LINK PROTOTYPE:

https://www.figma.com/proto/foGcUDH4Ar8gVE0sV5ujOC/Mentes-Conectadas-28H?node-id=1-2&t=5dszjwyOhaxTE5M3-1

LINK VIDEO:

https://youtu.be/Z_20SCFJano

DIGIEDUHACK SOLUTION CANVAS

Title of the solution:	TimeOff
Challenge addressed:	Protect yor mind and Digital World: Self-Care and Safety Online
Team name:	Mentes conectadas
Challenge category:	Well - being in digital education

Background of the team:

(multiple selections possible in case of mixed teams)

X Higher Education Students
Researchers
Professionals
Teachers
Primary School Students
Secondary School Students
Others (please specify)

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?

TimeOff is a mobile application that promotes emotional well-being and digital balance among young people. It integrates artificial intelligence to provide personalized reminders and activities based on the user's mood. The app features four main areas: breathing and meditation techniques, activities, communities, and wellness tracking with visual statistics.

Objective: reduce digital stress, encourage healthy habits, and strengthen positive social connections.
Plan: Phase 1 – prototype (3 months), Phase 2 – beta version (6 months), Phase 3 – official launch (9 months).
Digital education: helps young people use technology consciously, recognizing their emotions and digital limits.
Success measurement: monitoring average time spent on the app, increase in weekly goal completion, and improvement in users' self-reported mood.

TimeOff aims to create a positive digital community that fosters empathy, collaboration, and well-being among young people.

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 **problem** addressed is digital stress and emotional fatigue caused by hyperconnection and the lack of self-care habits. This situation affects young people's focus, well-being, and motivation to learn.
The **solution** aligns with promoting a healthy relationship with technology through mindful digital time management and emotional well-being practices.
We **tackle this challenge** by offering an interactive mobile app that integrates AI, meditation, personalized activities, positive communities, and wellness tracking.
In this way, the project fosters a more human, inclusive, and sustainable digital education, where young people develop self-care skills and digital balance.

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** consists of university students aged 17 to 30, who face high levels of academic stress, digital hyperconnection, and a lack of tools to manage their emotional well-being.

The **solution** is relevant because it addresses real needs such as digital anxiety, procrastination, and mental exhaustion.

To engage them, our TimeOff app offers personalized content, a friendly design, individual challenges, supportive communities, and a respectful approach that promotes self-awareness and mindful disconnection.

In addition, we plan to involve young people through partnerships with universities, social media, and student wellness programs, ensuring that the app evolves according to their real 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?

An educational change will be promoted **by integrating emotional well-being and digital literacy** into the learning process of young people. Through the app, users will be able to manage their habits, emotions, and screen time, developing key skills such as critical thinking, self-regulation, and empathy.
In the **educational** field, it fosters integral learning by balancing technology use with mental health, improving academic performance and concentration.
In the **social** dimension, it promotes empathetic virtual communities, prevents stress and anxiety, and encourages healthier digital relationships.
At the **environmental** level, it motivates mindful disconnection and participation in offline activities, reducing excessive device use and strengthening the relationship with the natural environment.
For example, a university student using the app can better organize their screen time, practice relaxation exercises, and spend more time outdoors. In this way, they improve their well-being, relationships, and the way they use technology.

Describe it in a tweet

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

Looking to feel better and disconnect from digital stress? With TimeOff, you'll join a community where you can share experiences, challenge yourself, and engage in activities that strengthen your emotional wellbeing and digital balance.

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?

TimeOff stands out by integrating emotional artificial intelligence that analyzes users' mood and digital habits to recommend and track personalized wellbeing activities within the app. Unlike other platforms that focus solely on productivity or time control, TimeOff combines AI, gamification, wellbeing tracking, and positive communities in a single environment. Its approach not only aims to reduce stress, but also to foster a healthier relationship with technology. This makes TimeOff a more comprehensive, adaptive, and educational tool than currently available solutions, as it integrates emotional and digital wellbeing through a personalized and motivating experience.

Transferability

Can your solution partly or fully be used in other education/learning contexts or disciplines? Could you provide any example?
Yes, of course. The focus on well-being and balanced technology use can be applied in different contexts.
For example, in **universities,** it can be used to support self-care and academic stress management workshops.
In **schools,** it can be integrated into personal development courses to teach healthy technology habits.
It could also be implemented in youth or corporate wellness programs, promoting digital well-being and stress management.

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 we have a functional prototype of TimeOff, our plans include optimizing the user experience, enhancing content personalization, and establishing partnerships with universities to implement the app as a student wellbeing tool. We also envision expanding its use to other educational contexts, such as technical institutes and virtual learning platforms. The solution is designed for medium- and long-term sustainability, supported by a freemium model, a modular architecture, and continuous update capabilities.

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?

TimeOff is developed by a multidisciplinary team committed to creating meaningful digital solutions. Nicoll, our Project Manager, brings strong experience in project coordination, organization, and analytical thinking, he led the overall planning and team alignment. Adriana, Innovation Lead, contributed her background in university incubators, validating ideas, shaping the innovation structure, and refining the value proposition. Suri, our UX/UI Designer, added creativity and dedication to the visual design of the prototype, content creation, and user experience. Ricardo, our Developer, led the technical side by building the prototype in Figma, defining the functional architecture, and ensuring coherence between design and usability. We plan to continue working together, united by a shared motivation to develop technological solutions with lasting social impact.

European Commission