
Move with CENTRAL

Autumn 2024 was once again dedicated to health at CENTRAL. This time, we followed the route of the CENTRAL Leadership Program that took place at the end of August and beginning of September. This year's route is **1500 kilometers long and connects the capitals of the universities involved in the CENTRAL Network**: Warsaw, Berlin, Prague, Vienna, and Budapest. We invited not only friends of CENTRAL but everyone interested in a personal challenge or simply looking for an opportunity to get moving, to join us on October 1, 2024, for a new virtual route. You can walk, run, or cycle. Every kilometer counts until we reach our goal. We dedicate this event to supporting not only physical but also mental health! Challenge yourself, but focus on listening to what your body needs.