

DIGIEDUHACK SOLUTION CANVAS

Title of the solution:	TimeCare		Team name:	TIMEMARKERS	
Challenge addressed:	Protect yor mind and Digital World: Self-Care and Safety Online		Challenge category:	Well - being in digital education	
Background of the team: (multiple selections possible in case of mixed teams)	☒ Higher Education Students ☒ Teachers ☐ Others (please specify) ☐ 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?

TimeCare is an application that analyzes cellphone usage and turns it into emotionally useful information. Its main components are: input of Digital Wellbeing statistics, automatic analysis, real-time equivalents of activities (reading, studying, exercising), emotional tracking, and self-care recommendations. Its plan consists of creating a prototype in 6 weeks: design, analysis development, emotional module, and testing. It requires a developer, a designer, and an emotional wellbeing advisor. It is used to improve digital education by helping students understand how their cellphone usage affects their concentration and wellbeing. Its success is measured by: reduction in digital time, improvement in reported emotional state, and weekly recurring use.

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?

The target audience is people aged 14 to 25, including high school and university students who have high screen usage and show symptoms of digital stress. They will benefit because the platform allows them to understand how their digital time impacts their mental health and what activities they could replace it with to improve their productivity and academic performance. The solution is relevant because it addresses a real problem: anxiety, distraction, and burnout from using the phone for unproductive activities. They will be engaged through clear visualizations, weekly challenges, tracking of emotional states, and personalized recommendations that respond to their specific needs.

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?

The solution catalyzes change by promoting healthy digital habits, improving focus, and strengthening mental health in educational settings. Its social impact includes reduced anxiety, more real-life interaction, and increased personal motivation. Its indirect environmental impact arises from encouraging offline activities. Examples: a student who spends 5 hours on social media can transform that time into productive activities (reading, studying, exercising), reducing stress and enhancing well-being. Institutions can use the platform for digital wellness programs, achieving sustainable changes in technology-related behavior.

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?

The current problem is the inadequate and unconscious use of mobile phones, which causes anxiety, stress, low concentration, and an imbalance between digital and real life. The solution aligns with the theme of DigiEduHack 2025 because it promotes digital well-being, responsible and productive use of technology, and education focused on mental health. It addresses the hackathon challenge by proposing a tool that integrates data, emotional reflection, and practical advice, directly tackling the category of digital education and student well-being.

Describe it in a tweet

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

TimeCare is a digital platform that promotes the conscious use of technology. It analyzes screen time, assesses its emotional impact, and guides the user through personalized strategies to balance their mental and digital well-being.

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?

TimeCare is innovative because it not only shows cell phone usage time: it interprets it emotionally. Unlike Digital Wellbeing, our app combines data, emotions, and habit psychology. It includes user-scheduled blocking, a real rewards system, and reflections that connect digital time with mental wellbeing. This makes it a more complete and meaningful tool.

Transferability

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

TimeCare can be used in schools, universities, companies, and NGOs to strengthen digital habits and reduce stress. It functions as support in tutoring, courses, wellness programs, and work environments, helping to monitor cell phone usage and improve concentration and digital 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?

TimeCare is sustainable because it can grow through partnerships with universities, schools, companies, and NGOs that aim to promote digital well-being and mental health in their communities. The model is financed through institutional agreements and a rewards system, where partner businesses offer discounts in exchange for greater visibility and user traffic. Additionally, the prototype allows for continuous evolution: integration with Digital Well-being, group challenges, educational modules, and enhanced emotional analysis. This ensures that TimeCare maintains impact, adoption, and viability in the medium and long term.

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?

Our team combines knowledge in Industrial Engineering, Mechatronics, and Civil Engineering to develop a comprehensive and innovative solution. We also managed to align on common interests to initiate it ourselves and be the first promoters. We contribute strategic vision, technological development, and structured project planning. We are guided by a mentor who is a molecular biologist, with a PhD in Biochemistry and Molecular Biology from UPCH, with over 15 years of experience in research, education, and scientific communication. The combination of scientific, technological, and management perspectives makes us a strong and complementary team. We plan to continue working because we share the same goal: using science, education, and innovation to foster improvement in society.



ENLACE DEL PROTOTIPO DE LA APP

<https://www.canva.com/design/DAG4NFktmKE/rAMD9Bw21n-wbzg7GF5MyQ/edit>

ENLACE DEL VIDEO DE LA SALUCIÓN

https://youtube.com/shorts/h8srM_ki4uY?feature=share