

Appendix no. 2
Submission form
Student and PhD Student Participatory Budget
Edition 2025 – “Ecological innovations”

Project title: SGH Eco Gym – Physical Activity in Line with Nature
Applicant(s): Maksymilian Skica
<p>Why is the project important? (no more than 100 words)</p> <p>The “SGH Eco Gym” project aims at modernising the School’s sports infrastructure by buying two stationary bicycles with power meters and two indoor rowers for the gym in Building G. They will replace the old, partially dysfunctional equipment, making exercise more convenient and promoting a healthy lifestyle. The key aspect of the project is its pro-environmental nature: muscle-powered equipment requires no electrical connection, reducing the School’s carbon footprint. Furthermore, the project promotes bicycle and water transport as more environment-friendly alternatives, and encourages physical activity in the spirit of sustainability.</p>
<p>Project description (no more than 250 words)</p> <p>“Eco Gym” envisages purchasing two modern stationary bikes with power meters (which are necessary for the users to control their speed and training intensity) and two indoor rowers, which will replace the old, partially dysfunctional equipment in the gym at the SGH Warsaw School of Economics. The project addresses the need to modernise the sports infrastructure of the School, and at the same time is an important step towards promoting a healthy lifestyle and raising environmental awareness among students and doctoral students. The equipment to be bought is solely muscle-powered, which means it requires no electrical connection. This is an environment-friendly alternative to the electric treadmills, which are popular at SGH. Thanks to this, the project falls in line with the primary theme of “Environmental innovation,” reducing the School’s carbon footprint. The stationary bikes will serve as an excellent way to boost stamina for daily bike rides to the School, contributing to reduced exhaust emissions, fewer traffic jams in the city, and improved air quality. Meanwhile, the indoor rowers represent the ecological benefits of water transport, which is more environment-friendly than road or air travel. Another advantage is the pro-environmental education. The information campaign accompanying the project’s implementation will promote physical activity and the benefits of choosing environment-friendly transportation. Introducing modern sports equipment will also make studying more convenient and improve the quality of the School’s infrastructure, supporting the comprehensive development of students and doctoral students. The implementation of the “Eco Gym” project will yield multifaceted benefits, from better</p>

infrastructural conditions to the promotion of a healthy lifestyle and pro-environmental efforts. The purchase of stationary bikes and indoor rowers will allow the SGH academic community.

Simplified cost estimate - 23 696 PLN

- Stationary bike with power motor BikeErg Concept 2: 5 999 PLN x 2 pcs. = 11 998 PLN
- Indoor rower D PM5 Concept 2: 5 500 PLN x 2 pcs. = 11 198 PLN
- Costs of transport and installation: 500 PLN