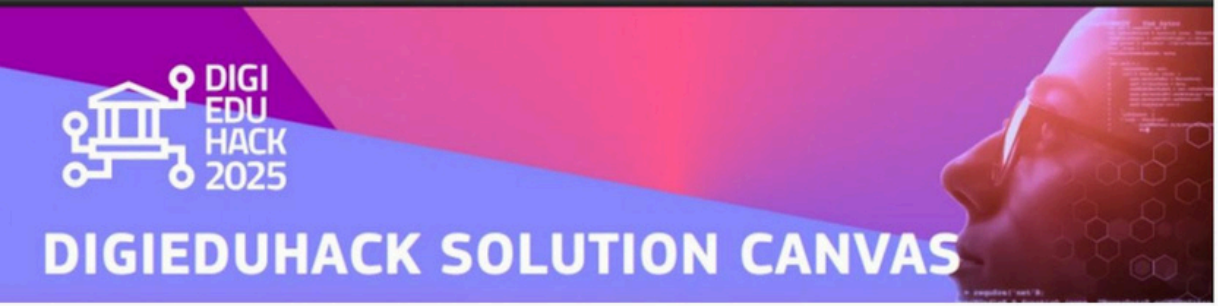

Solution title:	CuyDate	Team name:	little guinea pigs
CHALLENGE ADDRESSED:	Protect your mind and Digital World: Self-Care and Safety Online	Challenge category:	Well - being in digital education

ABOUT THE GEAR:

(you can make multiple selections)

- [x] Higher education students
- [ ] Researchers
- [x] Professionals
- [ ] Teachers
- [ ] Other (Specify)

SOLUTION DESCRIPTION

What is the final product, service, tool, or activity you are proposing? What are its main elements, technologies, and objectives? Could you include a brief implementation plan outlining key milestones, necessary resources, and anticipated challenges? How could your solution be used to improve digital education today? How could its success be measured?

CuyDate is an app for children aged 6–11 that teaches self-regulation of screen time and balance with activities. The child adopts a guinea pig that grows as they plan their day in short blocks (10–15 min), complete breaks and brief missions (move, read, create, converse, breathe), and finish micro-lessons in digital literacy that explain "why it helps." Its key elements are an onboarding process with aplayful survey (interests/schedule/mood), avisual calendar with editable preset goals, a rest mode, a purely aesthetic reward economy, opt-in layered verification (checklist, basic sensors such as accelerometer and "screen-free" status, optional local evidence), and local privacy with optional sharing via QR code and the child's consent.

Context

What is the current or future problem you are trying to solve? How does your solution align with the DigiEduHack 2025 annual theme? How does your solution address the challenge posed by the organizing hackathon, and how does it tackle the challenge category?

"Brain rot" was popularized to describe saturation with trivial content; it doesn't describe literal brain damage. Clinical reviews link excessive consumption to cognitive overload, emotional desensitization, and habits like doomscrolling; meanwhile, longitudinal studies report small associations between total screen time and mood/attention symptoms, and others find no effect when context is controlled. The drop in performance after 2020 in some countries is more closely associated with educational disruptions than with a"global decline" in IQ. Therefore, the most effective response is moderation, a variety of offline experiences, sleep, and critical content education. CuyDate turns your phone into awellness reminder: plan, stick to it, pause, come back, and redeem for healthy habits.

target audience

Who is the target audience for your solution and how will they benefit from it? Why is your solution relevant to them? How do you plan to engage these groups to fully meet their specific needs?

Aimed exclusively at children aged 6–11, CuyDate caters to a generation exposed to brief, viral stimuli (memes/ shorts) that may experience mental fatigue and fragmented attention. CuyDate speaks their language, offering clear goals, weekly routes ("sleep better," "move more," "organize my chores," "watch less TikTok"), and non-addictive rewards that link the guinea pig's growth to real, healthy behaviors, not time spent in the app.

Impact

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

In education, CuyDate promotes self-regulation (planning +breaks), sustained attention (short blocks), and meaningful learning (missions with a "why it helps" explanation). In mental and social health, it reduces anxiety related to overuse by associating the pleasure of the game with off-screen decisions and reflective conversation. In lifestyle, it encourages movement, reading, and sleep routines. Indicators: ÿbreaks and offline missions/week; ÿcontinuous long sessions; stable/improved mood at check-ins; and healthy retention (brief and recurring use, not marathons).

DESCRIBE IT ON THE NEWS

How would you describe your solution in a brief and compelling way, using a maximum of 280 characters?

CuyDate: adopt aguinea pig that grows as you care for yourself. Plan your day in short blocks, complete offline missions, and earn rewards.
Learn to care for your mind through play — no ads, full privacy, all local.
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INNOVATION

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

CuyDate is kid-first and anti-binge: it rewards breaks and offline habits; uses editable, pre-set goals and mood micro-check-ins; verifies with respectful layers (opt-in sensors +local evidence) without supervision; and its playful economy prevents addictive retention. Unlike parental controls or generic habit-tracking apps, it empowers the child and translates scientific recommendations (moderation, alternation, literacy, sleep) into playful decisions.

TRANSFERABILITY

Can your solution be used in whole or in part in other educational/learning contexts or disciplines? Could you give us an example?

The goals + calendar +missions + light verification pattern is adaptable to reading, music, sports, or STEAM ("practice your instrument for 10 minutes," "experiment for 5 minutes"), maintaining the focus on self-management and aesthetic (non-competitive) rewards. It can also be used in libraries, museums, or community health programs.

SUSTAINABILITY

Once you have aprototype, what are your plans for further development, improved implementation, and replication of the solution? Does it work in the medium and long term?

Ad-free model. Free base game with optional cosmetics and season passes (science, history, sports). Partnerships with schools/NGOs via access codes. Roadmap: MVP (onboarding, calendar, 20 missions, 3 micro-lessons, base economy, Rest Mode), school pilot to refine messages/durations, and V1.0 (special evolutions, achievement album, expanded accessibility). Evaluation will be based on healthy habits (not usage time).

TEAMWORK

Introduce your team members. Why are they the perfect team to develop this project, and what skills do they each bring to ensure the solution's success? What is their experience in this subject area? Do they plan to continue working together in the future? If so, why?

Adelein Patiño Ponce (mentor, educational psychology) ensures pedagogical design, psychological safety, and digital literacy. Dax Collas (mechatronics) leads the prototype and respectful verification using sensors and on-device analytics. Hamira Huaccho (biomedical engineering) defines well-being metrics and pilot protocols. Jesús Vargas (law) covers child/guardian consent, clear terms and conditions, and local-first privacy. Jhanyra Condorhuacho (marketing) develops the value proposition, the guinea pig brand, and adoption in schools/NGOs. We are the ideal team because we combine pedagogy, technology, ethics, and adoption. We plan to continue after the hackathon with a pilot in 2–3 classrooms and a version 1.0 focused on real-world impact.

MVP: https://www.canva.com/design/DAG4KSRdu1A/FB_HO1hH9EMZ-0V-lsCY4A/edit

Youtube: https://youtu.be/7-zBTf_pV98

European Commission