

CIVIS 2022

PANATHLON

Create an active university for all

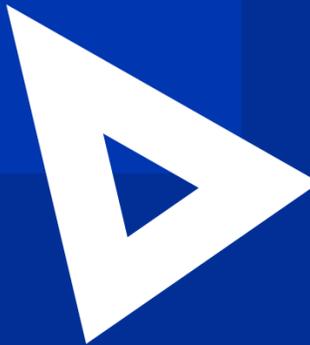
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*I am feeling overwhelmed by
coursework and isolated... What
can I do?*

“ ”





OUR SOLUTION RELAX AND WIN!

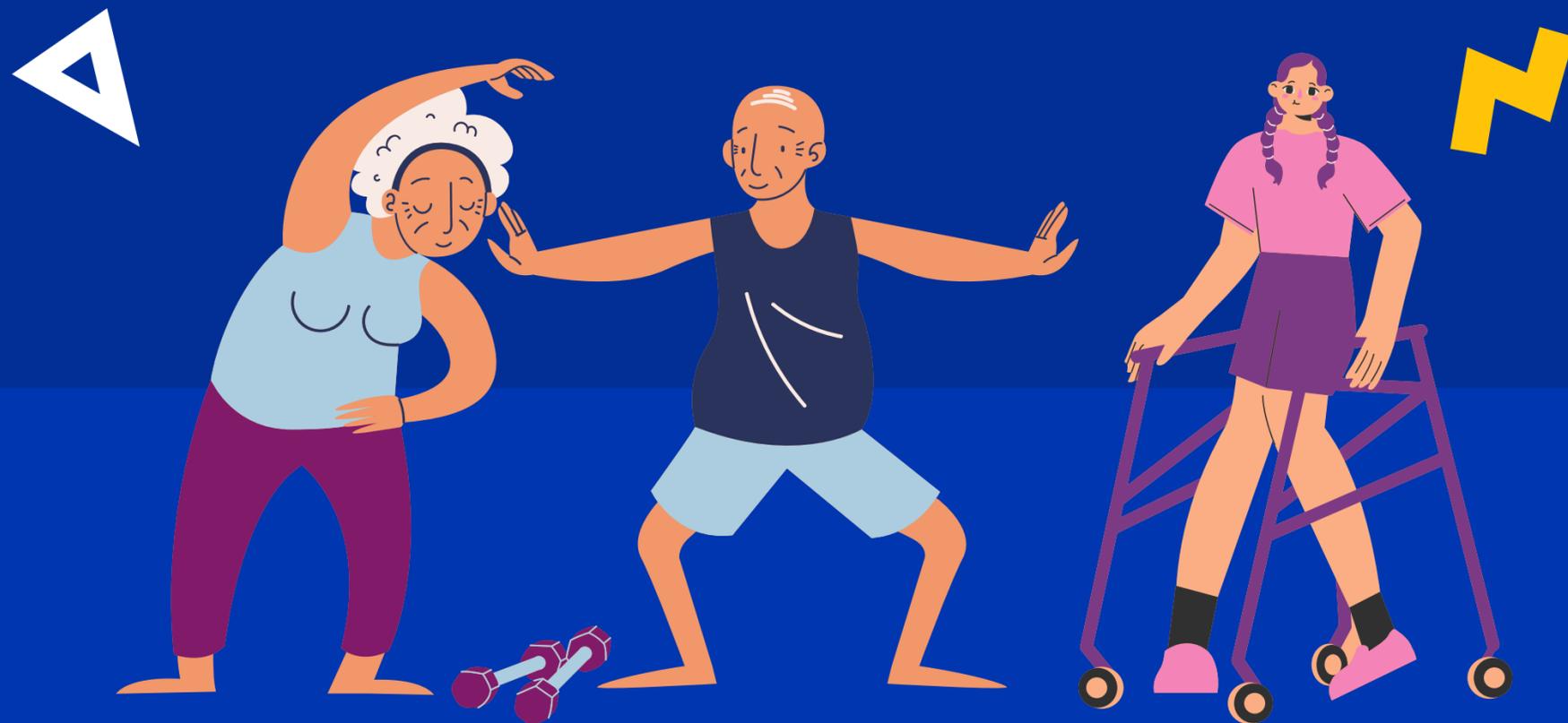


Our solution combines learning and fun! Our **relaxation and activation** programme.

It has sessions designed for all people, where participants will learn basic movements to help them relax, be more productive, and meet people.

Participants will gain points as they learn, and with enough points, they will be rewarded with the exercise equipment.

EXERCISE AND MAKE FRIENDS



01

Improve your
mental health

02

Get moving

03

Affordable option

04

Socialise

TARGET POPULATION



DISABLED PEOPLE

Included and
involved



SENIOR PEOPLE

Valued and
integrated



ANXIETY

Coping
mechanisms



CULTURAL INTERACTION

Learn and
grow