Answers to question 2 :

When it comes to the notifications I would send Push notifications as they are online and not local, meaning we would be able to get the data from the database and send it to the phones (both android and iOS). If we'd like to send notifications that are hard coded (daily reminders, weekly updates…) and so on we would use local notifications though.

The tech I would use would probably be awesome_notifications : (https://pub.dev/packages/awesome_notifications) because it handles local notifications and syncs easily with push notification services such as firebase cloud messaging for example (or other services).

Implementation wise, I would start by asking the teams points of view, have a good brainstorm with them and highlight all the possible ways we can think of, I would then with them choose a solution that suits each of our needs (if possible) and I would then start the development part by asking the user's permission to get notifications from the app and then setting up through the flutter library I'm using.

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