

# PLAY: Play, Learn, fight back Anxiety



## Description of the PLAY project

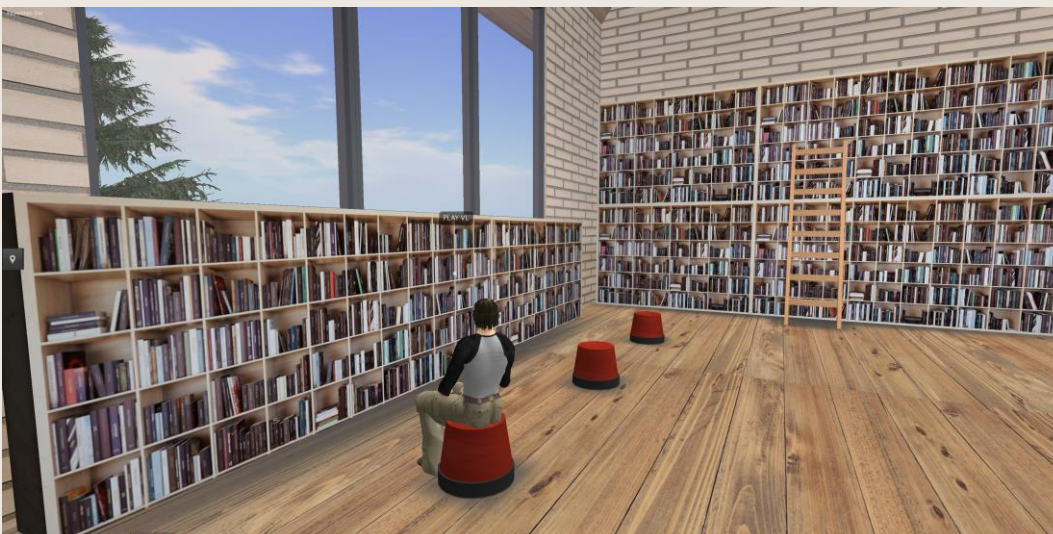
Anxiety amongst young adults is becoming a common problem that many students have to face and overcome in their academic lives. It is more important than ever to promote positive mental health in young people in a way that is understandable, reliable, and accessible. The PLAY project is a cross Erasmus+ funded project and stands for Play, Learn, fight back Anxiety. The primary aims of the project are to help university students become better prepared for university curricular activities and help them reduce their anxiety. PLAY develops an innovative, scenario-led, gamified tool which university students can engage with through the 3D virtual world (3DVW).

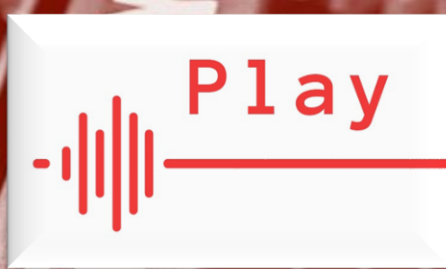
## Partnership

The PLAY project is being coordinated by the University of Patras (Greece), with contribution by a range of European partners in Cyprus, Ireland and Portugal. The project partners are:

- University of Patras (Greece)
- Optionsnet (Greece)
- University Institute of Maia (Portugal)
- Open University of Cyprus (Cyprus)
- Institute of Child Education and Psychology (Ireland)

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





*Fourteen months into the project, significant progress has been made. The development of the 3D virtual environment is already operational and under piloting.*

### **PLAY 3DVW scenarios story**

In the PLAY 3DVW, the players encounter numerous NPCs (Non-player characters). They are usually either students or coaches. The story of the game revolves around a campus where students have been “infected” with a strange “illness”. Symptoms are sweating, trembling, heart palpitations, heavy breathing, inability to concentrate and think clearly. Players have a “mission”, to find and help students who are “infected”. The “infected” are creating negative energy and disrupting campus life. The game starts with a "tutorial" scenario (scenario 0) so that players learn how to move and interact with 3DVW. The scenarios of the game are now ready, as well as the beta version of the project and the pilot use of 3DVW has already started.

### **Social Media and Website**

A YouTube channel subscription allows you to watch future PLAY videos: [Play.erasmus Youtube/](https://www.youtube.com/channel/UC...)  
Additional information is uploaded on the PLAY website: [www.play2fightanxiety.eu/](http://www.play2fightanxiety.eu/)  
Project photos are uploaded on Instagram: [Play.erasmus instagram/](https://www.instagram.com/play.erasmus/)  
Related articles and project news can be found on the project FB site: [Play.erasmus facebook/](https://www.facebook.com/play.erasmus/)

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### **With the support of:**

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