



DIGIEDUHACK SOLUTION CANVAS

Title of the solution:	FreeZone – Disconnect to Reconnect	Team name:	Lurona									
Challenge addressed:	Protect your mind and Digital Worl:Self-Care and Safety Online	Challenge category:	Well-being in digital education									
Background of the team:	(multiple selections possible in case of mixed teams) <table><tr><td>X Higher Education Students</td><td>Researchers</td><td>X Professionals</td></tr><tr><td>Teachers</td><td>Primary School Students</td><td>Secondary School Students</td></tr><tr><td>Others (please specify)</td><td colspan="2">Participants- Mentor</td></tr></table>			X Higher Education Students	Researchers	X Professionals	Teachers	Primary School Students	Secondary School Students	Others (please specify)	Participants- Mentor	
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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?

FreeZONE is an app that promotes emotional self-care, empathy in virtual spaces, and digital balance. It aims to create a playful and interactive experience that helps users manage their screen time, balance their digital life, and build healthy relationships in online environments.

Main features: digital wellbeing dashboard, animated emotional avatar, empathy space, gamified challenges, medals, and personalized reminders.

Technology and development: the prototype was designed using Canva (visual identity) and Figma (interactive version). In the next stage, it could be implemented with Glide or Bubble to create a fully functional app.

Objectives: to promote balance between digital life and emotional wellbeing, reduce stress and improve focus, foster empathetic and collaborative online communities, and support sustainable digital education.

Implementation plan: visual design, interactive prototype development, functional implementation, pilot testing, final adjustments, and launch.

Key resources: interdisciplinary team and digital tools (Canva, Figma).

Possible barriers: initial resistance to changing digital habits among users.

Use in digital education: FreeZONE can be integrated into educational institutions, workplaces, or daily life as a tool to promote conscious technology use. It supports self-regulation, teamwork, and digital emotional education, aligning with current wellbeing tech and digital literacy trends.

Success measurement: reduction in average weekly screen time, increase in active users, participation in empathy challenges, improvement in self-reported emotional wellbeing, and growth in downloads or subscriptions.

FreeZONE presentation video: <https://youtu.be/sY50t2gLIImQ>
FreeZONE Prototype: <https://faux-pale-22091383.figma.site/>

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 recent years, students at all levels and workers have faced increasing digital stress, burnout, and emotional disconnection due to excessive screen time and constant virtual interaction. This problem directly impacts concentration, productivity, and mental health, affecting the quality of digital education and collaborative work.

FreeZONE aligns with the 2025 DigiEduHack annual theme, focused on promoting digital wellbeing, empathy, and healthy learning environments. It directly addresses the proposed challenge by offering a practical and interactive tool that encourages conscious digital habits, supports emotional self-regulation, and enhances engagement in educational and work settings.

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?

FreeZONE is aimed at students in basic education, university students, professionals, and educational communities experiencing digital stress, anxiety from overconnectivity, and difficulties balancing their online life. The solution is relevant because excessive screen use directly affects mental health, performance, and virtual interactions.

The app offers tools focused on emotional wellbeing: emotional avatar, daily message, empathy space, time and digital schedule control. It also includes active breaks, such as visual rest through dancing, walking, and stretching, as well as breathing exercises, which help relieve tension and improve emotional state.

To engage users, FreeZONE uses weekly individual and group challenges, strengthening both self-motivation and digital interaction. Achievements grant rewards with discounts on different platforms according to user profile: entertainment for school students, academic services for university students, and workplace or wellbeing benefits for professionals. This encourages commitment and the consistent adoption of healthy digital habits.

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?

FreeZONE transforms education by integrating digital self-care and emotional intelligence into daily learning. This reduces stress, improves social interactions, and prevents issues like cyberbullying, strengthening students' mental health. It also generates social impact by promoting empathy, self-regulation, and more respectful digital relationships. Additionally, by reducing excessive device use, it helps lower energy consumption and hyperconnectivity, contributing to environmental sustainability.

Some scenarios include:

Schools: Supports reducing social media pressure and anxiety. Active breaks such as dancing, walking, or breathing exercises improve attention, mood, and peer interaction.

Universities: Helps manage academic stress and fosters concentration through weekly challenges that balance study and rest.

Work environments: Prevents digital fatigue and boosts productivity by promoting visual breaks and mindful disconnection during the workday.

Overall, FreeZONE promotes a more human and healthy digital culture, where technology is used in a balanced way to enhance wellbeing and positive interactions.

Describe it in a tweet

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

FreeZONE is an app that helps you balance your digital life and emotional well-being through active breaks, weekly challenges, and rewards. It integrates digital education, empathy, and self-care to build healthier communities.

Disconnect to reconnect.

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?

FreeZone is an innovative app integrating active breaks (dancing, breathing, and visual rest), weekly challenges, and emotional avatars. It stands out by offering user-specific discounts as rewards through brand partnerships, encouraging continuous engagement. The app provides personalized recommendations and collects user feedback, promoting digital empathy, healthy coexistence, and balanced technology use. While other digital wellness solutions mostly monitor or limit screen time, and some educational initiatives raise digital awareness without active dynamics or gamification, FreeZone goes further. It actively intervenes with physical breaks, visual rest, and breathing exercises, uses gamification via individual and group challenges to maintain motivation, personalizes rewards and activities by educational or professional level, and incorporates social and environmental aspects by fostering digital empathy and reducing hyperconnection.

Transferability

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

FreeZONE can be applied in various educational and daily-life contexts, promoting digital well-being and responsible technology use.

For example, it can be implemented in schools to encourage healthy digital habits among students and teachers; in universities to help maintain a balance between study and digital leisure; and in workplaces as part of a well-being program. Its modular and gamified design allows easy integration into different learning and training environments and platforms.

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?

Improvements will be developed based on user feedback to optimize FreeZONE's features and overall user experience. In the medium term, partnerships with educational institutions and mental health organizations will be sought to implement the app in school and university environments, promoting continuous digital well-being. In the long term, the model will become self-sustaining through strategies such as institutional digital subscriptions, collaborations with wellness programs, and the integration of sponsored content focused on responsible self-care.

Additionally, its modular design allows the solution to be replicated across different contexts and countries, adapting cultural and educational content without losing its essence.

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 is made up of María Ortega, Luciana Naspuri, Rodrigo Igarza, Karla Valentin, and our mentor, Sophya Paz. We all contributed to designing the prototype in Figma, sharing ideas about interface, functionality, and content. Karla and María worked on the documentation and final presentation, while Luciana and Rodrigo focused on the visual design and video.

This is our first experience in a hackathon, but we complemented each other well thanks to our shared interest in education and digital well-being.

Our mentor, Sophya, contributed her technical and design expertise, guiding us in improving the prototype. We are a committed team dedicated to promoting digital well-being, and we believe that through collaboration and continuous learning, we can keep improving FreeZONE and develop a more complete version in the future.

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