

THE STUDENT'S DAY



Aim: *To showcase the balance of education, technology, and sports in the life of a university student, highlighting the importance of personal and professional growth.*

Objectives:

- *To share a day in the life of a student at the Sports University of Tirana.*
- *To inspire young people to pursue their passions in education, technology, and physical activity*
- *To emphasize the value of balancing academics with personal well-being.*

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Mentor: Mari Makkonen



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Achieved results of the project:

- Participation in diverse academic and practical sessions at the university.
- *Development of programming skills to bridge technology and real-world needs.*
- *Increased awareness of the importance of physical fitness and mental health.*
- *A productive routine combining education, creativity, and sports.*



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Output(s) of the project:

A student's life is a journey of growth, blending knowledge, skills, and self-care to build a brighter future."

