



INTERSTELLAR IS A FOUNDATION FOCUSED ON HEALTH AND MADE UP EXCLUSIVELY OF VOLUNTEERS. WE DO NOT HAVE SALARIES, WE SELF-FINANCE TRIPS AND STAYS, AND WE MAINTAIN A SIMPLE BUT ROBUST FOUNDATIONAL STRUCTURE.

We are health professionals who organize activities designed to boost the mental and physical health of the general population.

This charity raises funds from public donations which are used to organise new activities and to create an innovation space where different social groups interact to improve health and the quality of life in our communities. A place where professionals share the challenges of the daily life of carers and patients. [Multipurpose center - INTERESTELAR](#)

List of Activities (2021-22)

2021. Interestelar Twalking NATURE

-This Twalking focuses in fighting all detrimental effects of loneliness and sedentarism through Walking, socialising, and reconnecting with nature. Air pollution still being the single biggest environmental threat to health in the UK, shortening tens of thousands of lives each year. There is substantial evidence for the physical and mental health benefits of spending time in the natural environment. Those who spent two hours or more a week in or around open green spaces are significantly more in good health or high wellbeing.

-Explanatory video. [Video details - YouTube Studio](#)

-See full description here. [INTERESTELAR TWALKING NATURE. - INTERESTELAR](#)

2022. Interestelar Twalking STEPS

-Virtual challenge specifically designed to boost the mental and physical health of its participants, mainly focussed on elderly population. This time we will move along the path of well-being, step by step, while establishing the important values of determination, gratitude and being present, amongst others.

-Explanatory video. <https://youtu.be/ejOsQsHEfP0>

-See full description here. [INTERESTELAR TWALKING STEPS. - INTERESTELAR](#)

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