



DIGIEDUHACK SOLUTION CANVAS

Title of the solution:

ZenGo

Challenge addressed:

Protect your mind and Digital World:
Self-Care and Safety Online

Background of the team:

(multiple selections possible in case of mixed teams)

☒ Higher Education Students
☐ Teachers
☐ Others (please specify)

Team name:

Breakers 28

Challenge category:

Well - being in digital education

Researchers

Primary School Students

Professionals

Secondary School Students

Solution description

What is the final product/service/tool/activity you're proposing? What are its main elements, technologies and objectives? Could you please include a brief implementation plan with some key overall milestones, resources required and eventual barriers foreseen? How could your solution be used to enhance digital education nowadays? How could its success be measured?

ZenGo is a mobile application designed to promote digital wellbeing and conscious technology use through personalized goals, daily challenges, and a reward system that celebrates time spent offline. Instead of blocking or punishing screen time, ZenGo takes a positive, educational approach. It rewards mindful breaks and suggests meaningful offline activities based on each user's habits and personal values. Its main elements include: Dynamic goals and gamified missions that motivate behavior change through achievable milestones; the AI "Zen Coach," which provides personalized nudges and guidance, adapting to each user's routines and objectives; A social module with community challenges and leaderboards to encourage collective wellbeing and progress tracking and analytics, allowing users to visualize improvements. Technologies: lightweight artificial intelligence for behavioral adaptation, mobile sensors and APIs for screen-time tracking, cloud database for secure data management, and a gamified front-end built with a minimal and mindful UX design. Main objectives: encourage conscious use of technology, improve attention and rest, and strengthen real-life connections inside and outside the classroom. First validating the AI coach and user experience, then enhancing personalization, rewards, and community partnerships that promote offline wellbeing. Finally, it will scale through collaborations that ensure long-term impact and sustainability. The main barriers are resistance to habit change and technical limitations of mobile operating systems. ZenGo enhances digital education by promoting balance, focus, and emotional wellbeing through gamification and AI. Its success will be measured by user engagement, goal completion, and long-term retention, as well as by the strength of its partnerships that provide real-life rewards and support healthy offline habits.

Context

What is the current or future problem you're trying to solve? How does your solution align with DigiEduHack 2025 annual theme? How does your solution confront the challenge posed by the hackathon organiser and how does it address the challenge category?

ZenGo addresses the growing problem of digital overuse that disrupts sleep, focus, and emotional wellbeing. Our solution helps users disconnect consciously through interactive missions, real-time feedback, and mindful routines. It aligns with DigiEduHack 2025's theme of Digital Wellbeing and Human-Centered Technology by promoting awareness and healthy digital habits instead of blocking usage. By combining behavioral science and personalized guidance, ZenGo empowers people to use technology with purpose — tackling the challenge of creating balanced, sustainable relationships with the digital world.

Target group

Who is/are the target group/s of your solution and how will they benefit from it? Why is your solution relevant to them? How do you plan to engage these groups so you fully meet their specific needs?

Our main target group is students and young professionals who struggle to balance digital life with study, rest, and personal wellbeing. They will benefit from ZenGo through improved focus, better sleep, and healthier digital habits that enhance learning and emotional balance. The solution is relevant because excessive screen time and digital distractions are major barriers to academic performance and mental health. To fully meet their needs, we plan to engage users through interactive missions, personalized challenges, and feedback loops co-designed with students and educators. By involving them in testing and adapting features to their daily routines, ZenGo ensures the experience feels supportive, engaging, and truly aligned with their real-life challenges.

Impact

How will your solution catalyse changes in education and what impacts will it have at social and environmental level? Could you provide examples or scenarios illustrating how such changes and impacts might unfold?

ZenGo will catalyse change in education by promoting digital balance, focus, and emotional wellbeing in everyday learning environments. It reduces digital fatigue and encourages mindful technology use. Socially, it fosters real connection through offline challenges and a reward system that lets users redeem points for wellness activities —such as online yoga or meditation classes—or donate them to community causes. Environmentally, it promotes sustainable habits by motivating outdoor and low-tech activities that reduce unnecessary screen use. For example, a user who spends too much time on social media before bed could use ZenGo to set personal goals and replace that time with a relaxing activity like yoga or reading. Over time, this improves sleep quality, mood, and concentration. In another case, users may choose to donate their earned points to local causes, turning personal progress into collective wellbeing. Such small, consistent changes can transform how people relate to technology and create healthier, more mindful learning environments.

Describe it in a tweet

How would you describe your solution in a short catchy way with maximum 280 characters?

ZenGo turns your time offline into real progress. With AI guidance, challenges, and rewards, it helps you disconnect consciously, improve focus and wellbeing, and make every digital break count.

Innovativeness

What makes your solution different and original? Are there similar solutions or approaches currently available or implemented by education sector practitioners? If so, why and to what extent is your solution better?

ZenGo stands out by focusing on mindful digital use rather than simple restriction. Unlike screen time blockers or focus apps, it adapts to each user's habits with just-in-time nudges, personalized goals, and social encouragement. Existing tools like iOS Screen Time or Forest only limit usage, while ZenGo connects digital behavior with wellbeing outcomes such as sleep, focus, and mood through guided reflection. Its human-centered, educational approach turns digital detox into an engaging learning process, making it a more sustainable and empowering solution for long-term digital wellbeing.

Transferability

Can your solution partly or fully be used in other education/learning contexts or disciplines? Could you provide any example?

ZenGo can be applied across multiple learning contexts and disciplines. It supports students and educators by improving focus, reducing digital fatigue, and promoting healthier tech habits during study or work. For example, schools or universities can integrate ZenGo into digital wellbeing programs, helping students manage screen time while studying online. In disciplines like psychology or health education, it can be used to teach self-regulation and mindfulness. Teachers can also apply it during "focus blocks" in class or digital-free group activities to strengthen attention, collaboration, and emotional balance.

Sustainability

Once you have a prototype, what are your plans for a further development, implementation upscale and replication of the solution? How do you see it working in the mid- and long term?

Once the prototype is ready, ZenGo will be tested with small student groups to refine its features and user experience through real feedback. After validation, we plan to partner with schools, universities, and wellness programs to integrate it as a digital wellbeing tool. Mid-term, ZenGo will include data dashboards for educators and AI-driven personalization to adapt to different learning environments. In the long term, we aim to scale globally as an educational platform that promotes healthy digital habits and emotional resilience, supporting both academic performance and mental health in diverse contexts.

Team work

Present the members of your team. Why are you the perfect team to develop this work and what are the competencies you all bring in so the solution is developed successfully? What is your expertise within the thematic field concerned? Are you planning to continue working as a team in the future? If so, why?

We are Breakers 28, a multidisciplinary team passionate about digital wellbeing and innovation. Luis and Bruno are system engineers with strong skills in app development, UX/UI design, and data management. Mafer and me - Sheyla specialize in business and strategy, focusing on behavioral insights, user experience, and sustainable innovation models. We have already participated in several hackathons, gaining valuable experience in creating human-centered digital solutions. Our mix of technical and strategic perspectives makes us the perfect team to develop ZenGo and scale it effectively. We plan to keep working together because we share a common goal: helping people use technology with purpose and balance.

Link video: <https://youtu.be/C8fFK-5j-UI>

Link prototype: <https://zen-out.vercel.app/>