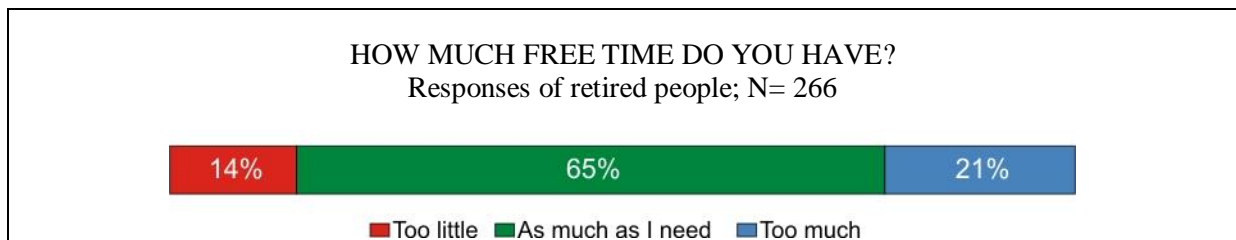


## WAYS OF SPENDING TIME DURING RETIREMENT

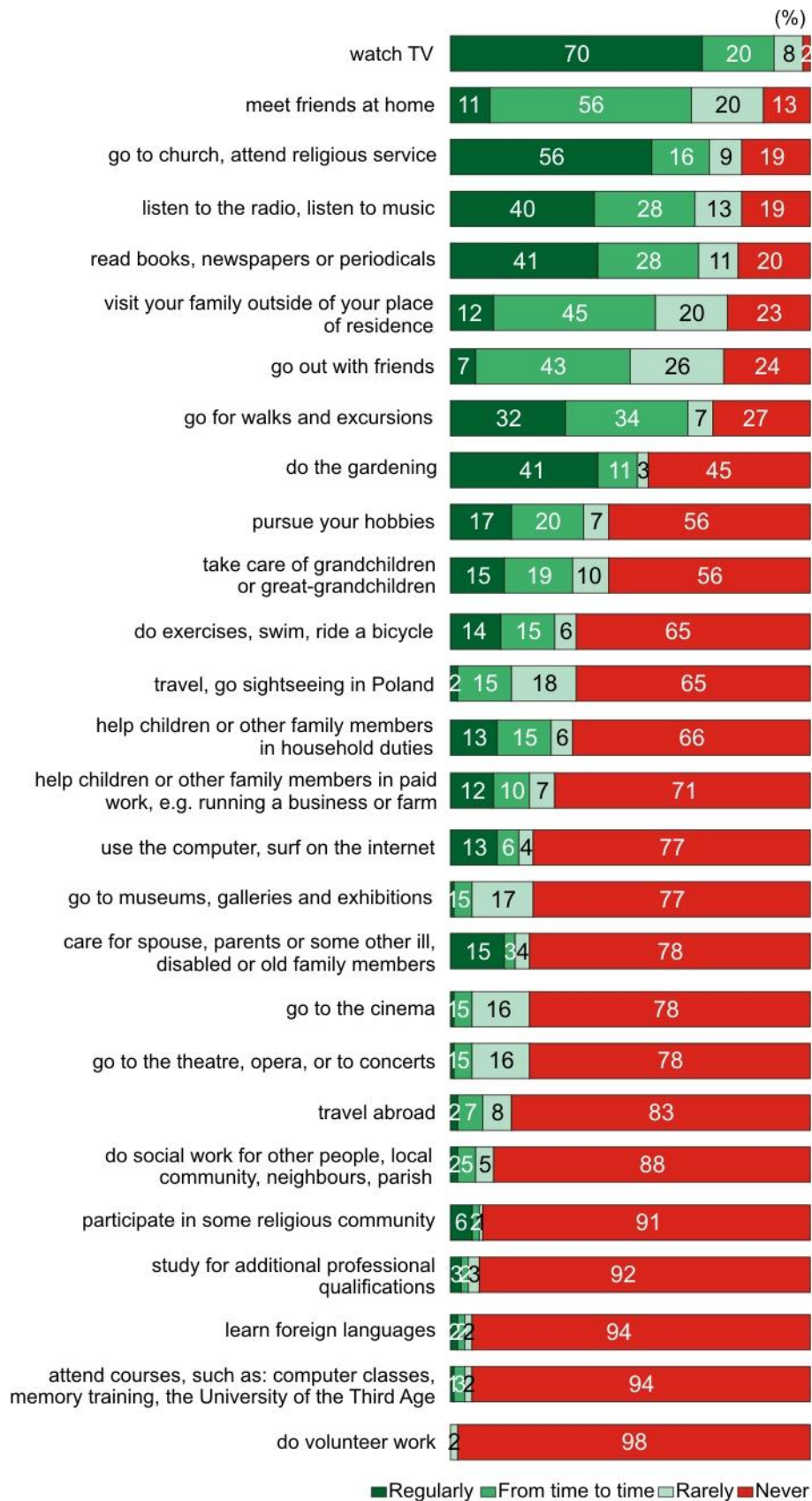
Most pensioners say they have as much free time as they need. One-fifth (21%) have too much time, while one-seventh (14%) have too little.



Almost all pensioners watch TV (98%), a vast majority meet their friends at home (87%) or outside (76%), go to church (81%), listen to the radio or to music (81%), read books, newspapers or periodicals (80%), visit family outside their place of residence (77%), go on excursions (73%).

The majority of pensioners do the gardening (55%). A large group help their family by taking care of grandchildren or great-grandchildren (44%), helping in the household (34%), in paid work (29%), taking care of ill or handicapped members of the family (22%).

## HOW OFTEN DO YOU...



A large proportion of retired people pursue their hobby (44%), play sport (35%). However, only very few educate themselves (8%), take courses (6%), or learn foreign languages (6%). One-third of pensioners (35%) travel inland to do sightseeing, while a much smaller group (17%) travel abroad.

About a quarter of pensioners use modern technology (23%), participate in cultural events (go to museums, galleries exhibitions, 22%), go to the cinema (22%), go to the theatre, opera or concerts (22%). Relatively few pensioners devote their time to social work for other people, local community, neighbours, parish (12%), or as a volunteer (2%). Relatively few participate in some religious community (9%).

Pensioners are not a homogenous group with respect to the ways of spending their time. They can be divided into three groups, considering the activities they are involved in. A quarter of seniors (24%) are the most active, and they do all kinds of activities much more frequently than others. A vast majority of this groups, as opposed to the others, pursue a hobby, participate in culture, travel inland and abroad, play sport, use the computer and internet. These are the youngest pensioners, best educated, enjoying the best material situation and health. Their average age is 63.

A quarter of retired people (26%) spend their time very inactive. Their main occupations are: watching TV, going to church, meeting friends at home, and listening to music or to the radio. This group is composed of the oldest pensioners, worst educated, in the most difficult material conditions and with deteriorating health. Their average age is 74. A large part of them declare they have a lot of free time they do not know how to use. The barriers to activity for them are poor health and bad material situation, as a lot of activities require expenses.

Half of pensioners are moderately active. Their mean age is 68, and they are characterized by average education, material living conditions, and state of health.

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More information about this topic can be found in CBOS report in Polish: *"Ways of spending time during retirement"*, August 2012. Fieldwork for national sample: June 2012, N=1013. The random address sample is representative for adult population of Poland.