



DIGIEDUHACK SOLUTION CANVAS

Title of the solution:

Chepi!

Challenge addressed:

Protect yor 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:

Vision Creations

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?

Chepi is a mobile application that promotes digital and emotional wellbeing, helping people reclaim quality time and turn every healthy pause into minutes gained. Its purpose is to teach users how to coexist more consciously with technology through simple, sustainable, and engaging habits. The app operates through two main modes. Chepi-Go offers short five-minute breaks to disconnect from digital overload and reconnect with the body or environment through guided breathing, stretching, visual rest, workspace organization, or short walks. Chepi-Time combines a challenge catalog with a programmable calendar of disconnection and rest sessions tailored to each user's needs. Activities revolve around four wellbeing dimensions: calm, focus, connection, and rest. They include relaxation and concentration exercises as well as offline activities like the Mindful Walk, which encourages users to step outside, suggests nearby parks, and verifies movement via GPS and step tracking. Completing challenges grants time, XP, and coins that can be used to customize Llama Zen, the app's reactive mascot that mirrors the user's digital balance and celebrates each achievement. The experience includes a progress dashboard showing personal metrics, micro wellness tips, and streaks, along with a social space where users can sync breaks, share progress, or join group challenges. Chepi integrates mobile functions ethically and optionally—motion sensors, notifications, calendar, and widgets—and ensures privacy through local encrypted storage and explicit user consent. Built with Flutter for Android and iOS, Chepi aims to humanize technology by turning disconnection into a positive, measurable experience focused on balance and digital education.

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?

In a world where young people spend over seven hours daily on screens, the effects of overexposure—mental fatigue, lack of focus, and sleep issues—have become common. Yet, most do not seek total disconnection but rather a healthier relationship with their devices. Chepi addresses this need by offering a practical, educational, and motivating alternative aligned with the Digital Wellbeing and Safety theme of DigiEduHack 2025. Instead of imposing restrictions, it teaches conscious and guilt-free time management. Its message, "gain time for real life," promotes active pauses, mental rest, and social reconnection, reframing technology as a tool for wellbeing rather than distraction.

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 project targets young people aged 16 to 25, students and early-career professionals who want to improve their wellbeing without abandoning their digital lives. This group recognizes the downsides of excessive phone use yet seeks accessible, visual, and empathetic solutions. Chepi delivers a gamified, emotionally engaging experience that makes digital balance both attainable and enjoyable. Educational institutions also benefit by introducing collective pauses, tracking aggregated wellbeing metrics, and fostering a culture of digital self-care. A tutor or family mode allows guardians to accompany young users' progress without compromising privacy, strengthening connections between learning, wellbeing, and community.

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?

Chepi drives positive change in education and daily life by helping users establish balanced attention routines and normalizing active pauses. Academically, it enhances focus, reduces fatigue, and improves productivity; socially, it strengthens human connection and promotes healthier screen habits; environmentally, it encourages light mobility through activities like the Mindful Walk. Pilot outcomes will be measured through minutes gained, pause frequency, goal completion, and short wellbeing surveys to quantify improvements in focus, rest, and emotional state. In the long term, Chepi aims to become an educational tool for cultivating sustainable digital habits both inside and outside the classroom.

Describe it in a tweet

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

Chepi promotes digital wellbeing through short, gamified challenges that turn screen time into real moments of balance. It helps young people reconnect, improve focus, and gain time for what truly matters.

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?

Chepi introduces a new way to measure digital wellbeing—not by restricting screen use, but by reframing time regained as a value. It blends emotional design, responsible gamification, and adaptive technology to support users in their self-care journey. The Llama Zen acts as an emotional mirror that visualizes the user's digital balance, while challenges and rewards encourage consistency without fostering dependence. Innovation also lies in using the real environment: features like the Mindful Walk take wellbeing beyond the screen and into everyday life. Unlike rigid control apps, Chepi offers an empathetic, educational, and culturally adaptable experience that turns digital management into a positive, measurable habit.

Transferability

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

The Chepi model can be applied to multiple educational and social contexts. In universities and schools, it supports student wellbeing programs and institutional active breaks. In workplaces, it aligns with wellness and digital fatigue prevention initiatives. Libraries, dorms, and learning spaces can use it to foster focused study or rest. Thanks to its modular architecture and inclusive design, Chepi can easily adapt to new languages, audiences, or regions while maintaining its mission: teaching people to regain real time and use technology mindfully.

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?

Chepi envisions ethical and scalable growth. It will begin with institutional pilots in schools and universities, generating impact reports and user feedback. Mid-term plans include a free base version and an ethical premium option with customization, advanced metrics, and exclusive challenges. Long-term goals involve regional expansion and integration with wearables to track movement and stress for more personalized insights. Its financial model relies on institutional licenses, educational partnerships, and affordable subscriptions, all built on privacy by design, encrypted local storage, and explicit consent. Chepi is designed to grow without compromising its core value: wellbeing should be accessible, human, and safe.

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?

The Chepi team combines technical expertise, educational vision, and social commitment. Rodrigo Mijael Arenas Ichocan leads mobile development and data architecture with a focus on privacy and efficiency. Gabriel David Llerena Morón designs user experience and accessibility-focused visual components. Said Fabricio Salas Ramos manages impact metrics and behavioral habit strategies. Marcos Sebastian Cruz León oversees communication, institutional partnerships, and project growth. Together, the team shares a mission: to create an educational, sustainable tool that enhances how people interact with technology. After the hackathon, they plan to continue developing pilots, evaluating real impact, and promoting digital wellbeing practices in academic and workplace settings.