

Under the slogan of the company "we make you fly" we were curious as to what it means to be an ICAROS pilot. ICAROS is a young ambitious company based in the south of Munich. Their basic idea is to merge virtual reality (VR) into the field of sports to create a unique experience during exercising. Aside from exercising on your own, gaming and social competition can be integrated with the available offline games and online tournaments. With their technology, ICAROS aims to train the full body, but especially the core, in a coordinative manner. Devices can already be found in common fitness centers but can also be integrated in work place health promotion for active breaks, or purchased for home use. Research to investigate the effects and efficacy of their training program for different populations has been conducted in cooperation with TUM and is still ongoing. During their interesting presentations the ICAROS team members introduced their company and enabled us to get an insight into each of their specialty, ranging from Game Art and creating the characters, Industrial Design and process of constructing the training device to Marketing and future plans. To provide us and our brains with enough energy to follow and prepare for the upcoming challenge, we enjoyed small snacks that were prepared for us during the presentations. In the end we were allowed to try and "fly" ourselves. Each person got a VR headset that displayed the VR surrounding that we were supposed to navigate through during exercise. After a short introduction we adopted the plank position on the ICAROS device that allows movements in all three dimensions to steer the plane through the VR. And then, we were ready for takeoff. We definitely had lots of fun flying through the sky catching the goals, or maybe just flying somewhere in the mountains enjoying the view. Many thanks to our training advisors Melanie Krüger and Nina Rohrbach for taking us and to the team of ICAROS for having us, instructing us patiently and answering our questions! Maybe you will find some of us as pilots competing in an ICARACE somewhere in the future :-)

*Die Studierenden Anna Schoberer & Larissa Muswieck*