



Do you feel British?


**Do you participate in
your local community?**

**Has the Olympics inspired
you to take up sport?**

**How has the recession
affected you?**



Understanding
Society



We would really like you and your household to take part in *Understanding Society*, the biggest study of its kind in the world. With your help we can paint a unique picture of life in the UK and how it's changing.

To take part you just need to answer some questions about your day-to-day life - your family, job, education, health, interests and opinions. With your help we can understand the impact of the changing world around us. For instance, how has the credit crunch really affected people across the UK? Are people leading a healthy lifestyle?

You can make a real difference by taking part. The results of the study will help decision makers to design policies to improve everyone's lives, as well as fuel debate in universities, colleges and media across the world.

People often tell us they enjoy taking part in the study.
We very much hope you'll join in.

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