ISEA2017

23rd INTERNATIONAL SYMPOSIUM ON ELECTRONIC ART

XVI INTERNATIONAL IMAGE FESTIVAL

LEARNING CALL

1. Title

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| Zandbox |

1. Duration (only workshops and tutorials)

Half day \_\_\_ Full day \_\_\_

1. Organizers and presenters’ names and affiliations

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| Adam Rosado, Design student at University of California, Davis |

1. Abstract(ready for diffusion). 200 words maximum.

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| Anxiety disorders are very common in the United States, affecting more than 3 million people yearly. Meditation is often suggested as a natural remedy. During meditation, “visualization” exercises (imagining one’s self in a peaceful setting) can be helpful for calming and focusing a restless mind. Zen gardens and koi ponds are widely considered calming, meditative spaces. Zandbox aims to emulate that experience via an interactive online medium. |

1. Rationale, instructional methods, and description

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| Rationale: Anxiety disorders are very common in the United States, affecting more than 3 million people yearly. People who live with anxiety (and/or other mental health disorders) may feel like they are constantly at war; struggling internally. The goal of Zandbox is to help make this struggle more manageable by providing at least a few minutes of inner peace.  Description: Zandbox is an interactive web app that hopes to bring users a few moments of meditation and inner peace by immersing them in a virtual Zen garden with three areas: Sand and Stone Garden, Koi Pond, and Bonsai. Users may choose to either interact with and manipulate objects in these three areas or simply observe; there is no right or wrong way to use Zandbox. |

1. Plan to solicit participation (only workshops and tutorials)

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1. URL of website (only workshops and tutorials)

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| <https://adamwritescode.github.io/des157/project/process/prototypes.html> |

1. Technical Rider. Please provide the requirements (technological equipment, materials and characteristics of space) (only workshops and tutorials)

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1. Biographies of the Author(s).

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| Adam Rosado is a Design student at University of California, Davis who has a passion for front-end development, music and technology. He wants to see more resources devoted towards college students who are struggling with physical, mental, emotional, financial and overall wellness. |

**Author:**

First name: Adam

Last name: Rosado

Email: [arrosado@ucdavis.edu](mailto:arrosado@ucdavis.edu)

Country: USA

Organization: self

Web page: N/A

**Title:** Zandbox

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**Keywords:** Zen, Meditation, Anxiety, Mental Health, Peace, Sandbox, Interactive, Games

**Sub-themes:** Please select one or more sub-themes

Bio creation & data

**[ X ] Critical perspectives on the use of technology for peace**

Media art, landscape and heritage

Interdisciplinary platforms for coexistence

The cultural dimensions of bio-creation and peace

**[ X ] Design, Art, Science, and Technology**