



PLAYING TOGETHER: UCU'S ROLE IN COMMUNITY SPORT AND WELLNESS



Urdaneta City University (UCU) believes that education and wellness go hand in hand. Beyond classrooms and lectures, the university promotes a culture of fitness and teamwork through its sports programs and well-maintained athletic facilities.

Inside the UCU Gymnasium, students gather for annual sports festivals and friendly competitions that build camaraderie and school spirit. Events such as Sports Fest 2023 showcased games in basketball, volleyball, track, badminton, and taekwondo—turning the campus into a lively space that celebrates health, discipline, and unity. But UCU's commitment doesn't stop at its gates. Through the College of Teacher Education, the university extends its passion for sports to the local community by donating research-based sports equipment to nearby public schools. These efforts promote active lifestyles among youth and support physical education even beyond UCU's walls.

In line with **SDG 3 (Good Health and Well-Being)** and **SDG 17 (Partnerships for the Goals)**, the university continues to make sports a bridge that connects learning, health, and community development—proving that every game played is a step toward a stronger, healthier society.

MAKE SDG#3 A REALITY

