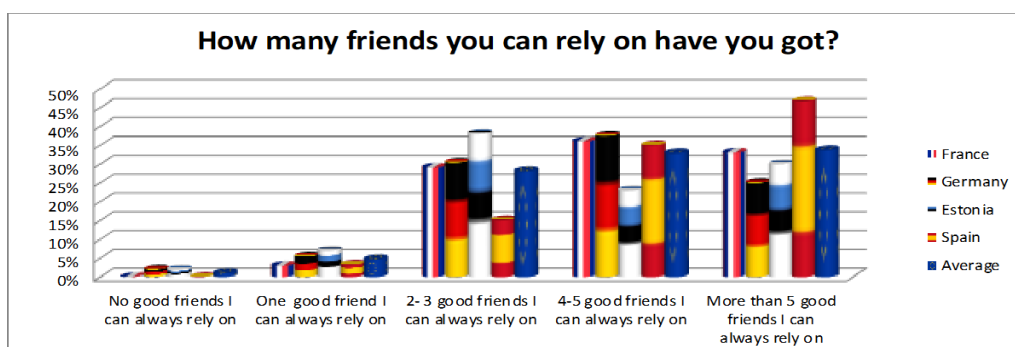
*presented by: Marie, Sirly, Isabel, David, Marit, Nele, Marie & Ida*



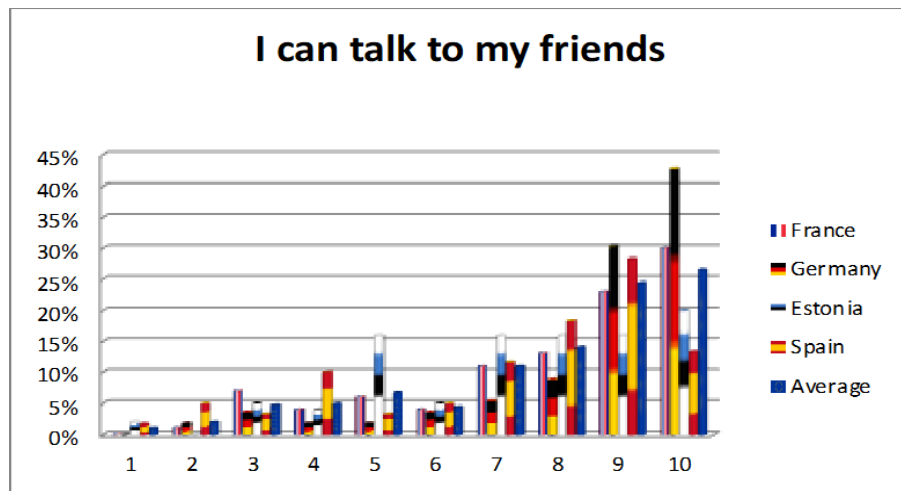
- all the four countries say that family is often supportive
  - Germany and Spain felt most supported
  - French students seemed to be unsure
  - average is medium high (33%)

## „I can talk to my family“

- many French people say that they can't talk to their parents
  - many Estonians are unsure
- Spanish students are sure that the family can be trusted
- it was surprising that there was such a divided opinion on this topic from the French side,. On the one side totally sure and on the other they don't trust their families enough



- Estonian students said that they have 2-3 good friends they can rely on.
- German and French students decided that they have 4-5 good friends.
  - the Spanish students have more than 5 good friends
- Conclusion: Almost all the people have some friends they can always rely on



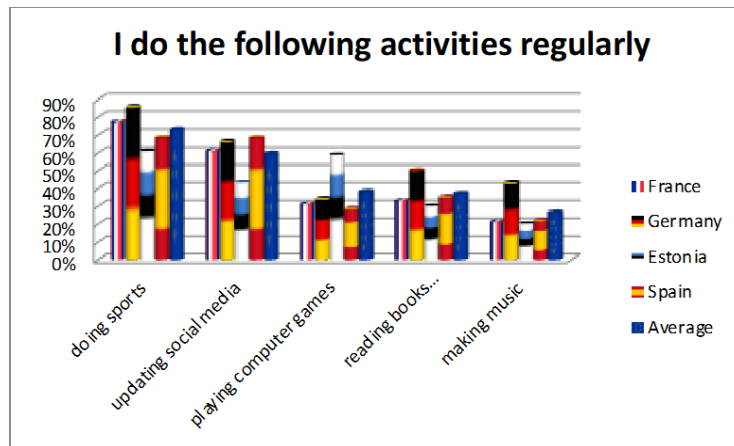
- German and French students totally agree that they can talk to their friends.
  - the others students from Spain and Estonia agree but not totally
    - some of the Estonian students partly agree

## **„My friends support and help me in all possible situations.“**

- all the countries agree that friends are supportive and helpful in all possible situations

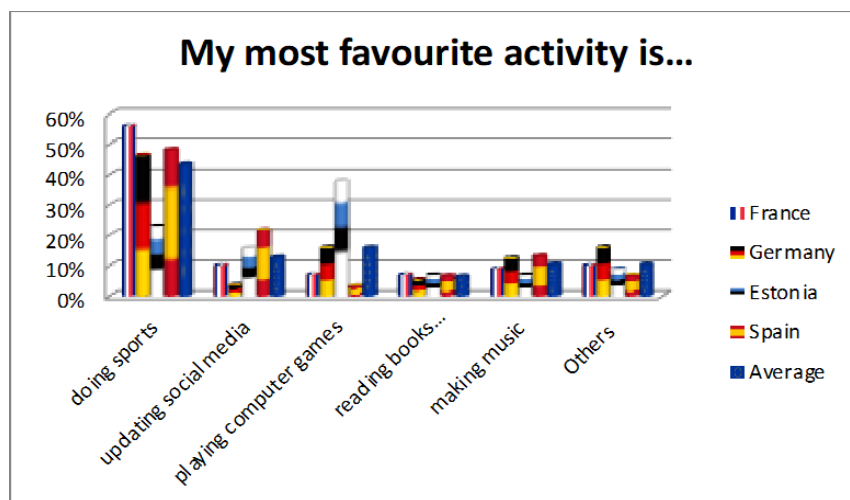
## **„I think I am a very active person“**

- most French students think that they are very active
- the Estonian students do not agree that they are very active people
- most of the Spanish and German students believe that they are active



#### Regular activities:

- doing sports and updating social media are the most regular activities
  - almost all Estonians solely play computer games
- German students are the most active in doing sports and reading books

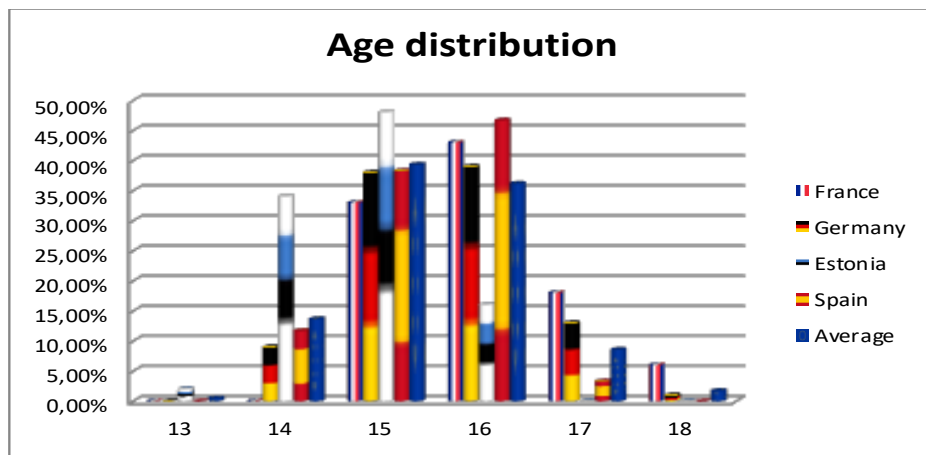


- in Spain, Germany and France the most favourite activity is doing sports
  - the most favourite activity in Estonia is playing computer games

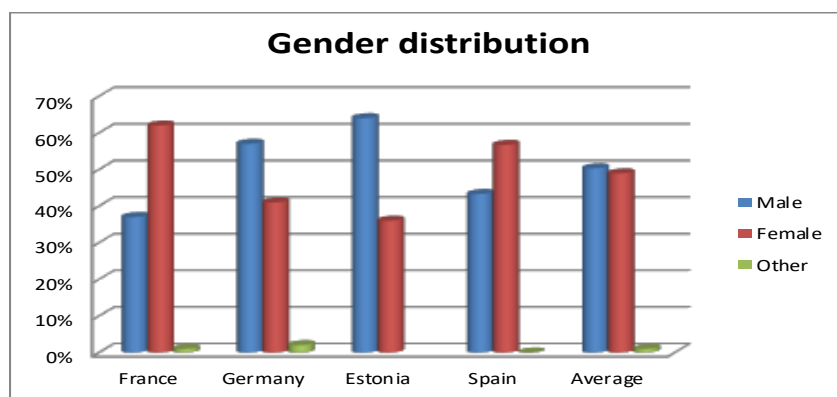
## Group 2: General information and school

*A presentation by Anne, Max, Julia, Teresa, Natalia, Manuel, Maia and Reijo*

### General

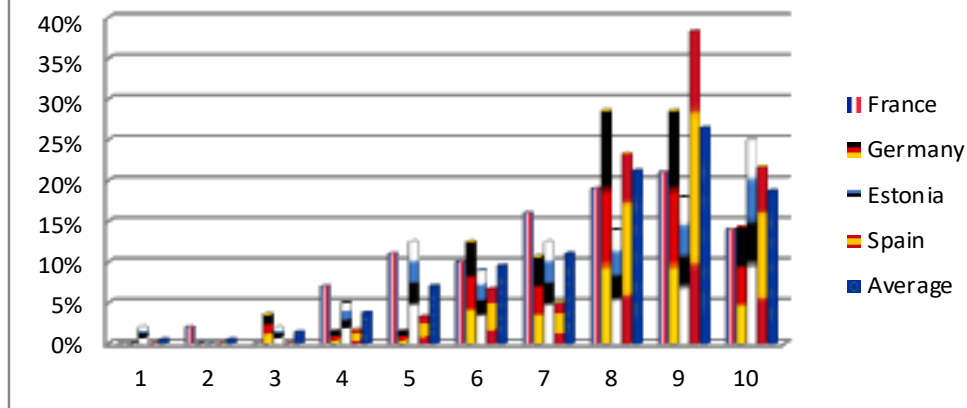


- most students are 15 to 16 years old
- the students from Estonia are the youngest



- more male students from Estonia but more female from France
- in general the gender is balanced

## I like the way I am



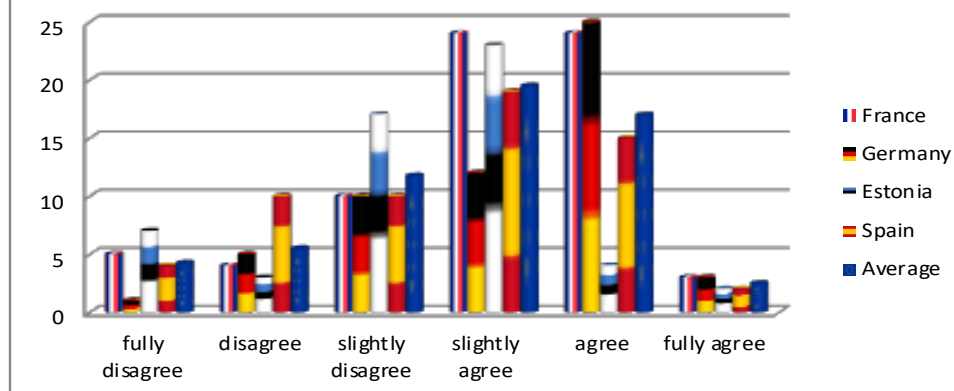
-Spanish students are very self-confident (Germans as well)

-on average the students like the way they are in a scale from one to ten an **eight or nine**

## School



## I like going to school...in general

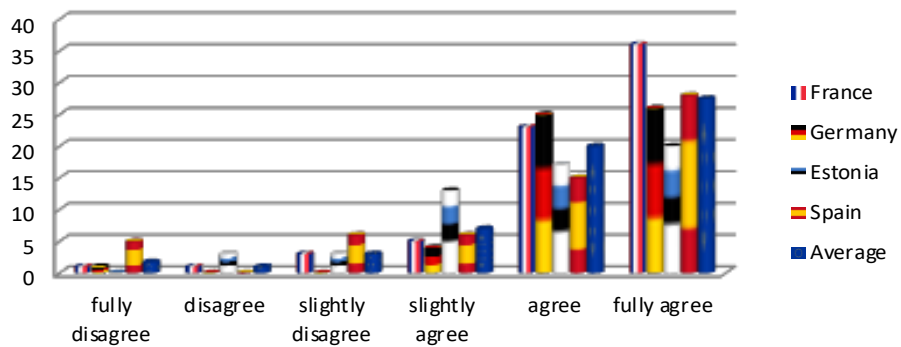


-most Germans enjoy going to school

-Estonian people's opinions are very mixed

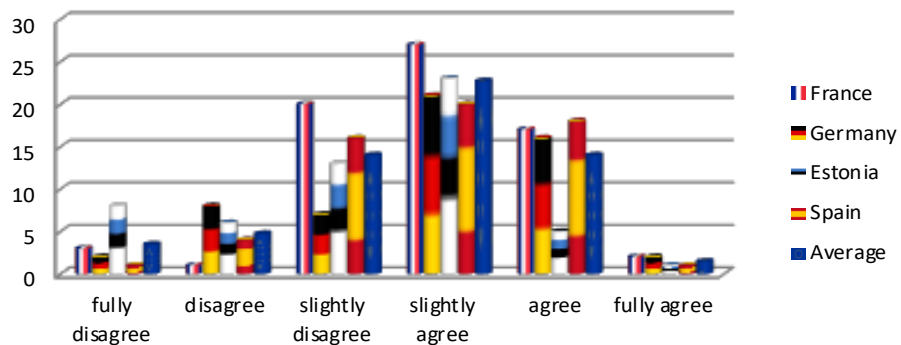
-nobody fully agrees that they like going to school

## I like going to school...because I meet my friends



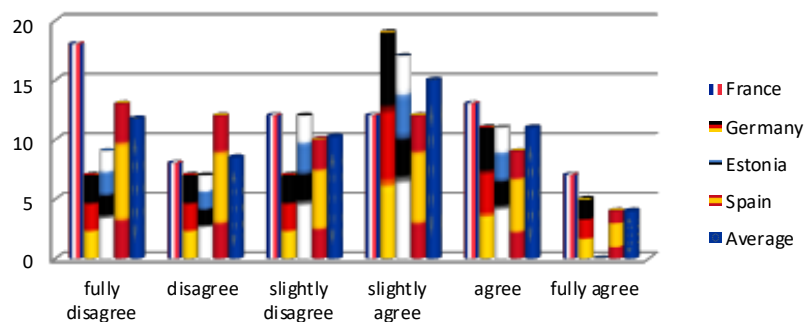
-everybody likes to go to school because of their friends

## I like going to school...because I like to learn



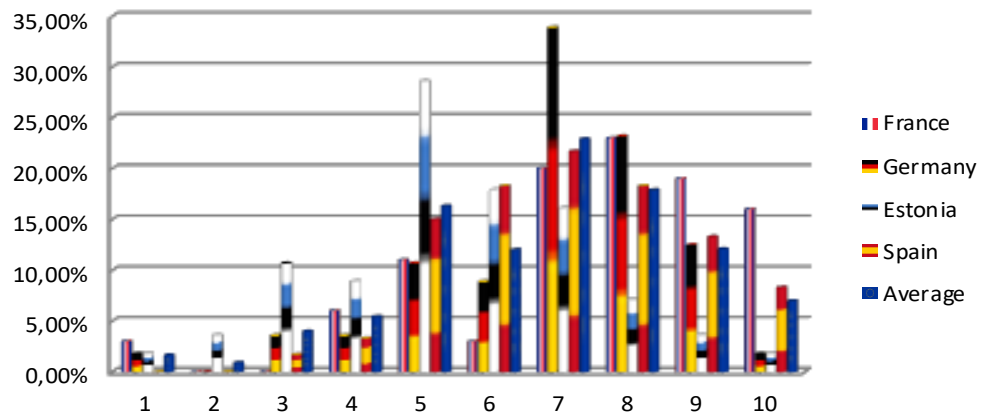
-the average is that most slightly agree and nobody fully agrees

## I like going to school...because of extracurricular activities



-you really can't compare the results because there really are no extracurricular activities in the countries except for Germany

## The atmosphere at our school is...

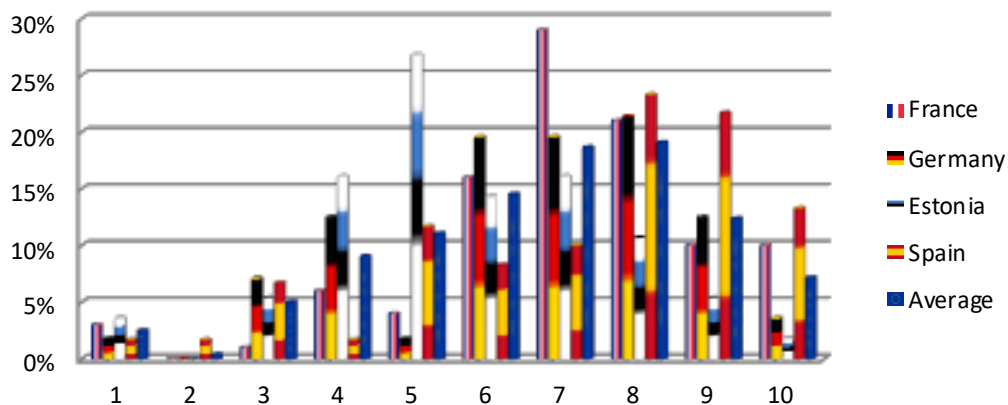


-school life is very different in general

-Germany seems to have the best atmosphere

-Estonians are dissatisfied with the atmosphere at their school

## There is a feeling of togetherness (conviviality) at our school



- the Spanish people have the most positive feelings

- French people have very similar feelings (most agree on 7)

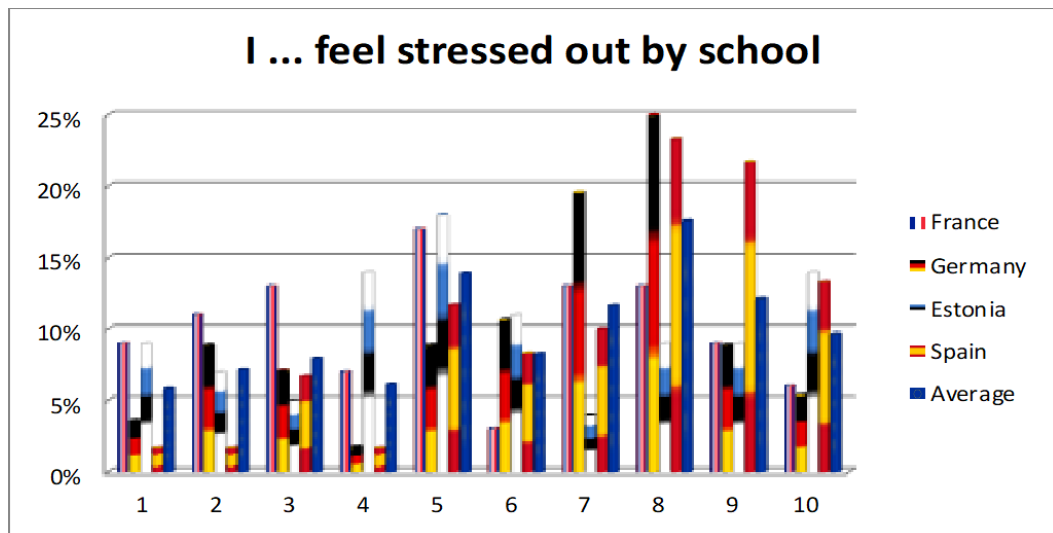
- Estonians are very dissatisfied

## Group 3: School

*presented by Maria Noemie, Merilin, Dorotea, Paula, Annika, Pia, Jakob & Emily*

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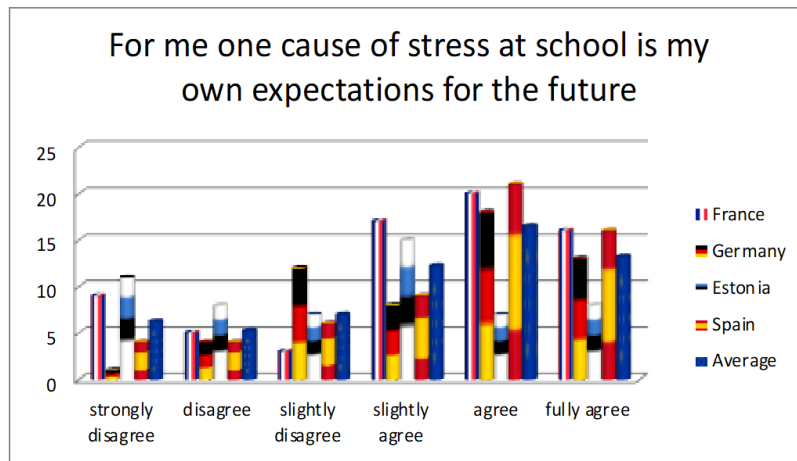
### STRESS



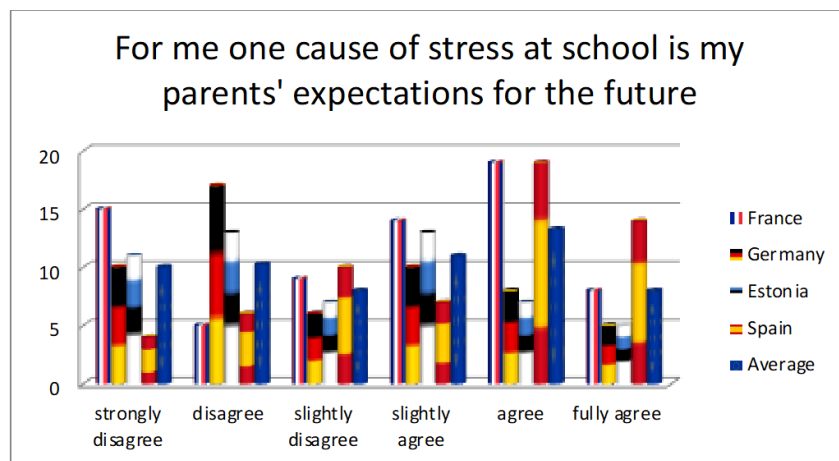
- the European average is the highest in points 5 and 8

- but there are some people that do not feel stressed out at all or feel fully stressed out

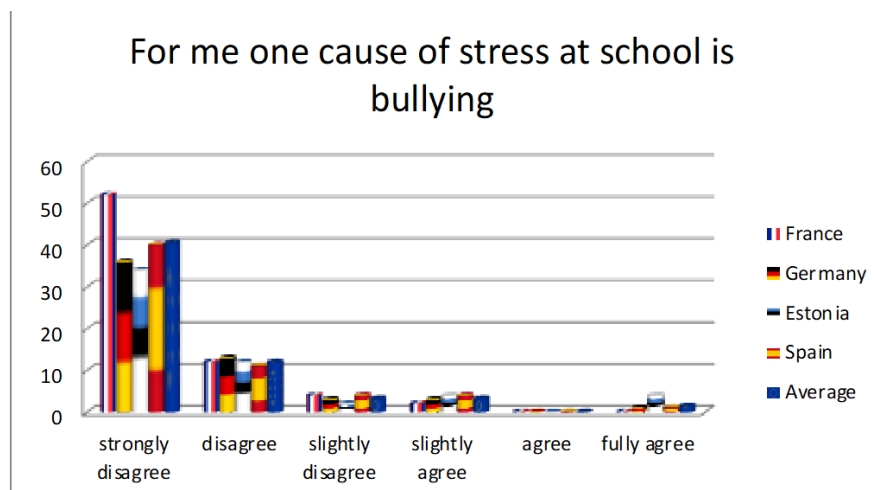




- most of the people fully agree, agree or at least slightly agree
- only a few people, especially from France, Estonia and Spain, strongly disagree

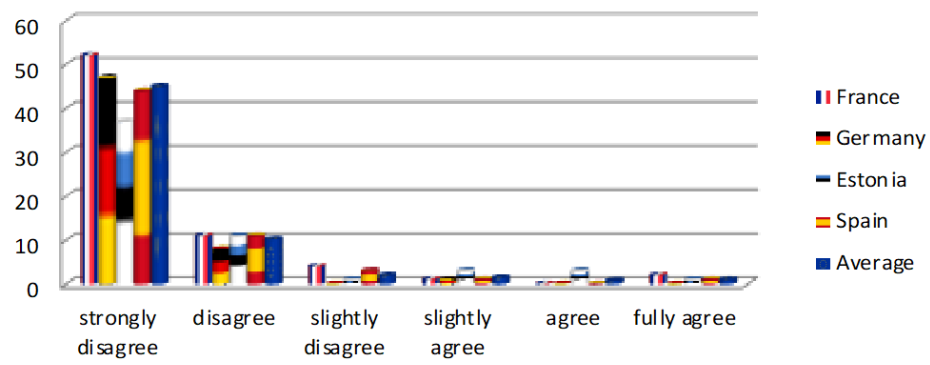


- while many people from Spain and France agree with the statement the Germans and Estonians rather disagree



- the biggest amount of people strongly disagree with this statement
- only a few people slightly agree, agree or even fully agree

## For me one cause of stress at school is cyberbullying



-the biggest amount of people strongly disagree with this statement

-only a few people slightly agree, agree or even fully agree

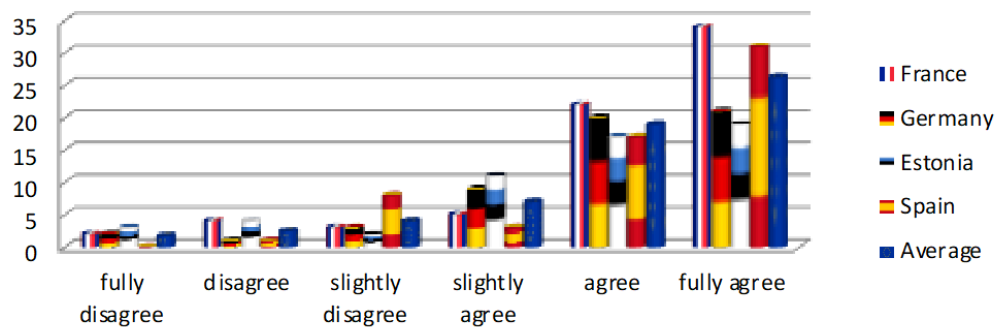
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## Group 4: Coping with stress

*presented by: Lila, Andree, Nuria, Laura, Jorge, Lilly, Merle-Sophie, Lea & Mira*

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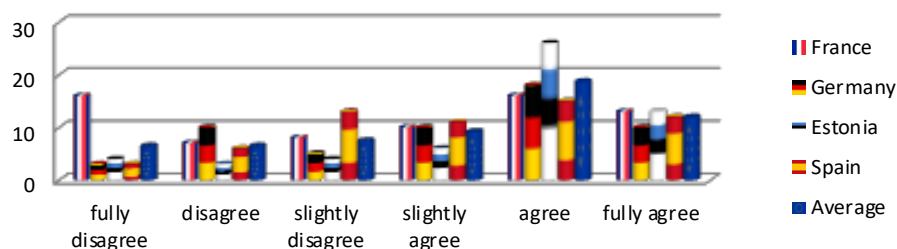
### It helps me to reduce stress/ feel better, if I talk to friends



### It helps me to reduce stress/feel better, if I talk to friends

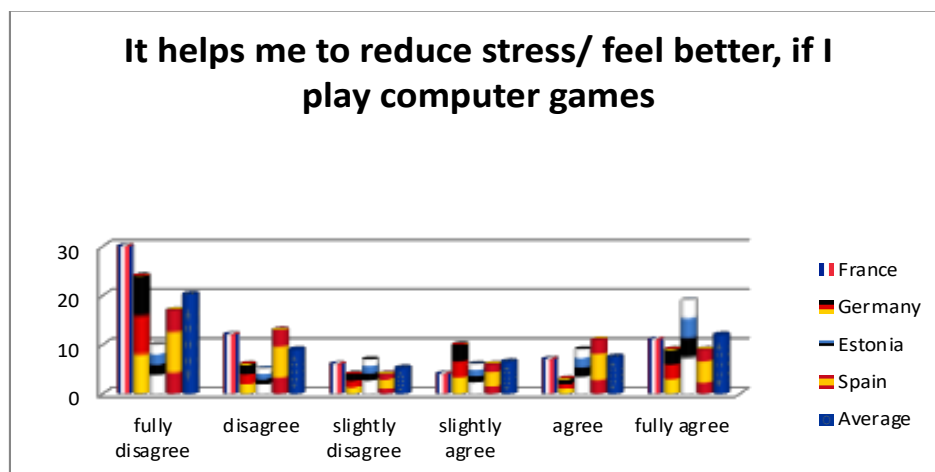
- average: fully agree
- every country fully agrees
- the highest number of students who fully agree are from Spain and France
  - in Estonia and Germany less students fully agree
  - in general only very few students (fully) disagree
- Conclusion: Talking to friends helps to reduce stress

### It helps me to reduce stress/ feel better, if I am on my own



### It helps me to reduce stress/feel better, if I am on my own

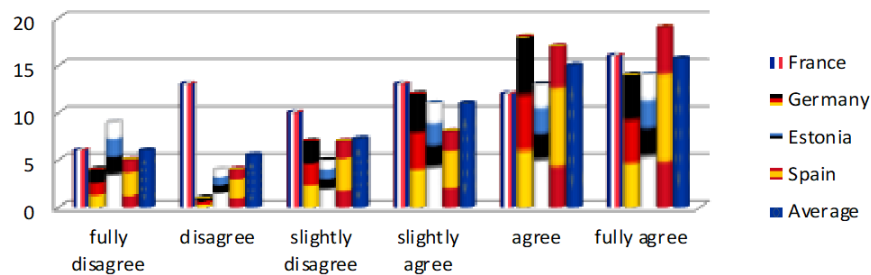
- average: agree
- France: either fully disagree or agree
  - other countries: agree
- the majority of the students who agree are from Estonia
- Conclusion: the opinions on this topic are not that clear



### It helps me to reduce stress/feel better, if I play computer games

- average: fully disagree
- Estonia: fully agree
- other countries: fully disagree
- the highest number of students who fully disagree are from France
- Conclusion: In Estonia there are probably more students playing computer games than in the other countries

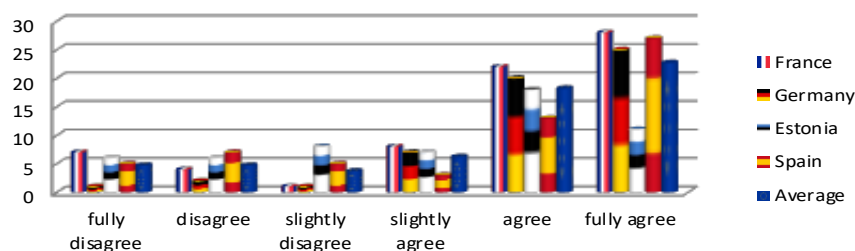
### It helps me to reduce stress/ feel better, if I go outside into nature



### It helps me to reduce stress/feel better, if I go outside into nature

- average: fully agree
- Spain, Estonia: fully agree
  - Germany: agree
- France: disagree/slightly agree
- most of the students who fully disagree are from Estonia
  - most of the students who fully agree are from Spain
- Conclusion: the opinions on this topic are not that clear

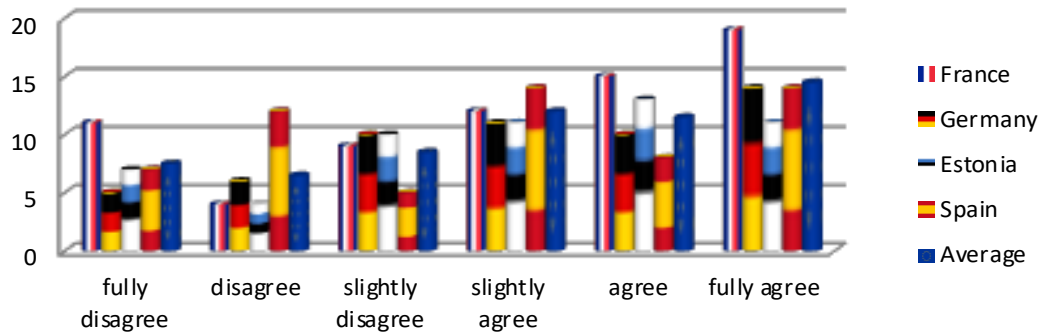
### It helps me to reduce stress/ feel better, if I do sports



### It helps me to reduce stress/feel better, if I do sports

- average: fully agree
- Estonia: agree
- other countries: fully agree
- the number of students who fully agreed from France, Germany and Spain is much higher than the number of students in Estonia
  - in general not many people fully disagreed, but in Germany only very few disagreed
- Conclusion: Doing sports helps to reduce stress, but in Estonia it is not that common in order to reduce stress

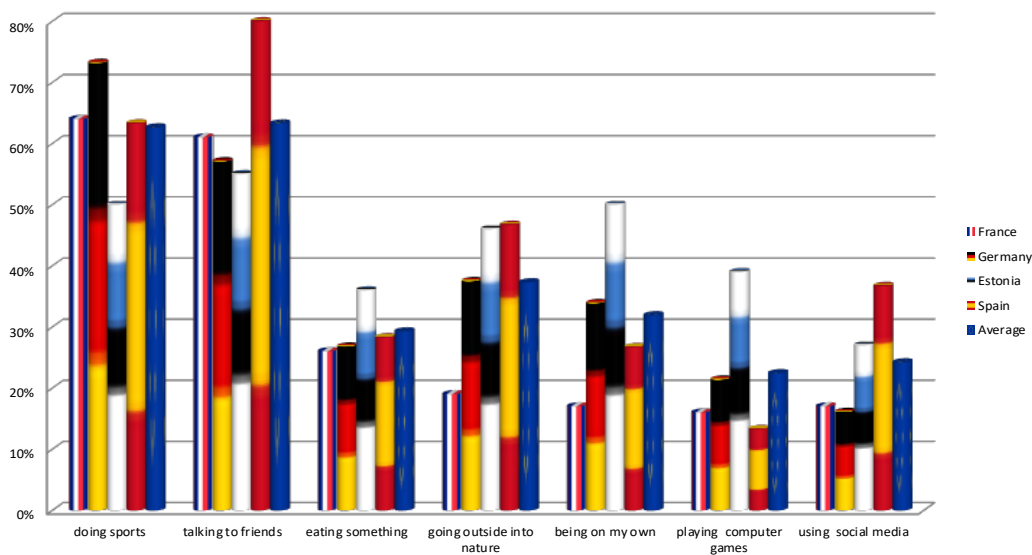
## It helps me to reduce stress/ feel better, if I eat something



## It helps me to reduce stress/feel better, if I eat something

- average: fully agree
- France, Germany: fully agree
- Spain: slightly agree/fully agree
  - Estonia: agree
- most of the students who fully agree are from France
- but still many French students fully disagree → huge difference
  - Conclusion: Eating something is a way to reduce stress

## My favorite ways to reduce stress are...



### **My favorite ways to reduce stress are ...**

- average: talking to friends/doing sports
- playing computer games is the most uncommon way to reduce stress
  - Spain, Estonia: talking to friends
  - Germany, France: doing sports
- in Estonia it is more common to play computer games and being online to reduce stress
- in Spain it is more common to use social media or talking to friends than in other countries
  - Conclusion: Doing sports/ talking to friends helps the most to reduce stress

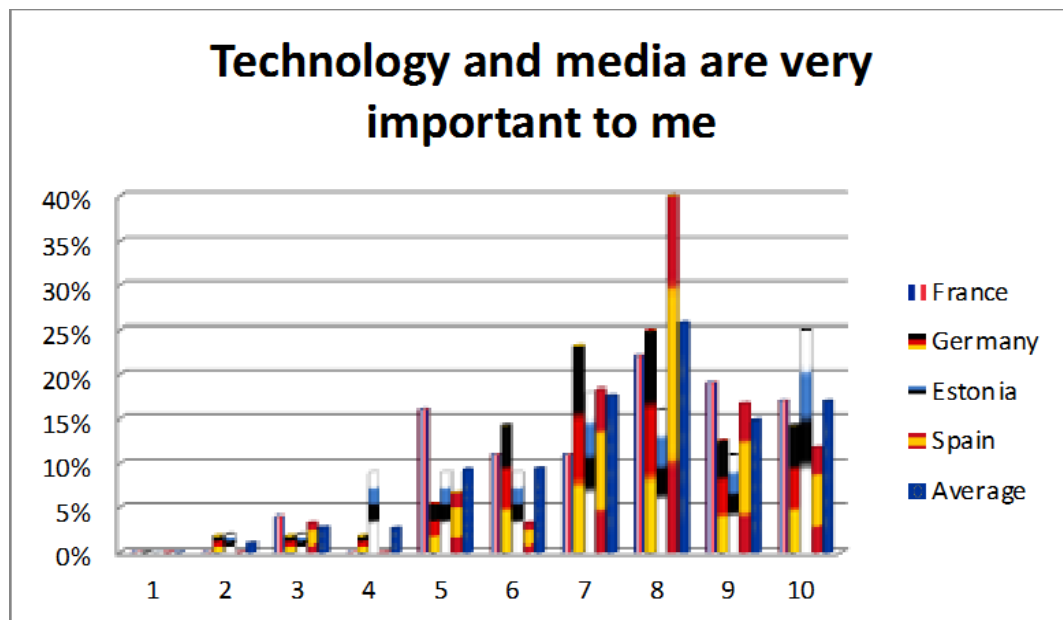
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# Group 1: Media, worries, sleep

*presented by: Margaux, Kirti, Inés, Montserrat, Christian, Fabiana, Raja, Stella*



## Media

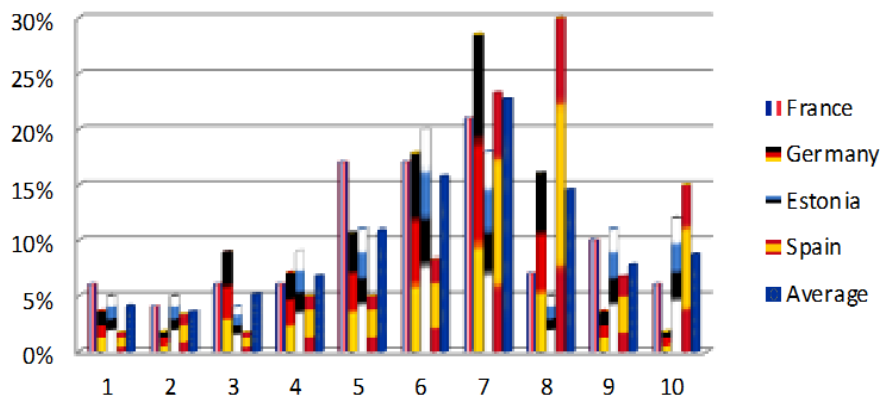


The diagram is about the importance of technology and media for students from different countries.

- the average rated media and technology from seven to ten (25%)
- for Estonian and Spanish students technology and media are very important



## Social media play an important role in my life

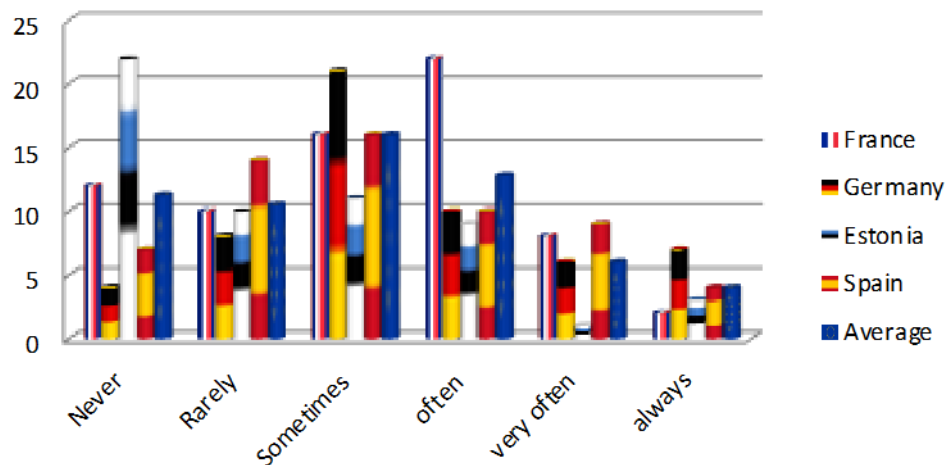


The chart shows the importance of social media for students from Estonia, France, Germany and Spain.

- for Spain and Germany social media is very important (around 30%)
- the average rated seven (23%)

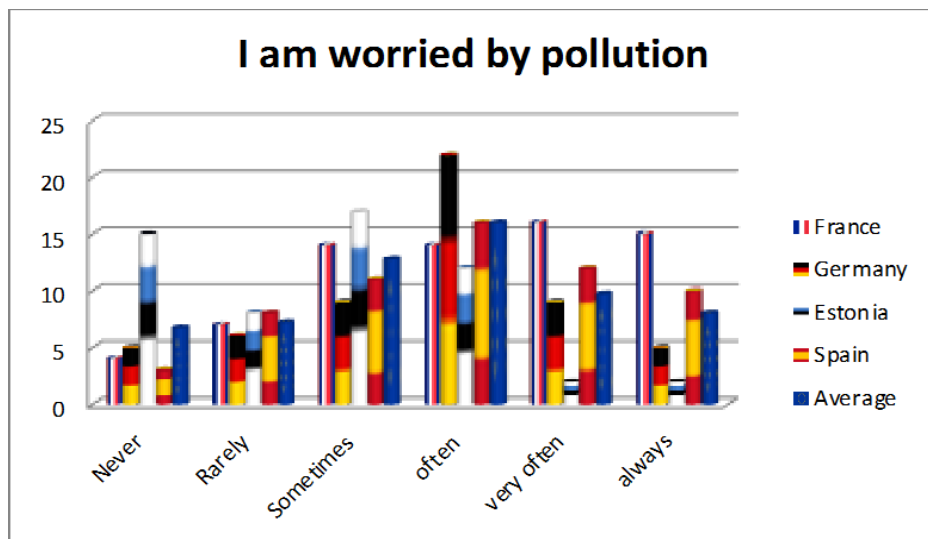
## Worries

### I am worried by politics



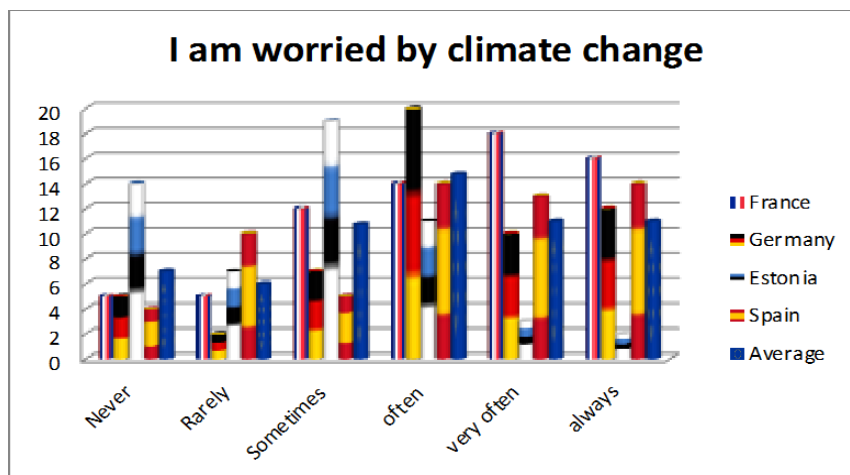
One can see whose country representatives are worried about politics the most.

- the average is sometimes worried by politics (16 students)
- most of the Estonian students aren't worried by politics
- more than 20 French students are often worried by politics



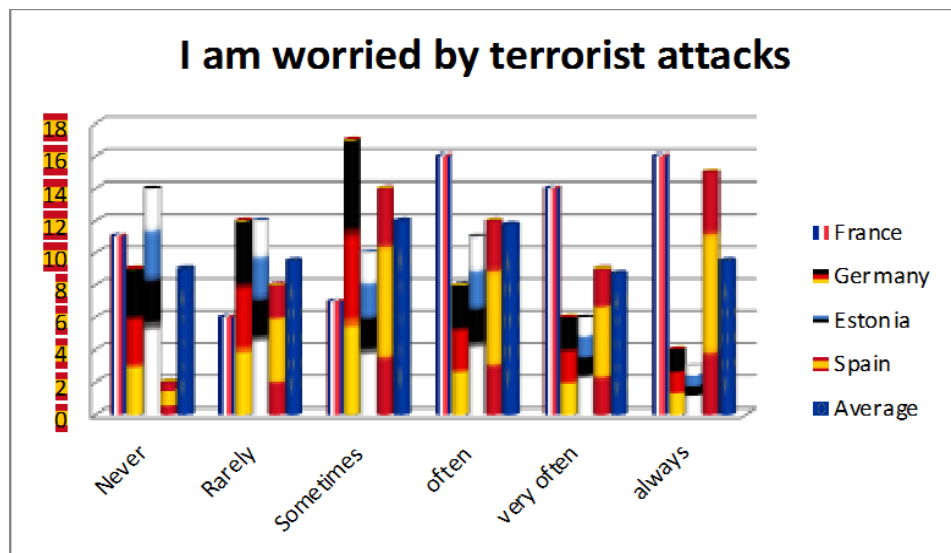
The chart shows how much the students worry about pollution.

- French students are sometimes to always worried by pollution
- the average of the students is often worried (16 students)
- almost 15 Estonian students are never worried by pollution



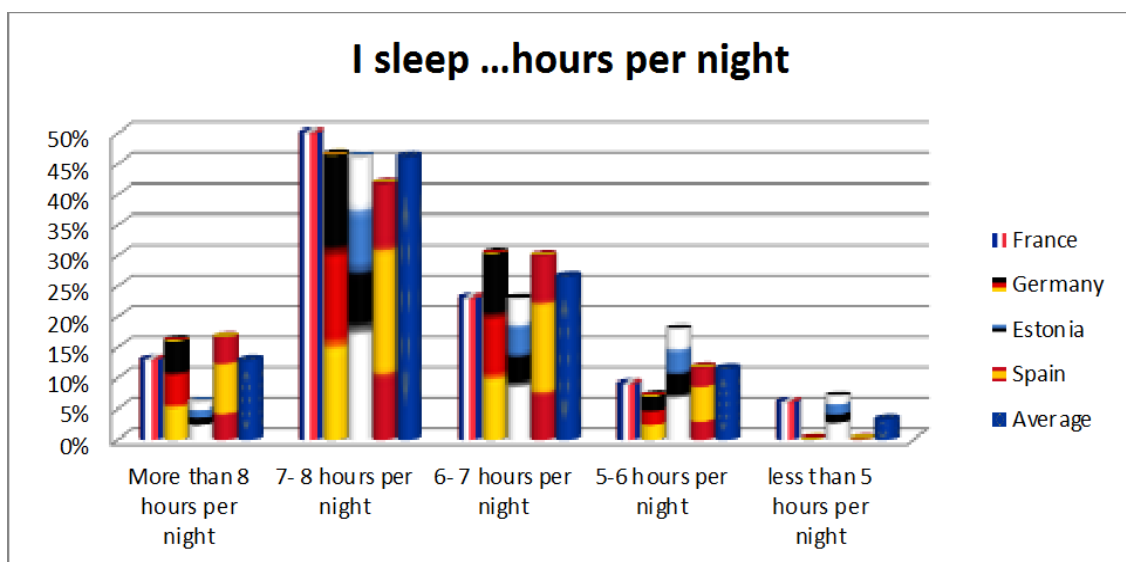
The chart shows how much the students from Estonia, France, Germany and Spain worry about climate change.

- the average is often worried by climate change (15 students)
- Estonian students care the least about climate change
- French students are worried the most



- It shows how much students from different countries worry about terrorist attacks.
- in Spain and France a lot of students are always worried by terrorist attacks
  - in contrast German students are sometimes worried (17 students)
  - the Estonian people aren't worried (15 students)

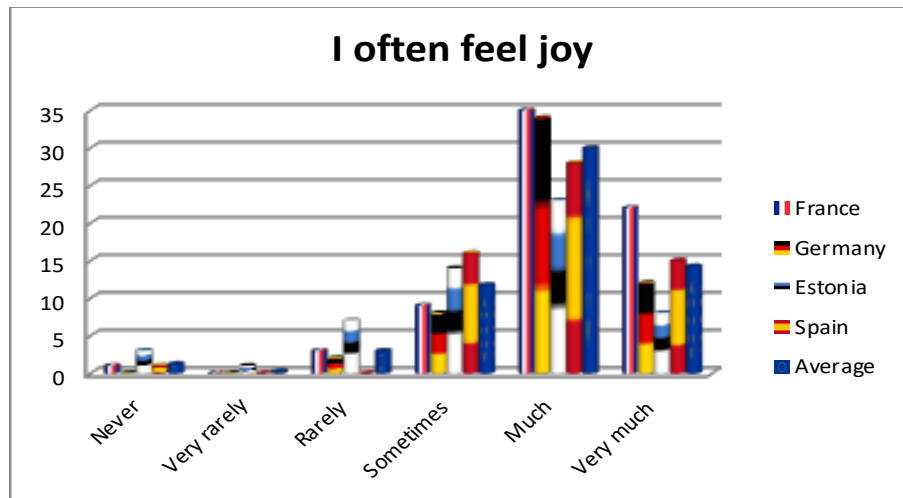
## Sleep



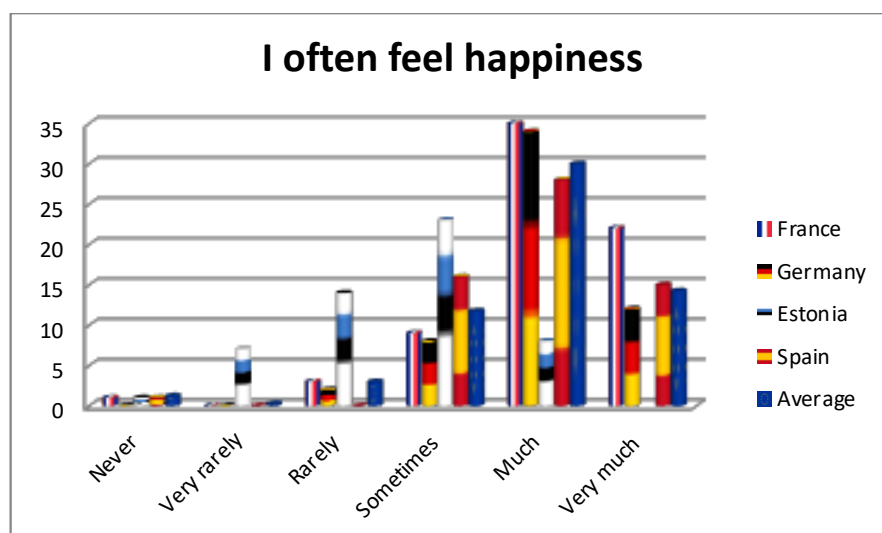
- In general the diagram is about the amount of sleep the students from Estonia, France, Germany and Spain get.
  - most of the students sleep 7 to 8 hours (45%)
  - only 3% of the students sleep less than 5 hours per night → good sign

## Group 6: emotions

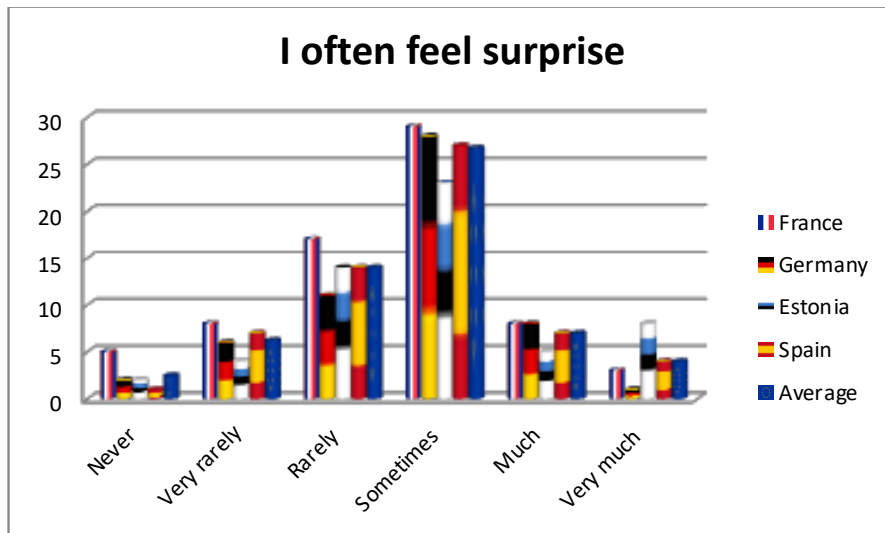
*presented by: Anaïs, Cevin, Alejandro, Marta, Malte, Johanna, Caroline, Neele, Leonie*



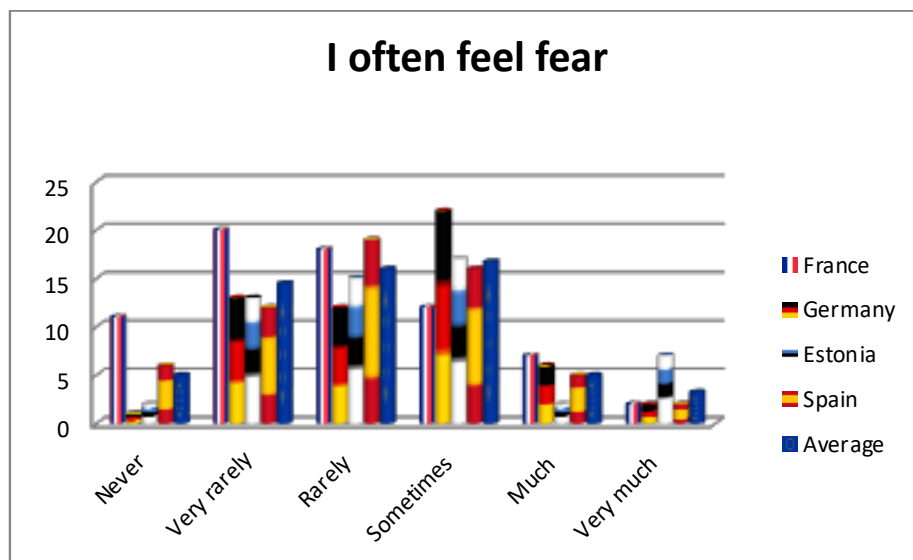
- most people agree that they often feel joy
- surprising is that the Estonian students feel less joy than average



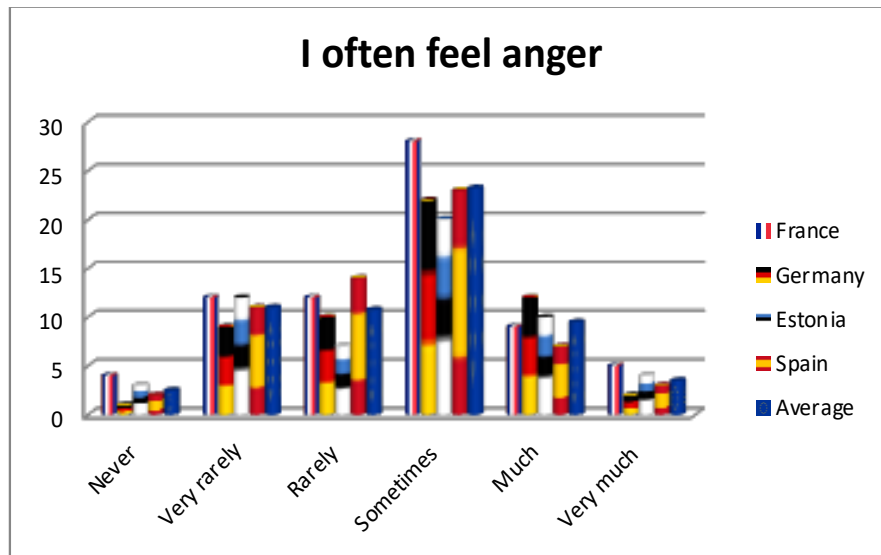
- the results are similar to the ones about joy, except for the Estonians, who feel less happiness than joy and less happiness than the students from other countries



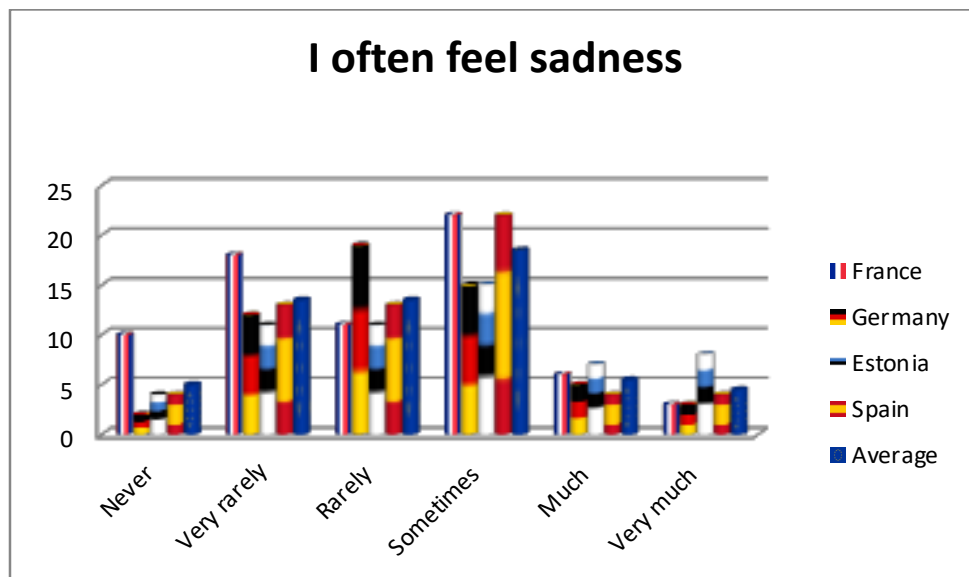
- the results are similar in every country
- in general people sometimes feel surprise
- French people feel surprise the least frequently



- the average is between very rarely and sometimes
- French students feel less fear than the average
- Estonian students feel more fear than the others

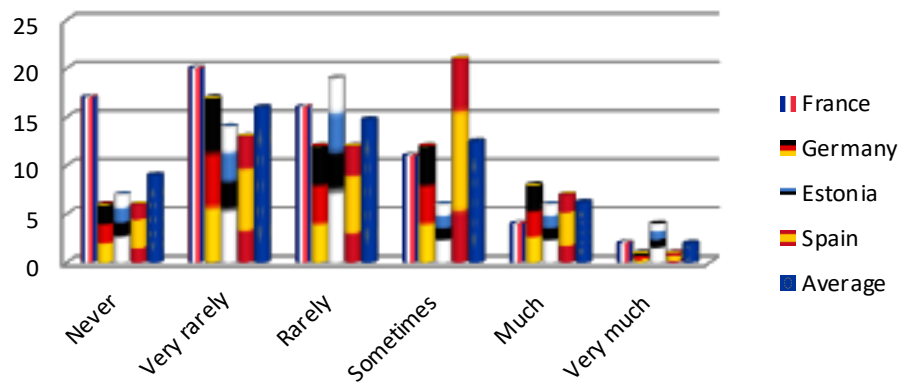


- most people sometimes feel anger
- the results are similar in every country



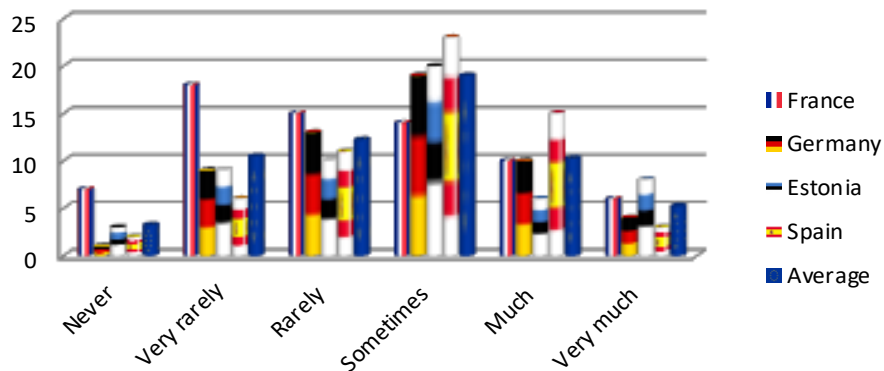
- the average is between very rarely and sometimes
- the Estonian students feel sadness the most
- the French students feel sadness

## I often feel shame



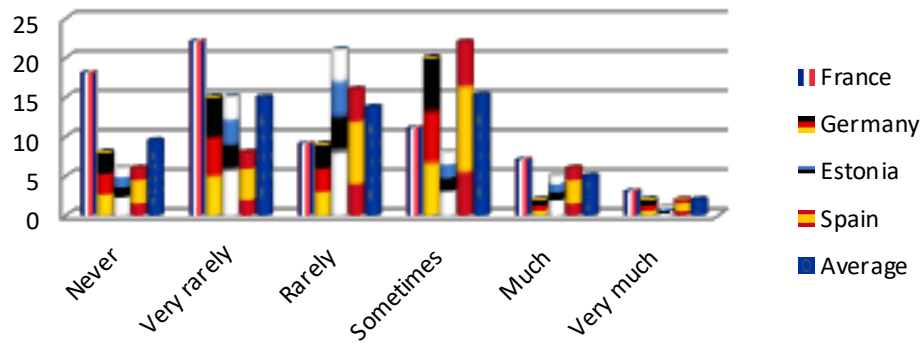
- the average is between very rarely and sometimes
- the Spanish students feel shame the most
- the French students feel shame the least

## I often feel boredom



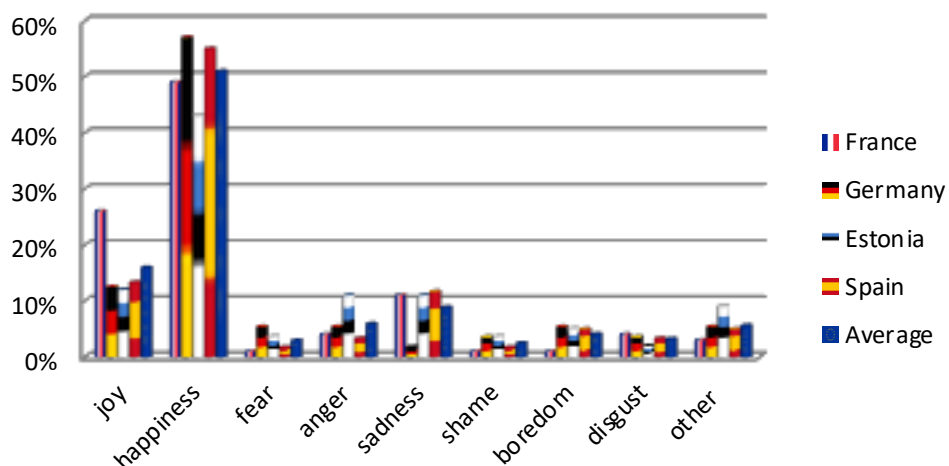
- the results are very diverse
- the only noticeable result is that the French students are not bored a lot

## I often feel disgust



- most people are not disgusted a lot
- the French students feel disgust the least

## This emotion influences me most



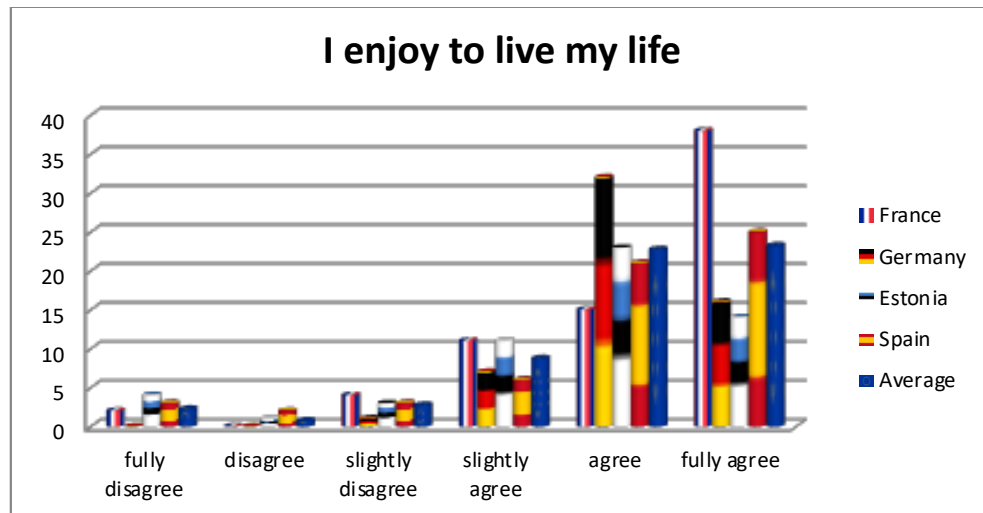
- the students are influenced most by happiness and joy (some are influenced by sadness)

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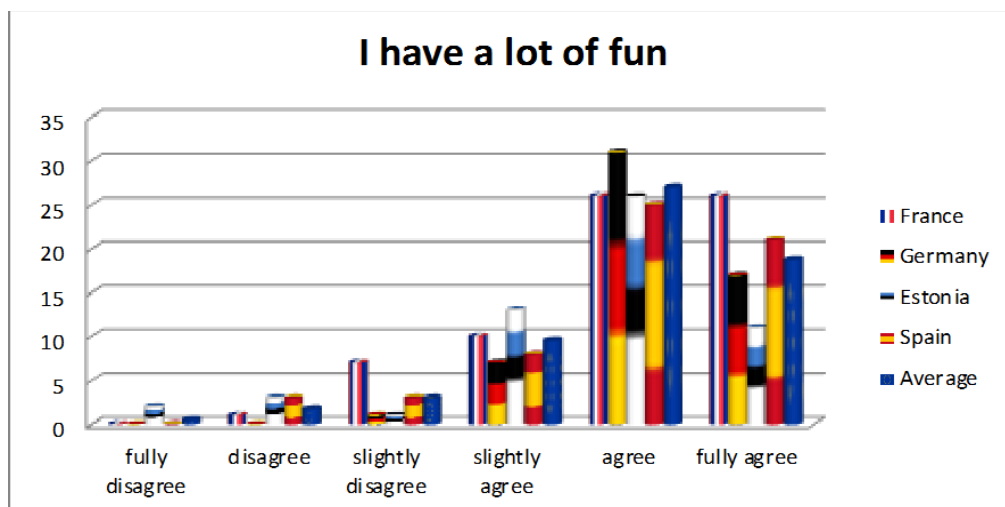


## Group 7: life

*presented by: Agahte, Marten, Alicia, Gustavo, Karl, Theresa, Karolin and Svenja*

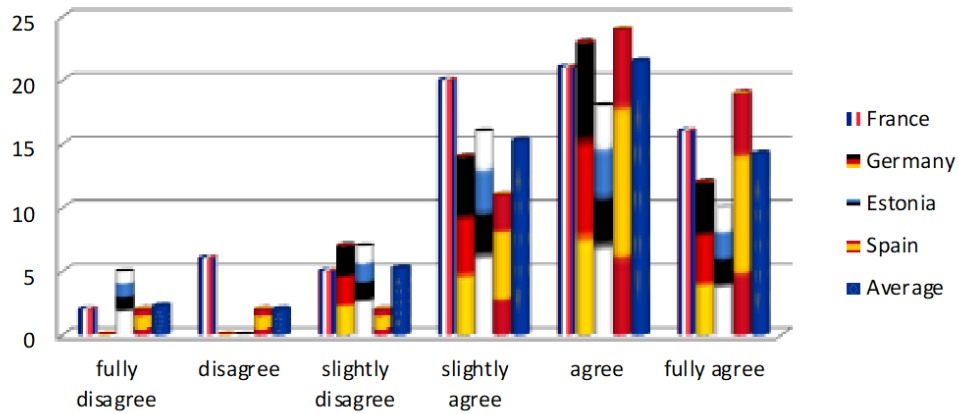


- all in all the majority of the students students of the four countries enjoy their life
- on average only three persons from a country do not enjoy their life
- Especially Germany and France have a lot of students who enjoy their life
- We didn't expect that less than 15 of the Estonian people fully agree on enjoying their life



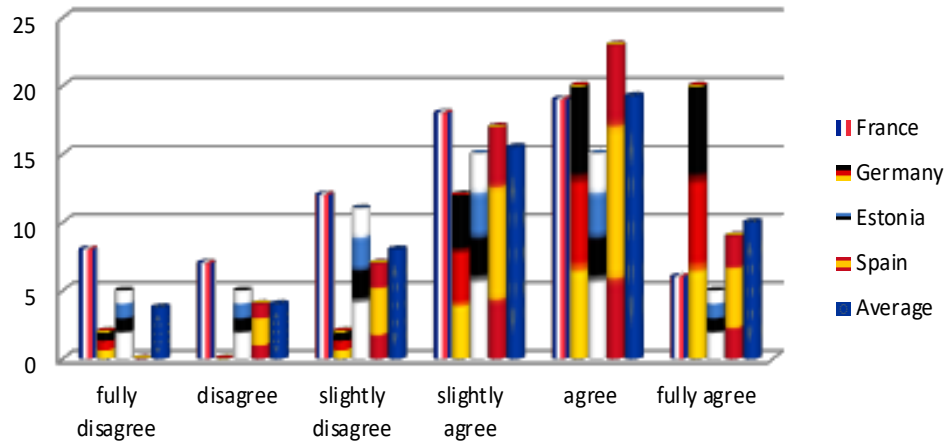
- most agree
- France has the most fun
- almost nobody fully disagrees

## I look forward to the future

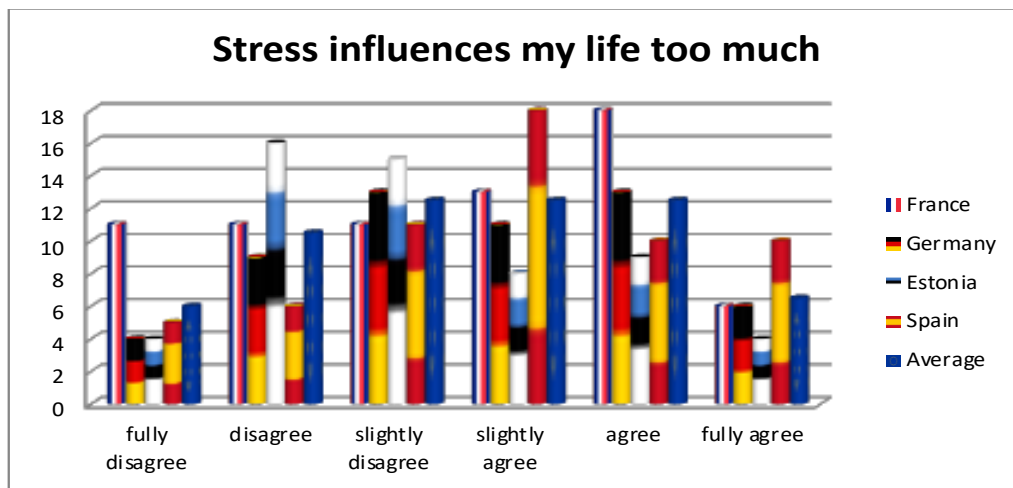


- most of the Spanish agree
- a lot of French and Estonian students fully disagree

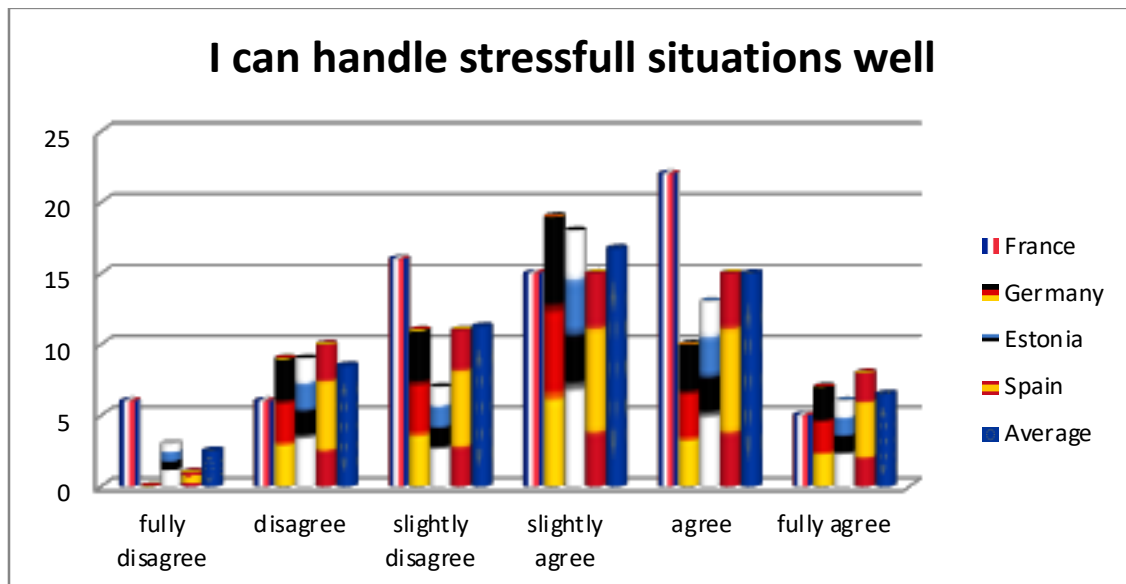
## Some stress is part of life



- most European students are often stressed
- most Germans agree that it is a part of life

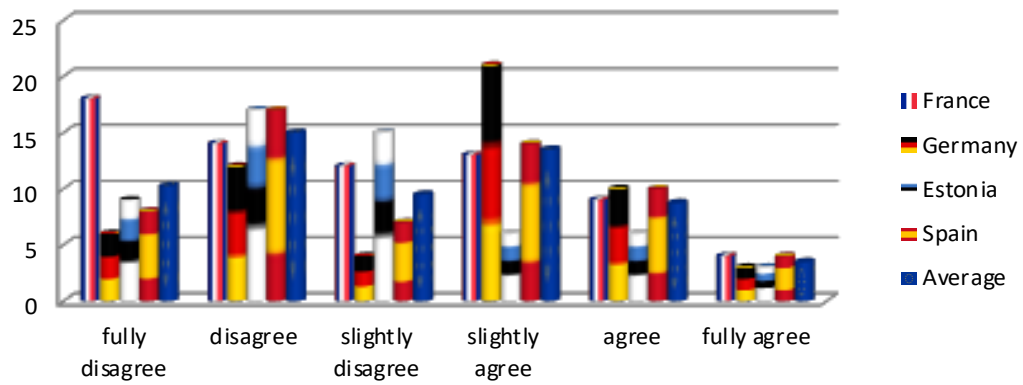


- most of the Spanish students slightly agree
- most of the Estonians disagree
- most of the French agree



- most slightly agree
- France stands out

## I am sometimes unable to do anything because of too much stress



- a lot of French students fully disagree
- most of the Germans slightly agree