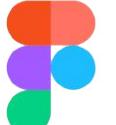


UI/UX Case study

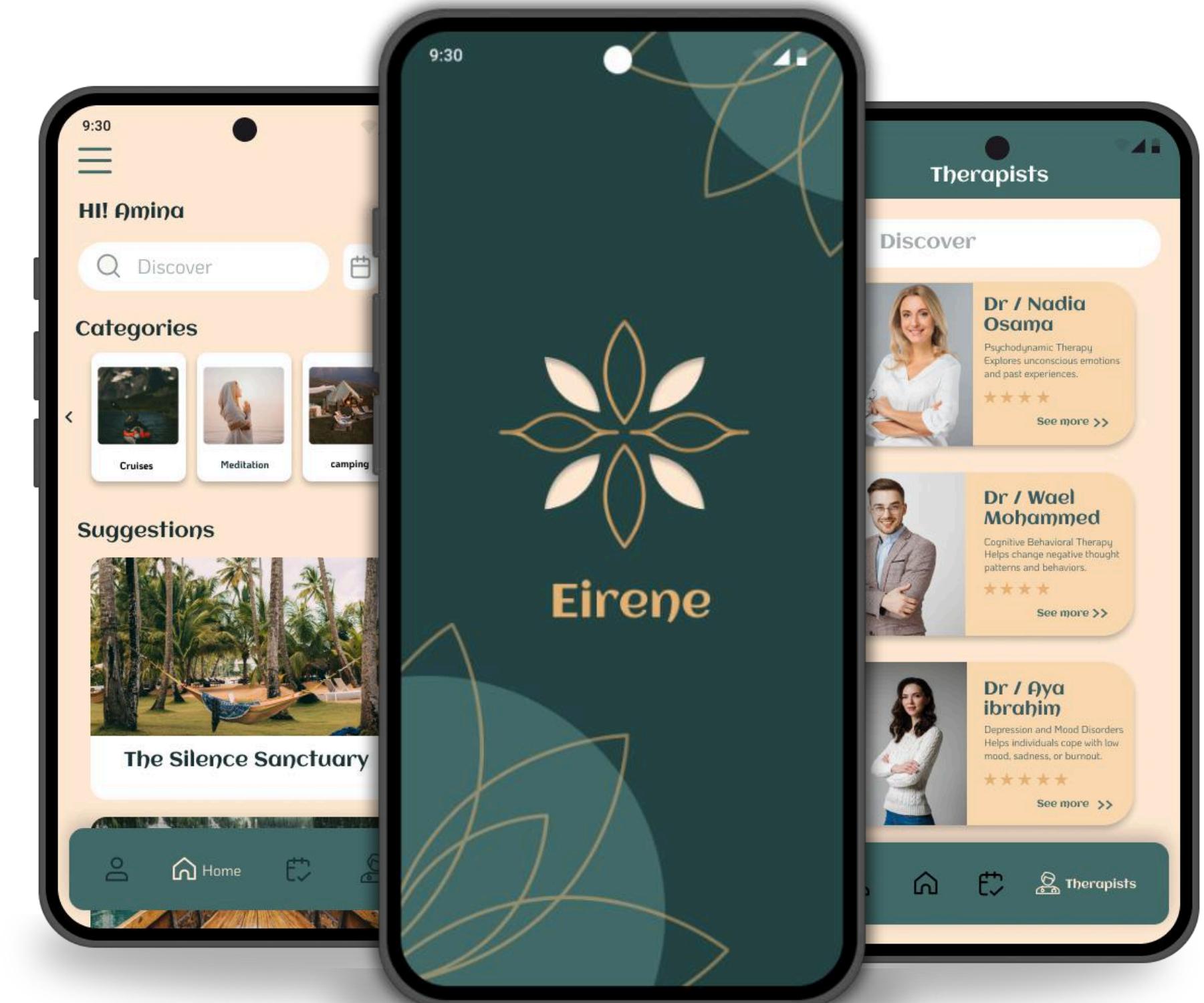
DEPI Graduation Project

Healing Begins With Movement

travel for rehabilitation and psychological treatment

Tools used :  Figma

Screens: +30





DEPI Graduation Project

Team Members

Alaa Sayed

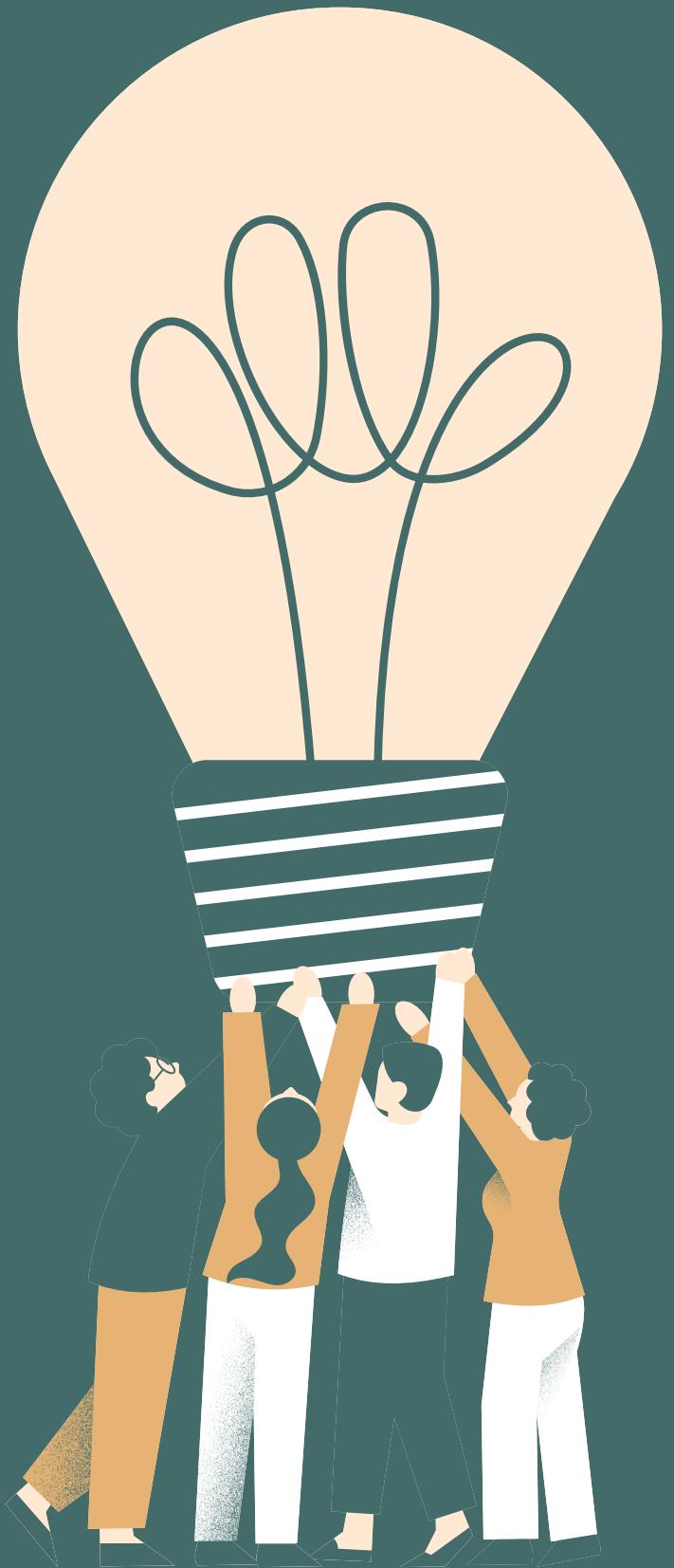
Habiba Mohamed

Gehad Hedaya

Menna Yousry

Jihad Yousry

Sagda Mohamed





APP NAME

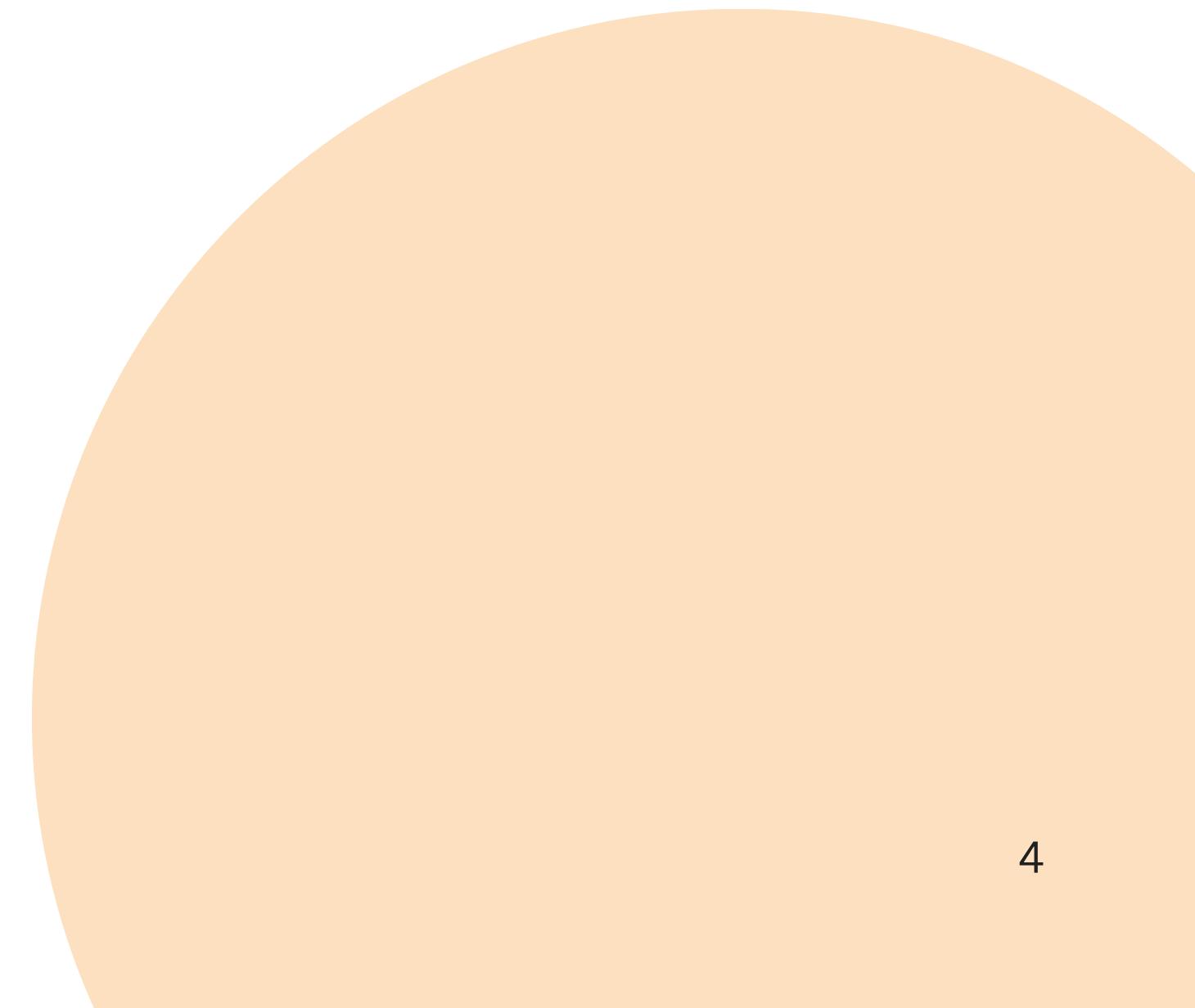
Eirene – A Name Rooted in Peace and Harmony.

Eirene is a name of Greek origin, meaning "peace." It derives from the ancient Greek goddess Eirene, who was the personification of peace and prosperity. In Greek mythology, Eirene was often depicted carrying an olive branch, a cornucopia, and a staff, symbolizing abundance, harmony, and the end of conflict.

This name embodies a sense of tranquility, balance, and well-being. It has been historically significant in philosophy, literature, and art, often representing hope for a harmonious world. The name Eirene conveys a gentle yet powerful presence, making it a timeless choice for those who value serenity and positive energy.

01 Project Overview

This project introduces a travel-based mobile app that combines therapeutic travel with mental health support for conditions like anxiety, depression, PTSD, ADHD, and addiction. It offers personalized travel plans, meditation, therapy exercises, virtual consultations, and self-improvement tools tailored to users' psychological needs.



02 Problem Statement

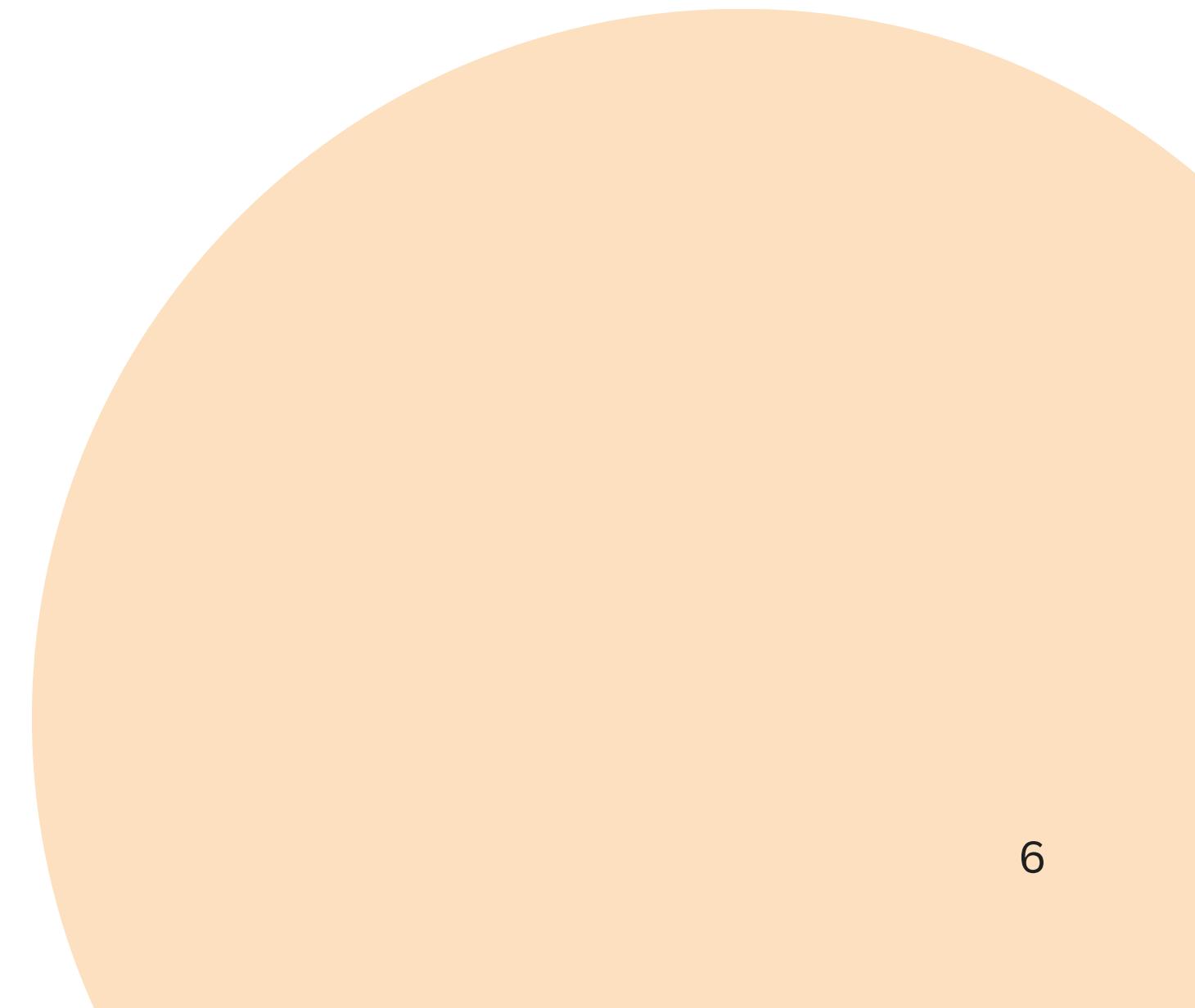
This app addresses the growing need for accessible, holistic mental health support in a fast-paced, stressful world. It tackles issues like anxiety, ADHD, autism, and emotional burnout by combining therapeutic travel with digital therapy tools. The app bridges the gap between traditional treatment and experiential healing through personalized, immersive wellness journeys.

03 Problem Solution

Helps users find and book therapeutic travel programs tailored to their mental health and rehabilitation needs.

Connects them with certified professionals and provides continuous support before, during, and after travel.

Simplifies planning with features like progress tracking, expert consultations, and a supportive community.



06 Design thinking

01

Empathize

Researched user mental health challenges and therapy needs through surveys and interviews.

02

Define

Identified gaps in accessible, holistic mental health care, especially combining therapy with travel experiences.

03

Ideate

Generated ideas for personalized healing journeys, including mindfulness retreats, nature therapy, and virtual consultations.

04

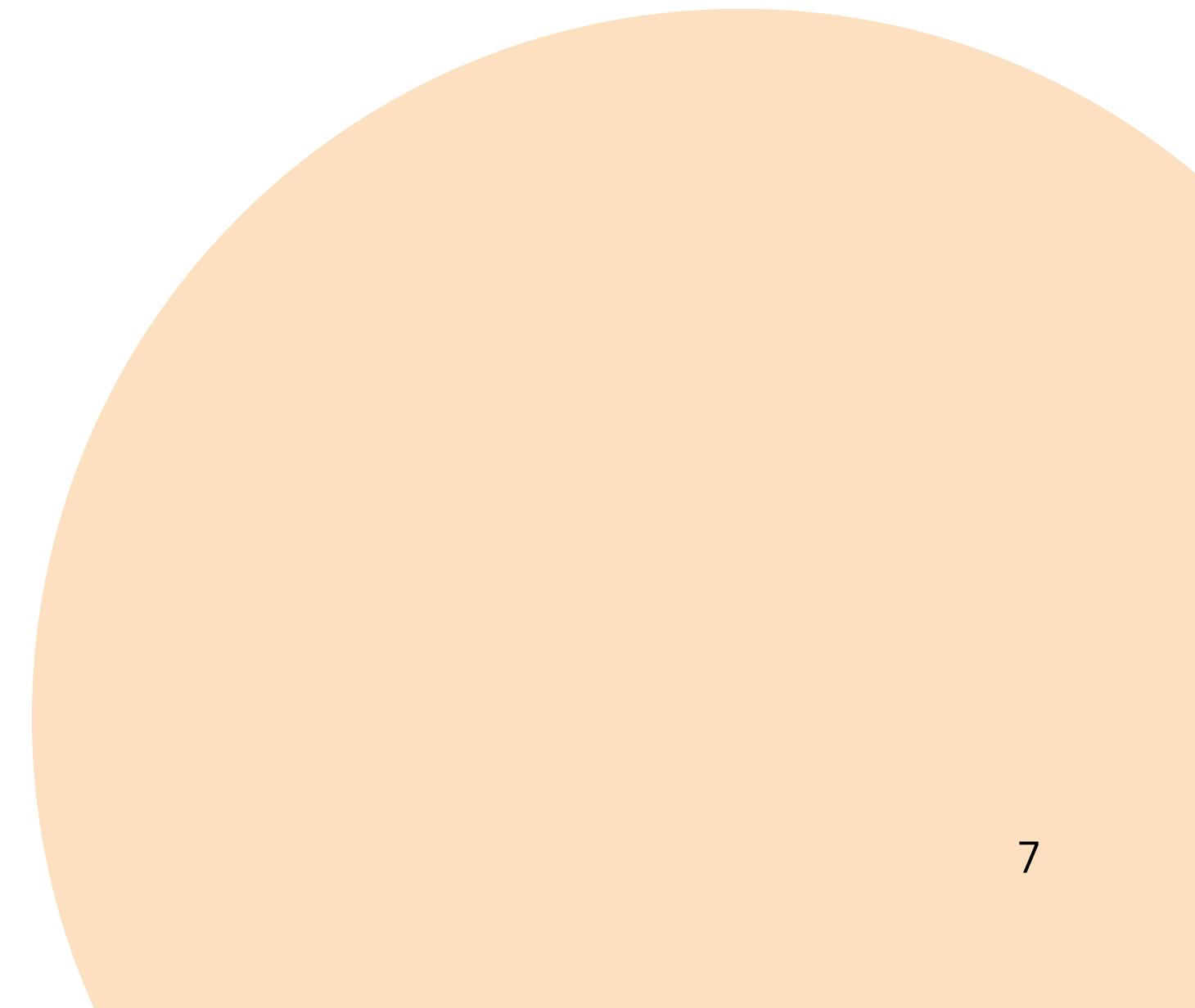
Prototype

Created wireframes and early designs with a focus on user-friendly features and seamless experience.

05

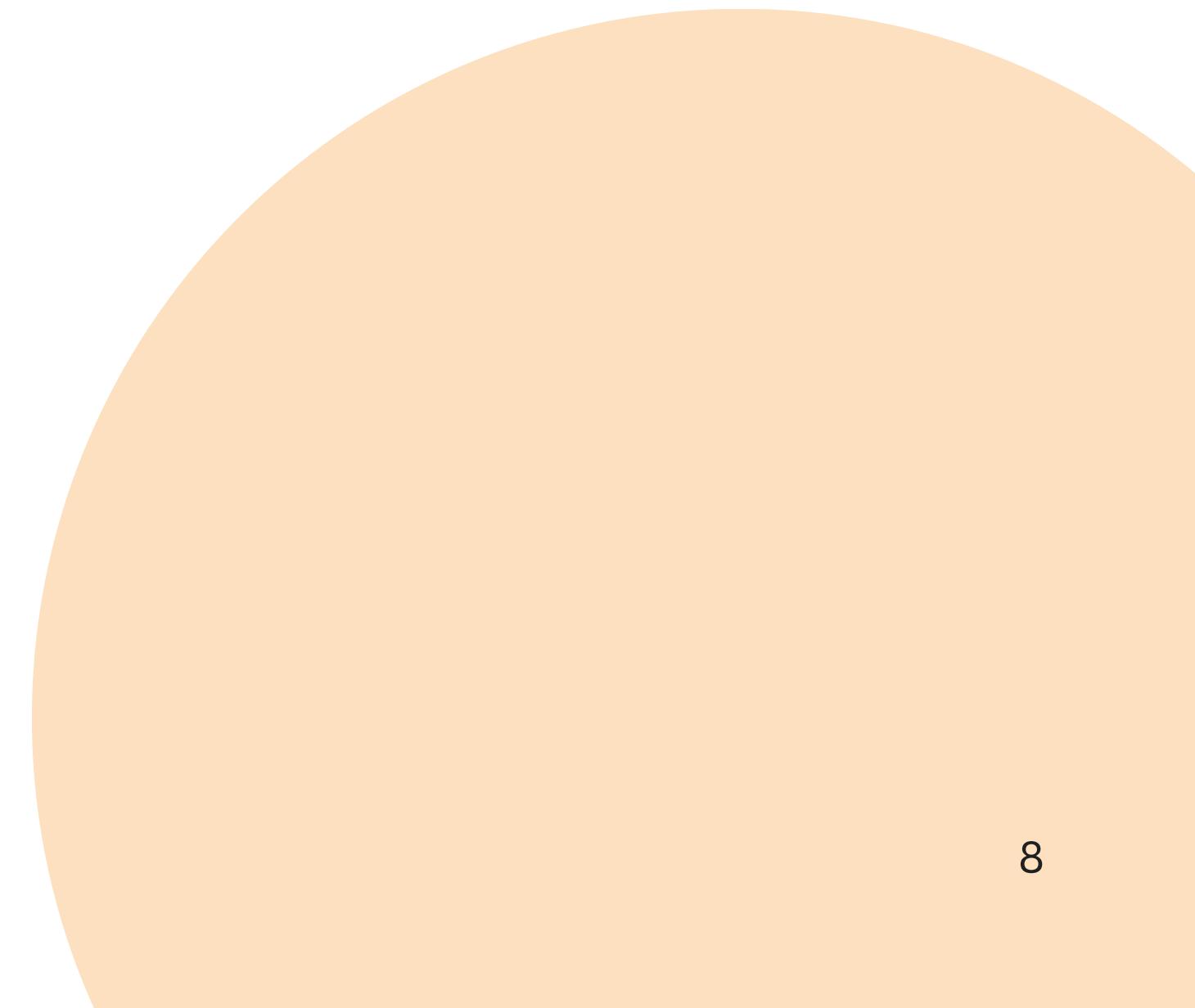
Test

Conducted user testing, refining designs based on feedback to enhance usability and effectiveness.



07 Target Audience

- Individuals with conditions like ADHD, autism, depression, or PTSD seeking holistic, travel-based therapy options.
- Mental health-conscious travelers interested in wellness retreats, nature therapy, and mindfulness experiences.
- Young adults and professionals facing stress, anxiety, or burnout looking for alternative mental health support.



08 Star bursting(what - who - how)



Many people struggle to find accessible, affordable, and emotionally supportive options for therapeutic travel and mental health treatment.

Individuals experiencing mental health challenges who are open to traveling for treatment, including young adults and adults seeking emotional recovery.

A mobile app that organizes therapy-based travel, offers expert support, booking tools, and post-treatment follow-up—all in one place.

Competitor Analysis



UX

- Offers a broad range of content (meditation, sleep stories, music) aimed at reducing stress and improving sleep.
- Features expert-led sessions and celebrity voices, enhancing credibility and appeal.
- Clean UI and intuitive navigation support long-term engagement.



- Talkspace enables therapy through text, video, and audio—making mental health support more convenient and private.
- Provides diverse formats (messaging, live sessions, psychiatry), meeting various user needs and preferences.
- Therapist mismatches, high costs without insurance, and limitations of non-face-to-face therapy can affect the experience.

Competitor Analysis



UI

- Soft blues, greens, and nature visuals create a soothing environment for relaxation and mindfulness.
- Clean fonts, simple icons, and spacious layouts make navigation effortless and stress-free.
- Maintains a unified visual identity with responsive performance across all devices.

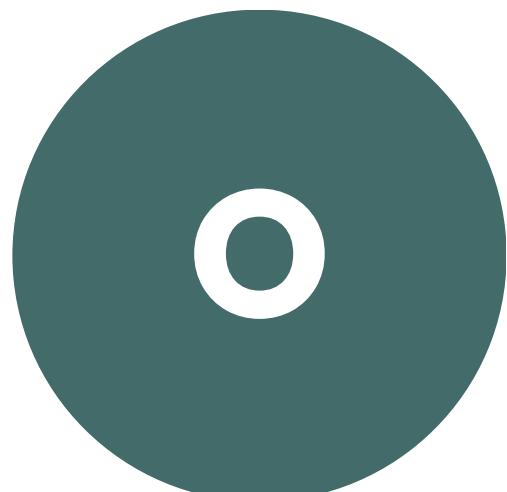


- Uses purples and greens with clean typography and welcoming imagery to convey a clinical yet approachable feel.
- Intuitive layout designed to support seamless communication and quick access to therapy tools.
- Ensures responsive, smooth interaction for messaging and video sessions, with a reliable session flow.

Swot



- Unique combination of travel and mental health therapy.
- Multiple therapy options including meditation, art therapy, and virtual consultations.
- Engaging features like progress tracking, daily challenges, and motivational content.



- Potential partnerships with wellness centers and therapy resorts for discounts.
- Global expansion with therapy destinations worldwide.
- Increasing mental health awareness and integration with wearable tech for real-time tracking.



- High travel costs may limit accessibility for some users.
- Requires a robust database of verified therapeutic destinations.
- Dependence on internet access for full functionality during travel.



- Competition from established mental health apps (e.g., Headspace, Calm).
- Legal and regulatory challenges for remote therapy across different regions.
- Economic instability and global health crises impacting travel accessibility.

Some Of Survey Questions

→ Identifies key user age groups.

Q1. (Age)

→ Identifies key user age groups.

Q2. (Gender)

→ Helps understand gender demographics of potential users.

→ Pain Points

ما هو أكثر تحديًّا عند التخطيط لسفر علاجي؟ Q9.

→ Highlights major challenges like cost, loneliness, lack of support.

ما الذي قد يجعلك تثق بالتطبيق؟ Q10.

→ Shows trust-building elements like expert backing and reviews.

→ Need & Motivation.

هل سبق لك السفر لأغراض العلاج؟ Q3.

Reveals how common therapeutic travel is.

ما هو الهدف الأساسي من السفر للعلاج؟ Q4.

Shows main user motivations (e.g., stress relief, psychotherapy).

→ Behavior & Preferences

من أين تحصل على معلومات؟ Q11.

→ Clarifies main information channels (social media, doctors, etc.).

هل تفضل وجود واجهة باللغة العربية؟ Q12.

→ Confirms importance of Arabic UI for accessibility.

كيف تفضل تنظيم رحلتك العلاجية عبر التطبيق؟ Q13.

→ Indicates whether users want full packages or flexible planning. Crucial for designing service tiers.

→ Feature Preferences

ما الميزات التي ترغب في وجودها في التطبيق؟ Q7.

→ Guides what features to prioritize (e.g., remote doctor access, trip planning).

هل تفضل يحتوي التطبيق على؟ Q8

→ Reveals preferences for offers, recommendations, and 24/7 support.

→ Aftercare & continuity

هل ترغب في أن يتضمن التطبيق خدمة متابعة بعد العودة؟ Q14.

→ Validates need for long-term support – helps justify adding post-travel care features.

Content & Engagement

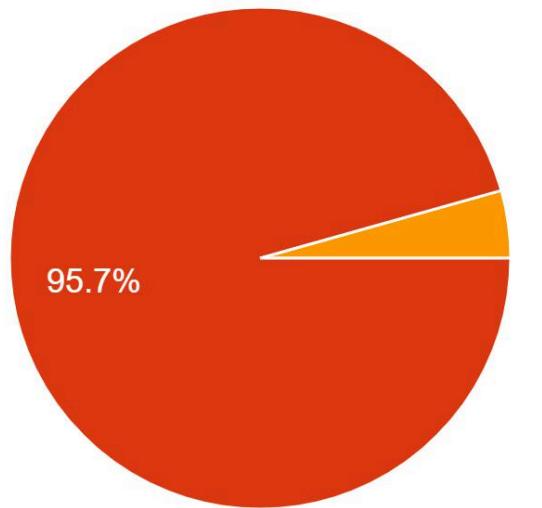
هل تهتم بوجود أنشطة جماعية أو ورش عمل؟ Q15.

→ Indicates interest in community or therapeutic group settings, shaping social features.

Responses

العمر - 1-

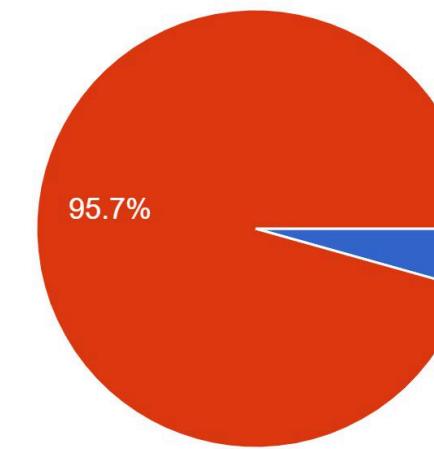
23 responses



- أقل من 18
- 18-24
- 25-34
- 35-44
- فأكثـر

الجنس - 2-

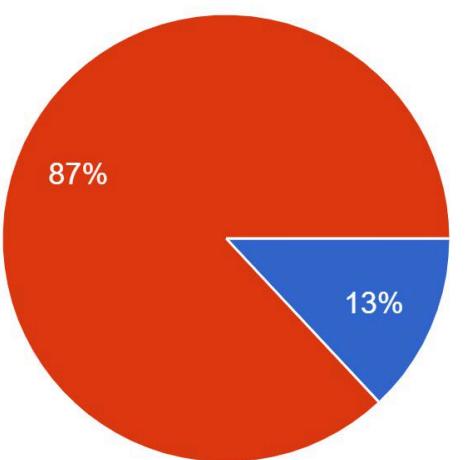
23 responses



- ذكر
- أنثى

هل سبق لك السفر لأغراض العلاج أو إعادة التأهيل؟ - 3-

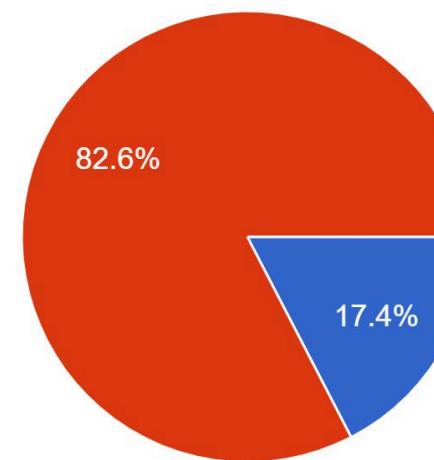
23 responses



- نعم
- لا

ما هو الهدف الأساسي من السفر للعلاج بالنسبة لك؟ - 4-

23 responses

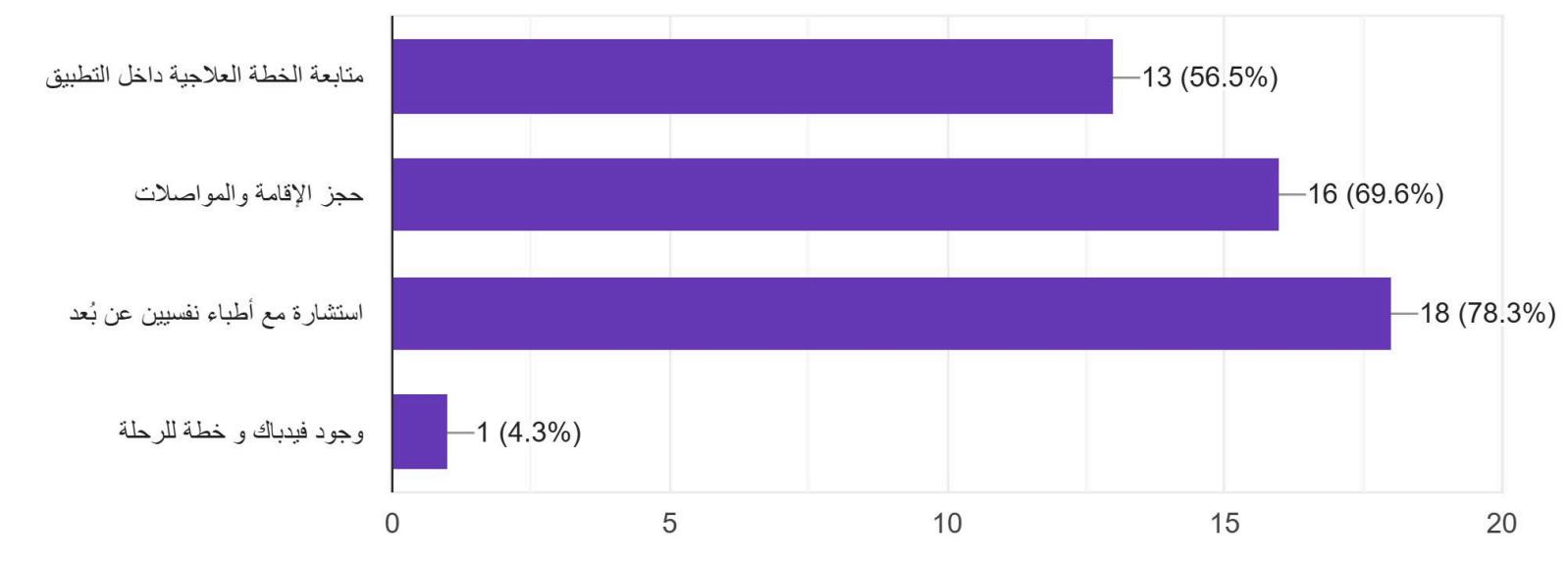


- العلاج النفسي
- التخلص من الضغط والتوتر

Responses

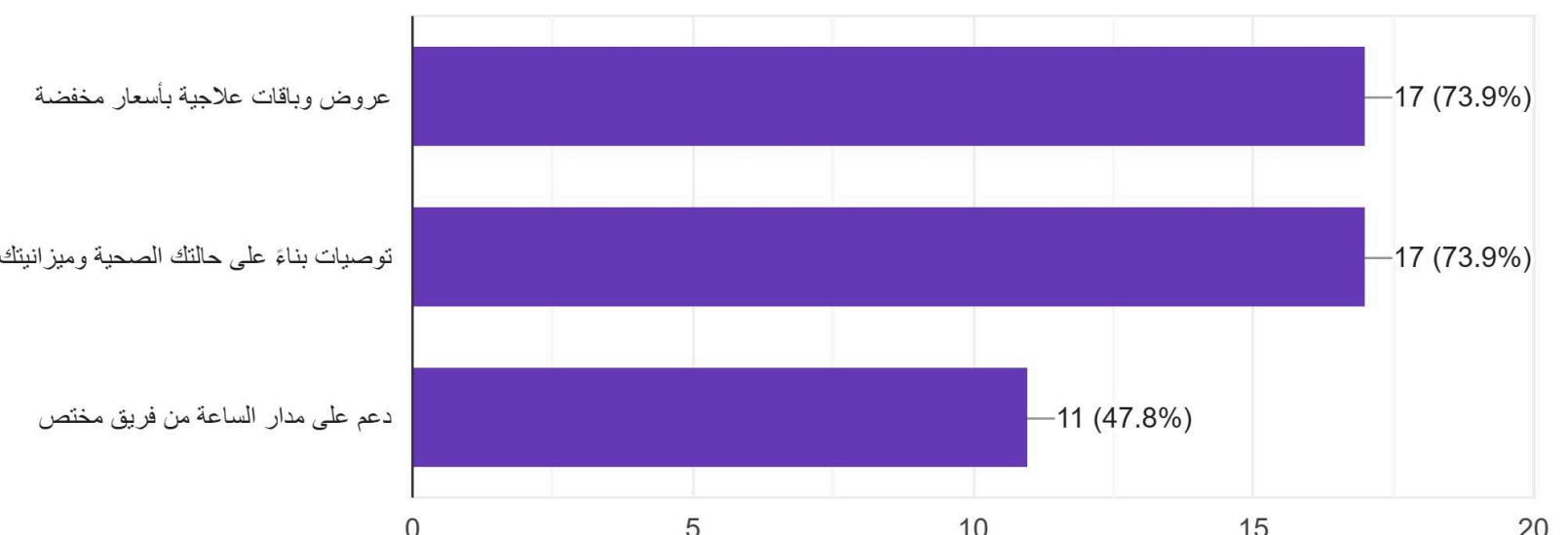
ما هي الميزات التي ترغب في وجودها في التطبيق؟ (اختيار أكثر من خيار) - 7-

23 responses



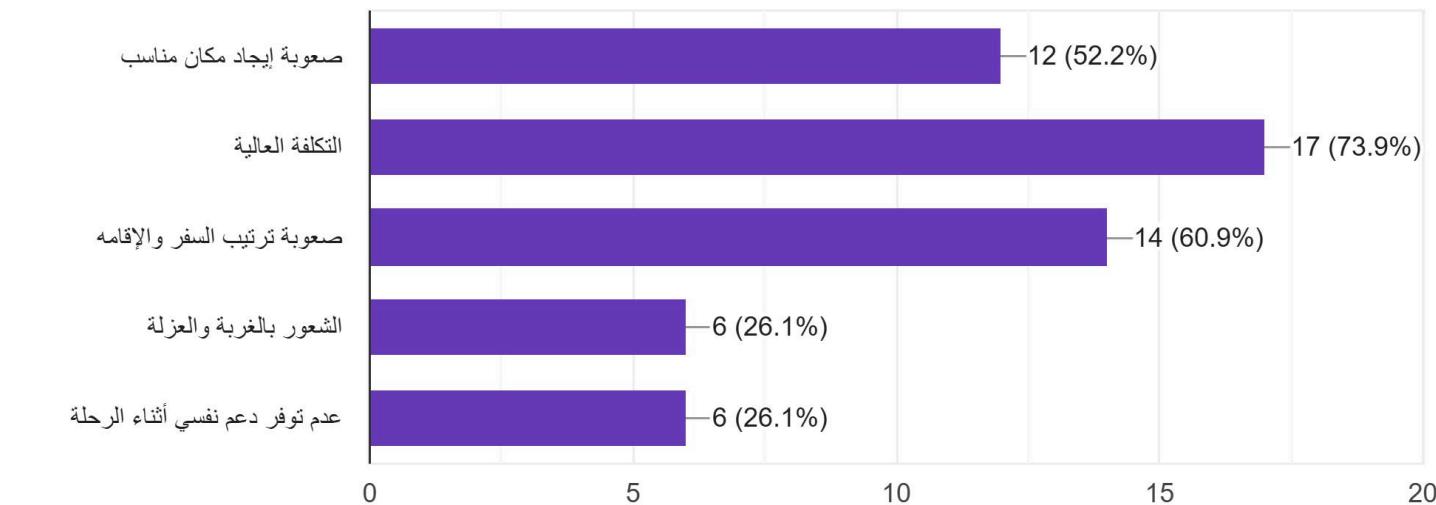
هل تفضل أن يحتوي التطبيق على: (يمكن اختيار أكثر من اختيار) - 15-

23 responses



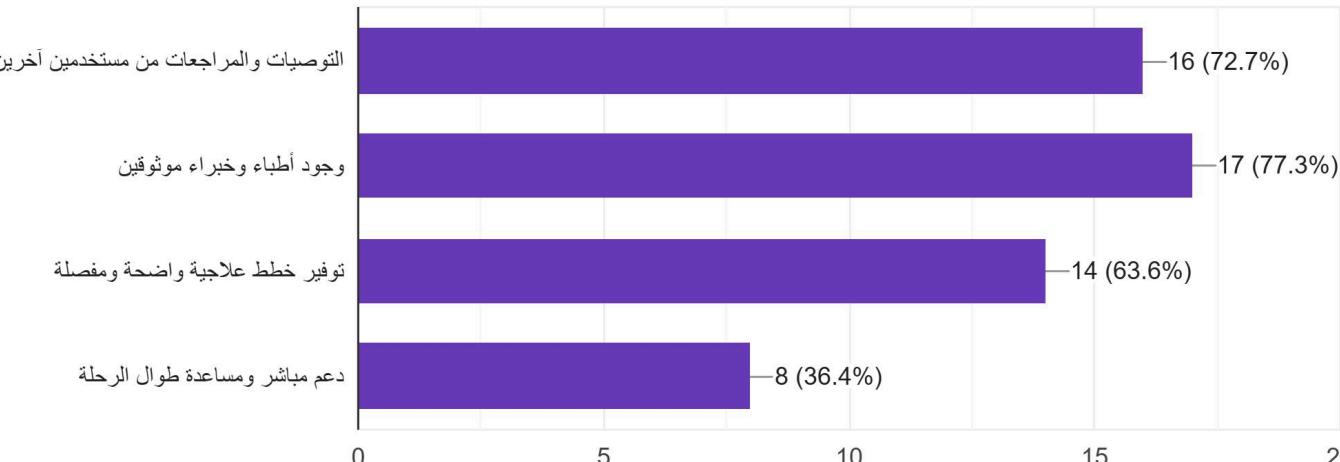
ما هو أكثر تحديًّا يواجهك عند التخطيط لسفر علاجي؟ (يمكن اختيار أكثر من خيار) - 8-

23 responses



ما الذي قد يجعلك تثق في تطبيق لتنظيم رحلات العلاج وإعادة التأهيل؟ (يمكن اختيار أكثر من اختيار) - 13-

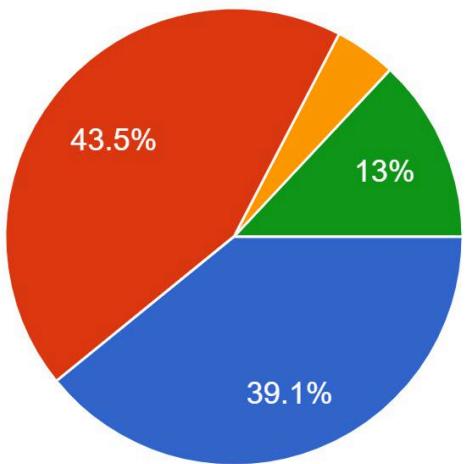
22 responses



Responses

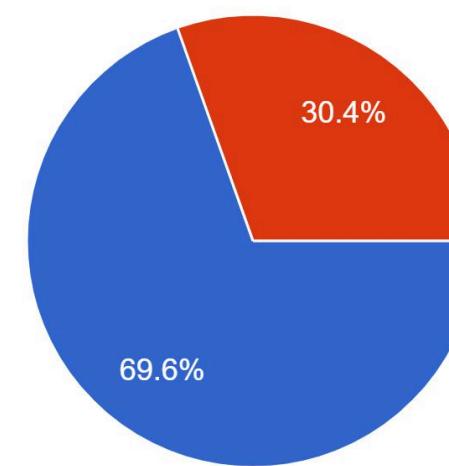
من أين تحصل عادةً على معلومات عن مراكز العلاج وإعادة التأهيل؟ 12-

23 responses



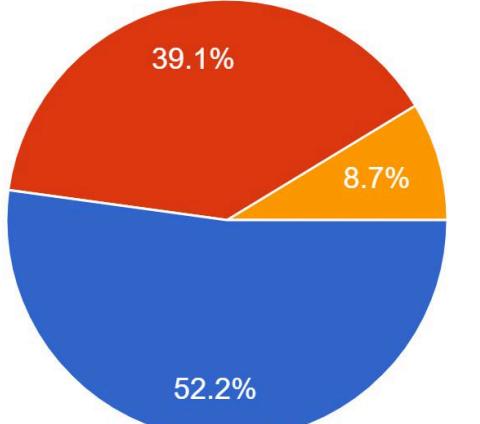
هل تفضل وجود واجهة باللغة العربية داخل التطبيق؟ 19-

23 responses



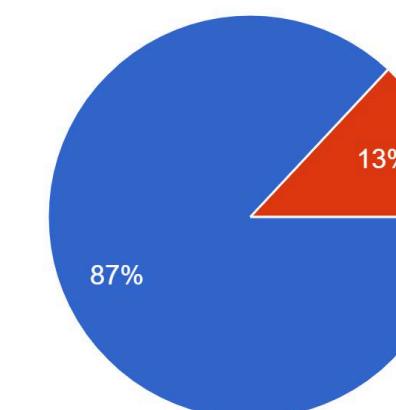
كيف تفضل أن يتم تنظيم رحلتك العلاجية عبر التطبيق؟ 14-

23 responses



هل ترغب في أن يتضمن التطبيق خدمة متابعة بعد العودة من الرحلة العلاجية؟ 16-

23 responses



Features

- **Very Important Features:**

- 1-Find personalized therapeutic travel programs based on treatment type, location, and budget.
- 2-Book, evaluate, and communicate with psychiatric experts for tailored support.
- 3-Share experiences and build a supportive community with fellow users.

- **High Priority Features:**

- 1-Generate customized itineraries with accessible destinations, accommodations, and activities.
- 2-Allow users to input therapy needs, interests, and budget, and access a curated database of therapeutic destinations.
- 3-Include offline access to itineraries, medical details, and progress tracking for therapy goals.

User Stories

As a **person struggling with anxiety**, I want to find calming travel destinations with therapeutic programs, so that I can improve my mental health in a peaceful environment.

As a **working professional dealing with burnout**, I want to book a wellness retreat through the app, so that I can recharge mentally and emotionally.

As a **user with specific therapy needs**, I want to customize my travel plan based on therapy type, budget, and location, so that the trip fits my personal goals.

As a **user with mobility challenges**, I want to find destinations with accessible facilities, so that my trip is comfortable and inclusive.

As a **someone who values support**, I want to connect with others on similar therapy journeys, so that I feel less alone during my healing process.

As a **user returning from a therapy trip**, I want follow-up tools and guidance in the app, so that I can maintain progress after returning home.

Empathy Map

THINKS

- Will traveling really help me heal?
- What if this doesn't work?
- Is it okay to prioritize myself over work?

SAYS

- I need to take a break.
- I feel so overwhelmed right now.
- I want to find myself again.



DOES

- Browsing wellness travel pages on Instagram
- Journaling to clear her mind
- Researching solo retreats and healing trips

FEELS

- Anxious and emotionally drained
- Hopeful about the idea of healing
- Guilty for wanting time off

Persona



Amina Khaled

a university student facing academic pressure and burnout. She seeks affordable, private therapy retreats with clear treatment plans

-
- Age: 21
 - Occupation: Architecture Student
 - Location: Cairo, Egypt

Goals

- Reduce stress and anxiety through therapy retreats
- Find affordable and quality therapy options
- Regain motivation and mental clarity
- Experience meditation, art therapy, and cognitive behavioral therapy (CBT)

Behavior Traits

- Thoughtful and reflective
- Seeks privacy and anonymity
- Prefers experiential learning and relaxed approaches
- Researches thoroughly before making decisions

Needs

- Affordable yet high-quality therapy retreats
- Privacy when sharing experiences
- Clear and structured therapy treatment plans

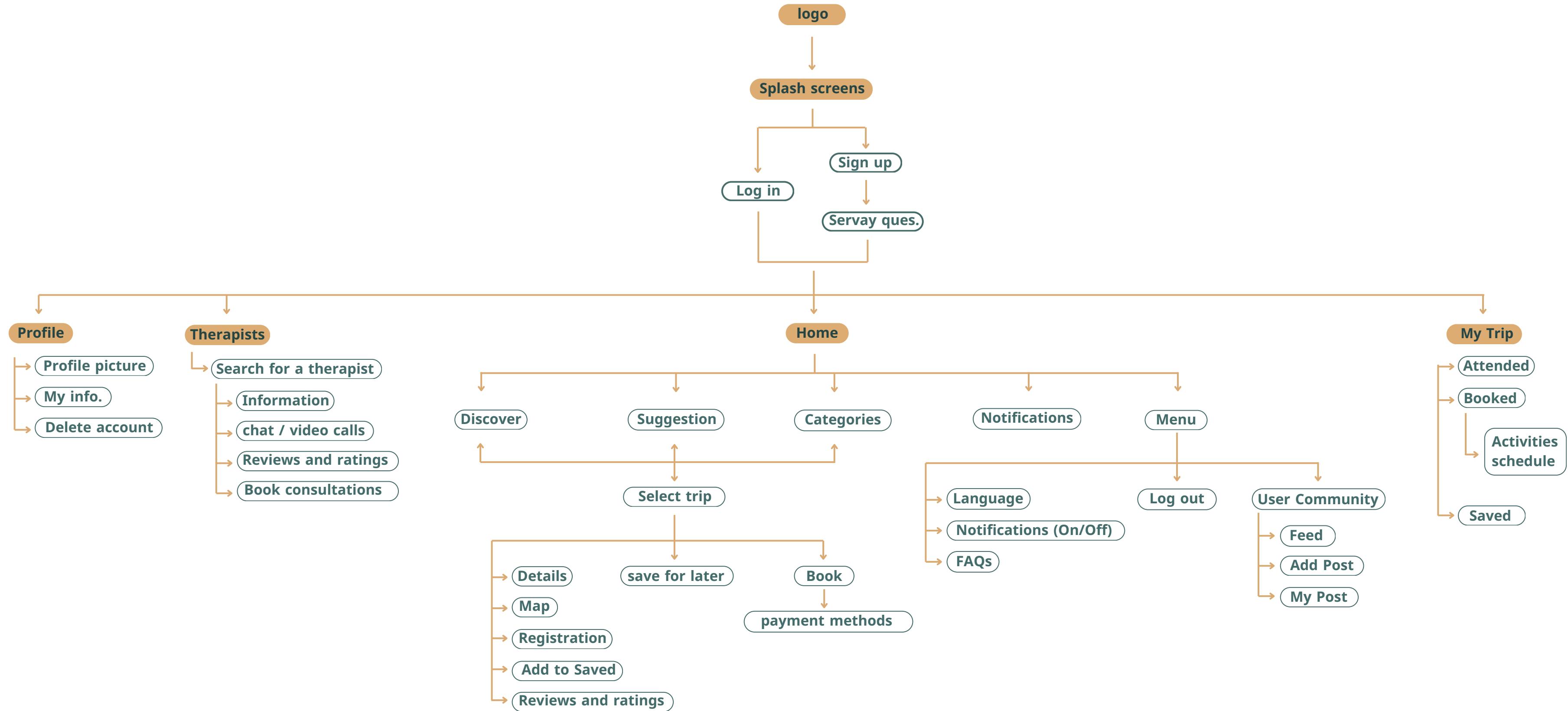
Certified therapists in a comfortable and calming environment

Interests

- Wellness travel, mental well-being
- Social media for self-care and therapy trends
- Traveling with family and friends
- Exploring non-traditional therapy methods

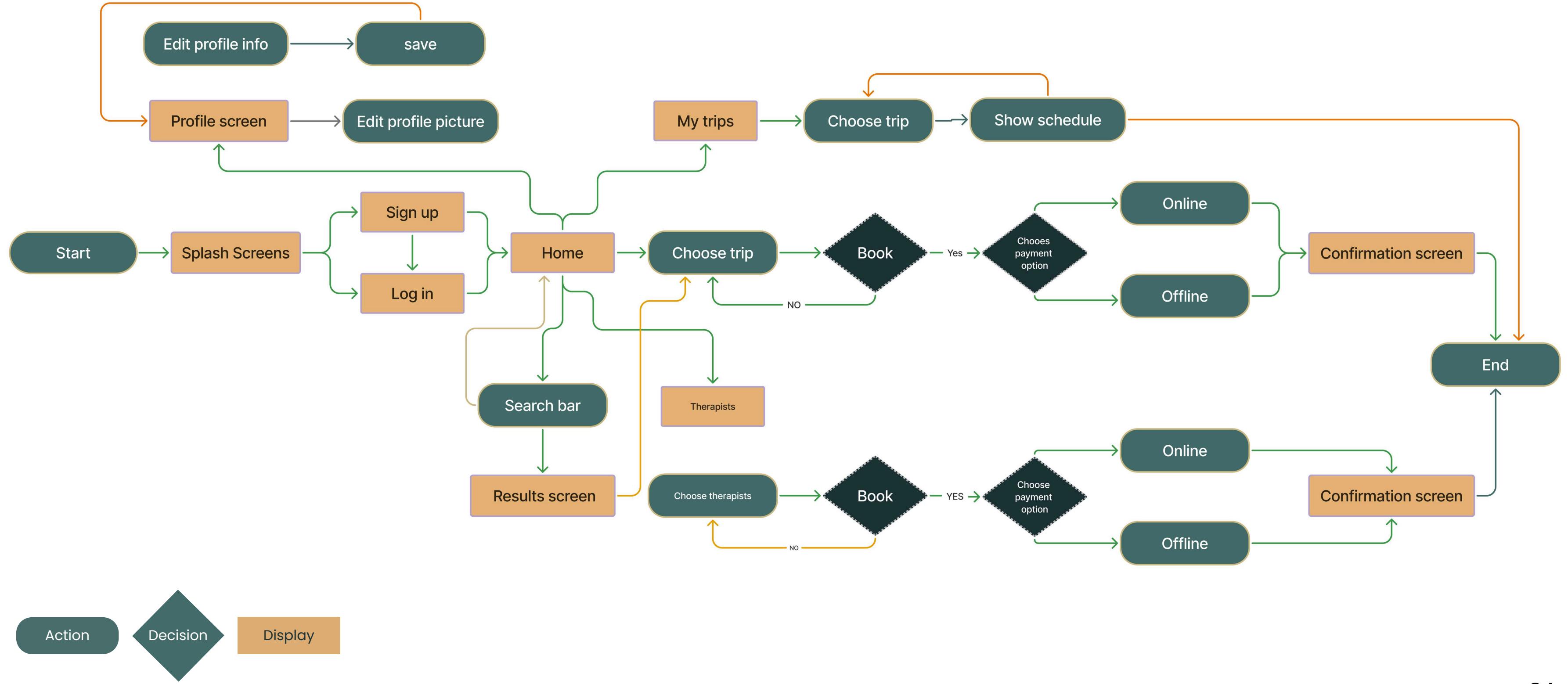
Information architecture





User Flow





Design System



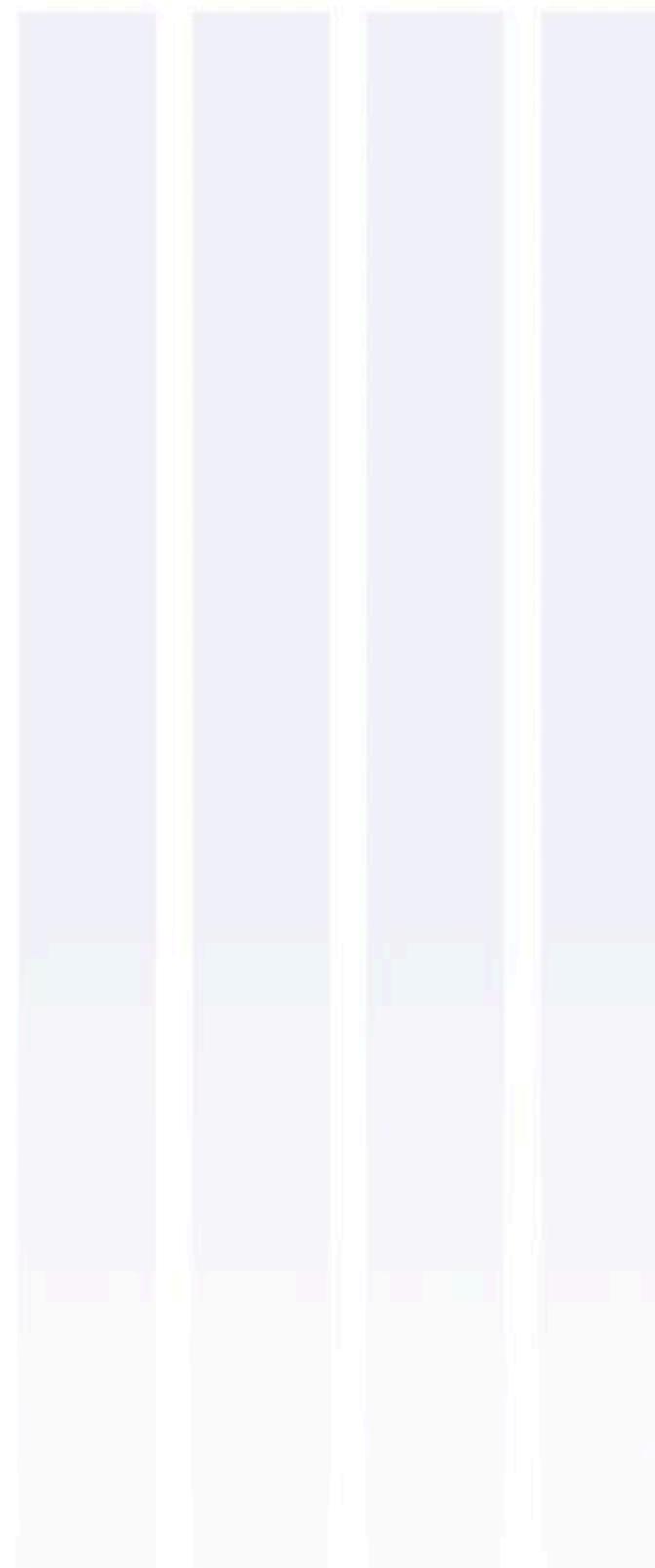
Grid

MOBILE

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- Margin:16
- breakpoi:
lessthan480px

TABLET

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- Gutter width: 16
- Margin:32
- breakpoi:
lessthan480px

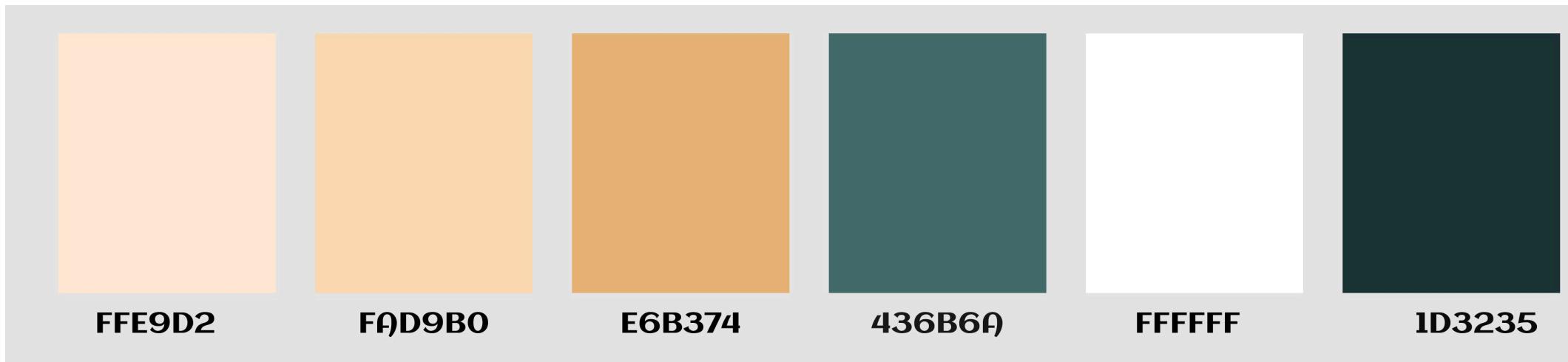


Typography

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- **Font Size:** 40 ,20 ,16 ,15 ,13, 10
- **Font Style :** Regular , Semibold and Bold

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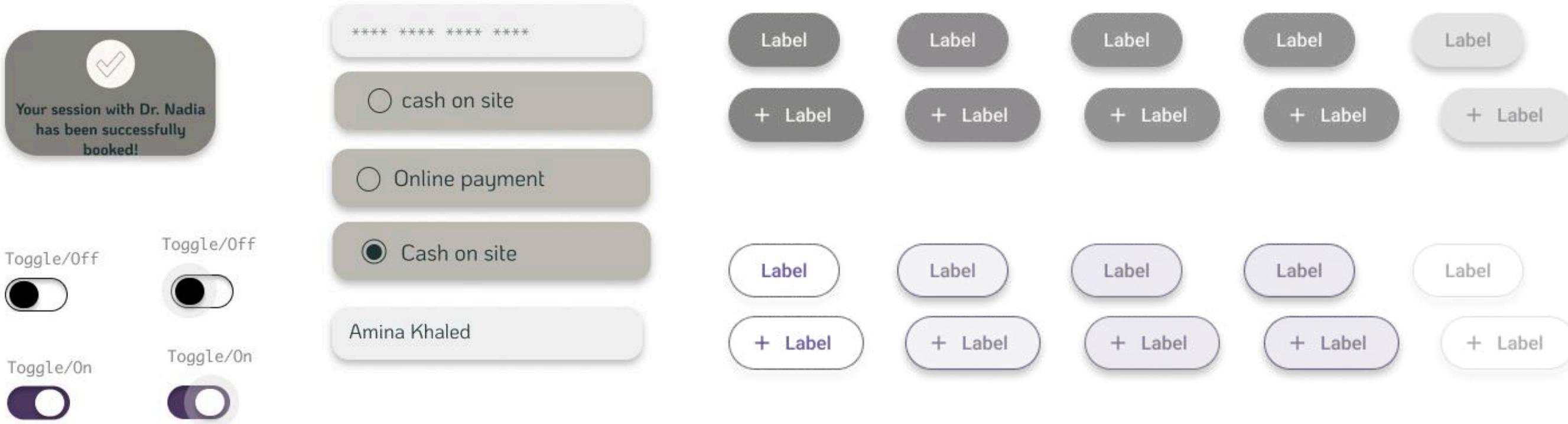
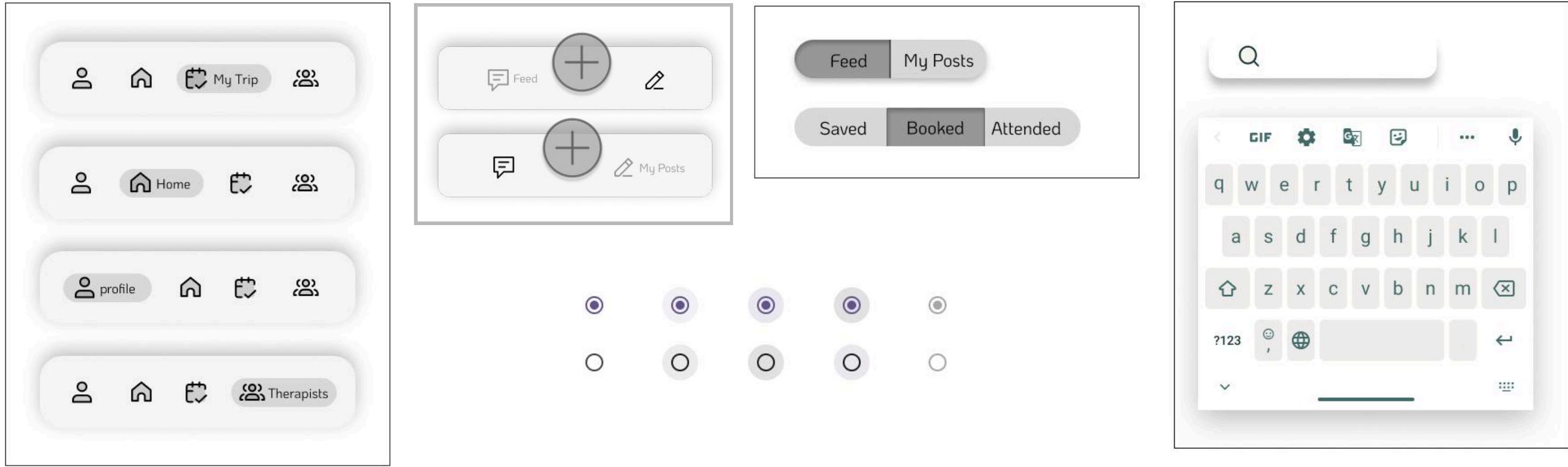
COLOR PALETTE



icons & images

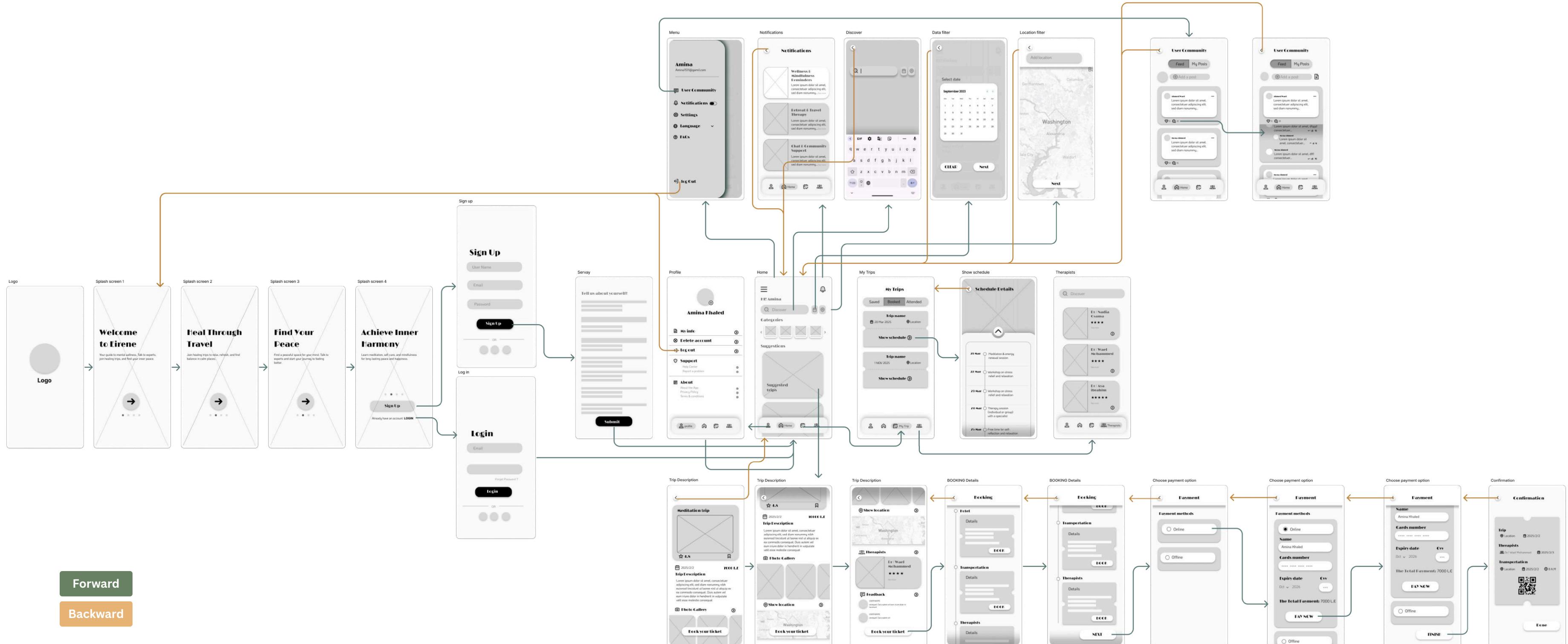


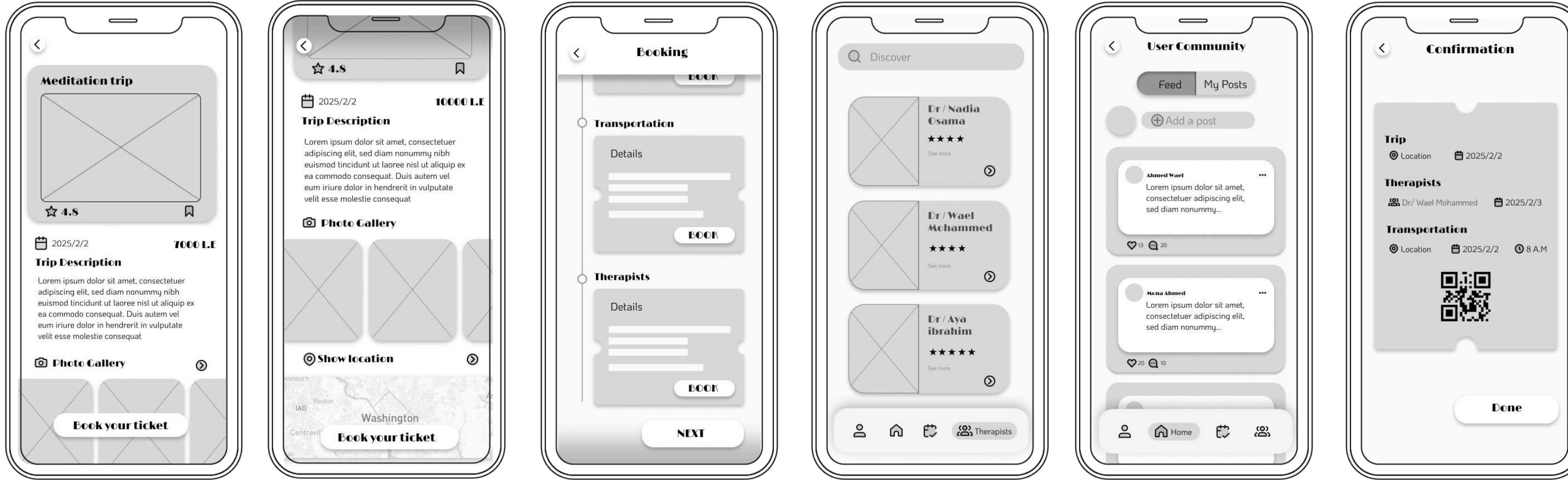
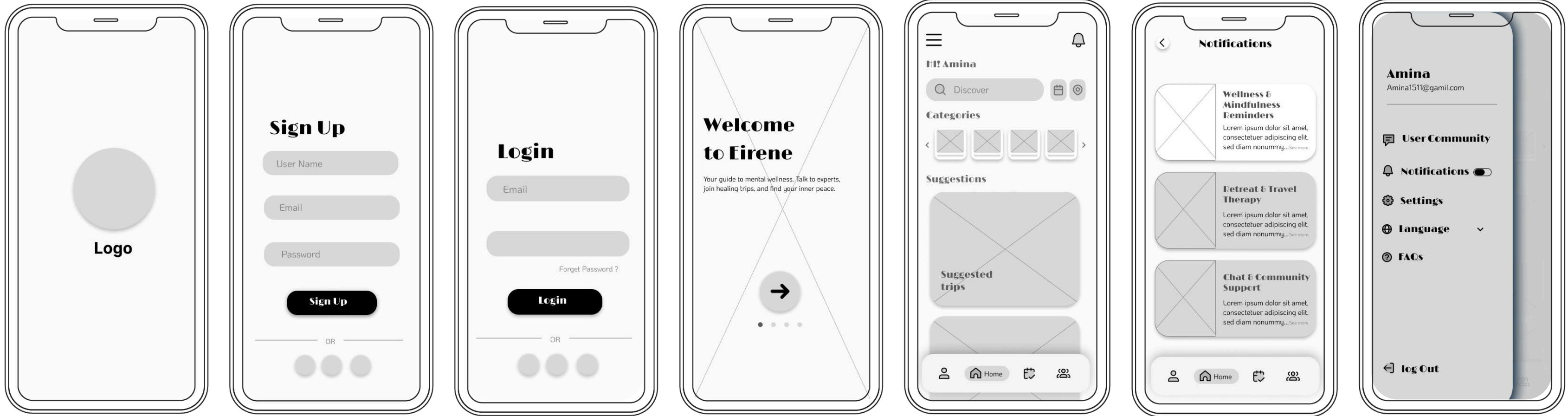
Components



Mid fidelity wireframe

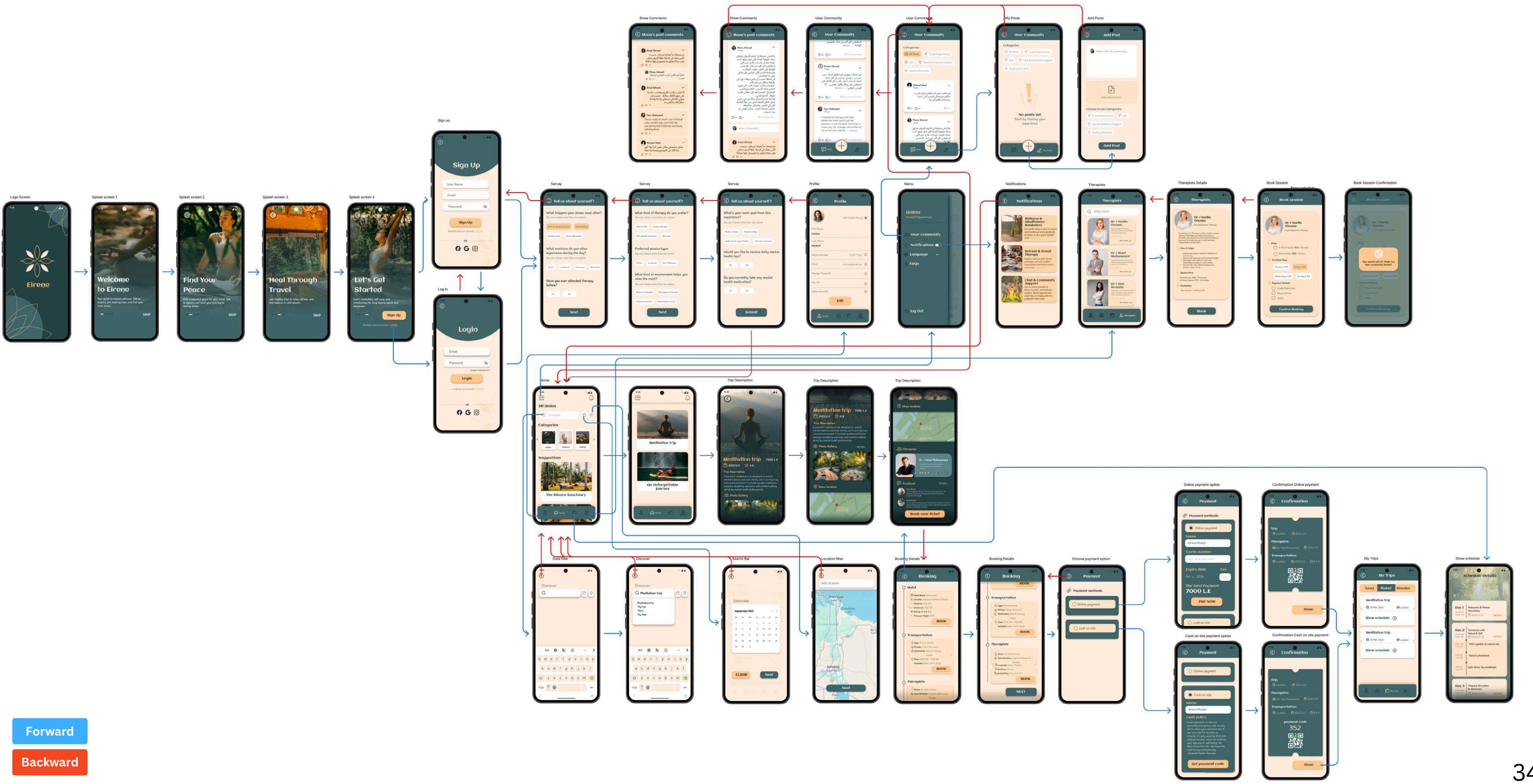




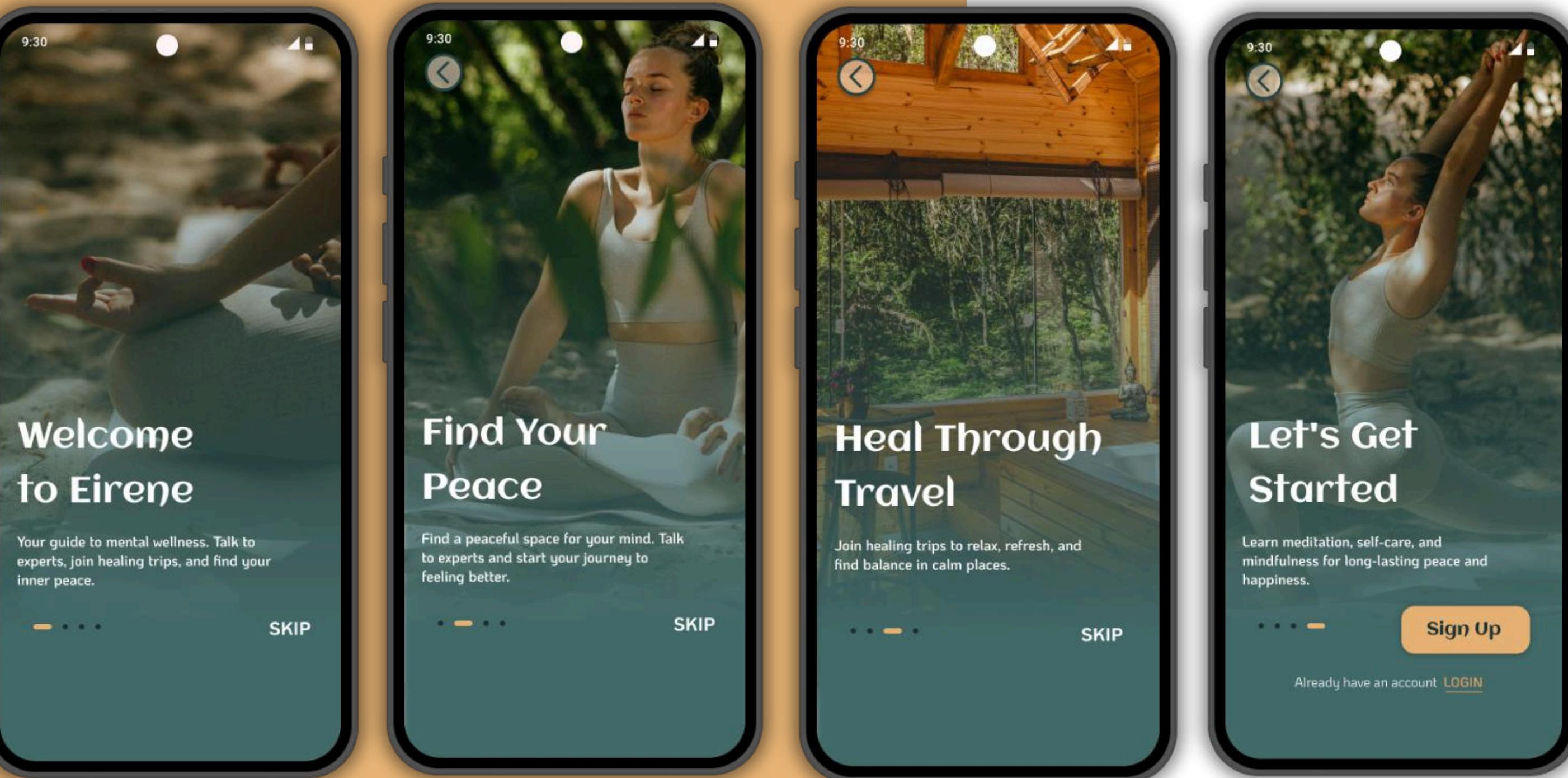


High fidelity wireframe



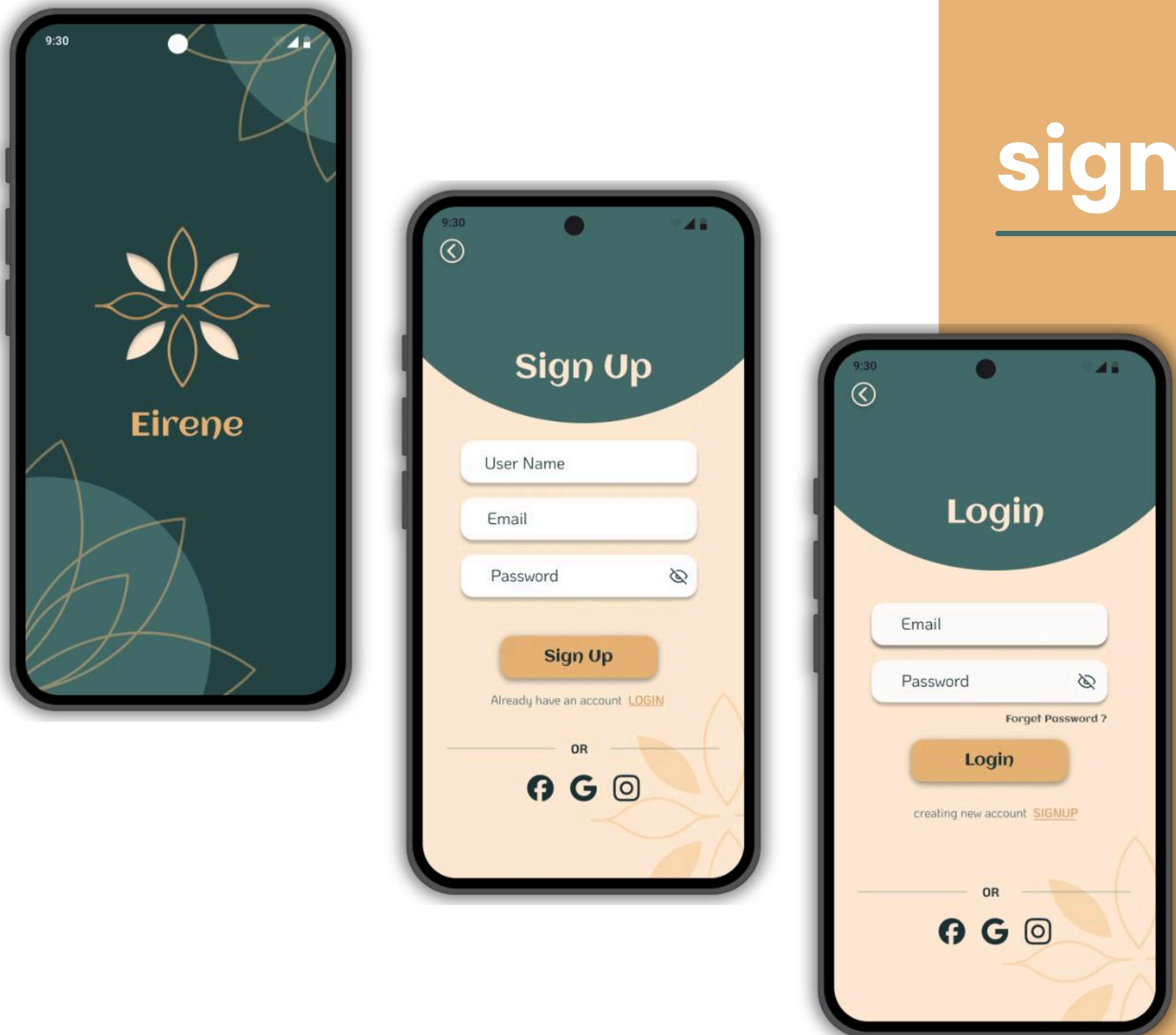


Splash Screens



Splash Screens

The Splash Screen is a short introductory screen that appears while the app is loading. It shows the logo or brand name and sets the tone for the user experience.



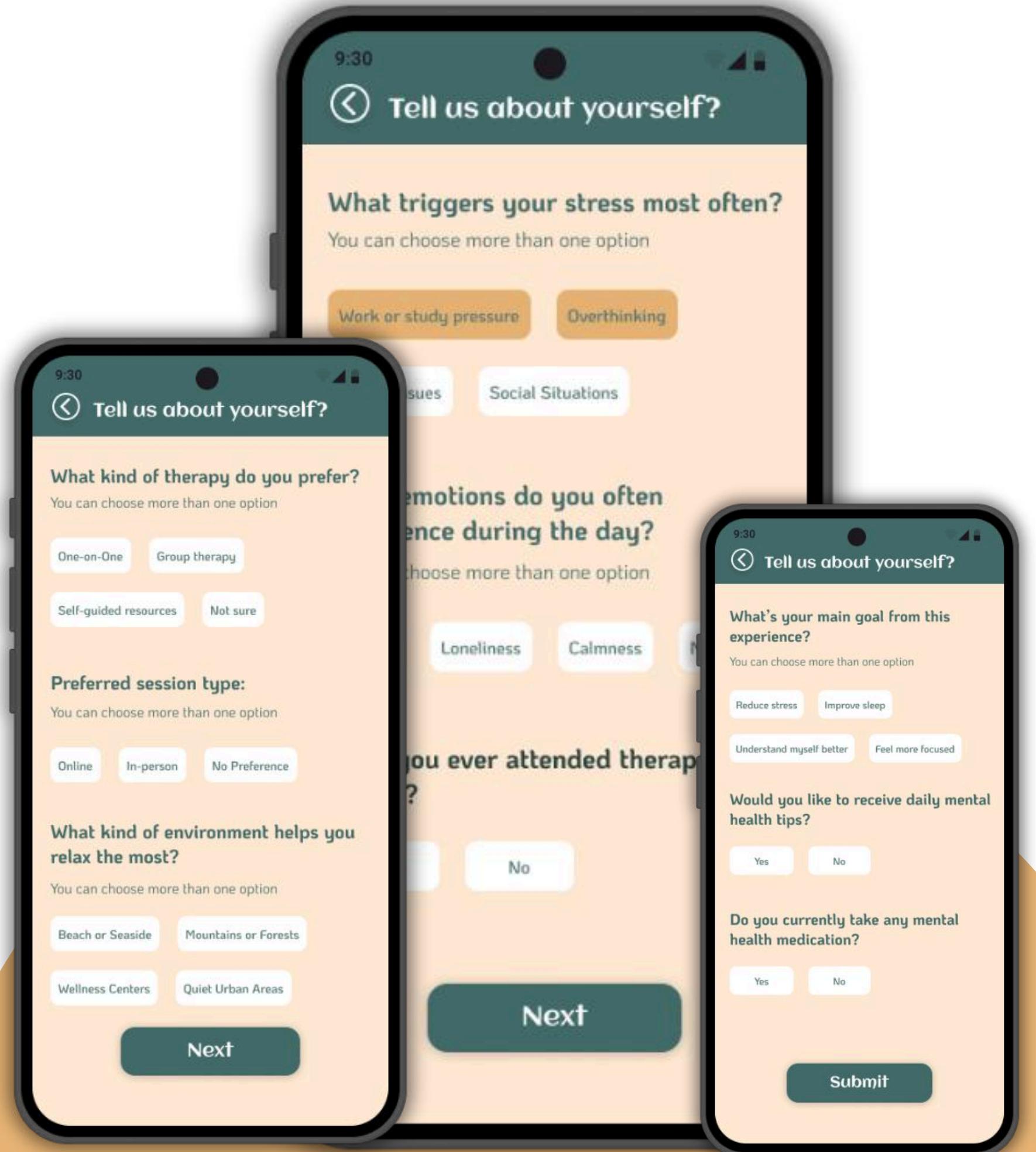
sign up & login

Sign Up Page

The Sign Up page allows users to register by entering their personal details to create a new account.

Login Page

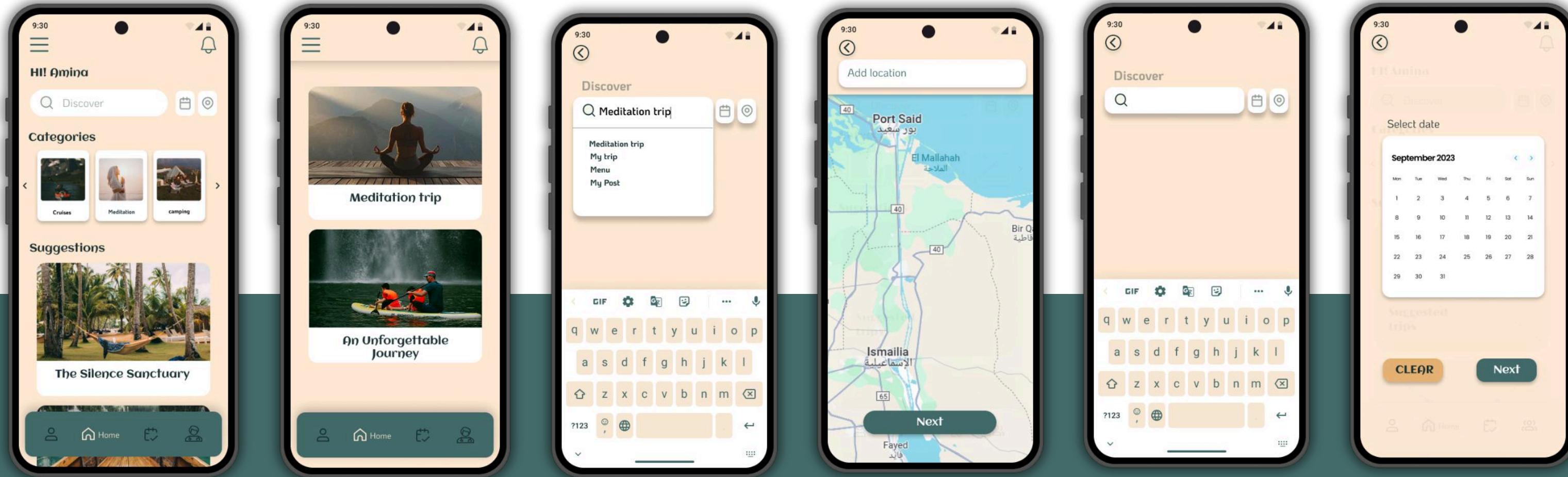
The Login page lets users access their account by entering their email and password.



Survey Screens

Answer a few quick questions to help us understand your preferences and provide personalized trip recommendations tailored just for you.

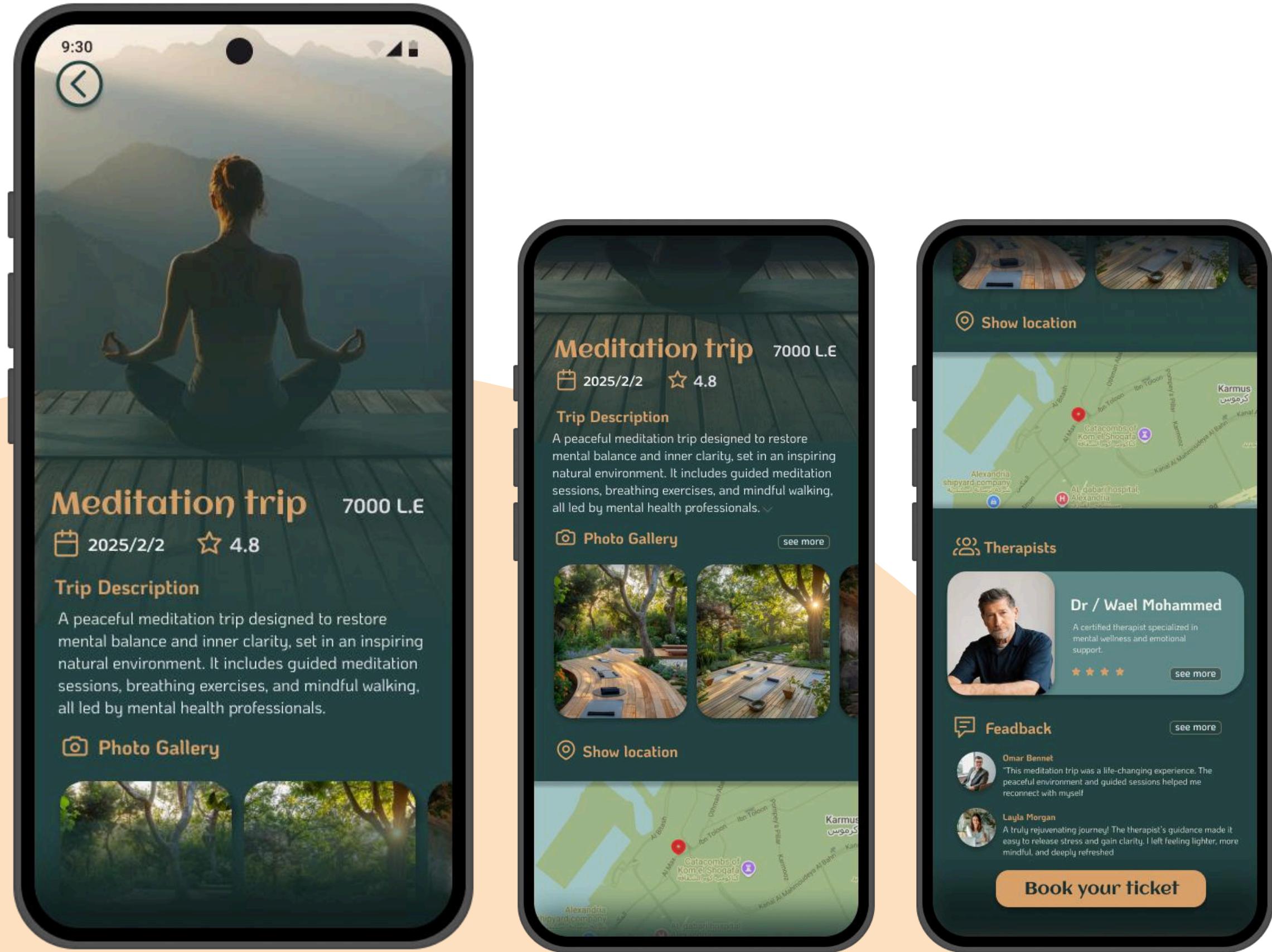
Home & Discover



The Home screen provides users with a calming and intuitive interface where they can explore suggested healing retreats and browse different categories of therapeutic trips. It is divided into three main sections:

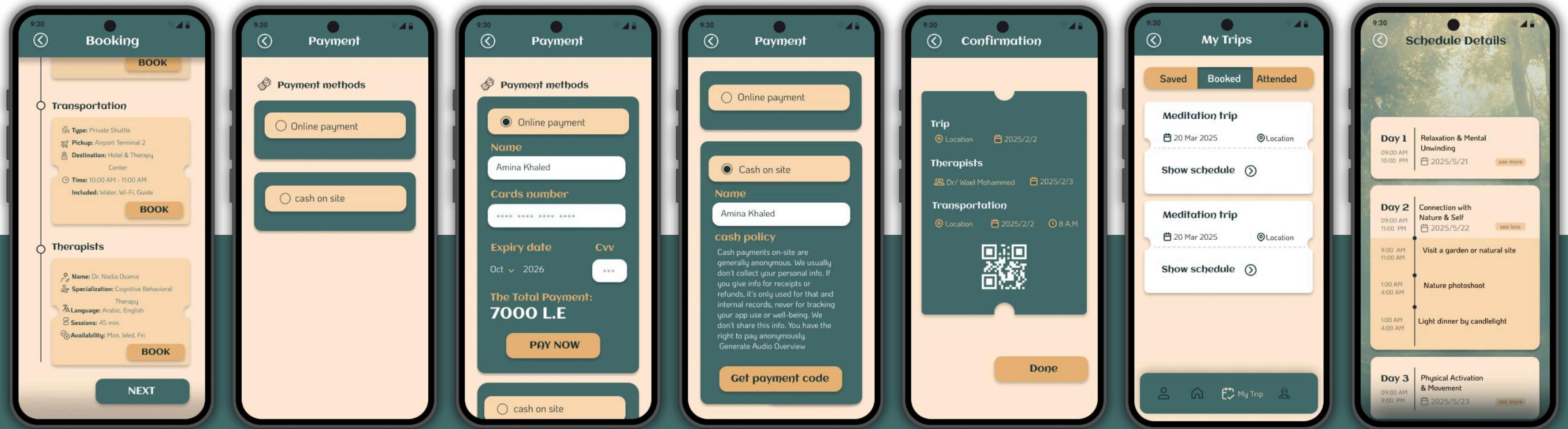
1. Recommended Trips: Curated suggestions based on user preferences and wellness goals.
2. Trip Categories: A selection of retreat types such as meditation, nature escapes, self-care weekends, and digital detox experiences.
3. The Discover section can search by location, type, or date

Trip Description Page



View detailed information about your trip, including itinerary, dates, destinations, and key highlights.

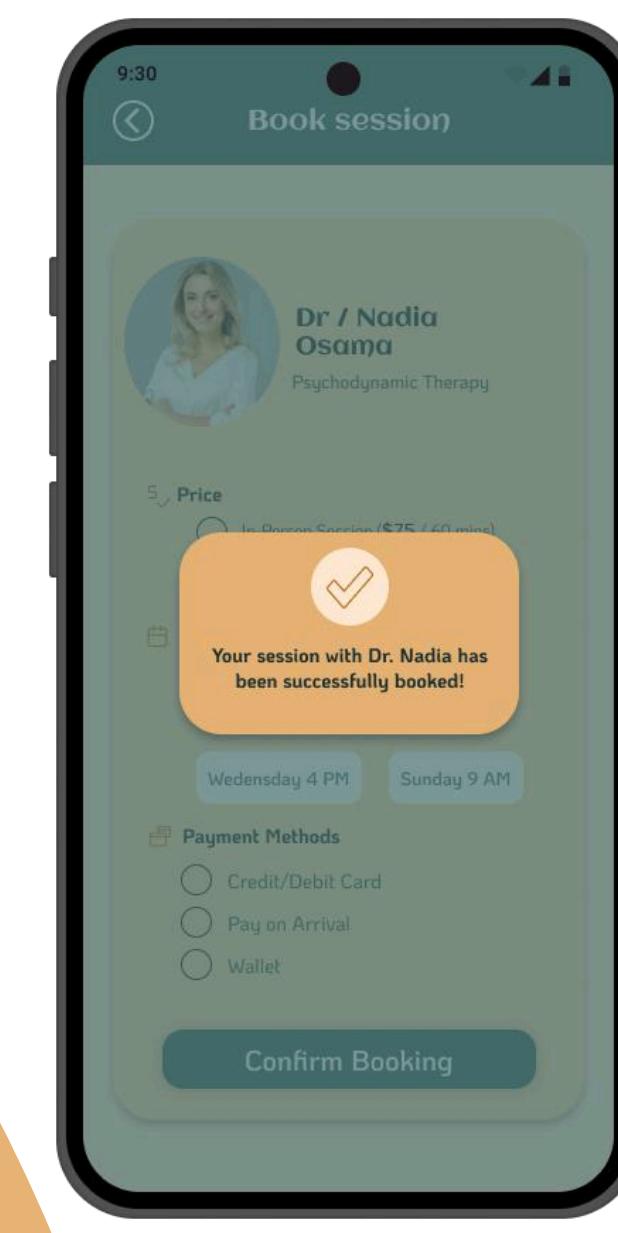
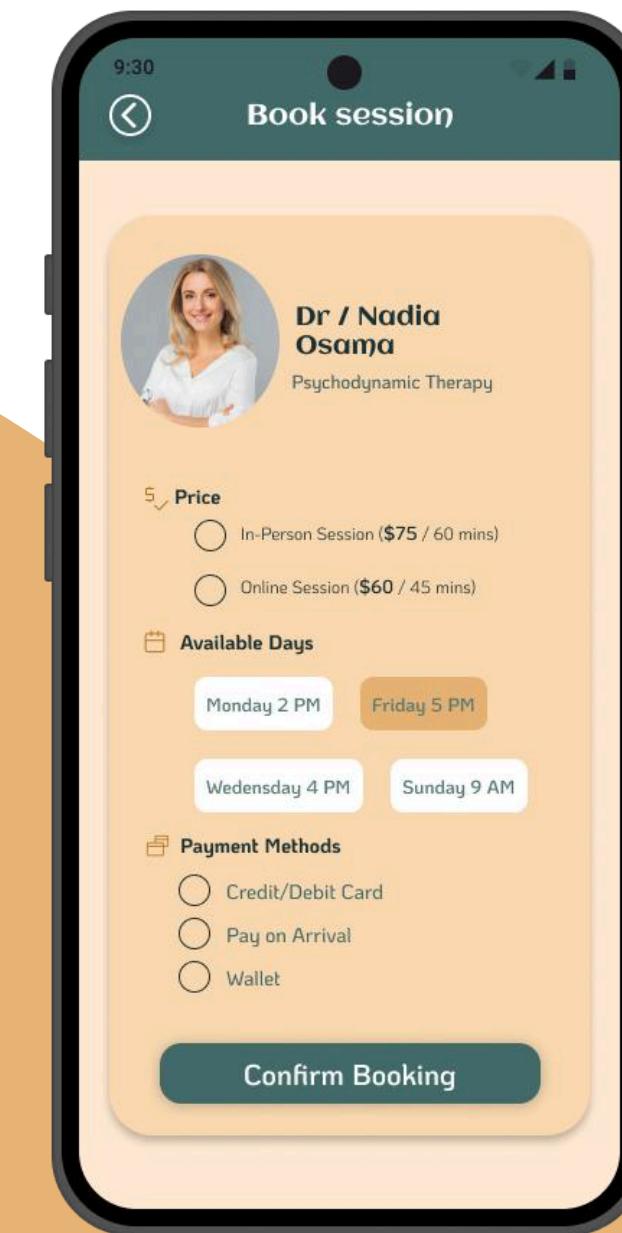
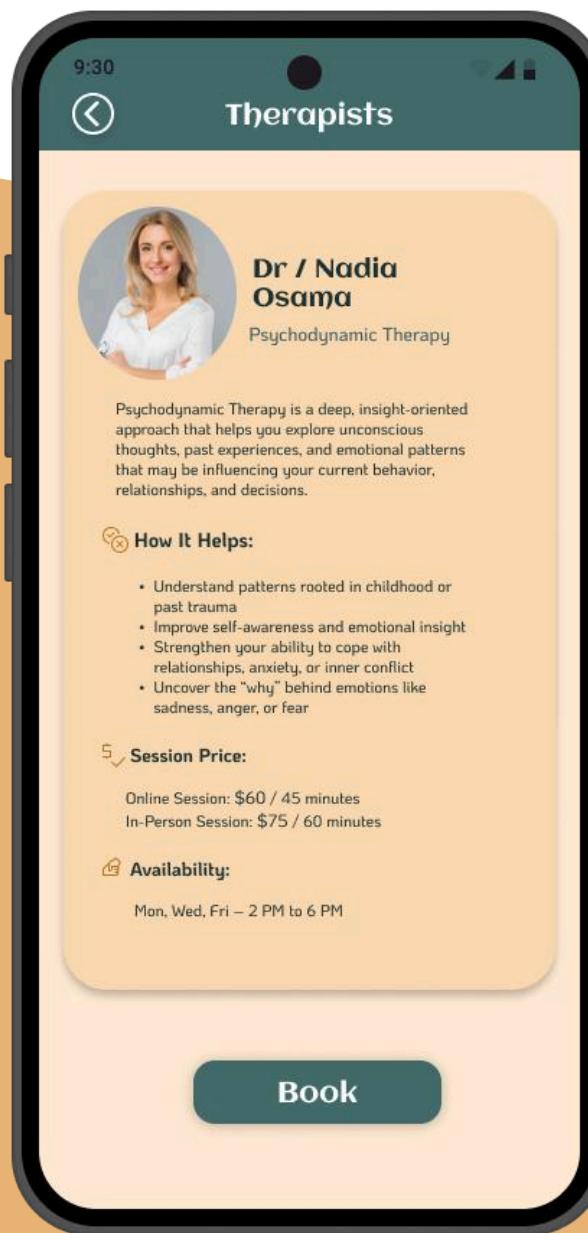
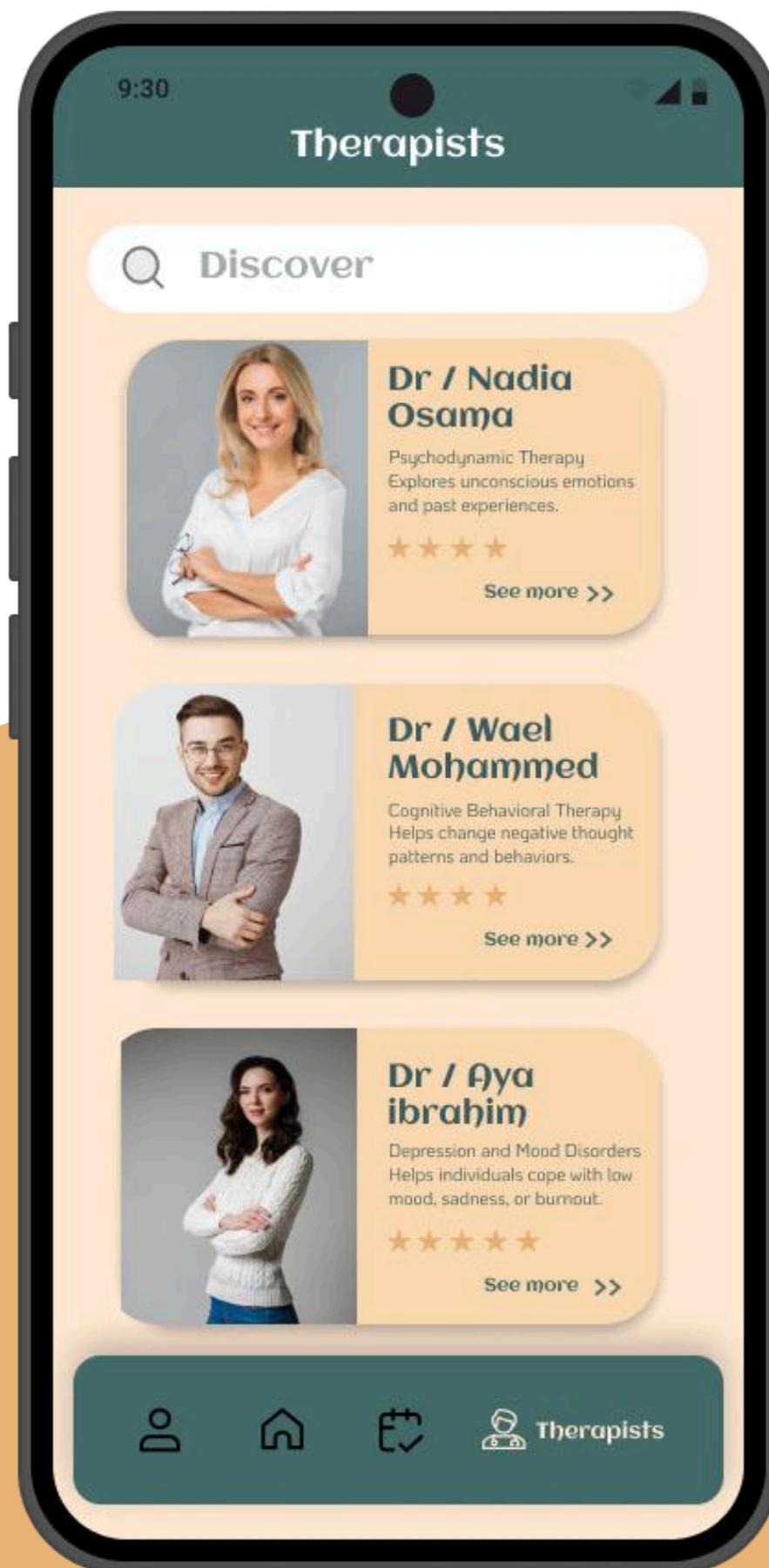
Booking, Payment & My Trips



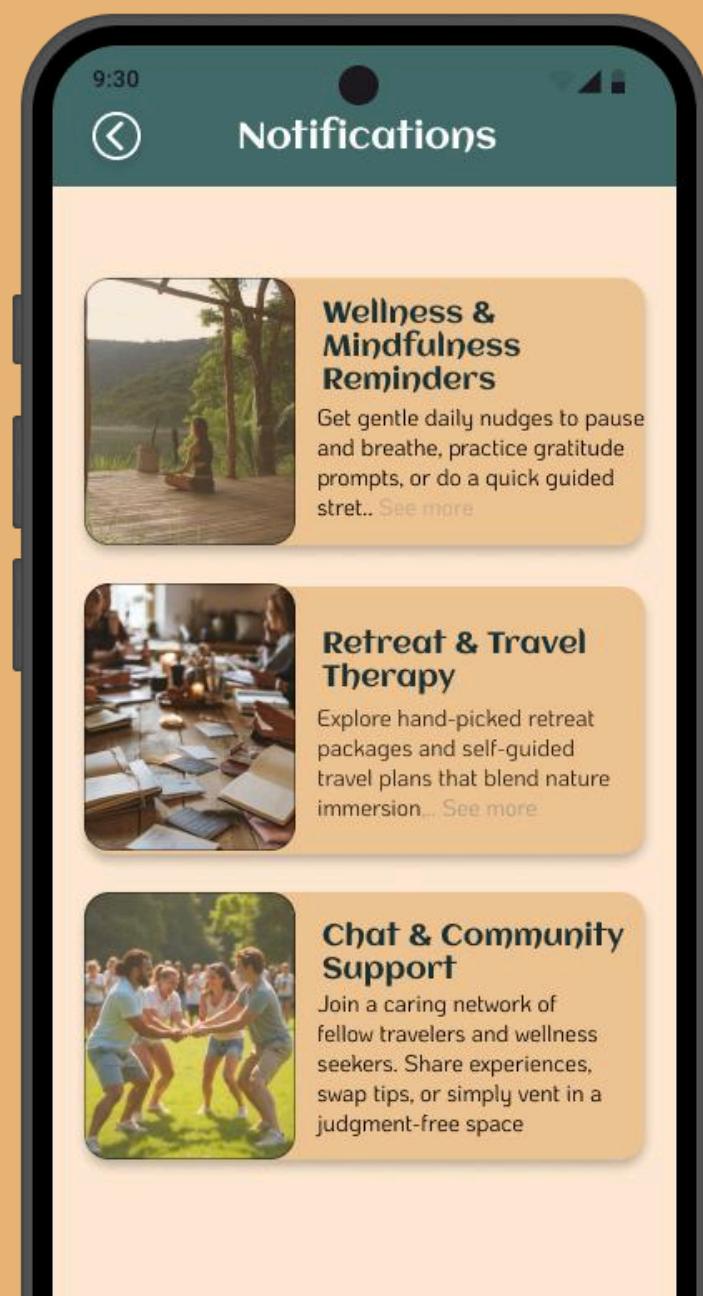
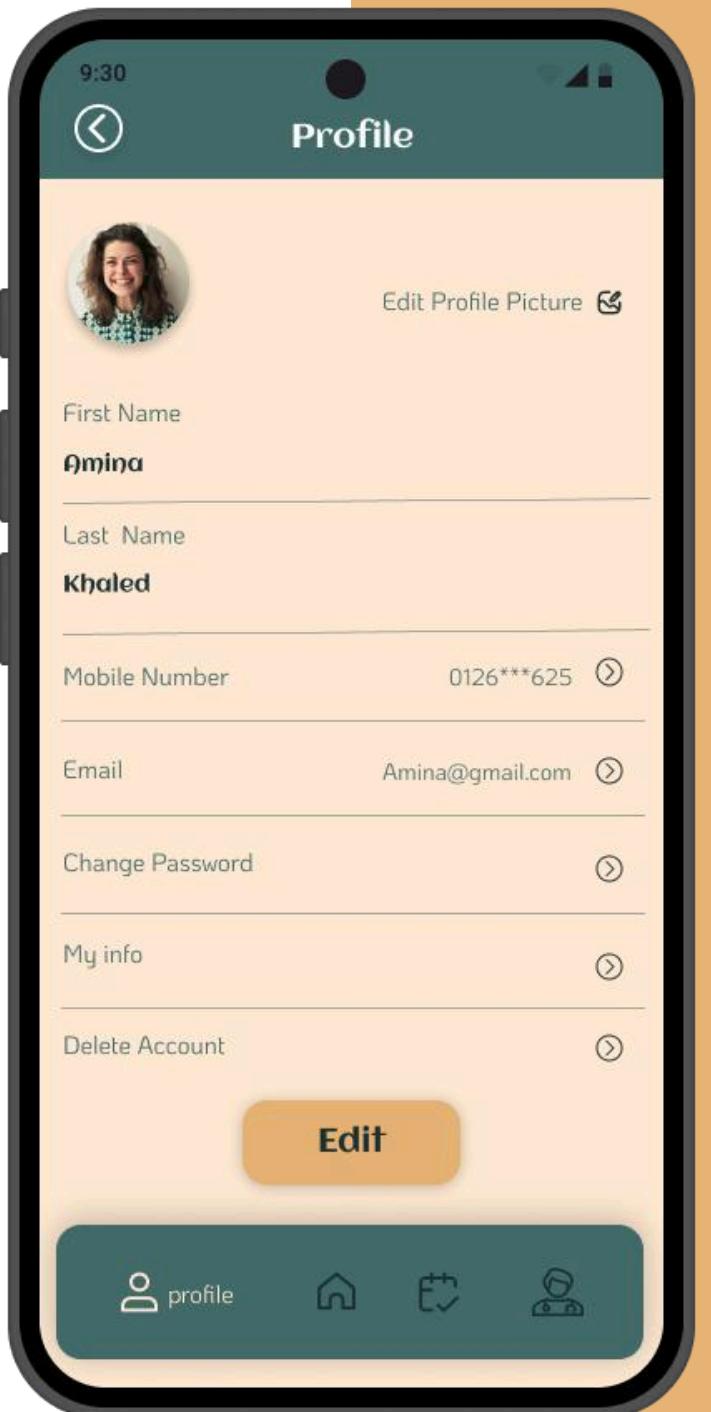
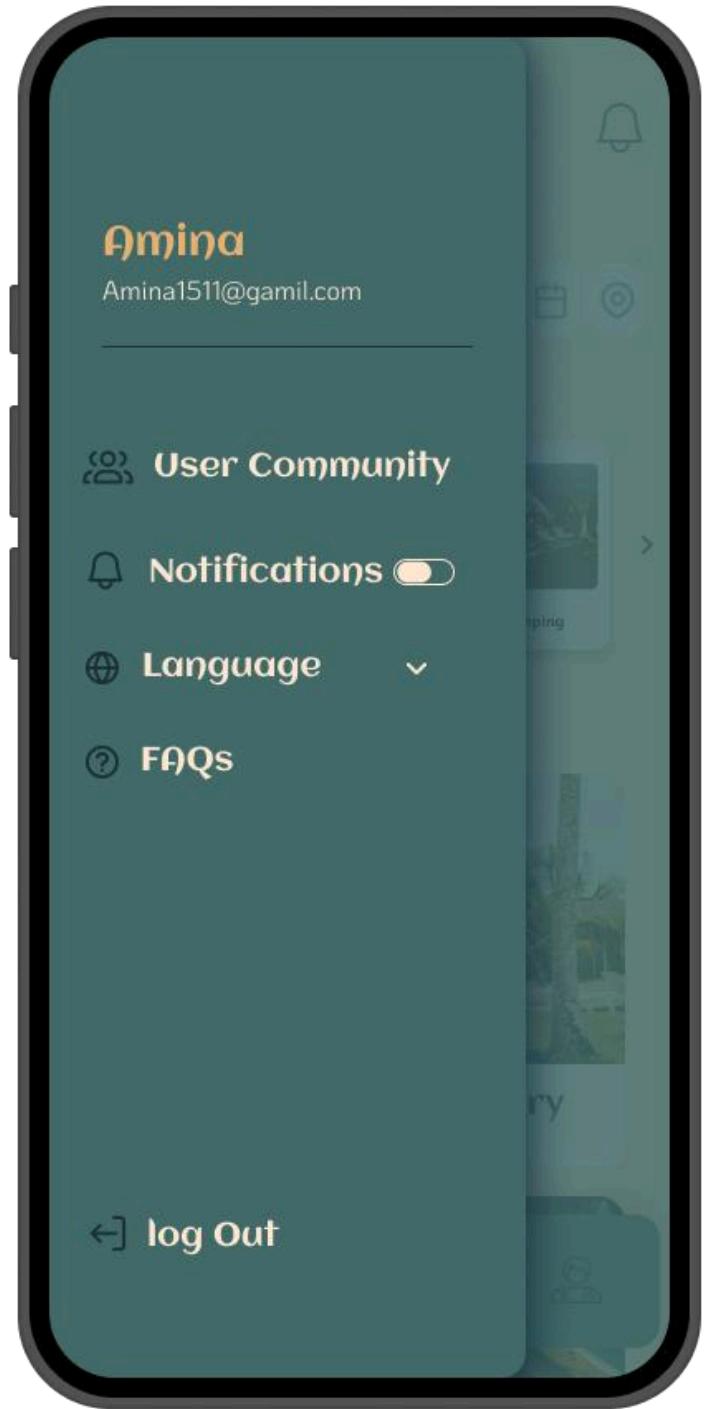
1. The Booking page lets users book their trip, and book the transportation, and even a therapist .They can
2. confirm the booking and pay online or with cash on arrival.
3. The Schedule page shows a clear timetable of upcoming trip

Booking Therapists

1. Before booking a therapist, users can view a list of available doctors with their specialties, profiles, and reviews from other users.
2. On the Booking page, they can choose a therapist, pick a date and time, and confirm the session.
3. Payment can be made online or in cash before the session.



Menu, Profile & Notifications



Menu:

Quickly navigate through app features and access all main sections in one place.

Profile:

View and edit your personal information, preferences, and activity summary.

Notifications:

Stay informed with real-time updates, alerts, and important messages.



User Community

Connect with other users, share experiences, and stay updated with community discussions.

Figma Link



Thank You!

