

I Living Lab

Posters

**Connected to "Wellbeing
& Active Ageing"**

Students



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BSc. Agricultural Engineering

Educational Entrepreneurs

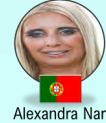


Paula Heliodoro



Célia Soares

Challenge Owner



Alexandra Narra

Introduction



- Adolescence is a window of opportunity for reaching full potential.
- It is a source to be empowered, not a problema to be solved.
- Adolescents face diferente external callenges and their response to it (stress) can have consequences on their mental health.
- Coping mechanisms might be impaired by stress and do not function at their best.

Methodology



- We used Design Thinking method to work on the challenge and went through 4 phases: Empathize; Define; Ideate and Prototype.

Emphatize

What do they say?

- "I worry about the future, competitions and food."
- "I'm out of time."
- "I have work overload".

What do they think?

- "No one supports or understands me."
- "I won't be able or I'm not good enough."
- "I need more time."

What do they do?

- Cry,
- Isolate themselves
- Listen to music
- Vent
- Read or write

What do they feel?

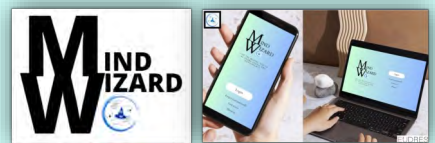
- sadness
- loneliness;
- anxiety;
- need for support;
- worry;
- misunderstanding;
- doubts

- On this phase, we surveyed 15 adolescents (15-18 years old) to understand their worries and stress levels. We also built an empathy map.

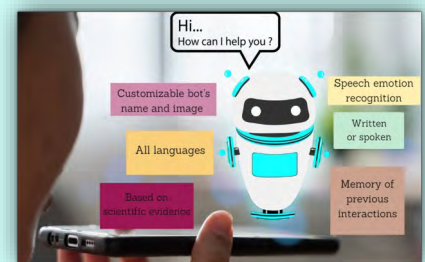
How could others (eg teachers, classmates, family and friends) help you to deal with and minimize your worries/stress?

more pauses to breathe
quality moments
help from my friends
help from my parents
read about what I feel
deal with the problems
speak kindly
suggesting ways to act
write about what I feel
offering support
helping me out
have no pressure
understanding me
listening to me
having patience
speaking openly
leaving me alone
bringing back reality
helping them
helping my sister
don't count too much on me
be there for me

Ideate and Prototype



- Is a judgement-free space to express emotions and feelings.
- Allows a mental health self-check.
- Has instant access to feedback.
- Gives general information about mental health promotion.
- Advises on when other help might be needed.



- To be implemented in schools, involving all school community.
- Access through online platform and app.



Define

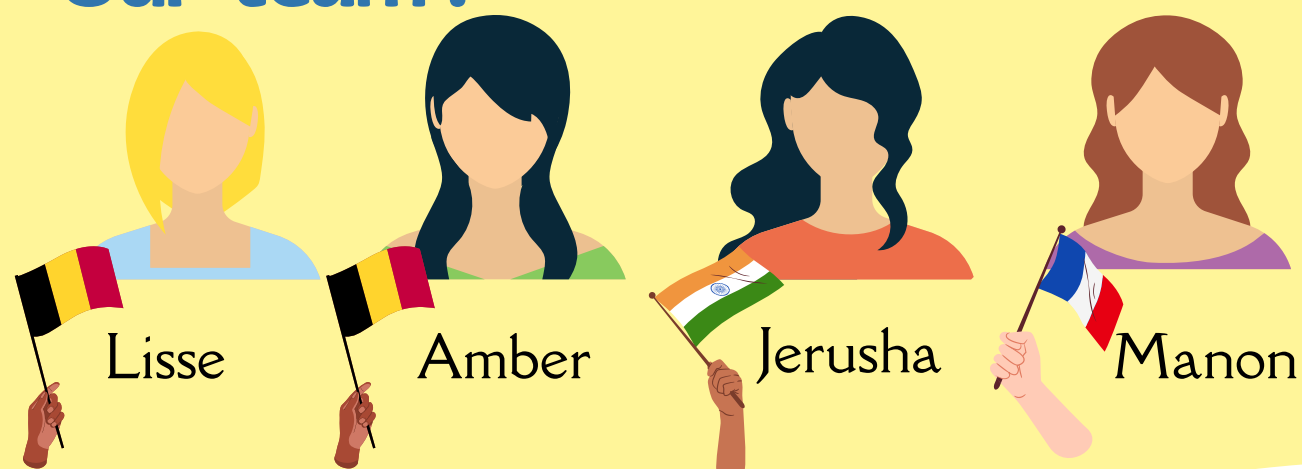
Who? (who is experiencing the problem?)	What? (what is the problem?)	Where? (where does the problem present itself?)	Why? (why does it matter?)
Adolescents (15-18 years old)	High and long lasting levels of stress. Stress sources: - Unknown future - Overwhelmed	School Peers Family Teachers	Prolonged stress is a risk factor for mental health. In adolescence mental health is a crucial for wellbeing.

Problem: High levels of perceived anxiety and stress

ILL 17 Healthy Lifestyle For Youngsters

Healthy Together

Our team :



Being healthy has never been this easy

Organize cooking classes together with your friends through this app.

Nutrition Tracking

Share your daily life with people who have the same diet as you

Know the nutritional contributions of your meals.

This app can help youngsters with their schedules and find inspiration to cook healthy meals

Take a questionnaire about your eating habits to get to know yourself better

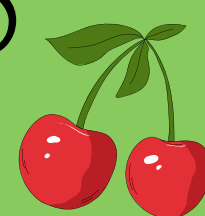
This app fosters a sense of community among food enthusiasts

You can add pictures of your meals, share it with friends or find inspiration for healthy meals.

Don't feel like sharing everything on the app? You can keep your profile or posts private and only share it with the people you choose!

CAPRIOVUS

WOULD YOU LIKE TO JOIN?
Download the app now!





SUSTAINABLE CITIES - HOW MIGHT WE MAKE CITIES HEALTHIER, CONSIDERING BIODIVERSITY?

Abdul Hannan Bin Zulkarnain; Roberts Apinis; Dalli Sruthi Laya
Educational Entrepreneurs: Halena Caria; Ricardo Baptista



VEGETABLE GARDEN



WHY VEGETABLE GARDEN?

Growing a Vegetable Garden contributes to your food security. It helps reduce the carbon footprint of the food system by reducing such fossil fuel consumption. It also makes far more efficient use of water and promoting biodiversity.



TARGET & AIM

- Apartment and housing community.
- Courtyard and empty spaces.

To raise awareness on the importance of the vegetable garden and how it can promote biodiversity as well as improving a healthy community to the extent of healthy city.

BENEFITS



Increase
biodiversity

Improve
wellbeing

Stronger
community

Pesticide
free

CHALLENGE OWNER



Natural Business
Intelligence (NBI)

"Biodiversity increases well-being in
cities and resilience to climate change."



PROTOTYPE



Apartment courtyard



Housing area (empty spaces)

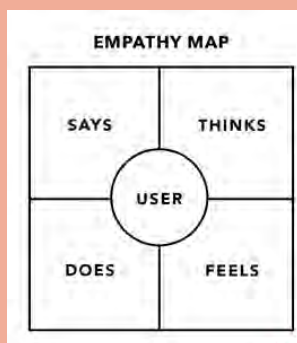


FUTURE DEVELOPMENTS

Discussion with District
Municipality and Ministry of
Agriculture regarding,

- Cost
- Types of seasonal plants
in each country.





love
fate
hope

Notes of the stakeholder video

What motivates him?

- to make changes - he needs change management
- being at the higher level
- I'd rather die in a good fight than being stopped

What does motivation mean to him?

1-Hope - hope to change

2-Love- kindness without expecting return

3-Fate

Desk research

What

Stages of motivation :

- preparation and determination
- action and will power
- maintainance

Why

Increase persistence, enhance cognitive processes and lead to improved performance.

Students are the future. Important to equip them with the skills they need and teach future generations.

How

Set a big goal with smaller goals along the way to achieve the main big goal

Avoid creating stressfull competition among students, try positive competition instead

Set realistic performance goals

I LIVING LABS 18

HOW TO BOOST MOTIVATION OF LEARNERS IN HIGHER EDUCATION

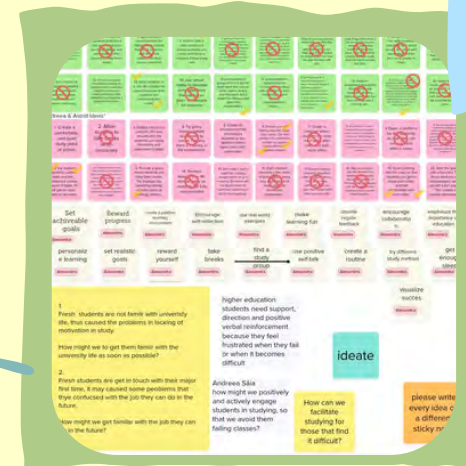
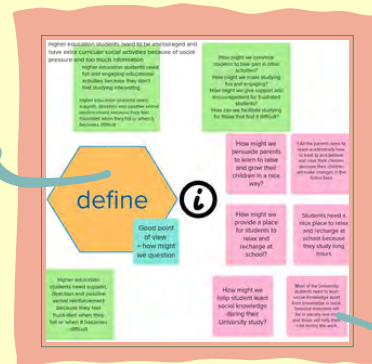
ANDREEA, ALEXANDRA, ARTUS, ASTRID, SOUKAYNA.



The winning idea

Build a gamified app that allows students to level up by completing quizzes related to the school material.

- completing the levels will be rewarded with discounts and extra points for school exams
- everyday quotes that encourage them
- avatar that can be personalized
- there will be a leaderboard per each class, where students will compete for the first place



Brainstorming



Prototype

Thypography : SUNBORN

Name of the app :

StudyBuddy, QuizWiz or MindMaster

E³
DRES²



WEBSITE TO IMPROVE YOUR DAILY LIFE

www.takingcareofelderlypeople.com



GROUP CHAT

SHARE YOUR
EXPERIENCES
WITH OUR
COMMUNITY



KEEP UP TO DATE WITH
YOUR APPOINTMENTS
AND HEALTH STATUS



TELEPHONE CALL
ANY
QUESTIONS?
CONTACT OUR
ASSISTANT



MEDICAL HISTORY
ALL YOUR
MEDICAL
INFORMATION
JUST A CLICK
AWAY



EMERGENCY CONTACT

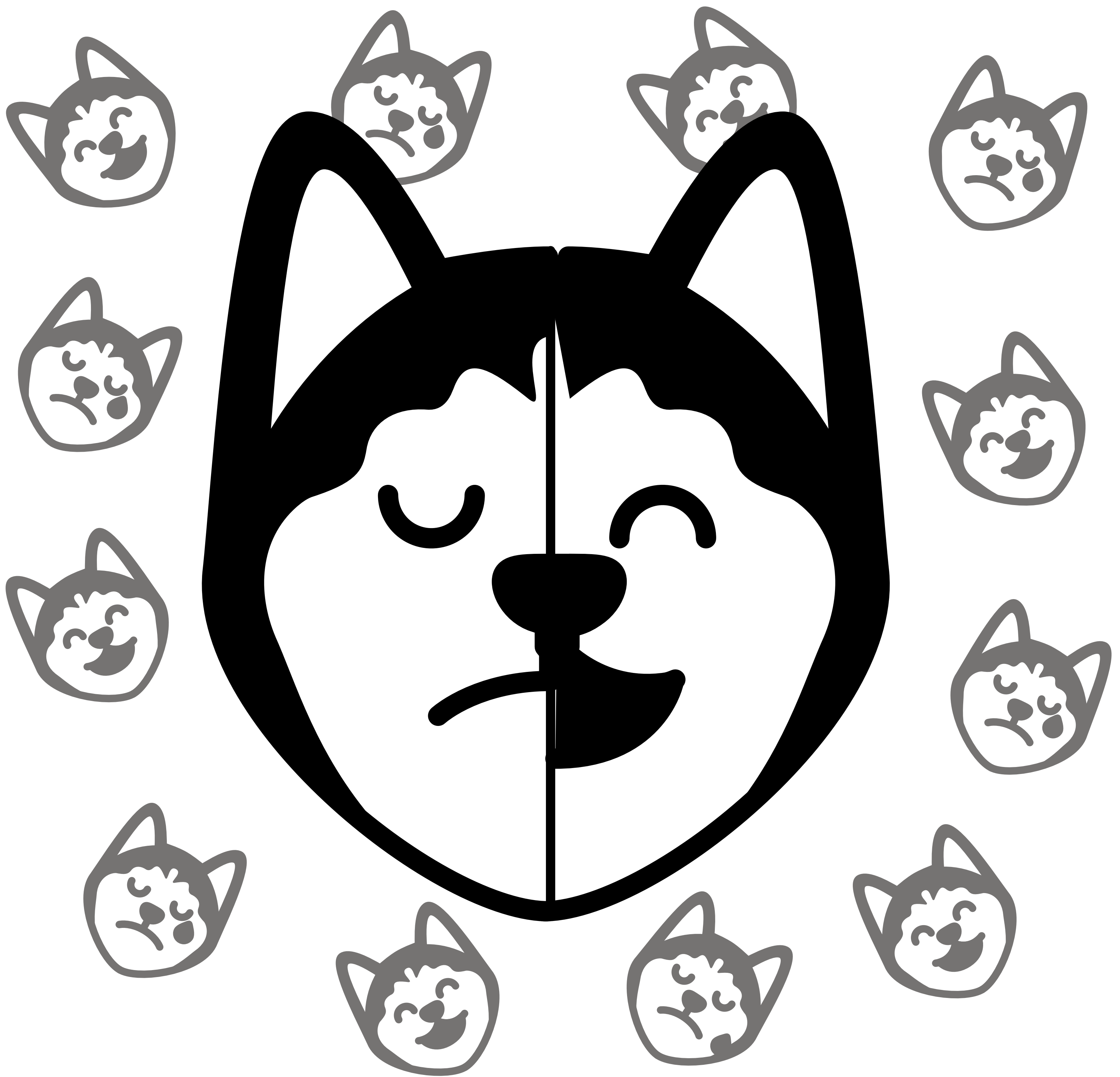
CALL YOUR
LOVED ONES
WHEN YOU
NEED THEM



EMERGENCY BUTTON
24/7
HELP
AVAILABLE



Rebomafil II Cipriano Bayot - Dina Hassoun Harith - Mariia Kalchenko
Marina Ohienko - Dina Rozajac - Cristina-Tereza Turcu



Sometimes you will feel happy and sometimes you will feel sad and that is okay. As long as you understand that you have a choice in how you feel. You can seek for help, you can talk to people, you can stimulate you happiness hormones... Don't stay still and do nothing, the sollution is in your hands.

E³UDRES²

SMART FOODS FOR HEALTHY AGING

How can brown algae support a healthy weight

THE ISSUE IN HAND

Obesity is becoming a big problem and is negatively impacting the lifespan of people

EMERGING IDEA

How could we help people with managing their weight using algae?

OUR SOLUTION

consuming brown algae

nutrient dense
(protein, fiber, omega-3-fatty acids)

as a whole plant

supplement

extract

prebiotic effect when consumed regularly

helps with blood sugar controll

helps with weight loss through inducing lipolysis

increases the metabolism

fucoidan (carotenoid) can enhance insulin sensitivity

FUTURE STEPS

being vocal about brown algae on social media
organizing workshops about brown algae

FUTURE SKILLS

Skill Nr.1: problem solving
Skill Nr. 2: flexibility
Skill Nr. 3: creative thinking



Hamza Baraoui



Janne Geers



Zuzana Krizanova



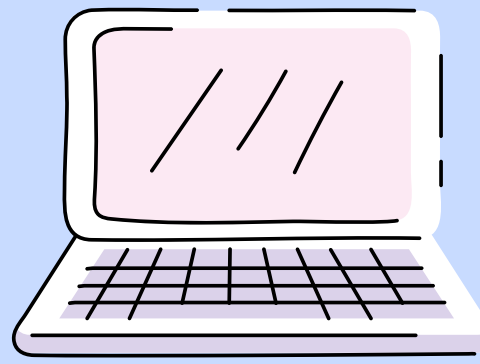
Anh Dang



Ayoub Ait Chcherki

Geriatro

Rethink health care for the new future
ILL Blended- Spring 2023
Team Care Bridge



E³UDRES²

Engaged and Entrepreneurial European University as
Driver for European Smart and Sustainable Regions

OUR CHALLENGE

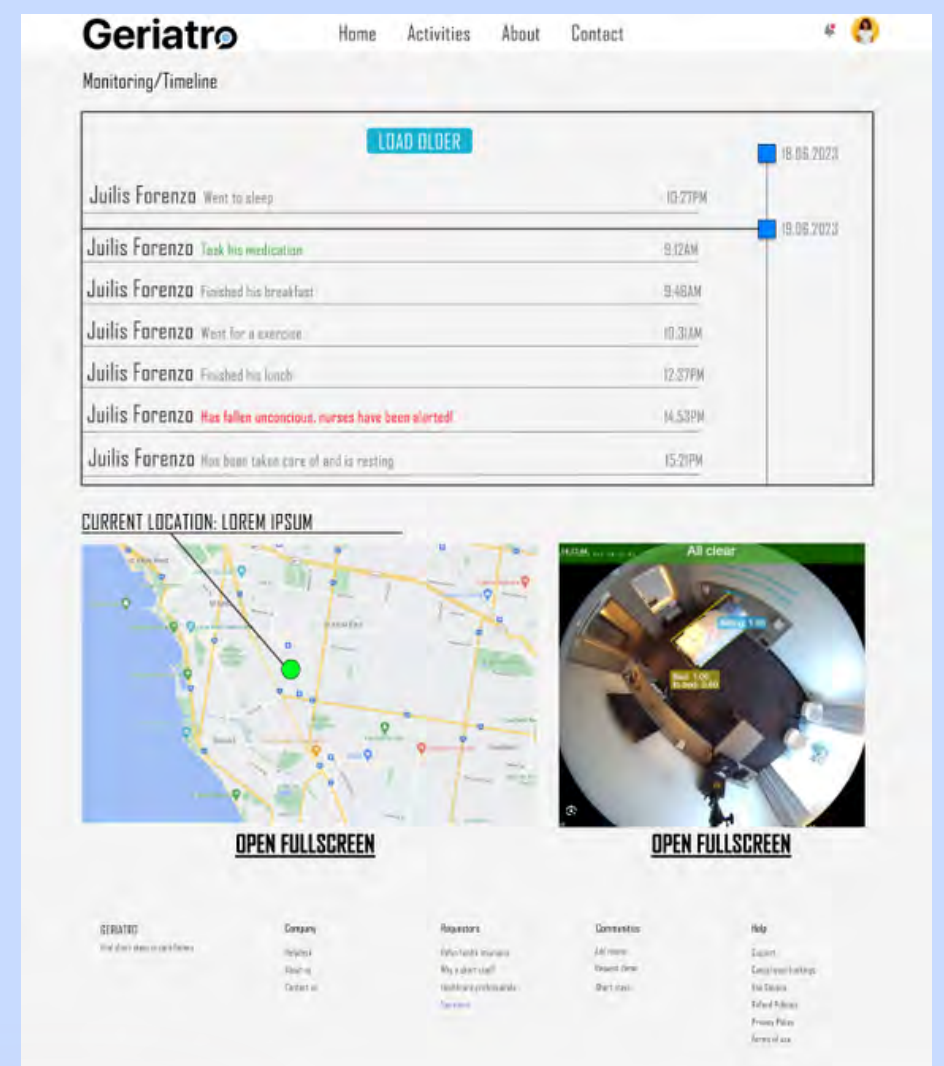
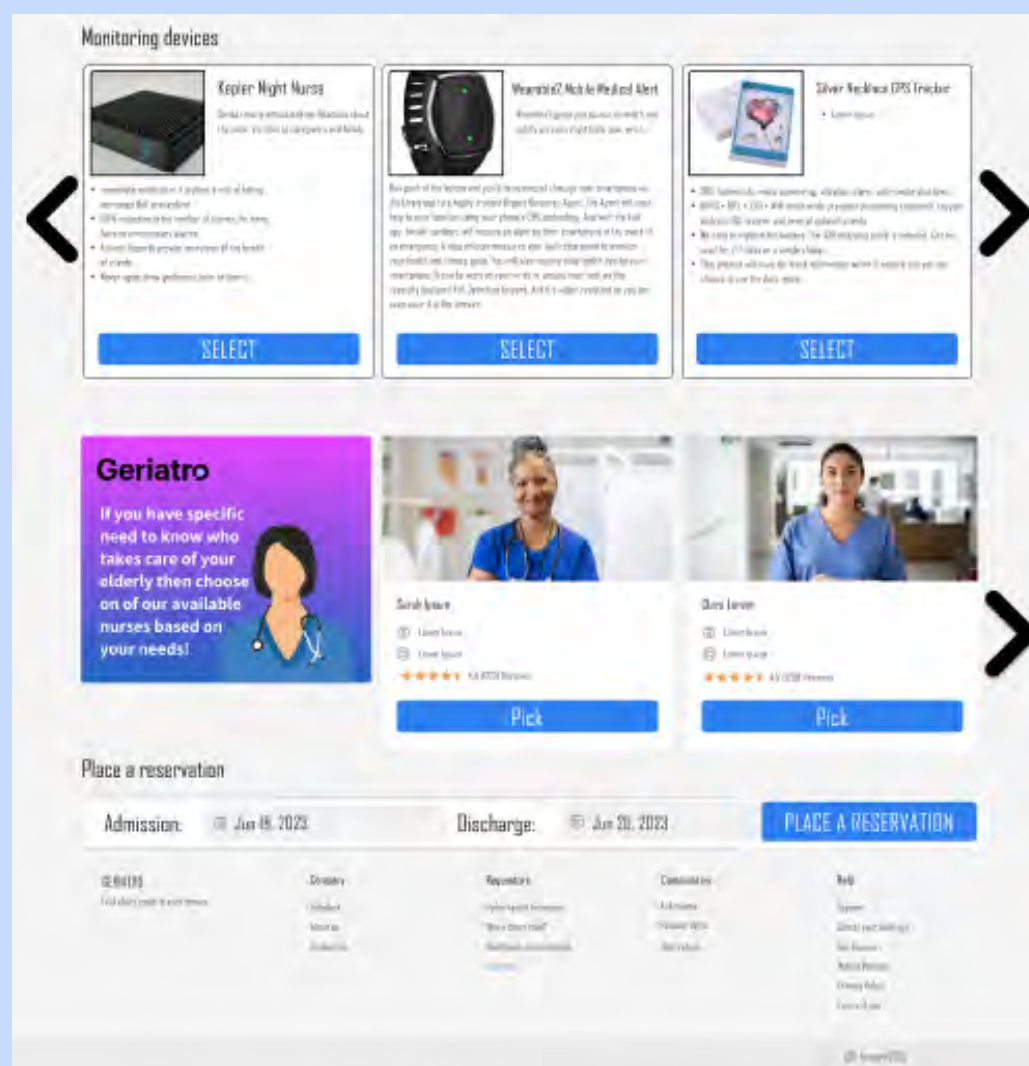
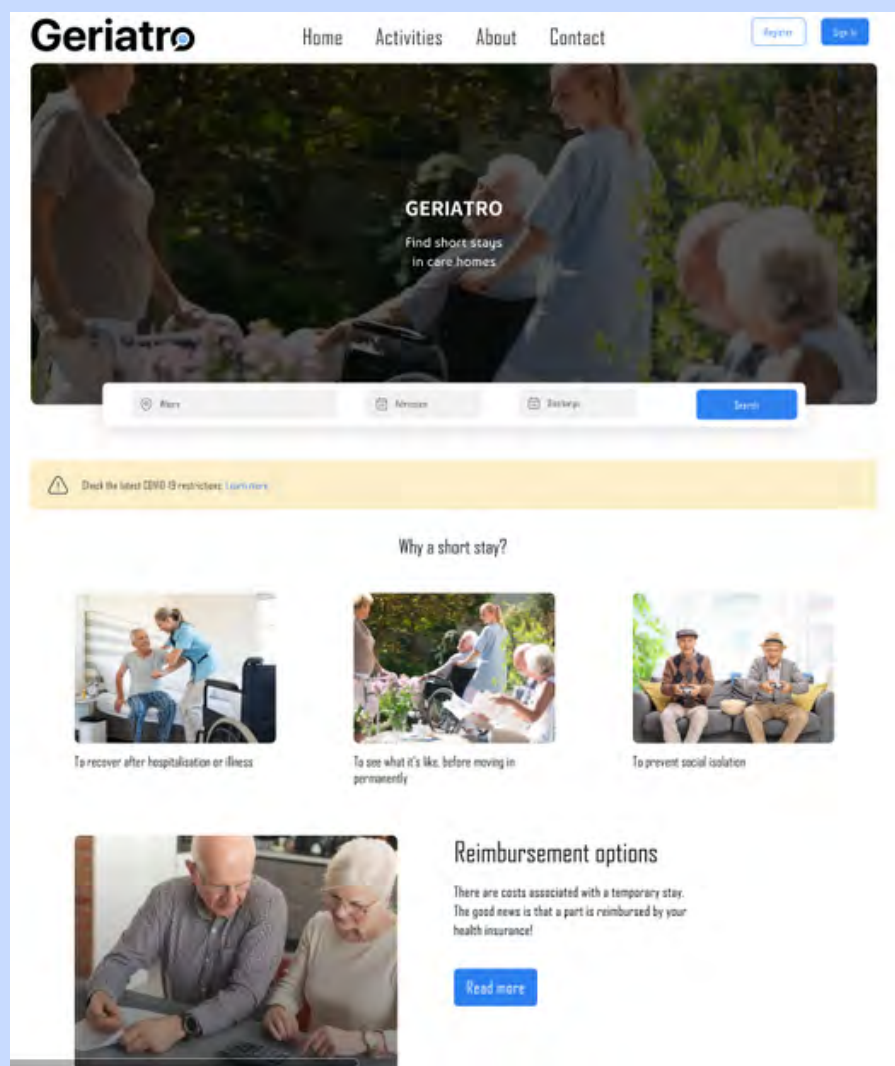
- Improve the existing site Geriatro, to make it more viable for the families of the elderly and caregivers to book their stay.



IMPROVEMENTS TO THE SITE

- SIMPLE AND CLEAN
- MONITORING DEVICES
- FAST UPDATE THROUGH TIMELINE
- PERSONALIZED EXPERIENCE

Prototype design



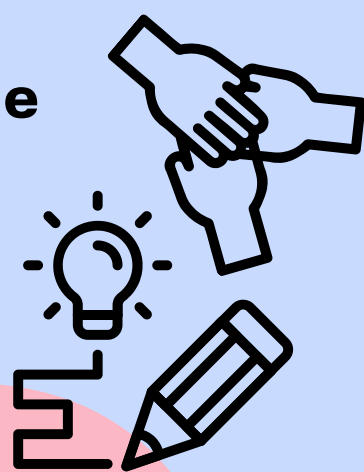
WHAT IS NEW ABOUT US?

1. SECURITY 24H/7
2. MONITORING 24H/7
3. SPECIALIZED CAREGIVER OPTIONS
4. ADEQUATE FACILITIES

ALL THIS *and more*
IN OUR
PROTOTYPE

Future skills developed as team

- Cooperation competence
- Teamwork competence
- Design thinking



Our plans as team

- Our goal is to keep the project in Roberts hands and help improve the site



Contact:
carebridgeteam@gmail.com

EE's

Mercy Mukite
Patricia Macedo
Sandrina Moreira
Sylvianne Vroonen

Stakeholder

Robert Winters

Team members

Bianka Anita Daróczy
Emils Daivids Kļaviņš
Eva Nascimento
Firas Alarawi
Inês Ramalho
João Batista

DOCTORS AND NURSES DO NOT
HAVE LEARNING MOTIVATION
DUE TO ARDUOUS AND
UNAPPROACHABLE
LEARNING PROCESSES.

MAKING LEARNING MORE ACCESSIBLE FOR HEALTHCARE PROFESSIONALS.

Our stakeholder: **JORDY**



Our idea is a **VALUE
MAKER** because
it offers efficiency
and fun way
of gaining
knowledge for
healthcare workers.

Top 3 future skills most
developed:



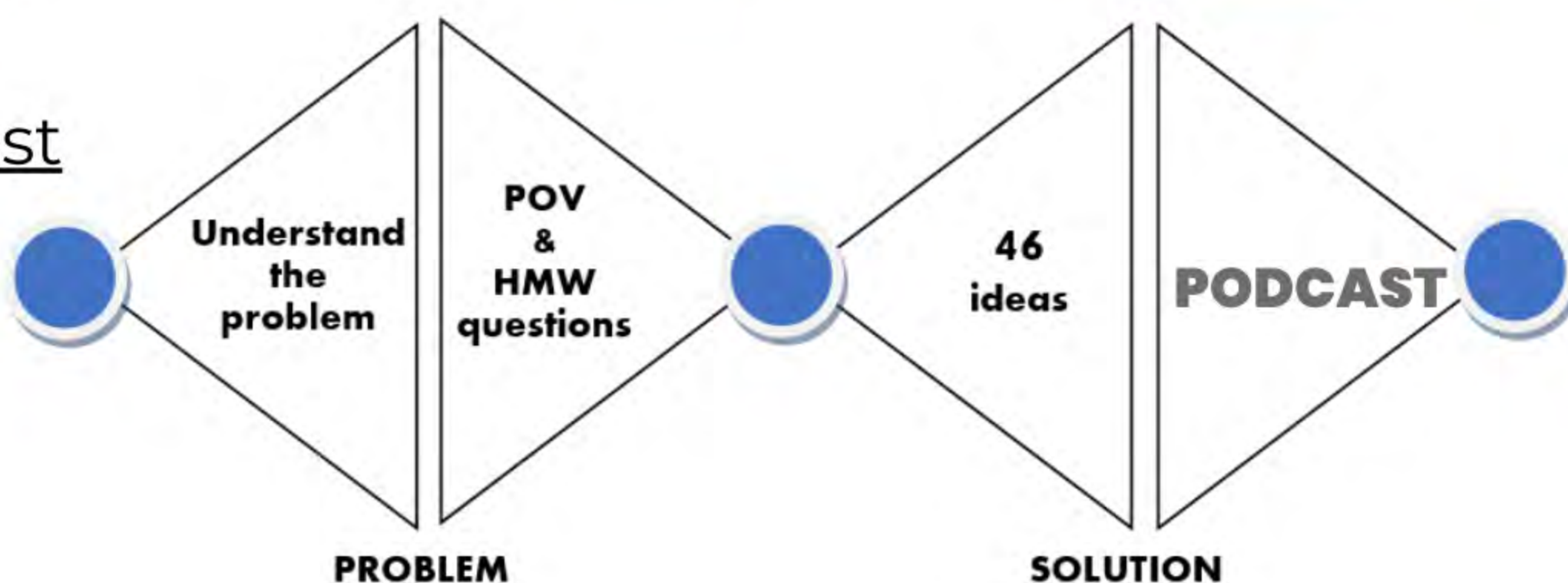
communication



future and design



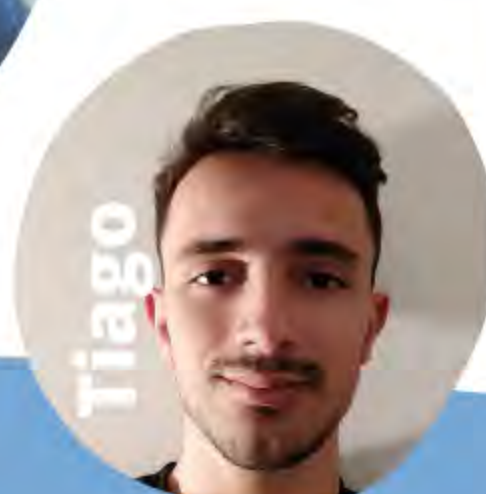
innovation



Chiamaka



Rita



Tiago



Krista



Botond



Gabriel

DREAM TEAM

&

EE:

MERCY, PATRICIA, SANDRINA, SYLVIANNE