

FEELING GOOD IN YOUR SKIN

I wake up in my apartment. I put on my VR-glasses and start moving. Together with my digital neighborhood I walk around a virtual park, the V-park in Enschede. We do exercises and chat a bit with each other. After half an hour the morning gymnastics are over, I shower, and head to work. On my way there I meet a neighbor. "Nice bit of gymnastics, right?", "It's such a nice begin of the day and good to be able to have chat, do you want to have a cup of coffee tonight?". It was so fun!