

PLAY: Play, Learn, fight back Anxiety

A 3D Virtual World

Project description

Anxiety is a common problem that many students encounter during their academic life.

The PLAY project is an innovative scenario-led, gamified tool with which university students can engage through the design of a 3D virtual world (3DVW). The game simulates real-life scenarios that familiarize students with various stressful situations. The main objective of the project is to help university students gain skills and strategies for overcoming anxiety.

PLAY game scenarios

PLAY 3DVW consists of 9 scenarios and scenario 0 which is the tutorial (the one you are going through right now). After finishing the tutorial, you can click on the "play" button on the bottom right of this image to teleport to the next location where you will have the option to play the scenarios or to participate in an in-game counseling session. Entering the PLAY 3DVW, students start with a tutorial scenario to learn how to move and interact inside the PLAY environment.



The PLAY project aims to help university students gain skills and strategies for overcoming anxiety. Players can choose from a collection of 10 scenarios, each focusing on a different aspect of a student's anxiety during university life.



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Piloting days of the PLAY 3DVW

A total of 4 pilot days are planned in the coming months in Greece, Cyprus, Portugal, and Ireland in which students will have the opportunity to create their own avatar and play game scenarios.

You can learn more and keep up to date with our news at the dedicated PLAY project website: play2fightanxiety.eu



Partnership

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



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Social Media and Website

- A YouTube channel subscription allows you to watch future PLAY videos: [PLAY Erasmus/](#)
- Additional information is uploaded on the PLAY website: play2fightanxiety.eu
- Project photos are uploaded on Instagram: [Play.erasmus](#)
- Related articles and project news can be found on the project FB site: [Play.erasmus/](#)

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