

## Analysis: NONO project changes in habits.

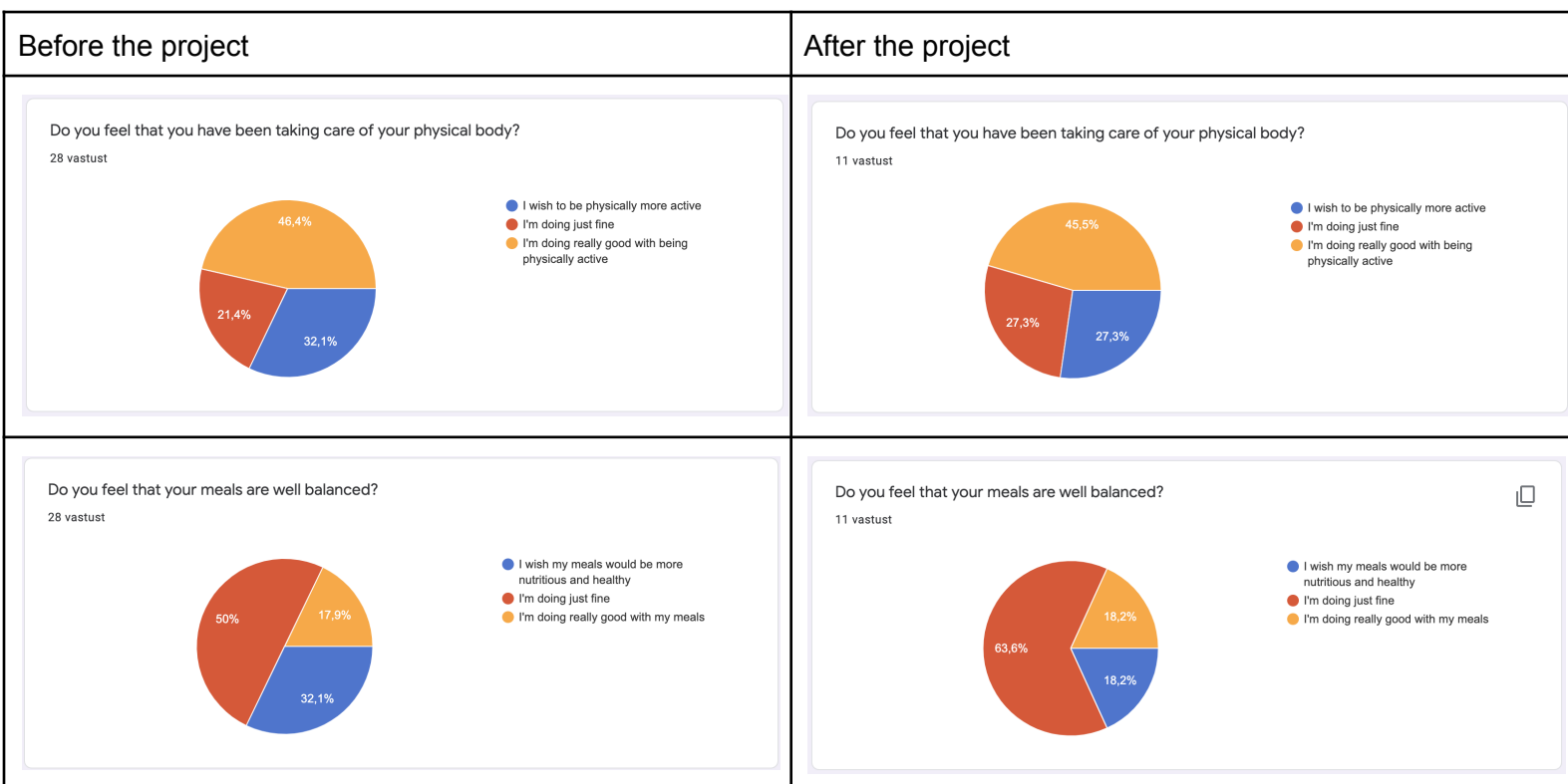
During Erasmus+ youth exchange “No Pain No Gain”, aimed at finding a common approach to both healthy eating and having good physical habits, we measured changes in participants' lifestyle by submitting this questionnaire 2 times.

- First time at beginning of the project, asking how were you doing before the project;
- Second time 1 month after the project, asking how were you doing after the project;

Unfortunately on the second time of collection answers we didn't have as much input as the first time. Still, we can make some conclusions from these answers.

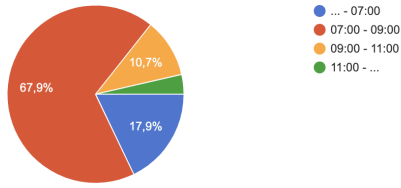
- Participants started to wake up and go to sleep earlier (possibly school related change);
- Most of participants now have strong understanding of what is healthy food and what is not;
- Most participants (81%) now have friends from 5 or more European countries, although before the youth exchange only half of participants (53%) had friends from 5 or more countries.

Project was held in Estonia in August 2021 and funded by European Commission, coordinated by Estonia's Education and Youth Board and organized by non-formal youth group “Youth Forest”.



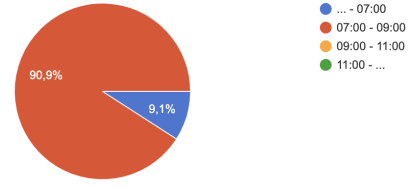
### What time do you usually wake up?

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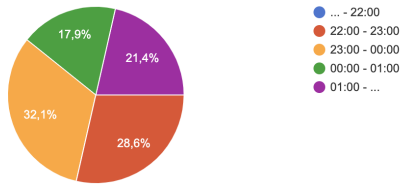
### What time do you usually wake up?

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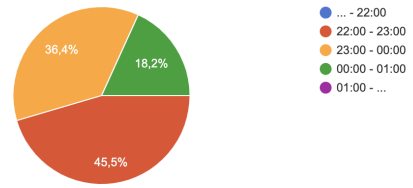
### What time do you usually go to sleep?

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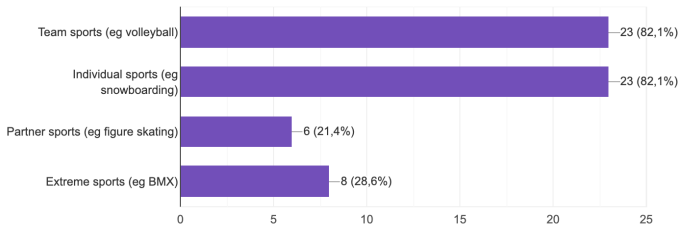
### What time do you usually go to sleep?

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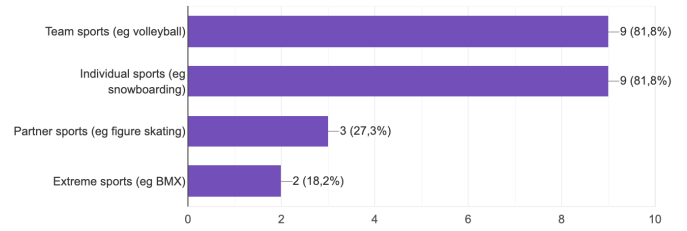
### I like to do

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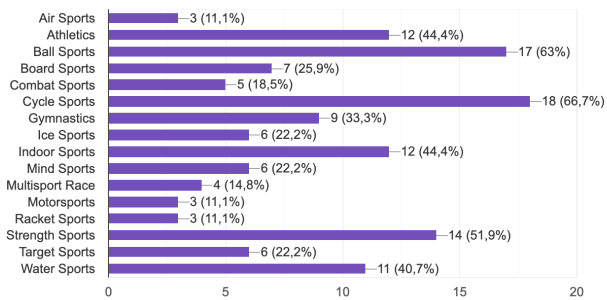
### I like to do

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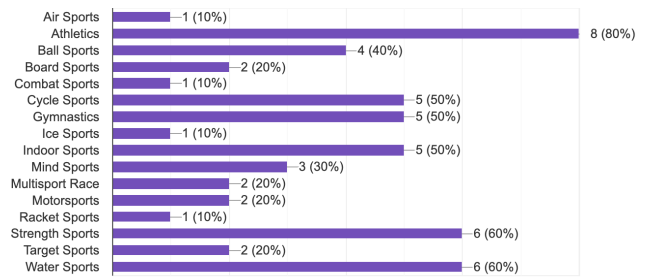
### I'm already doing or interested to start with

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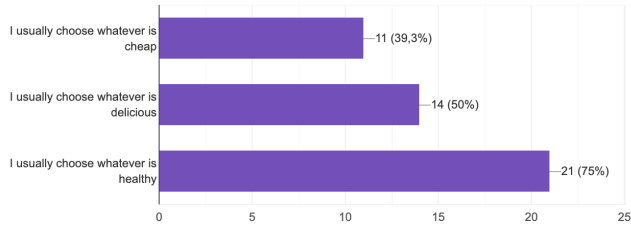
### I'm already doing or interested to start with

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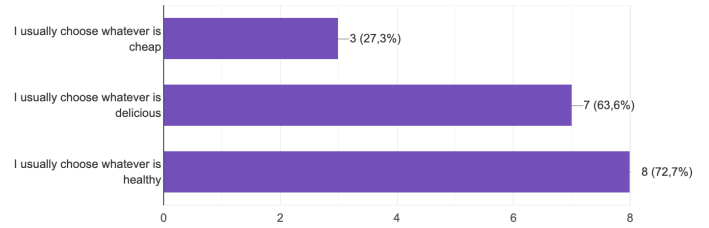
When buying food from supermarket or ordering in restaurant

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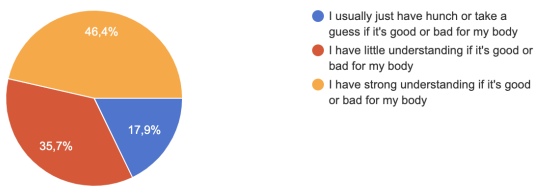
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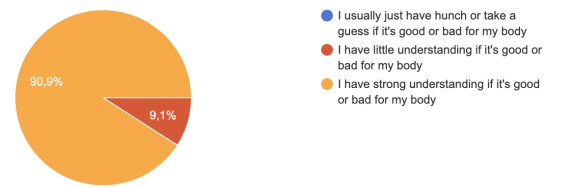
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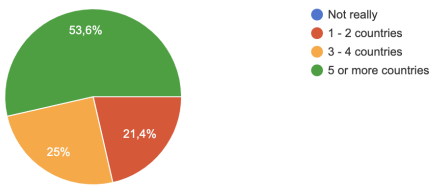
When buying food from supermarket or ordering in restaurant

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Suprise question! Do you have friends from many European countries?

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