

# Welfare activities outside of school

Erasmus +  
Agenda 2030

Group : ZIBI  
Iris, Baptiste, Zoéline and Ilaria M

# Questions :

1. What kind of activities that contribute to your mental and/or physical welfare you have?
2. How many times do you do that in a week?  
How long does it last in total?
3. What other activities would you like to try?

# Zoéline :

- 1) Outside school I play football. It helps me to spend my time and the fact that I play football helps me forget all my worries.
- 2) I do it Wednesday , Friday, Saturday and Sunday. I do it for 1h30 at a time.
- 3) I would also like to go horseback riding.

Ilaria M. :

- 1) I ride a bike and I play tennis.
- 2) Everyday about 30minutes but sometimes an hour.
- 3) I would like to try to climb a mountain.

# Baptiste :

- 1) My social activity is rugby. The rugby contribute for my mental and physical.
- 2) I do this twice a week. Around 3-4 hours per week, depends if we have games or tournaments on Saturday all day.
- 3) I have no idea.

liris :

- 1) Outside of school I dance ballet.
- 2) I have practices 3 times a week but next fall I'm thinking of taking more classes. All together I dance around 4 hours a week.
- 3) I would love to try archery.