CIVIS 2022

PANATHLON

Create an active university for all

TEAM 5 :
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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

Involved and included

SENIOR PEOPLE

Valued and integrated

ANXIETY

Coping mechanisms

CULTURAL INTERACTION

Learn and grow