



### Project Goals

Anxiety is a common problem that many students have to face and overcome in their academic lives. Stress and anxiety can be triggered when a student feels frustrated or nervous. Anxiety also includes thoughts and feelings of nervousness, worry, unease and dread. The main goals of play are to design and develop a 3D virtual world learning environment (3DWLE) using the potential of a gamification approach in which university students will anonymously engage in activities that will help them be better prepared for study and life at university and ultimately help them reduce anxiety and boost their mental health.



### Partnership

The Play Project brings together a well-balanced consortium of partners consisting of the University of Patras, the Optionsnet company, the Open University of Cyprus, the European Institute of Child Education (ICEP) in Ireland, and the University Institute ISMAI in Portugal.



## PLAY: Play, Learn, fight back Anxiety



## Games inside the 3D virtual world

The Play Project simulates real-life scenarios that familiarize students with various stressful situations and also help them deal with the anxiety they may face during their academic lives. Students enter the environment and will be confronted with a series of 'adversaries' who characterize different anxieties and thinking patterns (personalization, pervasiveness, permanence).



The games inside the 3D virtual world are based on real-world situations that students encounter. For example, games simulate situations such as when a student is facing an exam, a student needs to approach their lecturer to discuss a personal issue that could potentially impact their capacity to attend lectures and complete assignments on time, a student has failed the exam.

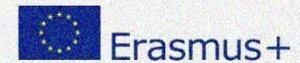


## Social Media and website

For the most to date information go to the PLAY website:

<https://play2fightanxiety.eu/>

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