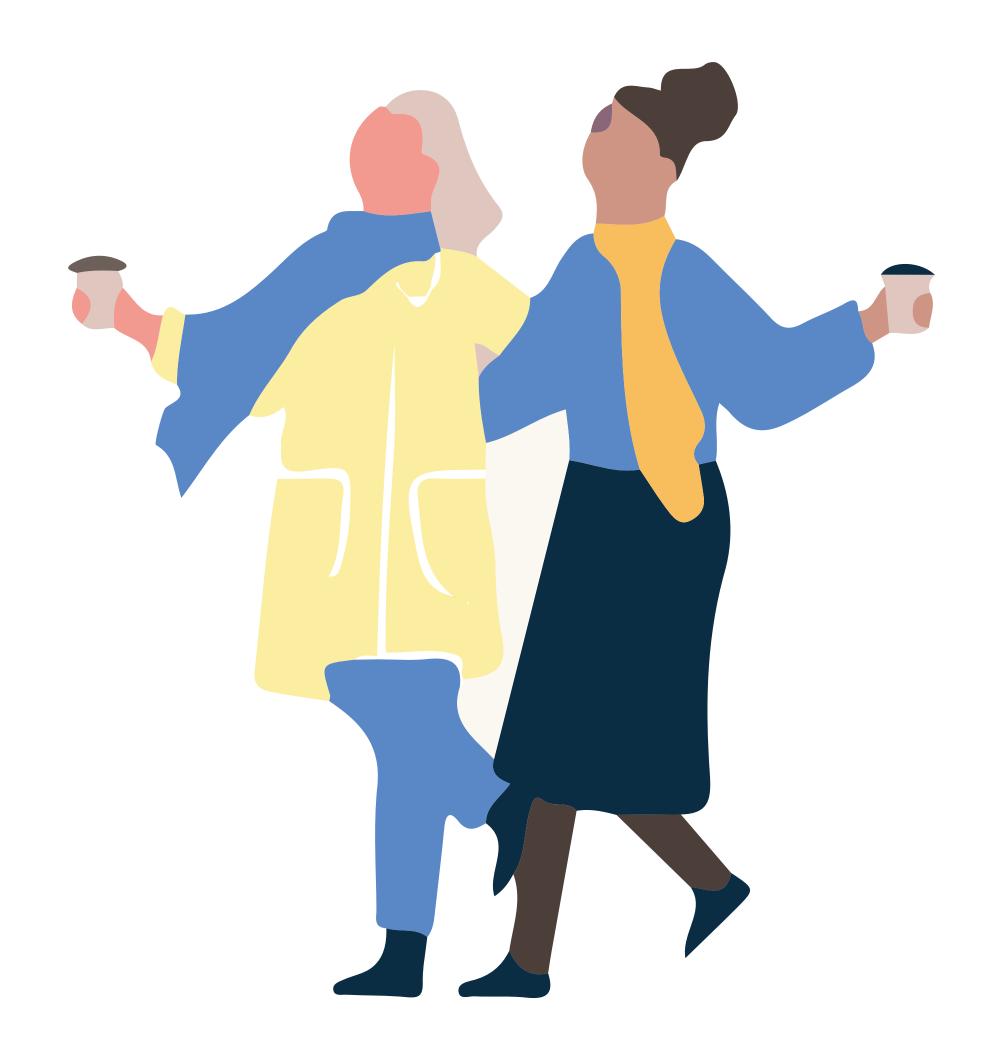
## Our idea consists of an app that is intended to stimulate young people during their daily lives.



## The intention is to prevent young people fromfeeling feel less good about themselves.



You don't just use the app alone. You can choose to let a good friend be part of your digital life.



This way you can challenge each other for challenges or see how your friend is doing.

Also, there is a page where you see all the ideas that you can start doing. The ideas that are given to you are adapted to the things you like to do.



On the app you can see what to do in your neighborhood. Where you can meet other people or do something for yourself.





You are encouraged to achieve your goals. In addition, you are often pointed out your progress. How much you have already done or achieved. In this way feedback is given in a positive feedback.



