

THE ROLE OF THE INTERNET IN THE FREE TIME OF CONTEMPORARY POLES

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ABSTRACT

The Internet is used by people in their free time. The content of the attempted discussion is an analysis of the profile of Internet use by contemporary Poles in the context of their interests and preferred activities performed in their spare time. The conclusions drawn refer to educational directives of digital competences.

KEYWORDS: *Free Time, Quality of Life, Internet, Digital Participation*

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