## Leisure

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### Why is it important?

Leisure activities are important for several reasons:

- 1. Physical and mental well-being.
- 2. Personal development: Leisure activities allow individuals to explore new interests, develop skills, challenge themselves and learn new things.
- 3. Social connections: Participating in leisure activities can help individuals connect with others, build friendships, and strengthen relationships.
- 4. Balance and fulfillment: Finding a balance between work, responsibilities, and leisure activities is important for overall well-being.

# What do we do in Spain in our free time? the number 1 hobby is soccer - 65% of children play it play video games (Fifa, GTA, Fortnite and more) read,study Do other sports



### Research

We asked everybody in the exchange about their three hobbies and then made a percentage of the activities

Here's the top 12:

Video games and phone 54,8% of students

Hanging out 35,5% of students

Football 22,6% of students

Dancing 12,9% of students

Beach volleyball 9,6% of students

Drawing 9,6% of students

Cooking 9,6% of students

Listening to music 9,6% of students

Schopping 9,6% of students

Athletics 9,6% of students

Swimming 9,6% of students

Box 9,6% of students



#### **Conclusion - final thoughts**

We discovered which are the differences of our leisures but also the similarities.