**1. Project Approach and Technologies - Agile Approach:**

The Agile methodology has been chosen for our project owing to its iterative and incremental nature which allows for greater flexibility and adaptability in the development process. By operating in time-boxed iterations, known as Sprints, our team can prioritize and address tasks effectively while being able to respond to changes in a timely manner. The Agile framework encourages a collaborative effort and continuous feedback, ensuring that the project remains aligned with the stakeholders' requirements and expectations.

Key elements of our Agile approach include:

- **Sprint Planning**: Establishing goals, priorities, and deliverables for each sprint.

- **Daily Stand-ups**: Brief meetings to discuss progress, plans, and any impediments.

- **Sprint Reviews**: Evaluating the work completed and collecting feedback.

- **Sprint Retrospectives**:Reflecting on the process to identify areas for improvement.

Our Agile approach will be facilitated through the use of tools such as Jira for project management and Scrum boards, and Slack for team communication.

**2. Project Approach and Technologies - Technology Stack:**

Our project's technology stack comprises a blend of robust and modern technologies that facilitate efficient development and scalable solutions. The stack includes:

- **Frontend**: React.js for building interactive user interfaces.

- **Backend:** Node.js and Express.js for server-side operations.

- **Database:** MongoDB for data storage and retrieval.

- **Version Control**: Git and GitHub for collaborative coding and version tracking.

**3. Project Approach and Technologies - Technology Stack Rationale**:

The selection of our technology stack is based on a balance of performance, community support, and familiarity among team members.

- **React.js** provides a rich library for building dynamic and responsive UI, backed by a strong community and a wealth of resources.

- **Node.js** offers a fast, scalable, and efficient backend solution, aligning with our project's needs for real-time updates and seamless data flow.

- **MongoDB** is chosen for its flexibility, performance, and ease of scaling as our data needs grow.

- **Git and GitHub** are integral for version control, enabling collaborative coding while tracking changes and managing the codebase efficiently.

Each technology was chosen after careful consideration of the project's requirements, the team's expertise, and the long-term maintainability of the project.