

Adam Cerven
cerven@kth.se

Kári Steinn Aðalsteinsson
ksad@kth.se

Mohamad Harits Nur Fauzan
mhnf@kth.se

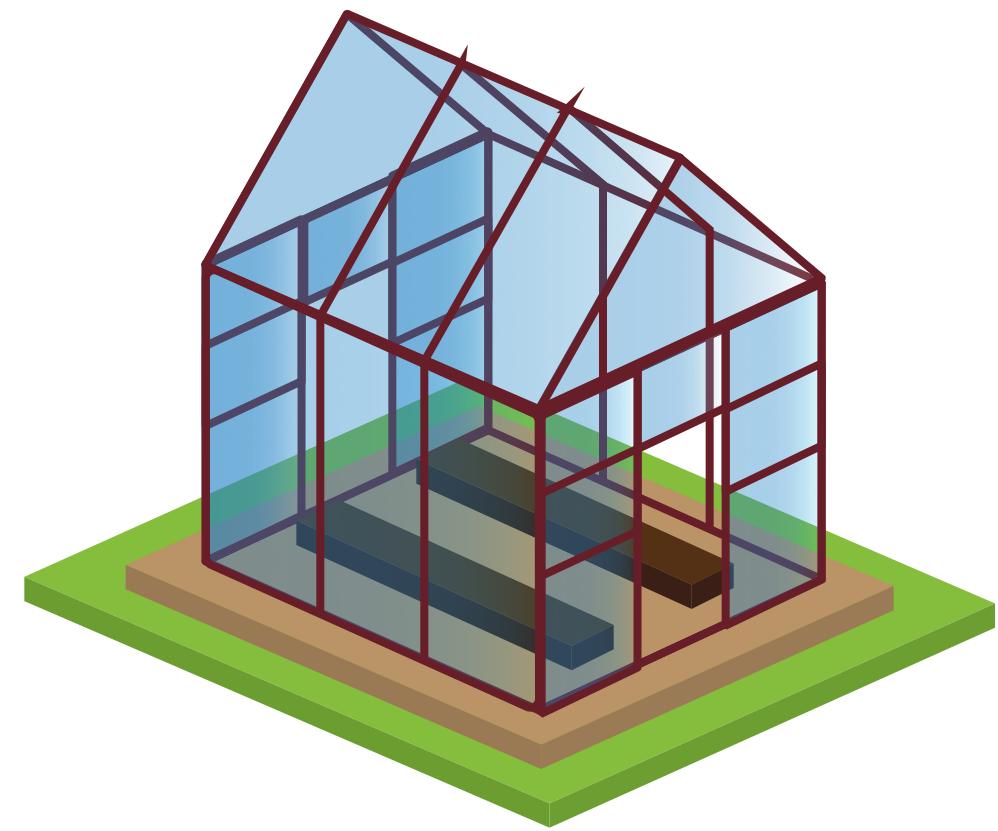
Sandra Larsson
salars@kth.se

Xuni Huang
xuni@kth.se



DM2061 Workbook
Group 2 - Blueberry

01	Introduction	3
02	Design Brief	6
03	User Research	8
04	Ideation	16
05	Lo-fi Prototypes	27
06	Final Design	34





Introduction

How do you feel after socializing?

Perhaps you feel happy and energetic. Or you might feel extremely tired. For an exhausted body and mind, getting recharged is very important. There exist so many ways to recharge. What would you like to do? Sitting down to take a deep breath or cooking a delicious meal for yourself might be a good idea. What about getting a plant in your virtual greenhouse after you get relaxed by completing mindful activities or cooking a great meal? What about getting to cook with Gordon Ramsay or getting a 50% discount coupon at Nike after you get enough energy back?





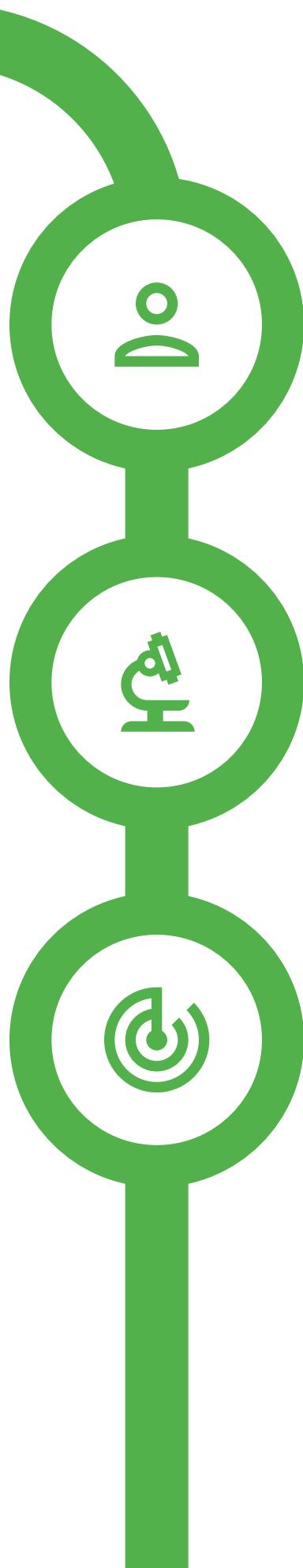
Background

As the world becomes more introverted, people may change their ways of socializing. In socializing, people become more private and less open. Compared to today, creating connections between people and people can become a more burdensome task.

In this situation, we recognize that it may be even more difficult for international students to create connections within a new, foreign environment. Especially when an introverted international student is within a group where there are only same-nationality students. We, therefore, decided to support international students in making them feel comfortable within this kind of environment. We would like to investigate what bothers them, what problems they are facing when socializing, and what can support them.



Design Brief



Target user group

International students coming to a foreign country.

Research topic

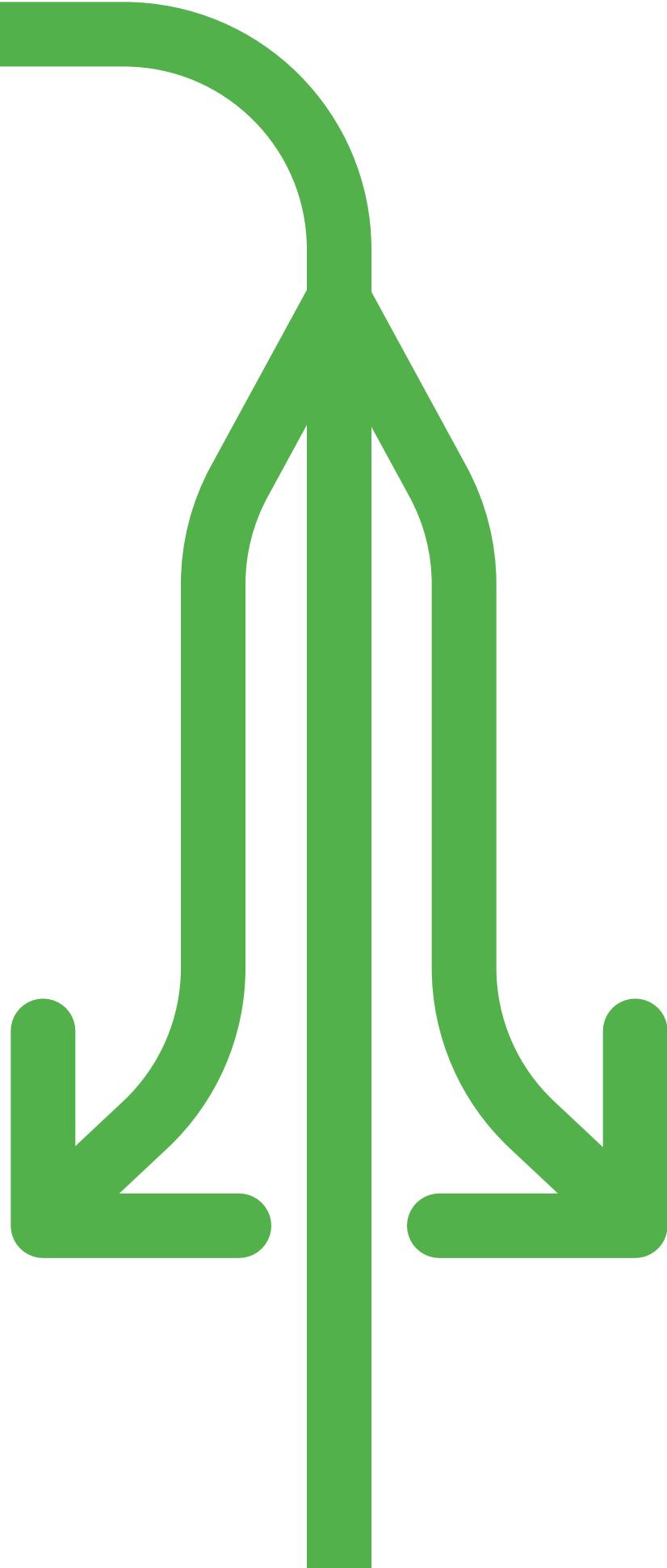
An international (introverted) student is in a new country, among same-nationality students that talk to each other. What do they feel? How are they approaching the situation and what do they WANT to do? What would support them in being more comfortable and social? Do they even want to be more social?

Motivation

We see that there might be potentially a large amount of students who experience problems with creating connections in new, foreign environments. We are interested in finding out what could be the causes for this, and how we could design something that would improve the experience of creating connections for students that might struggle.



User Research



Research scenario choice

We came up with multiple scenarios around the design brief:

- Meeting new people.
- Presenting in front of people.
- Not wanting people to sit next to me.
- Managing my mental health and wellbeing.
- Going to a cinema, shopping mall, restaurant in a world of introverts
- Social gatherings and protests
- Being an international student among a group of students of the same nationality.

We chose the scenario “being an international student among a group of students of the same nationality” as our main scenario.

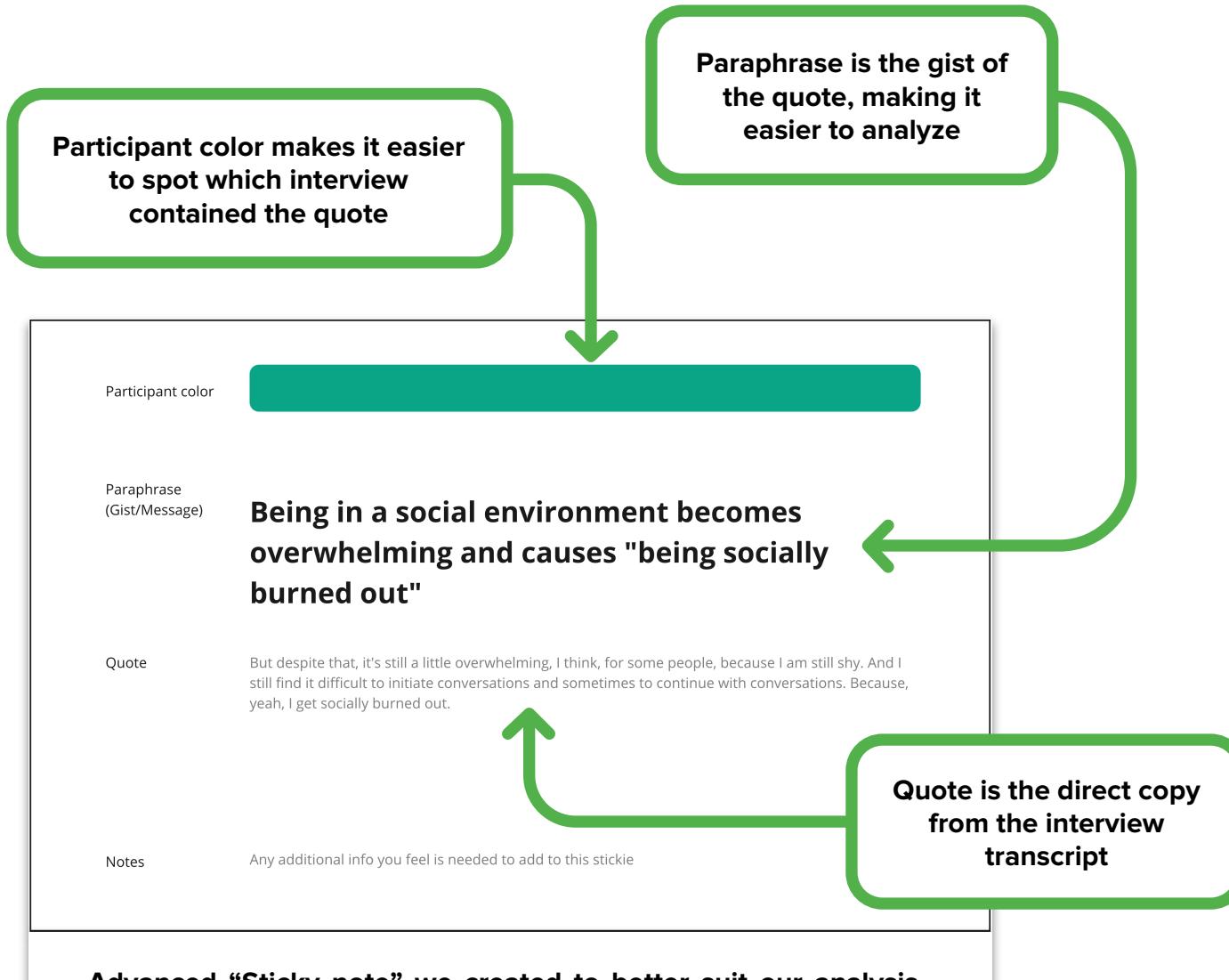
We formulated a research question based on this scenario:
How do international students feel and experience being in a new, foreign environment among students of the same nationality that speak in their own language?

Interviews

We conducted interviews with 5 participants from the target group to hear stories from international students.

Here are some of the questions we asked in the interview:

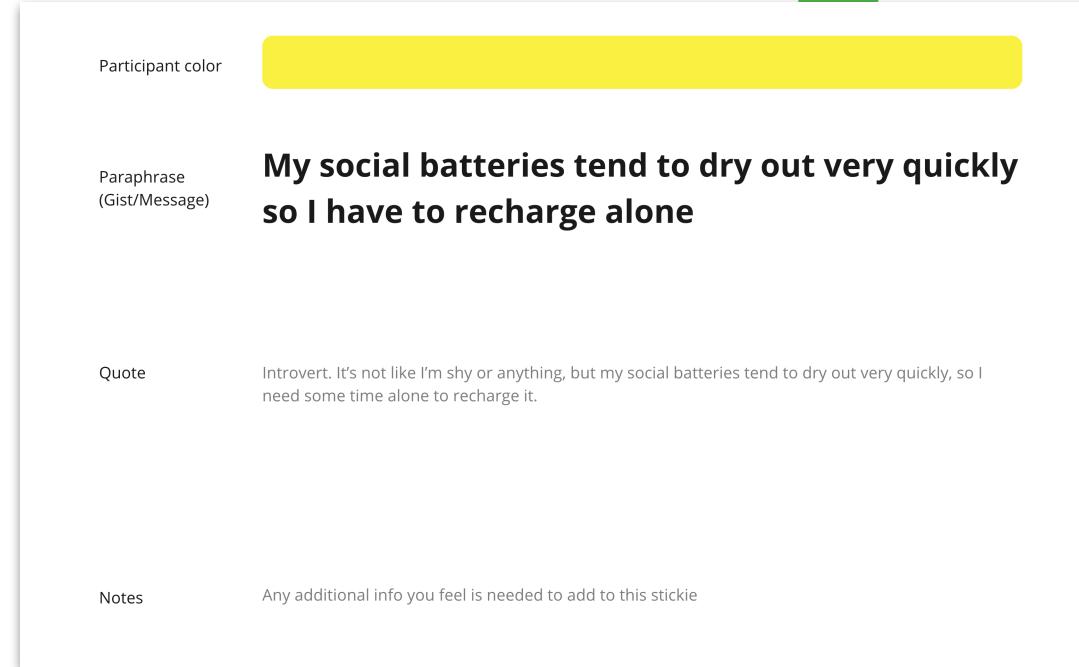
- When arriving here, how did you find the experience of getting to know new people?
- Have you been in a group where you were the only person from your country, and there were other people of the same nationality?
How was your experience there?
- Have you ever been in a situation where people around you were talking in a foreign language that you did not understand?
How did you feel and what did you do?
- Have you ever been in a situation where you came into a group of people that knew each other and you did not know anyone?
How did you find the experience of talking to them? How did you feel?
- Have you ever been in a situation where you came into a group of people where no one knew each other?



Affinity diagramming

We conducted an affinity diagramming session to extract key information from our interview transcripts. We found out that:

- Communication can be difficult due to language and culture
- Being introverted makes it harder to be social
- The difficulty of meeting new people in a group depends on their openness and internationality
- Meeting new people and getting integrated into a group is challenging
- The switch to online due to pandemic causes issues in communication and socializing
- Meeting people online can be easier

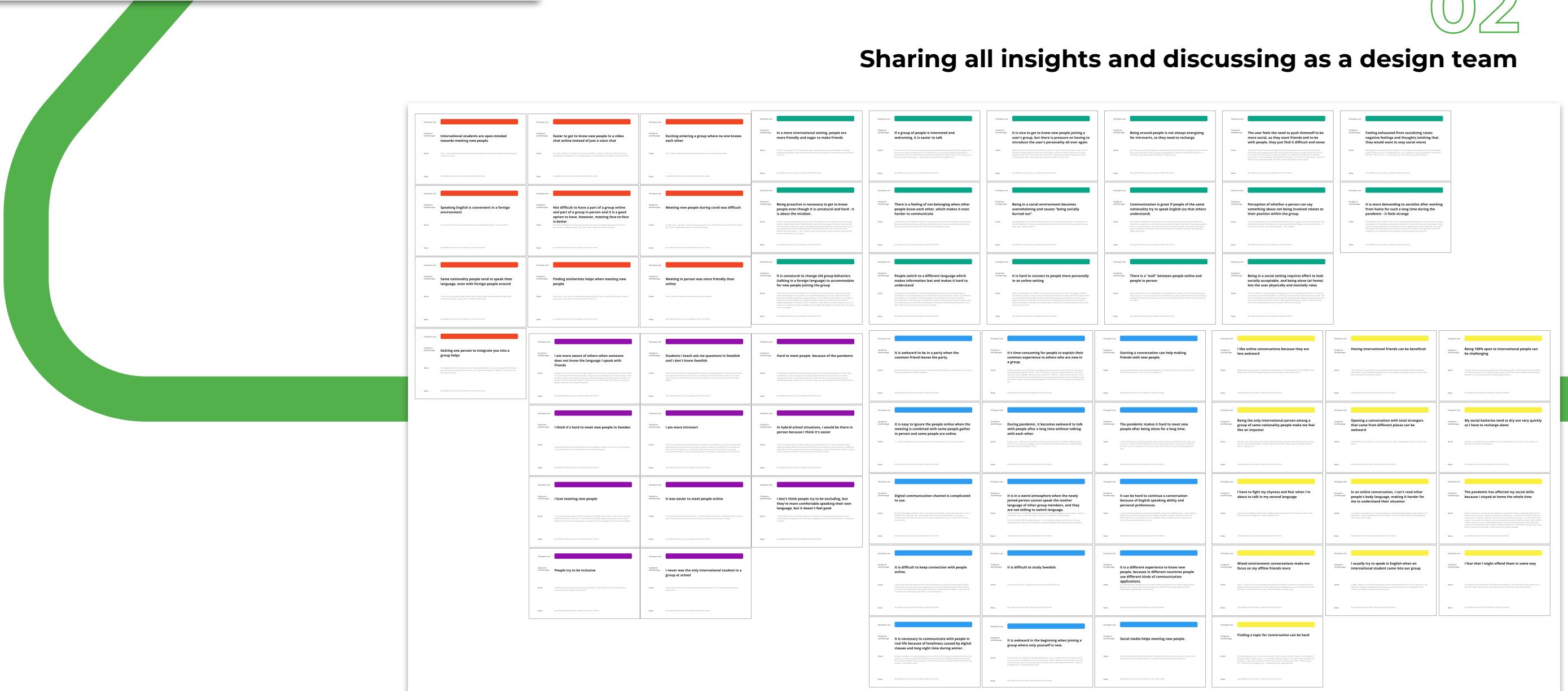


01

Gathering individual insights

02

Sharing all insights and discussing as a design team



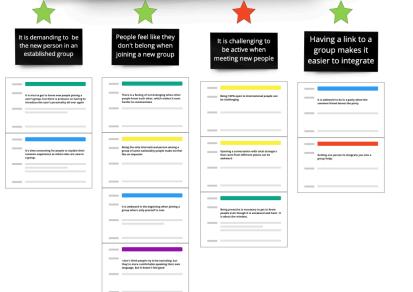


03

Using affinity diagramming to categorize insights



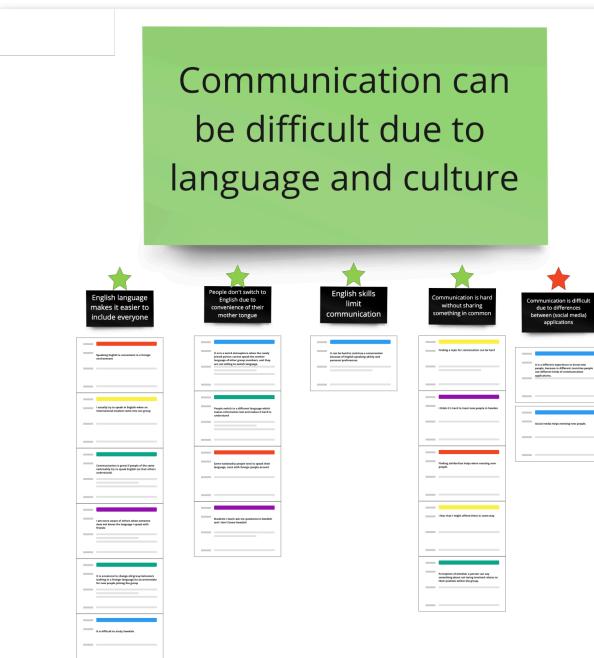
Meeting new people
and getting integrated
into a group is
challenging



The difficulty of meeting new people in a group depends on their openness and internationality



Communication can
be difficult due to
language and culture



The switch to online due to pandemic causes issues in communication and socializing



Being introverted makes it harder to be social



Categorizing into higher-tier groups

04

User needs

We built user stories around the insights we found from the affinity diagram (see Appendix A for the full backlog). We also conducted a survey around these user stories to confirm our findings. We found out that:

- People feel the need to recharge after socializing.
- Users find it hard to join groups of people that already know each other.
- People feel they don't belong when being in a group that already knows each other.
- People find it easier to communicate in a group of international people.
- People find it easier to communicate with people interested in them.
- In a hybrid situation, people tend to communicate with those who are offline rather than those who are online.
- People feel that English makes it easier for them to feel included in a group.
- People need to push themselves to talk to people.

We found out that most introverts require some time for themselves to recharge after having an exhausting social experience. Thus, we decided that our core design challenge will be:

How might we design something that helps international students recharge and relax after socializing?



CHARLOTTE

International student

ABOUT

- Age 22
- Female
- Student at KTH

MOTIVATIONS

Charlotte meets people and needs to socialize with them pretty often, but she feels exhausted afterward. So she would like something to help her recharge and relax after socializing.

She's busy with school work, so she likes something that can help her recharge and relax easily and quickly.

She enjoys using products that can make her feel relaxed.

IDEAL EXPERIENCE

Charlotte loves to socialize with her close friends but she always needs some time alone to recharge after talking to people.

She'd love to meet new people that have the same interests as herself or her peers.

Whenever she wants to socialize, she'd rather meet people in a fully online or offline settings and avoid hybrid settings.

She feels that English helps her connect with people from all over the world, so she'd want to be in an English speaking group.

BACKSTORY

Charlotte is an international student who just recently moved to Sweden from her home country of France. She is single and moved to Sweden to study a master's degree in civil engineering. In France she had a close circle of friends and likes to spend time with them. Most of the time she likes small social gatherings with her close friends.

She doesn't go to larger gatherings a lot, such as parties, because it drains a lot of energy from her. In Sweden she experiences this more than with her close friends in France since she is meeting a lot of new people all the time and trying to build new connections. She likes to meet new people, but since she is a full-time student and is quite busy with school and socializing, she feels exhausted a lot of the time.

FRUSTRATIONS

Being in a social setting, such as a party, takes up a lot of Charlotte's energy

After having been at e.g. a party, Charlotte feels exhausted and doesn't want to spend time with others for a while

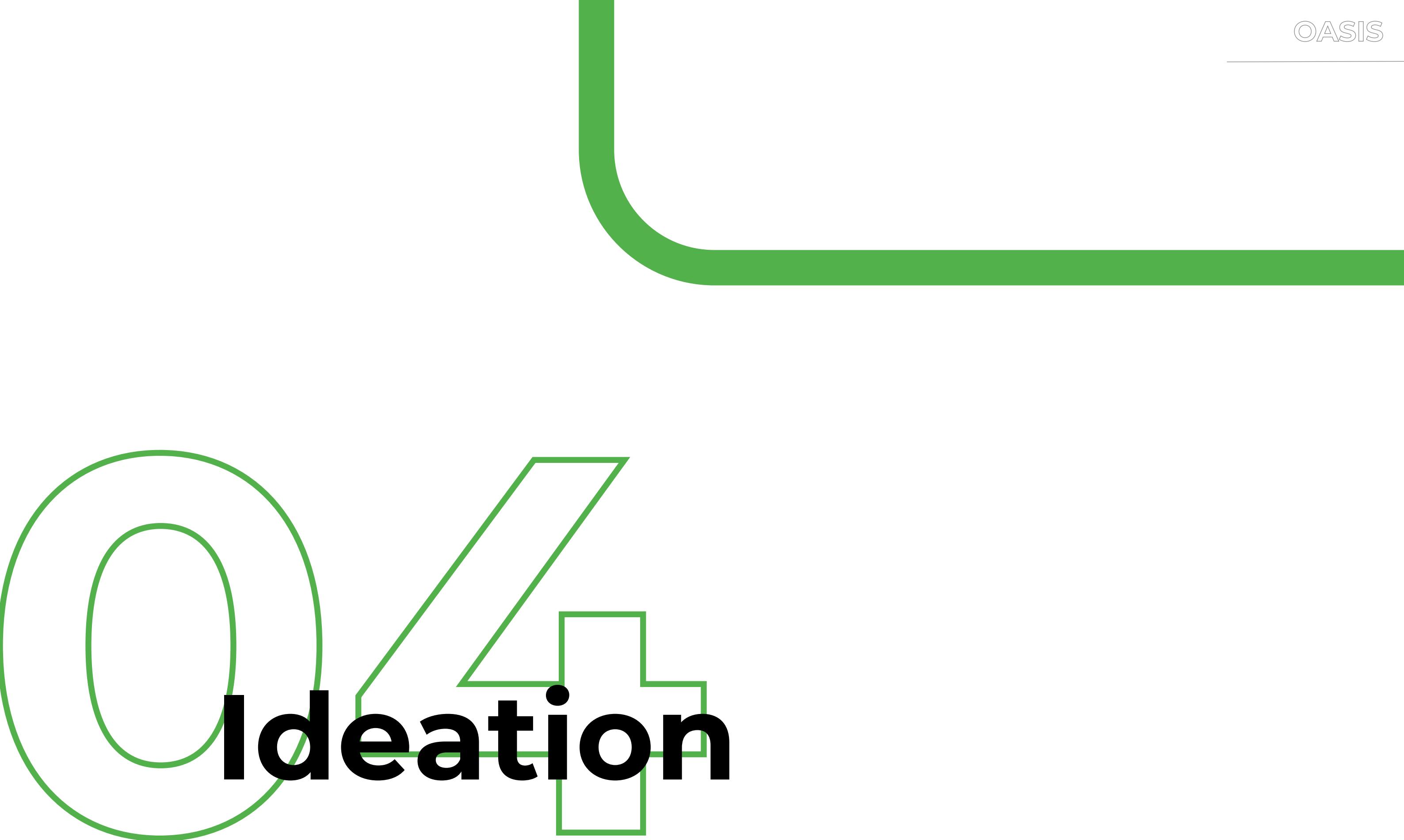
It can be difficult for Charlotte to have many events planned, since she maybe won't have the time she needs to recharge between the events

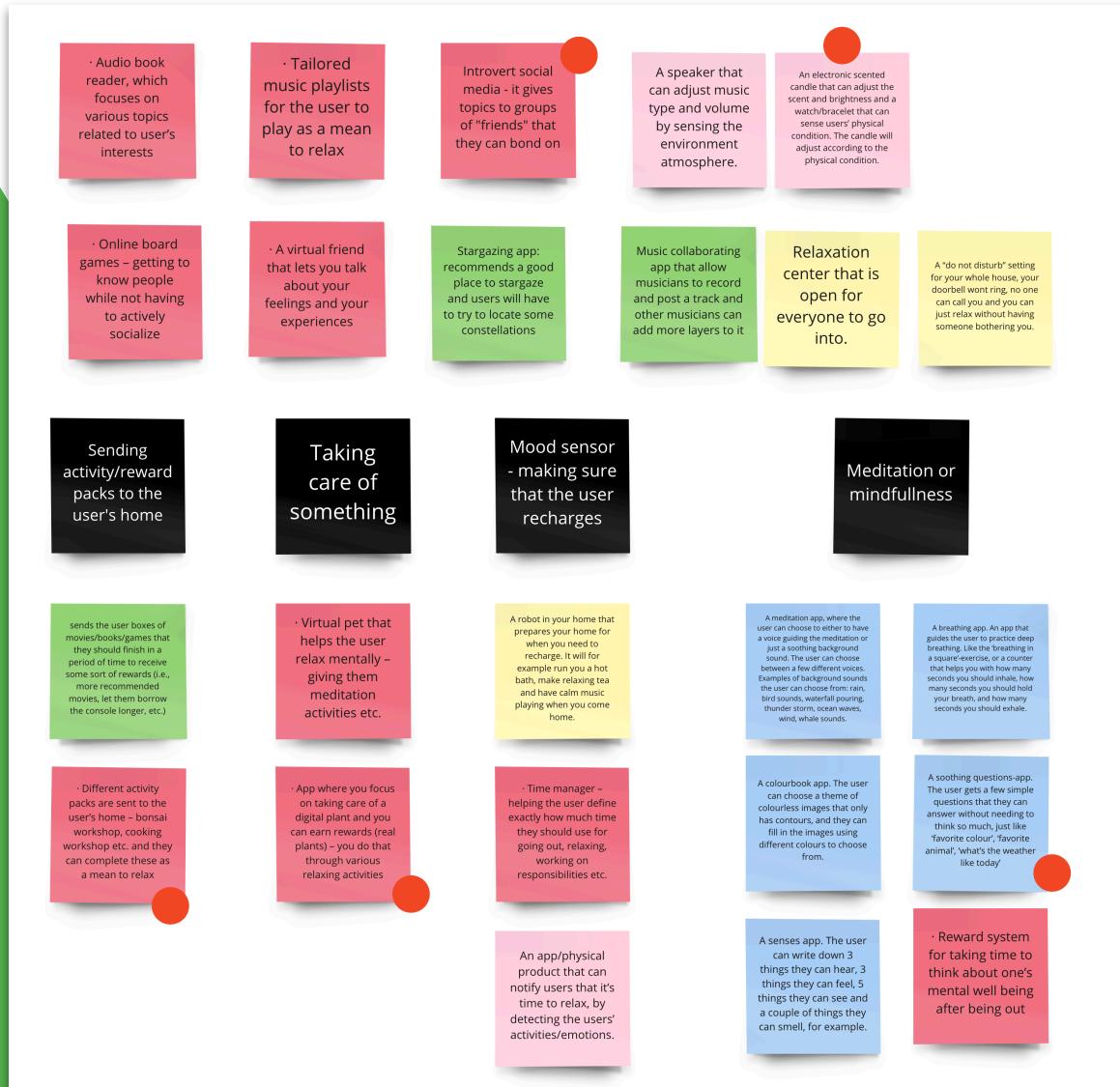
QUOTE

"When going out and talking to a lot of people, I often feel quite overwhelmed. Afterwards, I have very little energy, and I just want to stay at home and relax. In a way, I need to 'recharge' my social batteries."

Photo by Anna Oliinyk on Unsplash
User persona style by Arthur Chayka, available at Dribble

We created a **User persona** that summarizes all our quantitative and qualitative research findings and helps us keep the user at the center of our ideation (and later stages of the Design Process).





Results of the **Ideation workshop**. Ideas were created using the **KJ Brainstorming** technique. The four black post-its signify category names. The red dots are the dot-voted ideas that were used in the later stages of the ideation phase.

Ideation techniques

We began our ideation in the ideation workshop. After the workshop, each group member **dot-voted** for the ideas they liked best.

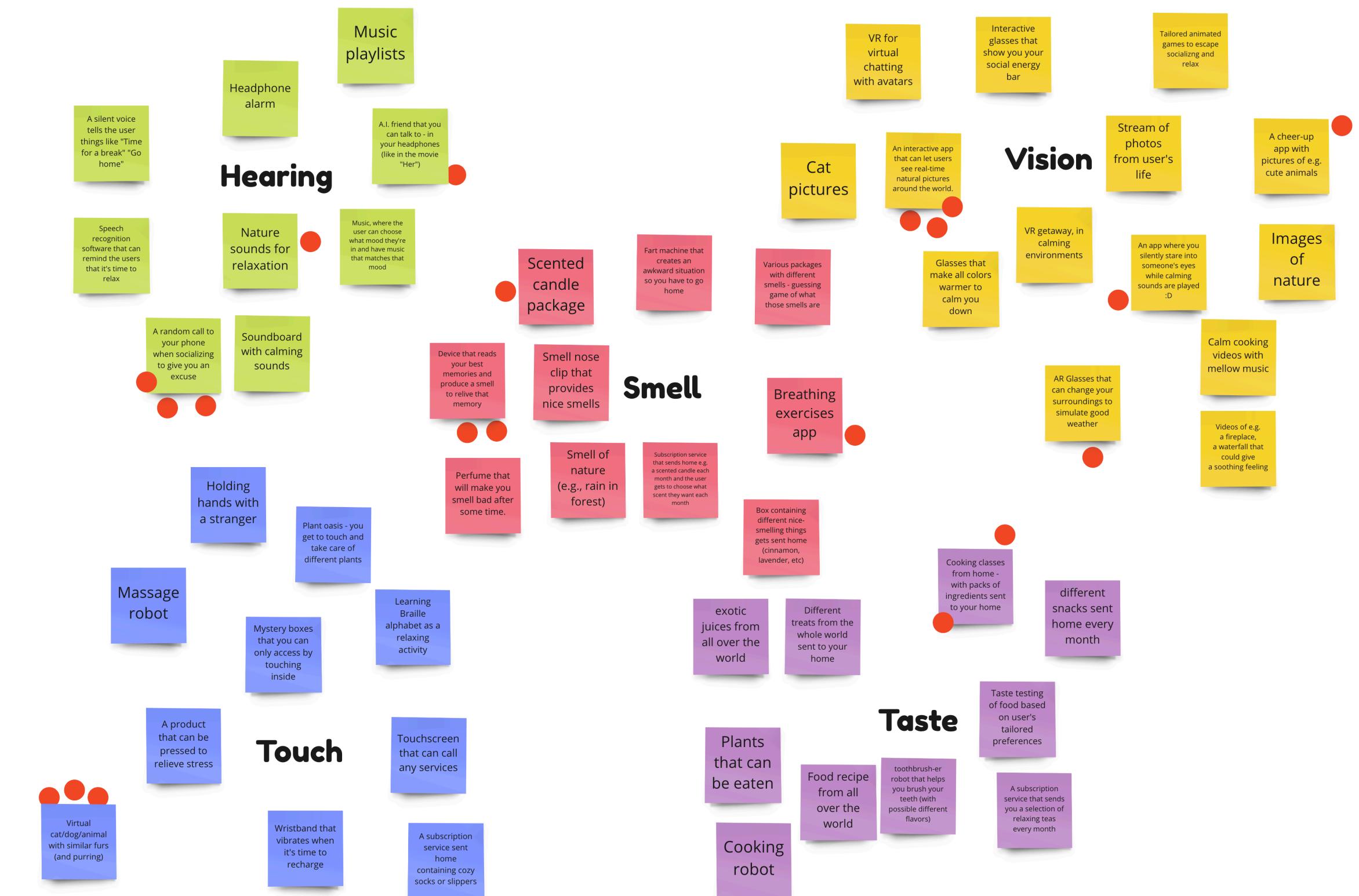
To brainstorm more ideas, and to get a more creative, out-of-the-box output, we conducted **Sensual Brainstorming**. In this technique, everyone got to write down ideas relating to each sense; vision, hearing, touch, smell, and taste. We then read our ideas aloud and then each member got to **dot-vote** again on the concepts.

Afterwards, we used the **Lotus Blossoms** brainstorming technique, to build on the 10 best ideas, making sure that each team member could offer their creativity in developing each idea. In the blossoms, we wrote down either more ideas or features that the concept could include. By doing this, we were able to get a better idea of how that concept would work.

01

Sensorial brainstorm results

How might we design something that helps international students recharge and relax after socializing?





360 view with VR

If the person is recharging with others, they can cast from their mobile unit as well so that they see the same thing	Other users can livestream to show others the environment they are in	Different colors of flames	The candle reacts to music	How it adjusts will be based on users' preferences. (e.g., some people might the room to be darker/brighter when exhausted)	Can have more than one plants that can be combined/synergies with your other plants	After you get a real plant as a reward, you can still use the app to take care of it	You will get real plants that are same kind as the digital plants you chose to take care of	The user can connect with other users that have answered many questions the same way	The user has access to their old answers, so they can e.g. see how they answered the same question a year ago and reflect on how they've changed/developed	Users can also post simple questions, which can be sent to other users
Can also see recordings of previous time (i.e., watching winter recording during the summer)	An interactive app that can let users see and hear real-time natural pictures around the world.	If the user has more candles it will automatically be connected with all of them	A scented candle that can adjust the scent and brightness and a watch sense user's physical condition. The candle will adjust according to the physical condition.	If the physical condition is bad, the candle could turn e.g. red as an indicator that it's time to relax	Can be connected to a smartwatch to detect the user's pulse (to determine relaxation level)	App where you focus on taking care of a digital plant and you can earn rewards (real plants) - you do that through various relaxing activities	Other than real plants, users will also get fertilizer and some other nice stuffs for planting.	The app may give rewards (i.e., wallpapers) that adjusts to the user's answers	A soothing questions-app. The user gets a few simple questions that they can answer, and the app interface changes to think so much, just like "favorite colour", "favorite animal", what's the weather like today?	According to the answers of users, the app interface can change automatically. (e.g., if the user answers "I like cats", the app interface changes to users' favorite color, after users answer "What is your favorite color?")
David Attenborough narrates the live feed on special occasions, giving a proper "nature documentary" relaxing vibe	The user can also interact with the live feed to see what people are doing there and what animals are walking around (it gives them the information about it)	The candle has a built-in speaker that plays fitting music	A.I. candle - it is also a virtual pet that can show emotions through a display	The candle and/or watch is charged by solar power	Activities can include user's hobbies, but also mindfulness activities and talking to friends	You can choose many types of plants and after you have learned how to take care of it, you will get it in real life	The better you take care of your plant, you unlock new and more cool plants	The user can see statistics from answers of other users from all over the world	Also contains a "learning" section, where the user can learn different things Duolingo-style	The soothing questions are asked by a voice and have appropriate reactions - to make it seem more like a conversation with a friend
Users are able to change the pillow case (fur)	The fur can be scented to match the user's pet shampoo	The pillow can simulate breathing movement	The pillow can be made as the same size of users' pets	There will be some real voice/conversation in the call	There is an app for all settings of the phone call	The phone call can also be from an actual person, who asks the user about their feelings etc. and tries to make them feel better about leaving	What kind of workshops users get is based on users' interests	Users can get some artifacts that are related to the workshop theme after finishing	Users can interact with others in the same workshop	

02

Lotus Blossoms

The orange sticky notes contain the dot-voted ideas from previous techniques. The blue sticky notes around them are further ideas building on the core idea.

User can send a picture of their pets to the manufacturer to match the coat's pattern	The user can feel warmth and heartbeat	The user can have the pillow play back their own animals sounds so they can feel like they are around them even if they are not	The user can easily reach the function that gives them the call so they can do it discretely	The random phone call can either be unexpected or also scheduled by the user so that they can get out of a social situation	Your phone can detect if you need to recharge and calls you when that time comes	Sandbox activity packs - users can create anything with what's provided	There are virtual tutorials (masterclass-style) for each workshop	The user can fill out what interests them and get suggested workshops depending on that
The AI friend can detect when you might need to talk to someone and "calls" you	Different tailored content of the conversations - makes them more about user's interests	There can also be a video call - with a virtual character with customizable appearance	There is also a heart rate monitor that gives you feedback on whether your breathing has helped calm you down	Accompanied by sounds from nature/beach/etc.	The app can record the breath situation of users and the exercises users do	The smell can be made to be perfume/scented candle/fragrance sticks	The smell memories can be shared with others	Memories can be uploaded via videos/voice records
Users can invite the AI to watch a movie together and it may send responses during the movie (i.e., linked to the user's Netflix account so it can detect the playback position)	A.I. friend that you can talk to - in your headphones (like in the movie "Her")	Users are able to choose the characteristics and personalities of the AI friend	Can be used while exercising/running/jogging to maintain the stamina and breath	Breathing exercises app	Can give notification if it detects that users' breath status is not as normal	The memory playbacks (visually) when the device emits the smell	The memory playbacks (visually) when the device emits the smell	Device that reads your best memories and produce a smell to relive that memory
The A.I. sometimes starts to randomly talk to the user	You can choose the voice of the A.I. friend	Users can set up a filter to exclude the topics that they do not want to talk about	Contains breathing statistics for the user - e.g. how many breaths have you taken today etc.:D	Different breathing exercises to choose from and you can choose between different voices	You can choose different exercises that fit the situation you're in, if you're by yourself, in a party, on the bus, etc.	Users can also associate different smells from a large collection of smell database	Memories are uploaded from photos	You can also get background music that fits the memory

A4 Concepts

To develop the chosen ideas further, each group member created an **A4 Concept** draft for two of the concepts, which contained the main aim and design direction. Before moving on to the evaluation, we further condensed to only 7 concepts, by combining similar design directions.

To select which concepts we wanted to move forward with, we utilized an **Evaluation Matrix**. We wrote down the requirements for the final concept based on the user stories from the backlog, the user persona, and our findings from the research phase. Afterwards, we all voted on how well the different concepts met each requirement. We voted on a scale from 1 to 10 and chose to move forward with five concepts that received the highest ratings.

We tested the different concepts in the third crit session using lo-fi prototypes where the testers got to evaluate them through a questionnaire. We then chose our final concept based on the results from the questionnaire.

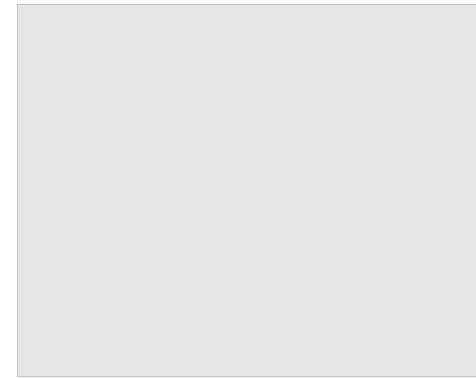
TITLE OF THE CONCEPT

Subtitle that makes it clearer what the concept is

AIM OF THE CONCEPT

A paragraph talking about what the concept aims to do, and how it solves the How Might We core design challenge we have defined.

ILLUSTRATION



DESIGN DIRECTION

A slightly more technical explanation of how the concept could be achieved, what would be necessary to get it to work. What parts does the design have? How does the concept reach what it set out to do? How does the interaction work?

A4 Concept template, that each team member used when developing the two concepts.



CONVO

A Calming conversation with a friend on demand

AIM OF THE CONCEPT

Users often feel bad about not going out after they had their "social batteries" drained. One thing that helps is support in their decision to stay home - where Convo comes in.

This is an A.I. virtual friend that the user can talk to about their feelings, and Convo talks to them about it. Convo supports the user's decision to stay at home and offers words on encouragement with suggestions on what to do.

ILLUSTRATION



DESIGN DIRECTION

The A.I. would be trained to understand what the user is telling it, by using answers from psychological publications to learn it. The voice could be customized so that the user gets exactly what they want. All settings and options would be accessed through the user's phone in an app.

The user could also change topics of the conversations, input their interests and also set a "fake call" for when they need to get out of a social situation. All of these functions would be powered through the app.

03

10 A4 Concepts

EXCLUSIVE SIMULATED ANIMAL PILLOW

Getting relaxed by feeling being with pets or animals you like

AIM OF THE CONCEPT

The pillow aims to enable users to feel the existence of their pets or animals they like so that they can recharge and relax via the feeling of being with sweet pets/animals. Users can choose the size of the pillow and the scent of the fur that matches their own pets or preferences.

When users lie down on this pillow, they can feel the breath movement, warmth, and heartbeat of the chosen animal. The pillow can make sounds such as purring. Users can playback these sounds so that they feel like the animals are with them even if they are actually not.

ILLUSTRATION



DESIGN DIRECTION

Inside the inner pillow, there exist a heartbeat sound simulator, a breath simulator, and a general sound simulator, which can enable the pillow to simulate animals' heartbeat, breath, and other kinds of sounds of animals. There also exists a battery in the inner pillow, which enables users to charge it and turn the pillow on/off.

The pillow is equipped with a pillowcase that is similar to the furs of users' chosen pet/animal. The pillowcase is made of vegan fur. The special scent of the fur comes from a very small aromatherapy bag that can be placed under the pillowcase. The pillowcase can be changed and washed. It is made of ecological fabric, which not only makes users feel the softness but also makes it washable easily.

The pillow can be charged. It can be turned on/off anytime by pressing a button on the pillow or via an associated app. By connecting to the app via Bluetooth or WIFI, users can also set a timer for turning on/off the pillow. In addition, users can choose what kinds of features will be activated when they lie down. For example, only the breath simulator is activated when users only want to feel the breath of the pets/animals.

REBLOX

Relax and learn something new at the same time

AIM OF THE CONCEPT

Some people need to relax after a long day of socializing with people, and most of them loves improving their skills and wellbeing during relaxation. The user will receive an activity box that they can work with during their relaxation time. The box can be filled with cooking ingredients, plants to take care of, building blocks, or anything they can build with.

Once the user is done with the box, they may keep the end result for them.

ILLUSTRATION



DESIGN DIRECTION

The user can first order a box online where they can choose the contents they want it to be filled with or they can also leave the selection to the website so the content may surprise them. The user can also come with an instruction if they want more guidance and without an instruction if they want to be more free and creative.

The website also provides an outdoor box where there will be an instruction on what to do depending on where you live and the season. The instruction will be built around outdoor activities such as mushroom hunting or photograph hunting.

There will also be special boxes for special events, such as cooking workshops with Gordon Ramsay. On these events the user can register themselves and they will receive the special box. During these events, the user can also meet other people who share the same interests with the user.

Once the user has finished working on their box, they can take pictures of the result and post it to the website to inspire others.

TAKE A BREATH

A mobile application that includes various breathing exercises to help the user wind down

AIM OF THE CONCEPT

The breathing exercise app includes different exercises and tips to help the user take deeper breaths and relax after having been at a social event.

ILLUSTRATION



DESIGN DIRECTION

The app should be designed in a way that makes it simple, easy and quick for the user to start a breathing exercise. The design should be quite minimalistic with soothing colours.

The user should be able to also select to have calming background sounds from nature, such as rain. This could be a feature where the user can scroll through/swipe through images of nature and when choosing one, sounds associated with that nature scene would play.

Another feature is a statistics feature where the user can look back to see how often they've used the app, what exercises they have done, how long it took for them to calm down.

The app has a connected pulse monitor that measures the user's pulse in order to let the user know when they have calmed down. If the user's pulse gets too high, the user gets a notification from the app.



OASIS

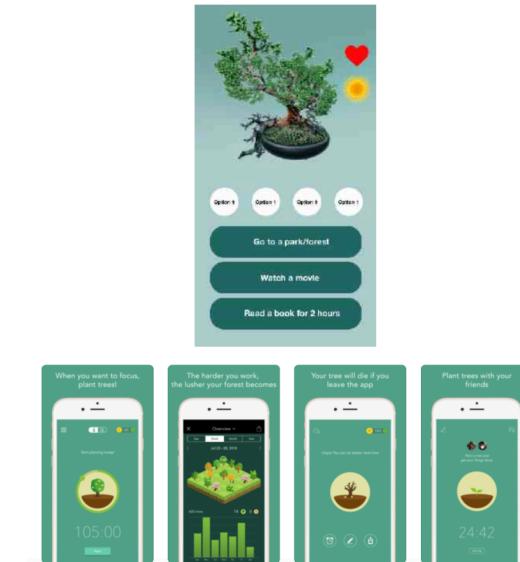
Earn rewards by relaxing in a fun interactive way of taking care of a digital plant

AIM OF THE CONCEPT

The plant app can be seen as a "Tamagotchi" or a virtual pet that prospers if the user relaxes after socializing. The app can have several suggestions on what to do, for which the user can earn rewards for the in-app plant, and also in real life (planting trees, real plants? if possible)

This concept solves the HMW by offering activities to do (possibly discounts for various relaxing activities), and helps the user realize that they can spend time on their own, without feeling guilty, by also having a social section where users can share their feelings and activities (plus the activities can be timed, so that the user knows exactly how much they relax, and they do not feel like they are procrastinating)

ILLUSTRATION



DESIGN DIRECTION

The core concept is a mobile app - where the user can pick out a plant they want to grow. They earn various rewards such as water, sunlight etc. for their plant, which grows and can be customized. There would also be some advertisements for relaxing activities (which would cover costs for the rewards that are in the physical world).

Furthermore, there are timed activities (such as reading a book for an hour, watching a movie etc.) which can be tracked through the app or through a smart watch and also earn the rewards. Users could also pay a small monthly fee to get special things to do (e.g. newest board games, bonsai planting kit, healthy food kit, etc.)

Another aspect could be a social "network" of people that need to recharge - where people can support each other in their activities and show the results through their plants.

BE IN WORLDWIDE NATURE AT HOME

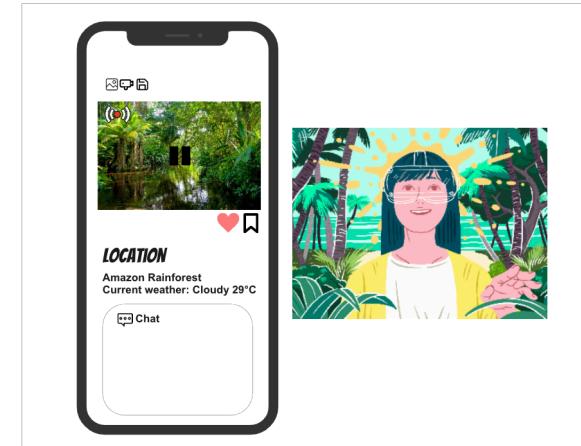
Viewing and listening to real-time worldwide nature through your screen

AIM OF THE CONCEPT

This app aims to provide live pictures, sounds, and videos of nature all over the world. It may help users relax via admiring natural views and feeling that they are within the real nature.

Via this app, users can watch and listen to the pictures, recordings, or livestreaming of specific natural locations. In addition, users can live stream to show the nice natural places/scenes they found.

ILLUSTRATION



DESIGN DIRECTION

There are cameras and microphones set up in different natural places around the world, such as Amazon Rainforest. When setting up the cameras and microphones, it will be ensured that both the set-up procedures and the set equipment won't hurt or influence the surrounding environment and organisms. These cameras and microphones make sure that the view can be live streaming, recorded, and photographed. The data these cameras and microphones got will be transferred to the users' app automatically. Users can choose to watch the recordings/pictures of nature at specific times/seasons.

Users can choose the locations that they would like to view and they can choose to record the live stream to watch later. Also, users can save the real-time pictures they like. All recordings/pictures can be saved to the cloud or downloaded on users' mobile phones. It can be casted to another screen. When there is a live stream/recorded nature documentary, David Attenborough will narrate the live feed.

With the help of GPS, users can save the specific locations of the natures where they would like to visit someday. When streaming to other users, users can choose to turn off the current location sharing function.

Users can choose to view the live stream or recordings of nature through a VR headset. While using a VR headset, they can interact with the scenes to see how the plants grow up there and what animals are walking around there, by touching the objects virtually.

MOOD CANDLE

A candle that can adjust its scent, color and brightness according to the users' physical condition

AIM OF THE CONCEPT

The candle will adjust its scent, color and brightness according to the physical condition of the user. If the user physical condition of the user is bad, for example if he is tired, it might turn a certain color. The user can set the candle to react to certain situations in a particular way.

ILLUSTRATION



DESIGN DIRECTION

The candle will be electronic, and the user can use an application to select what kind of colors and scents are to be used in certain situations. Multiple candles can connect to each other to provide the same mood.

The candle can be connected to a smart watch to see the physical condition of the user. The candle can see the pulse of the user and if he has been active throughout the day. By monitoring these things, the candle can decide what kind of mood is should adjust to.

Both the flame and the base of the candle can change color. The color can be different between the two.

The candle has a built-in speaker that can play music that fits the mood of the user. The candle can pulse and change color according to the beat.

LIFETIME CANDLE

Relive your best memories with the scent

AIM OF THE CONCEPT

Some research says that smells correlates highly with memory. This device is capable of reading into your memory to find the best ones that you have ever experienced. Then, the device will produce a smell based on that memory so users can relax and relive their best memories. For example, the device can produce the smell of their childhood houses so they can relive the memories.

The device is voice activated, in order to activate the device, the user only needs to describe the place and time of the memory.

ILLUSTRATION



DESIGN DIRECTION

The device resembles the shape and size of a scented candle. There is a built in microphone to detect the user's voice which will then used to activate the device. The device is also equipped with a speaker to provide audio feedbacks. Inside the device, there is a liquid that can produce various kinds of scents, which will then be burned to produce a scent within the room.

The device detects the memory from the user's voice using an advanced emotion recognition and memory searching system. Once the system has found the memory, it can produce a specific smell using the liquid inside the device.

The device can also be operated visually through a smartphone app. There, the user can select previous memories or save some memories as favorite. The device can also be connected to the internet in order to be operated via the smartphone. The user can easily connect to other devices by scanning a QR code that is visible on the back side of the device.



PHONE CALL TO LEAVE A SOCIAL SITUATION

A phone call that can give you an excuse to leave a social situation

AIM OF THE CONCEPT

The phone call aims to provide users with a good excuse to leave a social situation. When a user is feeling overwhelmed or has a need to recharge in a social situation, they can schedule a phone call that will provide them with an excuse to leave early.

ILLUSTRATION



DESIGN DIRECTION

To schedule a phone call the user must use a mobile application. The application will have a central database with a selection of made-up phone calls that the user can select from. The phone calls should cover a variety of situations, for example, fake emergencies, fake work calls. The user should be able to select which type of call they want in the application and schedule a time for the phone to ring. Being able to schedule a phone call on the fly should be available easily through the lock-screen. It should be possible to do it in a discrete way, so it won't be noticeable or take a lot of time. The user can change the phone number that is displayed on the phone to be someone that they know.

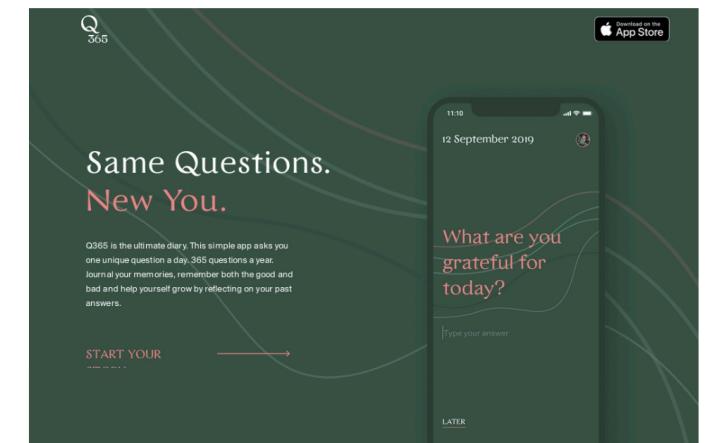
CALM DOWN QUESTIONS

The user answers simple questions

AIM OF THE CONCEPT

The app aims to ask the user simple questions that are easy to answer without thinking too much. The purpose of this is to calm the user down by helping them focus on something else other than what might be making them stressed.

ILLUSTRATION



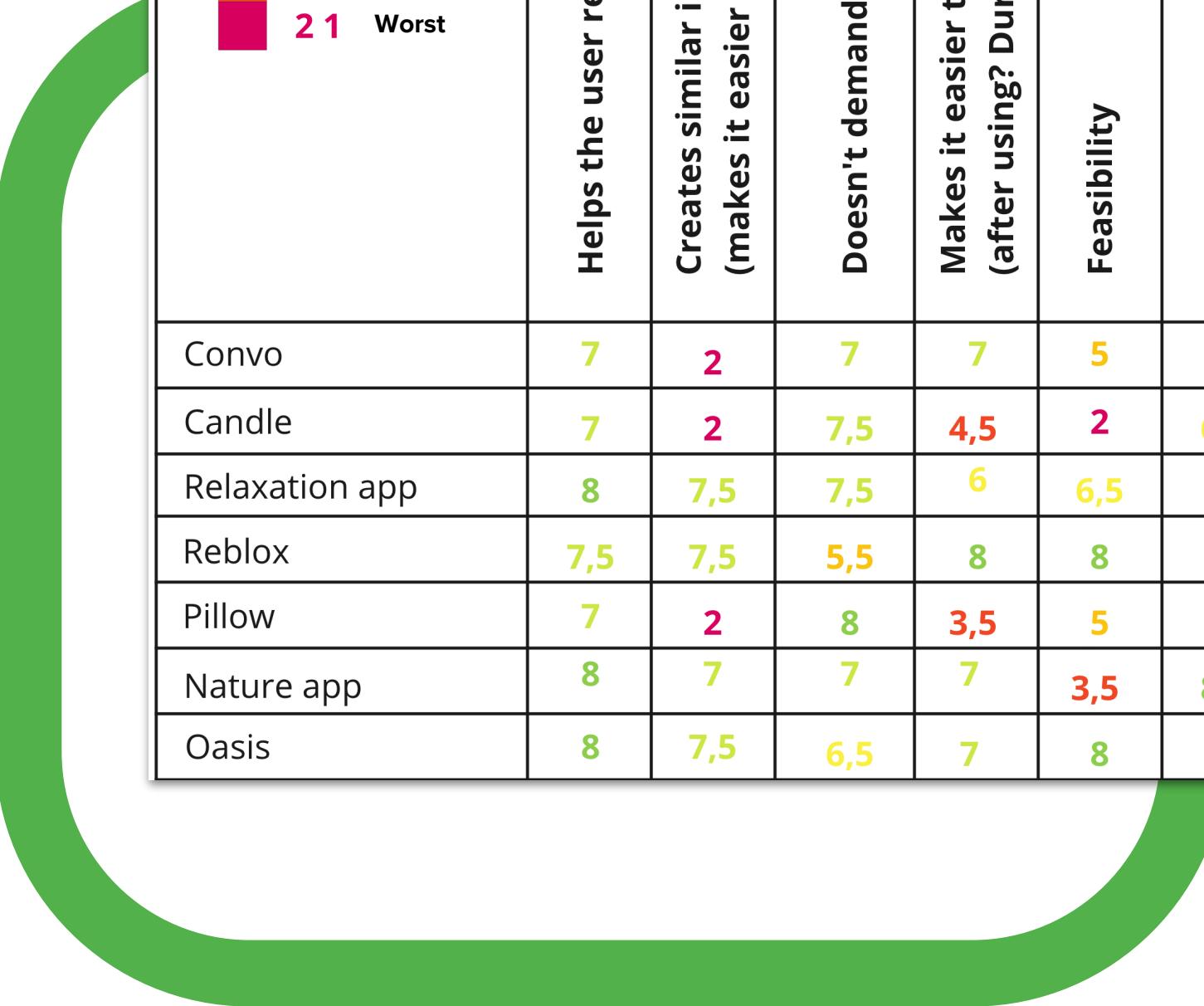
DESIGN DIRECTION

The key feature of the app is that the user can start a round of questions and select how many questions they wish to answer or for how many minutes they wish to answer questions. The answers get saved within the app and the user can look back on how they answered questions a time ago and reflect on how they have developed since then.

The user can also write questions that get sent also to other users of the app.

The app also changes colour theme based on the user's answers to e.g. 'What's your favorite colour?'

There is a forum where users can interact with each other and bond over shared interests and answers to the questions.



Evaluation Matrix

	Helps the user relax	Creates similar interests (makes it easier to connect to people)	Doesn't demand too much of the user	Makes it easier to socialize again (after using? During using?)	Feasibility	Aesthetics	Engagement & Interactivity	Meaningful	RESULT
Convo	7	2	7	7	5	5	8	7	48
Candle	7	2	7,5	4,5	2	6,5	5,5	5	40
Relaxation app	8	7,5	7,5	6	6,5	8	7,5	6,5	57,5
Reblox	7,5	7,5	5,5	8	8	8	9	8	61,5
Pillow	7	2	8	3,5	5	6	6	5,5	43
Nature app	8	7	7	7	3,5	8,5	7,5	7	55,5
Oasis	8	7,5	6,5	7	8	8	8	7	60

Selected concepts

04



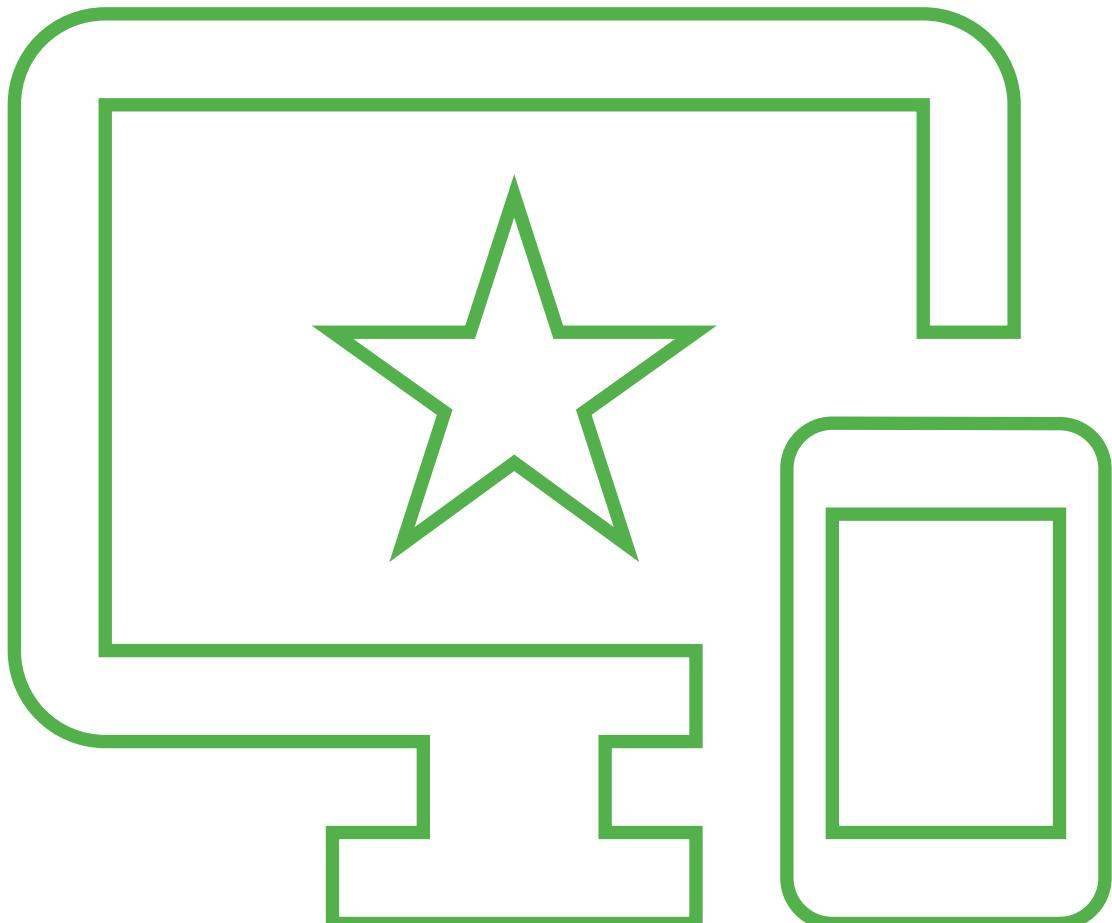
Lo-fi **Prototypes** 5

The concepts for lo-fi prototyping

The lo-fi prototypes were created from five of the best concepts from the ideation phase.

The five best concepts were:

- An A.I. friend with which the user could have a conversation about certain topics and with which the user could schedule a call to get them out of a social situation.
- A relaxation application that would provide the user with calming content such as breathing exercises as well as relaxing questions.
- A workshop/activity box subscription with various themes, that gets sent to the user's home.
- A nature application that allows the user to watch and listen to recordings or live streams of specific nature locations from all around the world.
- A pet-plant application that gives the user a virtual plant to take care of. The plant prospers if the user relaxes after socializing. The user can earn rewards for the in-app plant and get real-life rewards.

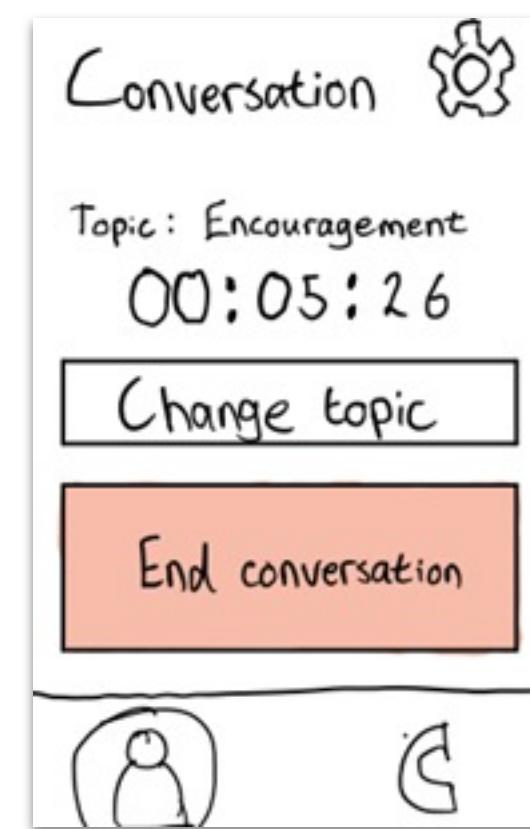
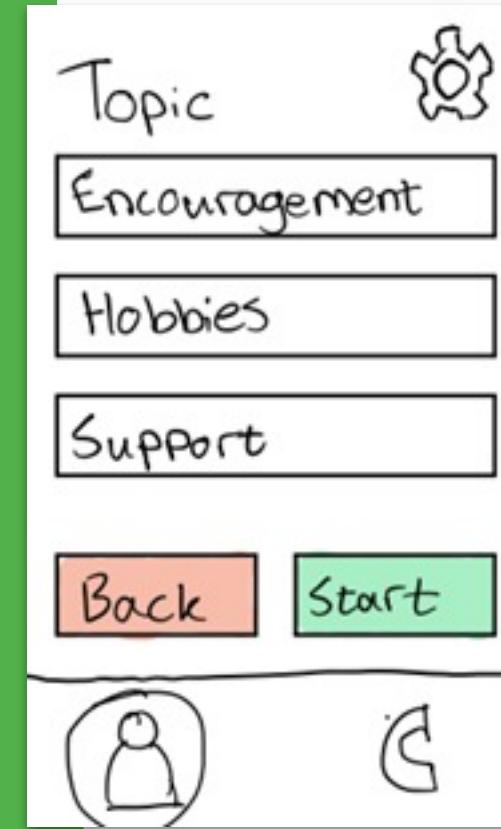
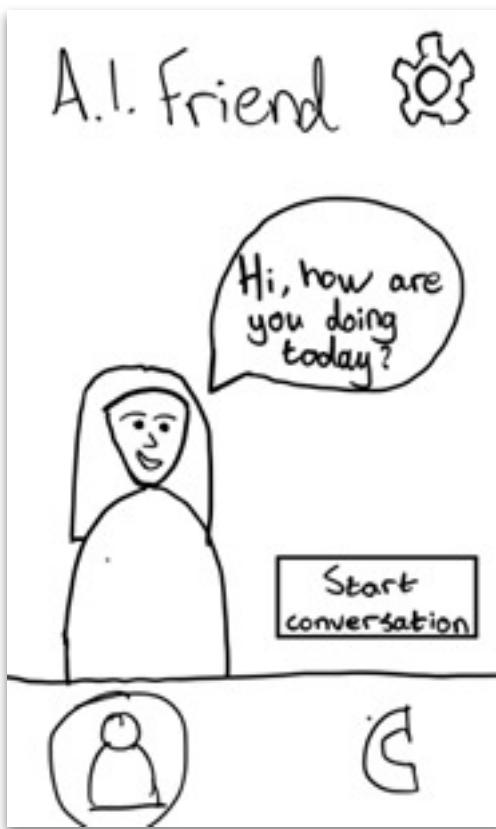


Focus of the lo-fi prototypes

All the concepts had an **application** connected to their functionalities, so the lo-fi prototypes were created in the form of mobile applications.

To evaluate the concepts with users during the third crit session, we made all the prototypes **interactive** and had some **tasks for the users** to complete. After testing every prototype, we had the users complete a **questionnaire where they ranked the prototypes in order** of how well they met certain requirements related to our original design goal (very similar requirements to those of the Evaluation Matrix).

After looking at the results of the rankings, **the plant application stood out** and became our main design idea. However, the relaxation application was well-received as well so we incorporated the calming exercises into the plant application.

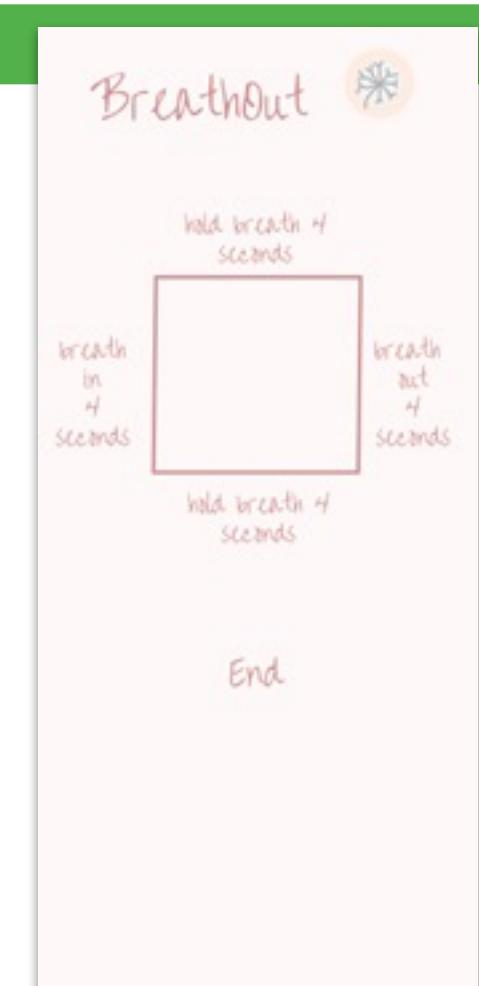
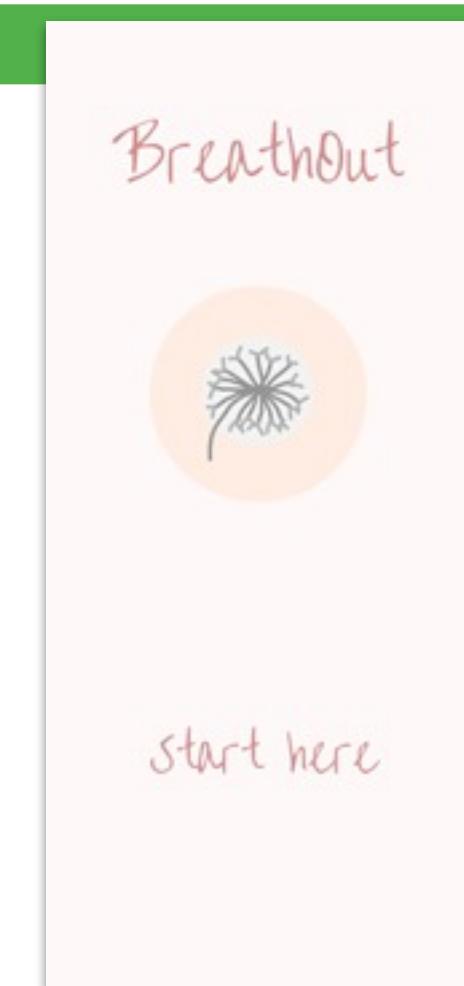


01

A.I. Friend App / Convo

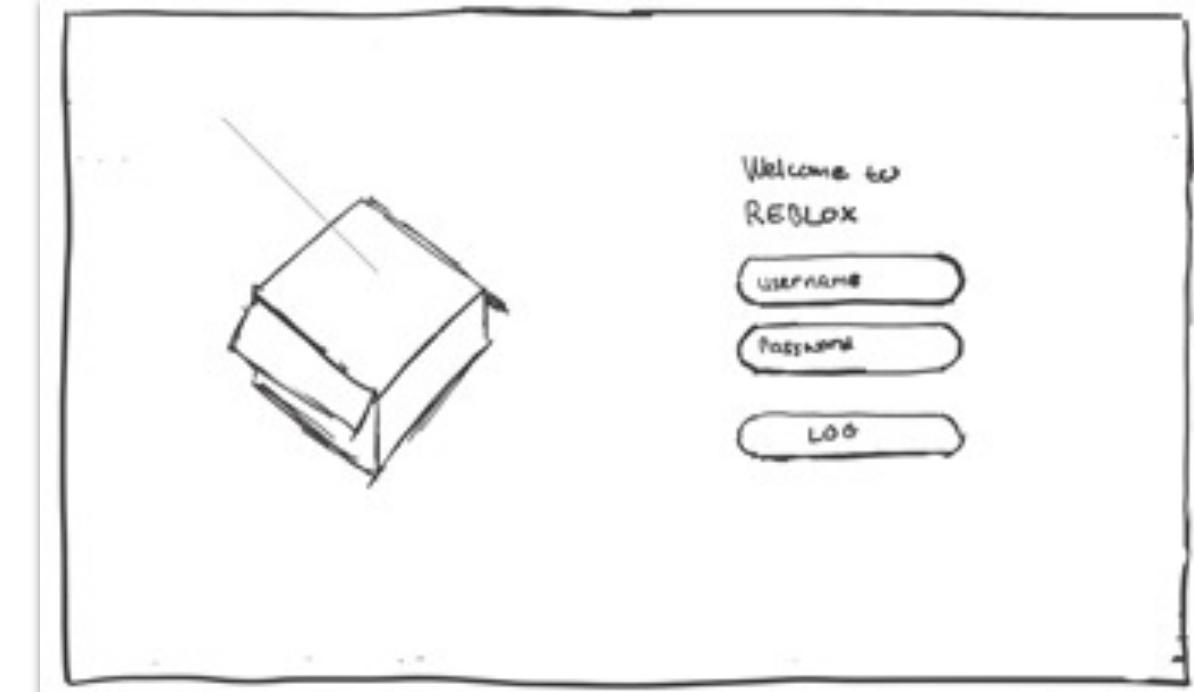
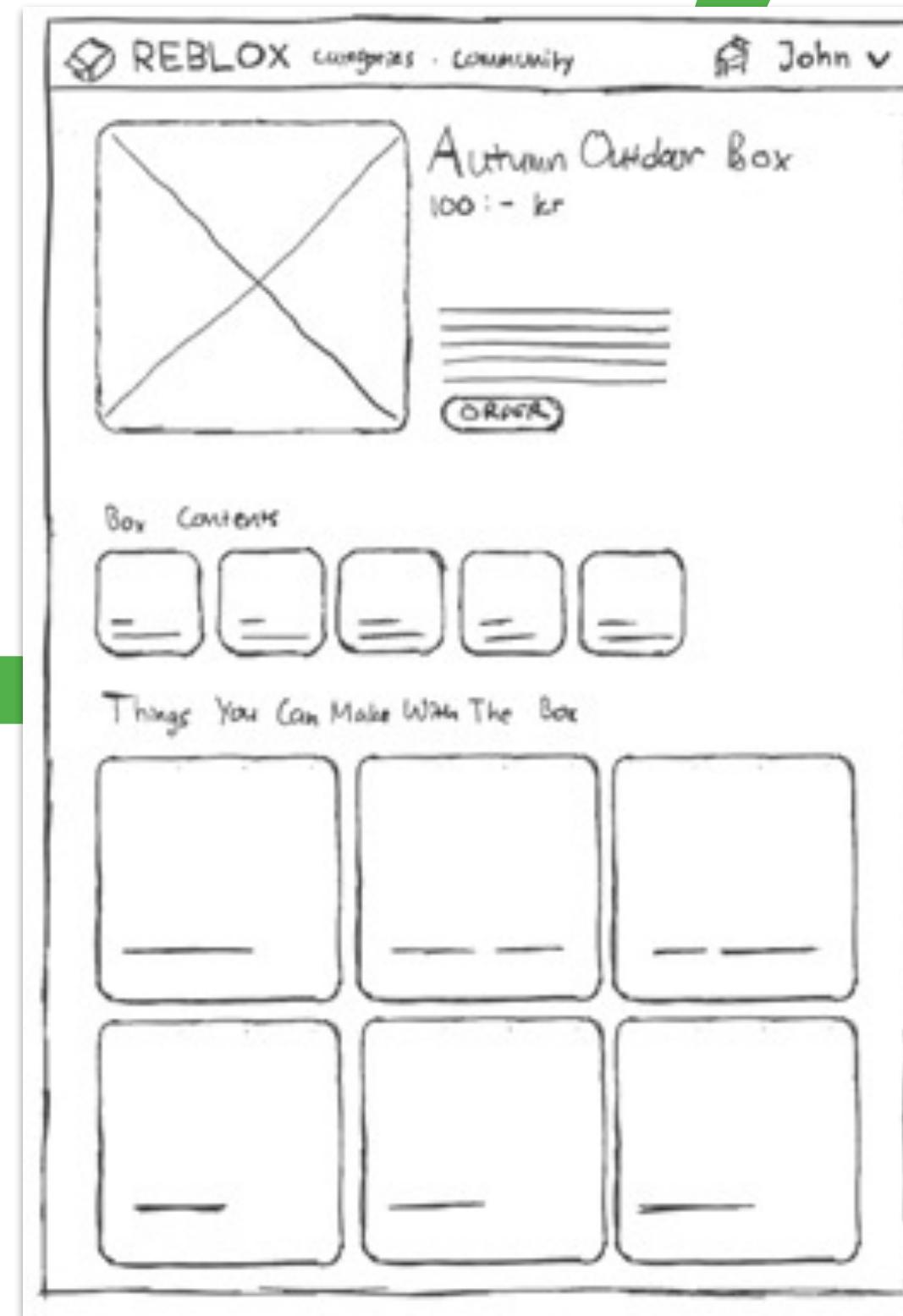
02

Relaxation App / Breathout

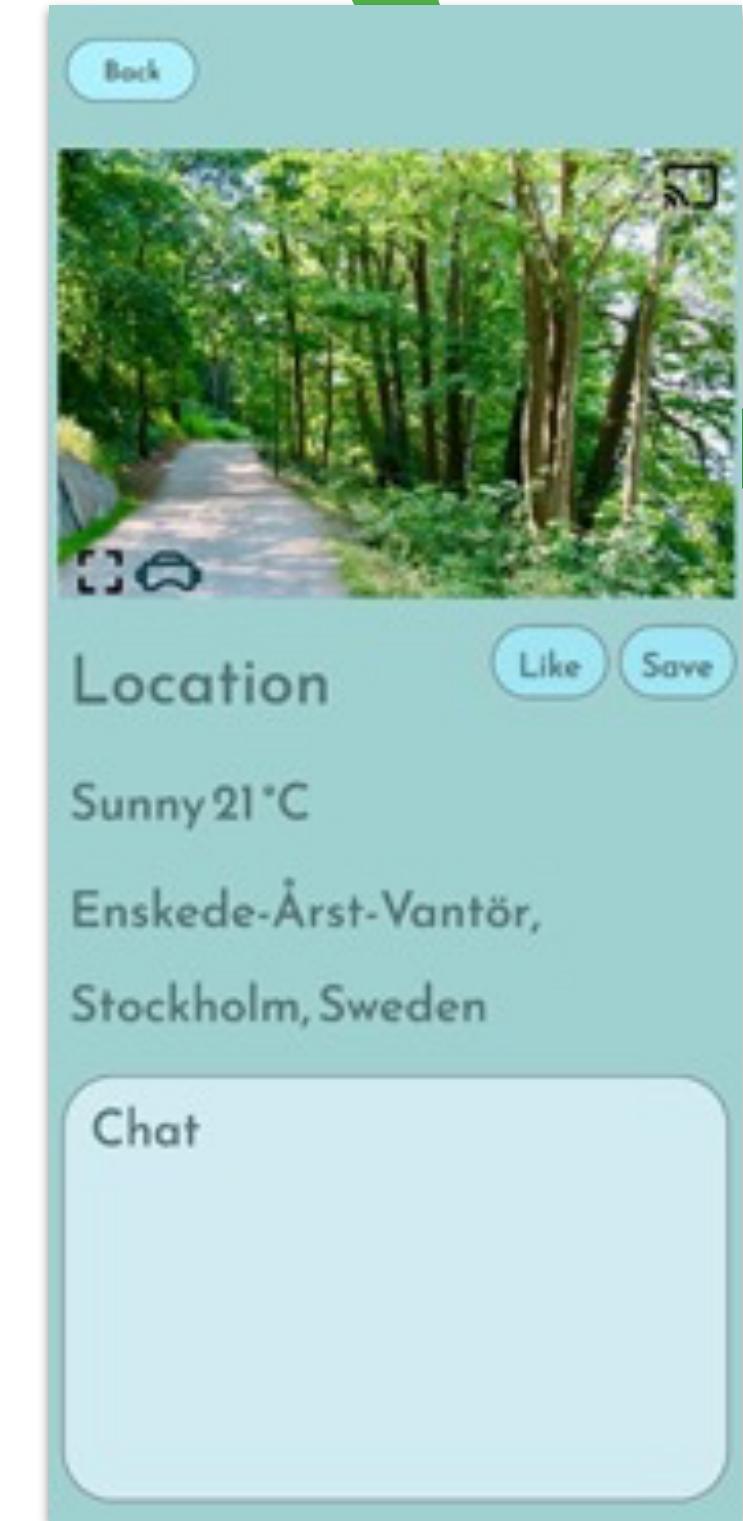
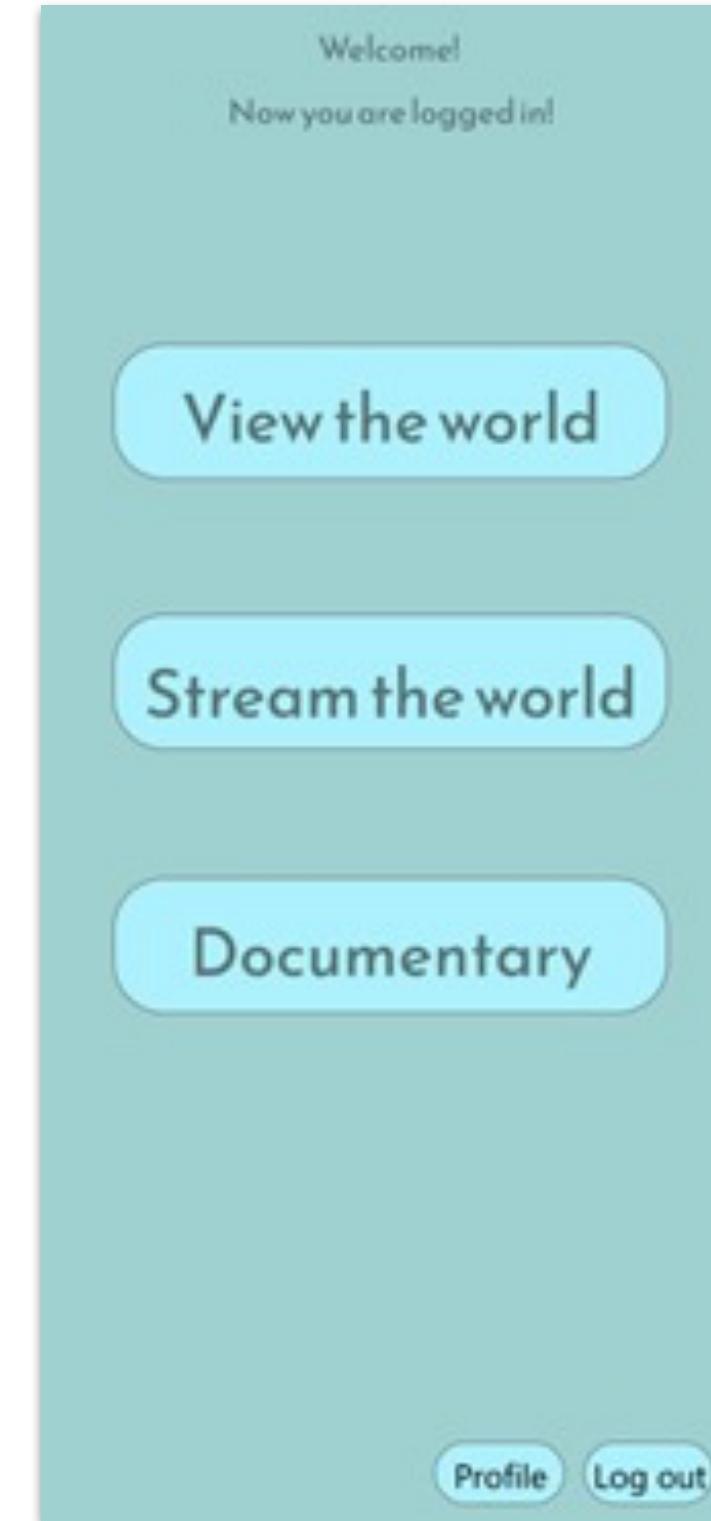
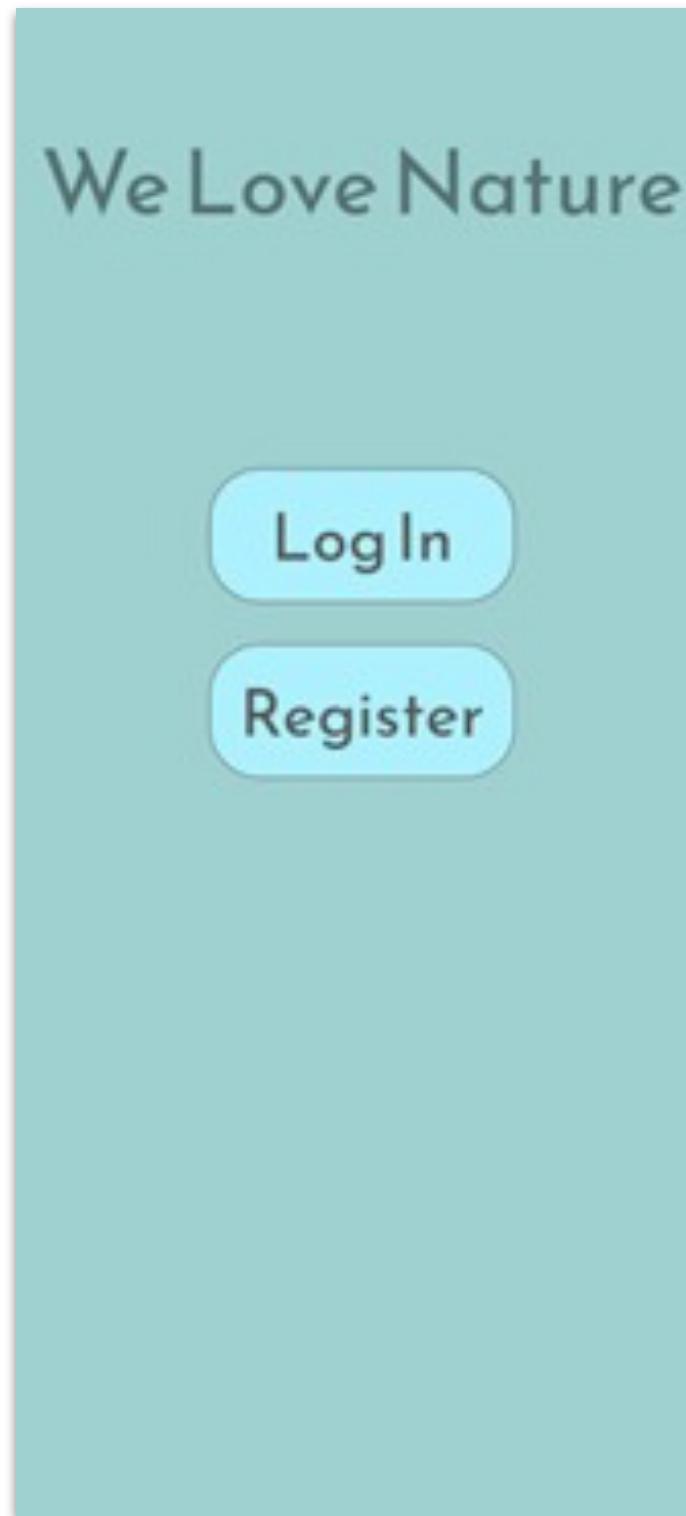




03 Reblox / Workshop box subscription



04

Nature stream app



OASIS

Welcome to

Get started

Pick a plant

This will be your virtual pet plant that will help you relax after socializing

20 water 5 sunlight 1 fertilizer

OASIS

Water 0/100
Sunlight 0/100

The plant will grow when 100 water and sunlight is reached - you will then earn rewards such as free premium activities or other things - visit the rewards tab

Lvl. 1

Feeling drained? Try some of your favorite activities!

Swimming	Earn 20 water, 5 sunlight
Pick a movie to watch	Earn 10 water, 15 sunlight
Cook a special dish	Earn 5 water, 15 sunlight

Free activities Social Rewards Premium activities

OASIS

Swimming

Go for a swim

20 water 5 sunlight 1 fertilizer

Finish this activity once you have reached your goal

Goal for this session:

300m freestyle
100m butterfly
300m breast stroke
100m backstroke

Finish activity

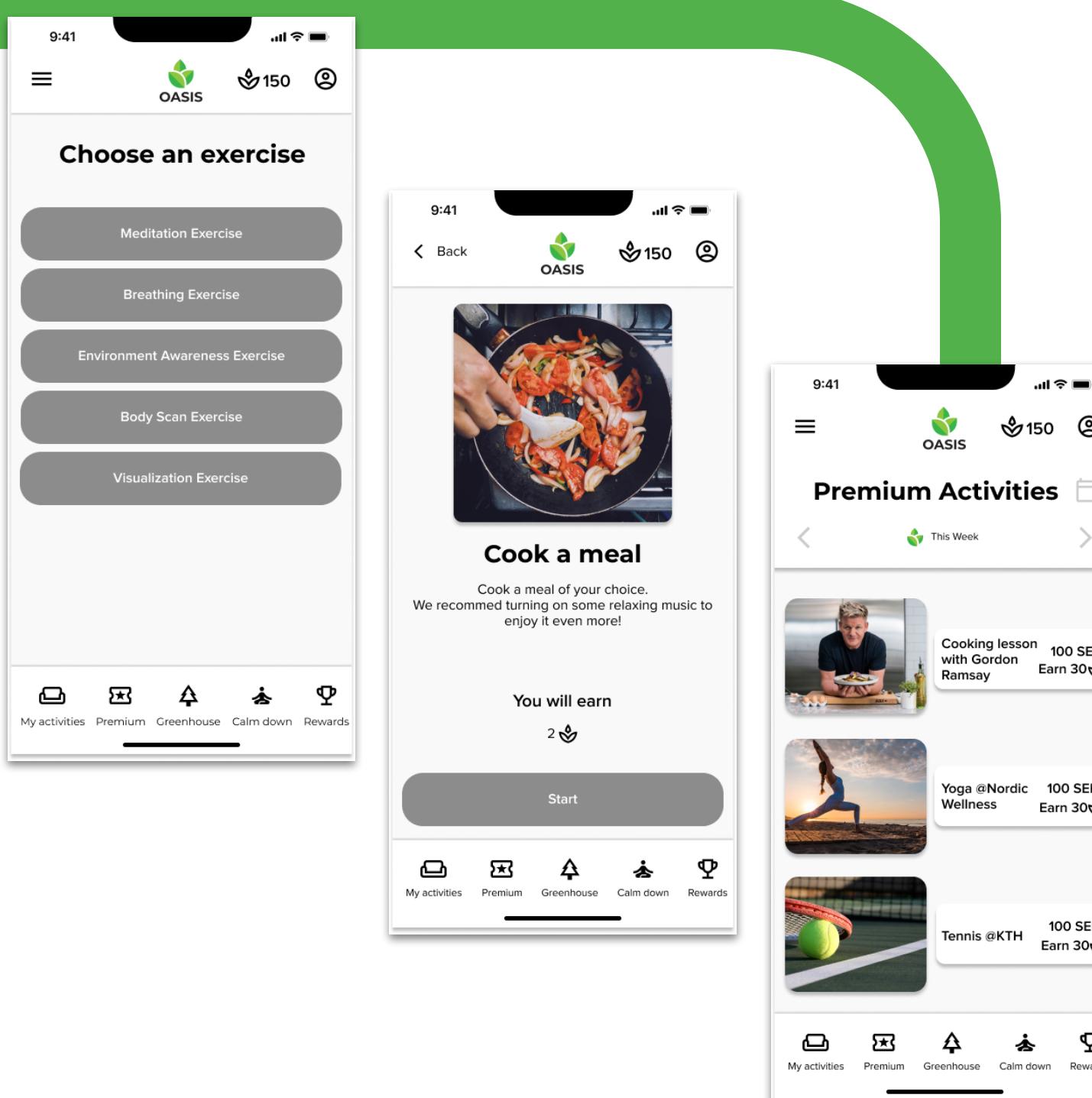
Free activities Social Rewards Premium activities

05

OASIS /
Virtual pet plant app



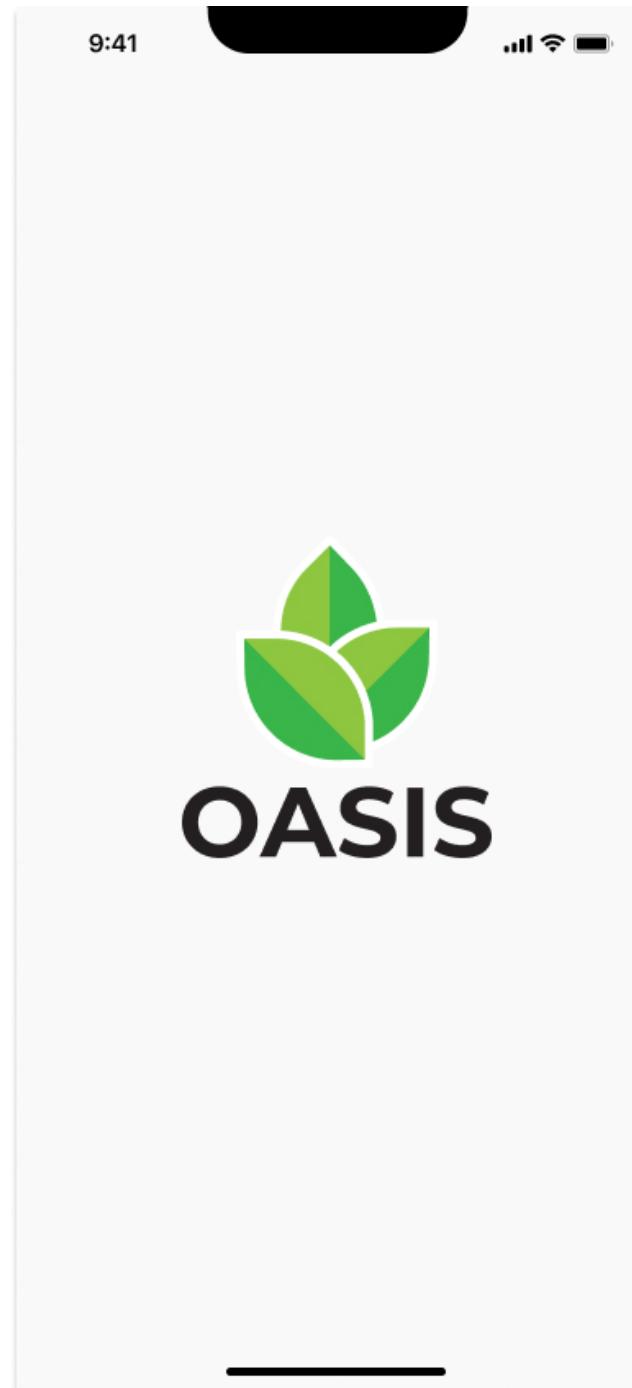
Final Design



Interaction design

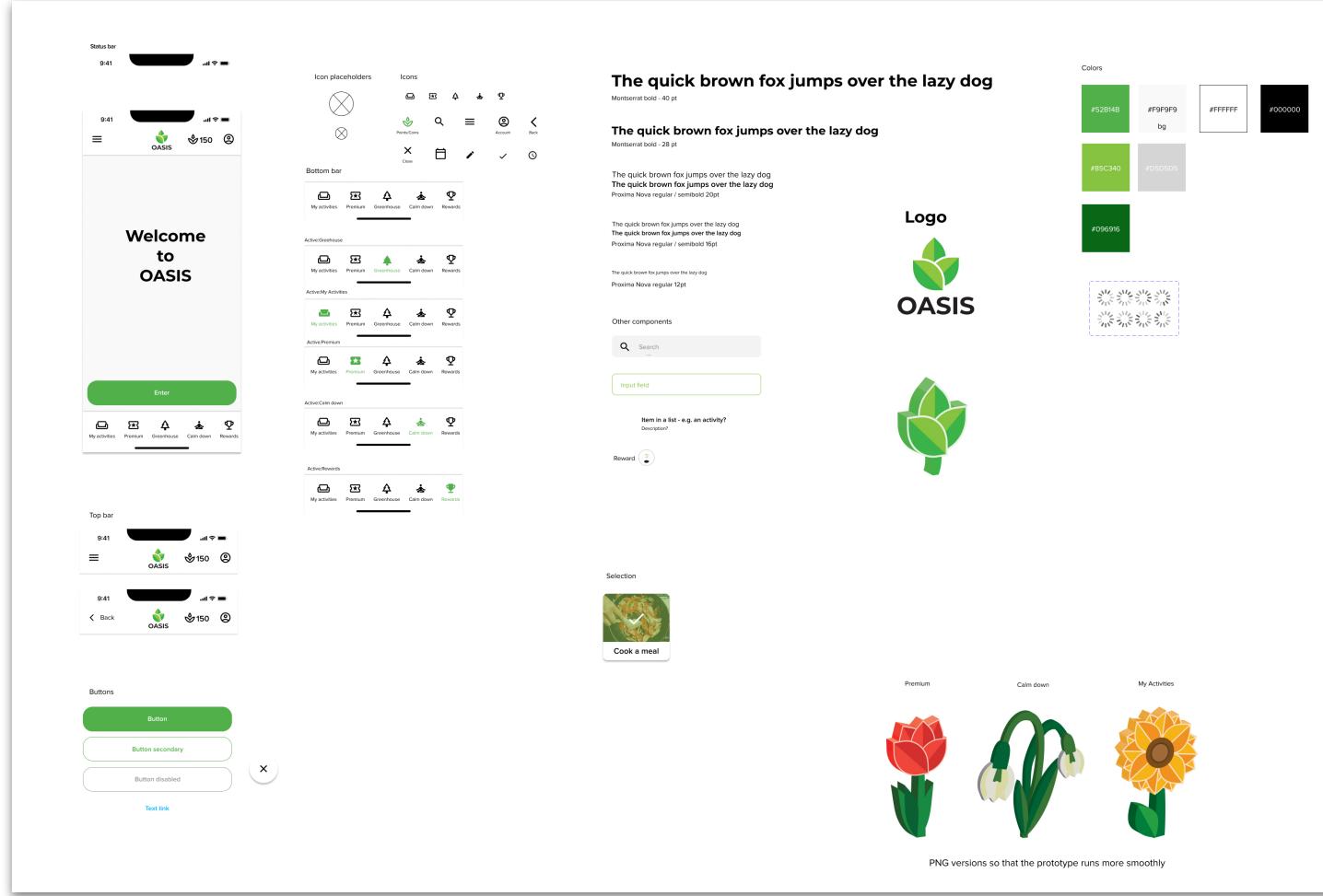
For the final design we first created wireframes to test out the functionality of the features of OASIS. These features included a virtual greenhouse, user-specific activities, mindfulness exercises, premium workshops, and rewards.

We tested the design with 4 users to uncover areas for improvement. The feedback was then incorporated in the final high-fidelity visual design.

 **OASIS**

OASIS is a well-being application that helps its users relax after socializing, by offering various activities and mindfulness exercises.

Users get motivated to do the things they love, effectively fighting the fear of missing out bound to not going out.



Styleguide for the final prototype

How it solves the design challenge

We set out to solve the following design challenge:

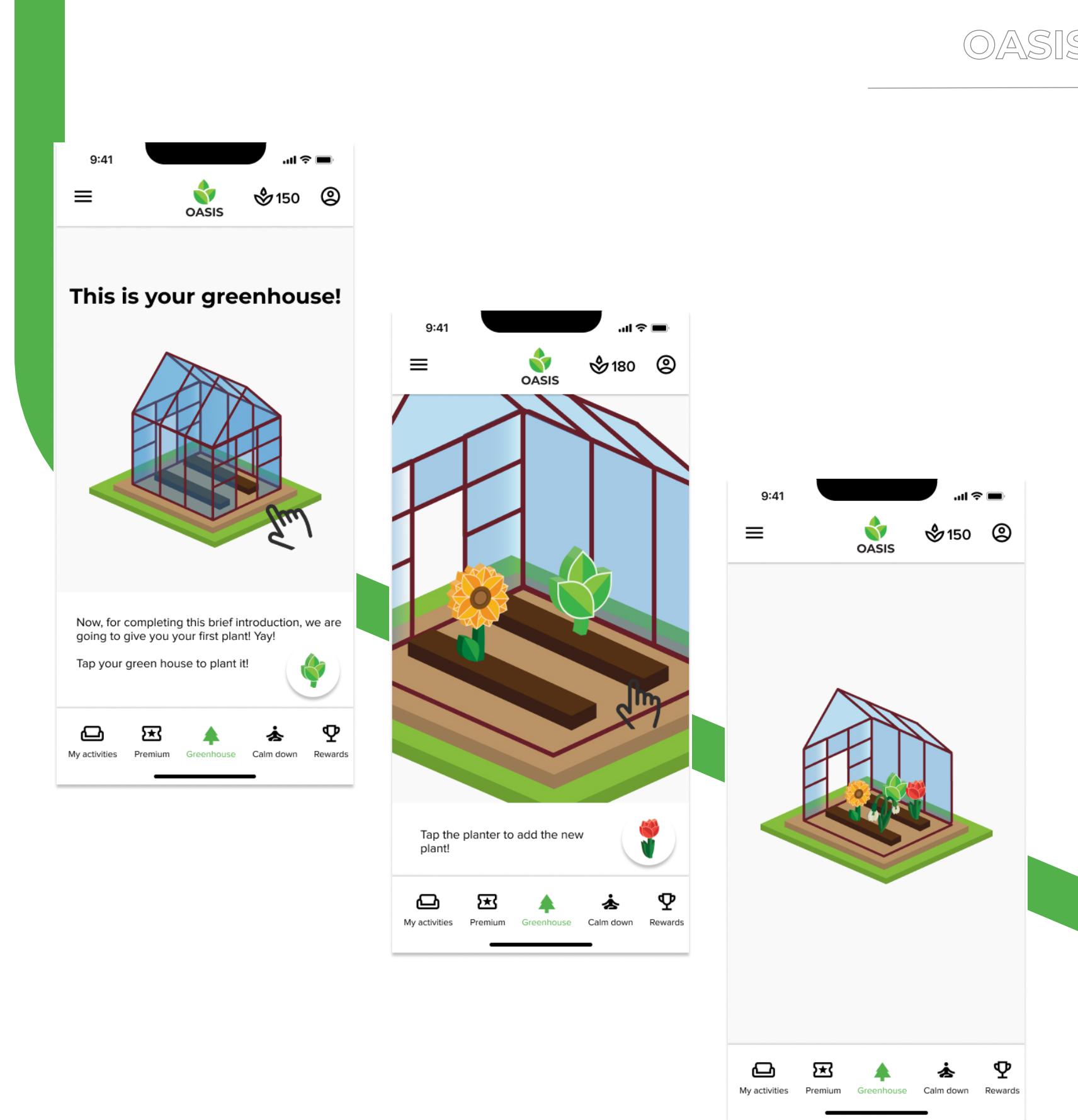
How might we design something that helps international students recharge and relax after socializing?

The OASIS app delivers on this design challenge by incentivizing relaxation through activities that the user loves. OASIS aims to motivate its users to dedicate time to their well-being after attending social events. This is achieved through a combination of gamified suggestions for activities that the user can do. Users can earn virtual and real-life rewards through free user-specific activities, mindfulness exercises, and premium paid activities.

The Greenhouse

The Greenhouse is at the center of the entire app. Users get to collect virtual plants by completing their own activities, premium workshops or well-being exercises.

A new greenhouse is generated at the start of each week, and users can collect various plants every time a new greenhouse is created. They can track progress by going back in time on a week-to-week basis, seeing how their greenhouse looked in the past.

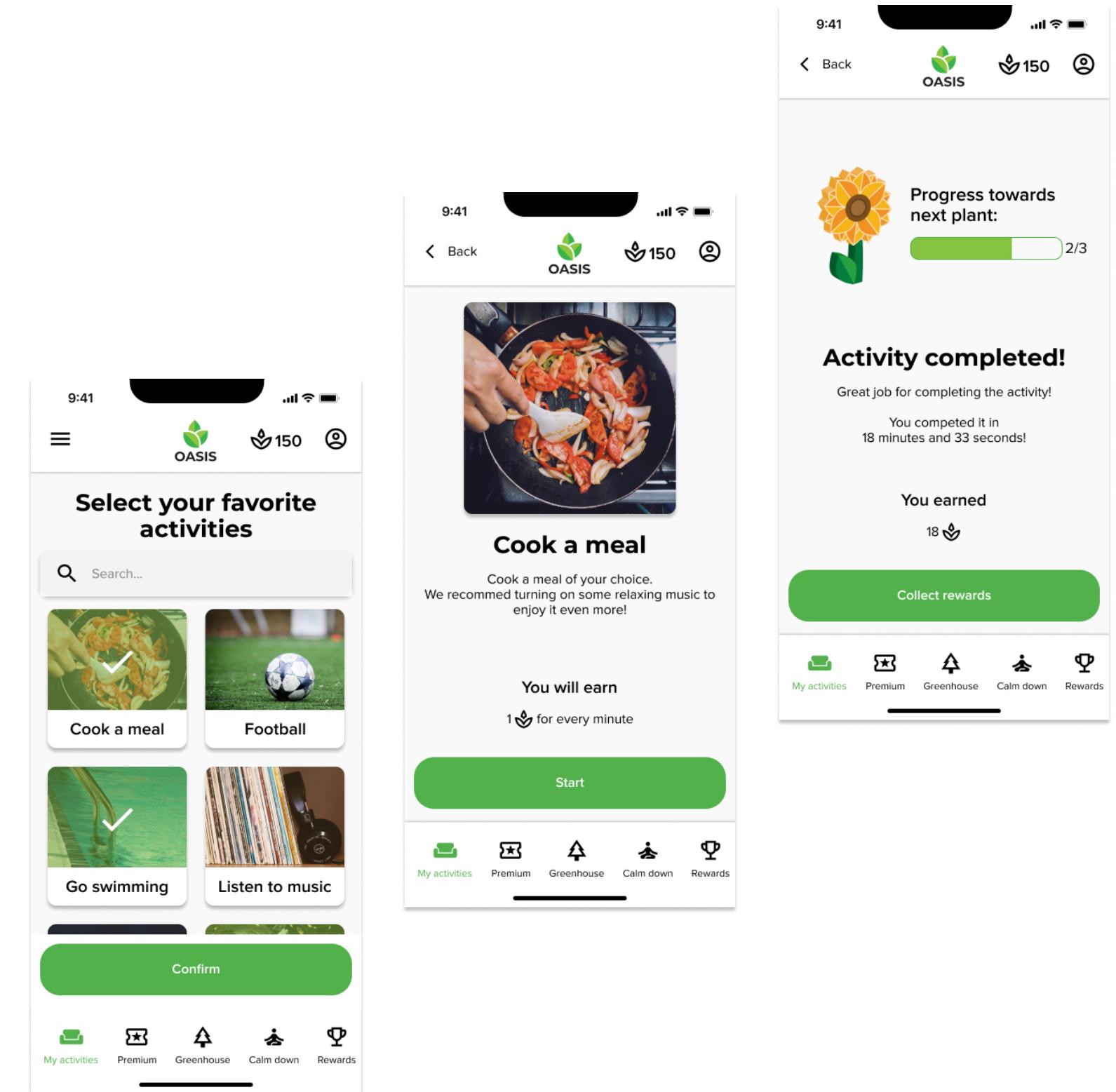




My activities

Through the My activities tab, the users get to access their favorite activities - this can range from sports, through movies and video games, to books and music. The app gives the user suggestions on what to do when they need to recharge after a social encounter.

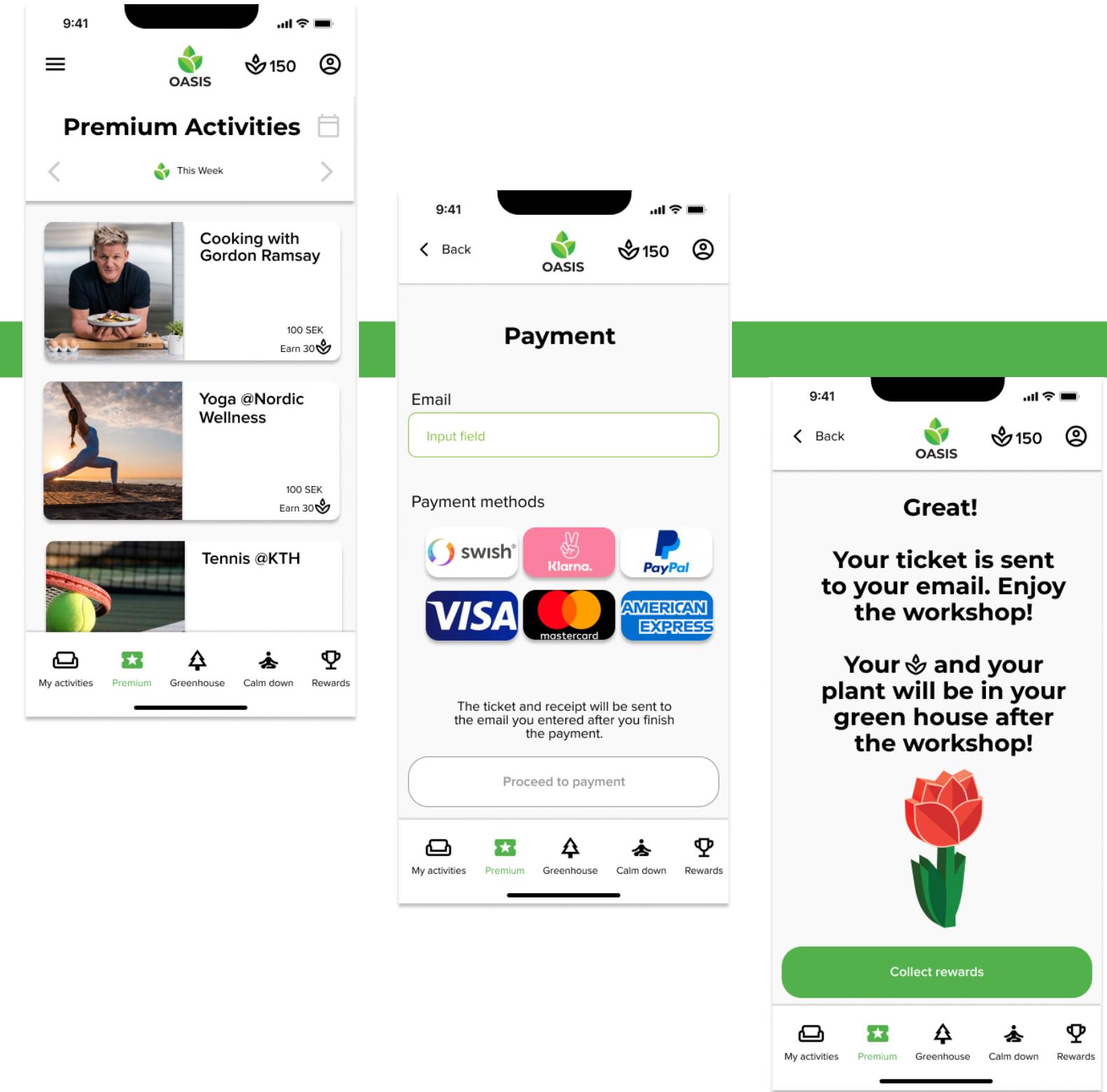
The users earn rewards in the form of virtual plants that they can place in their greenhouse. They also earn points which they can redeem for rewards.



Premium activities

In the premium activities tab, users can gain access to next-level relaxation. Ranging from cooking lessons from world-class chefs such as Gordon Ramsay, to yoga classes in their local wellness studios.

Premium activities earn extra rewards for the users - they get more plants for their virtual greenhouse, as well as more points to spend on real-life rewards.

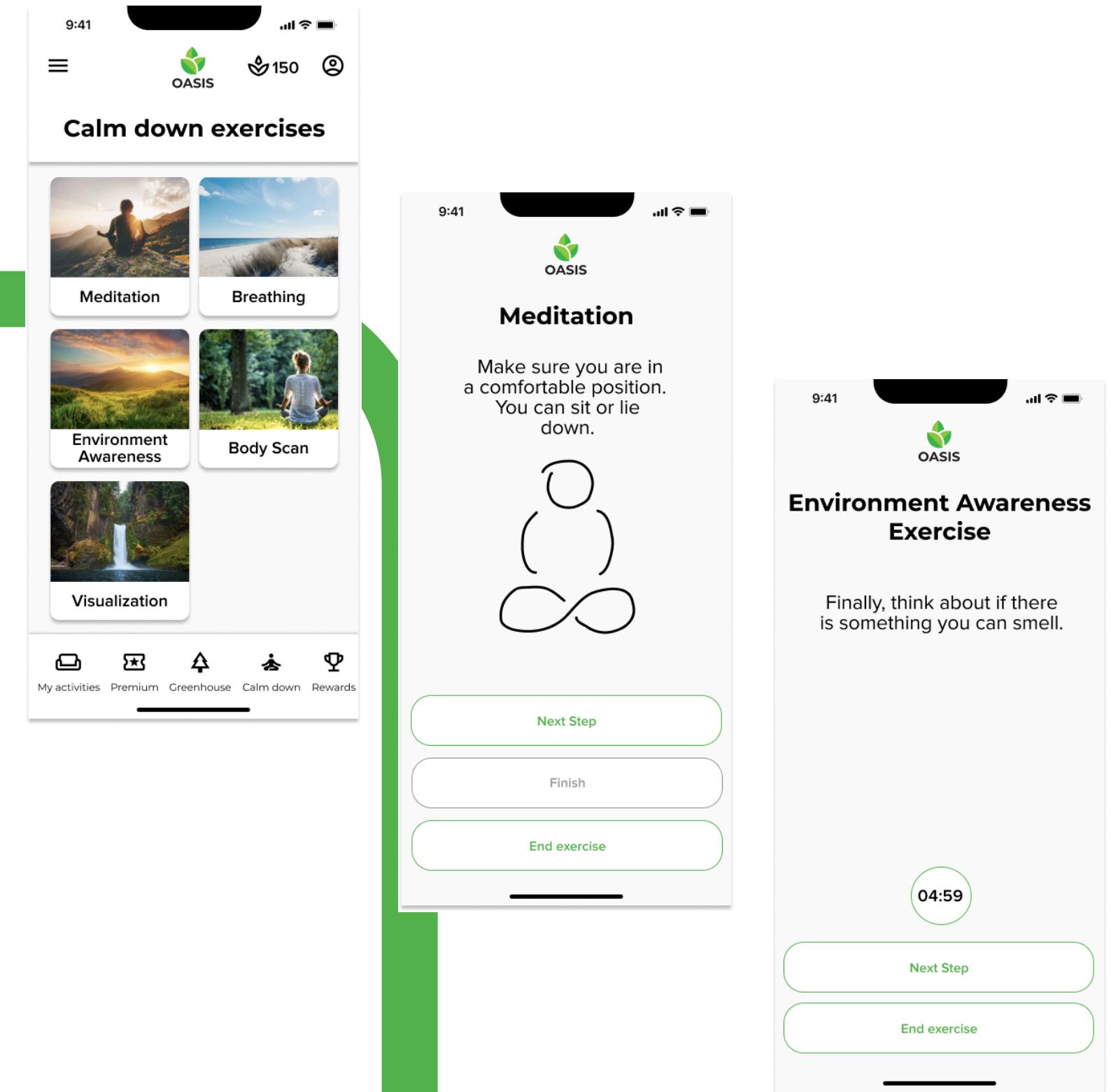




Calm down

The calm down tab is all about mindfulness. The users can choose from a range of calming exercises, consisting of meditation, breathing exercises, body scan, environment awareness, and visualization.

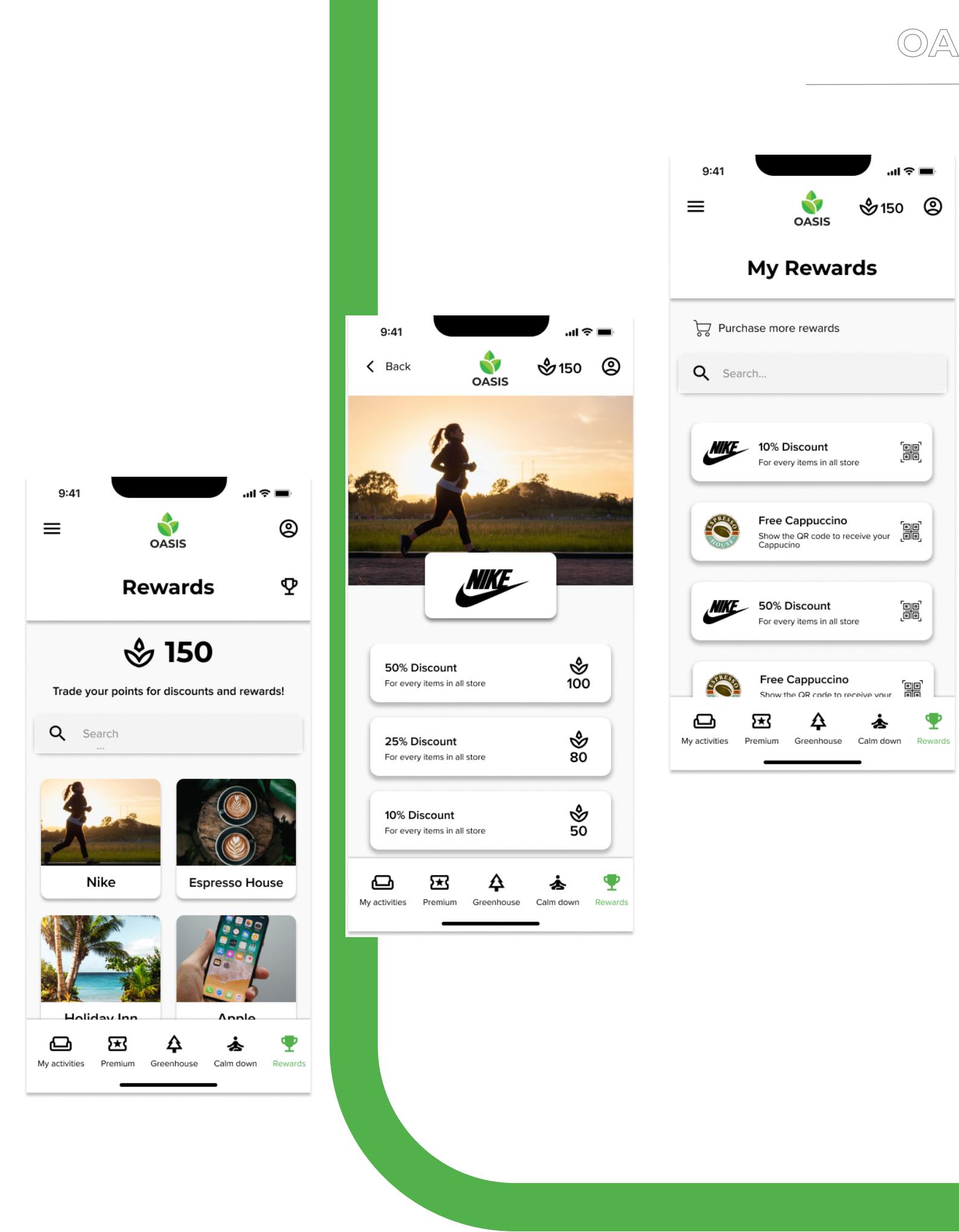
The user is guided step-by-step through each of these activities with a calming combination of visuals and audio cues such as voices and sound effects. Again, the user gets to collect virtual plants and points for real-life rewards.

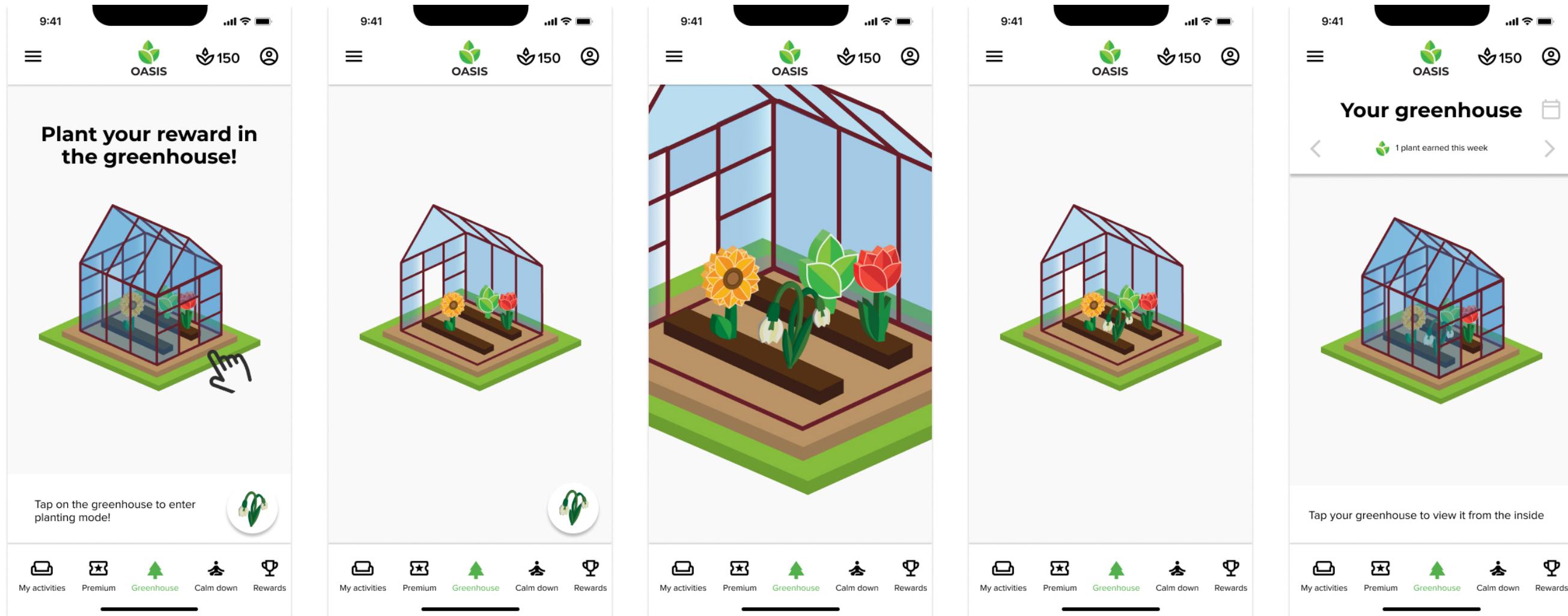


Rewards

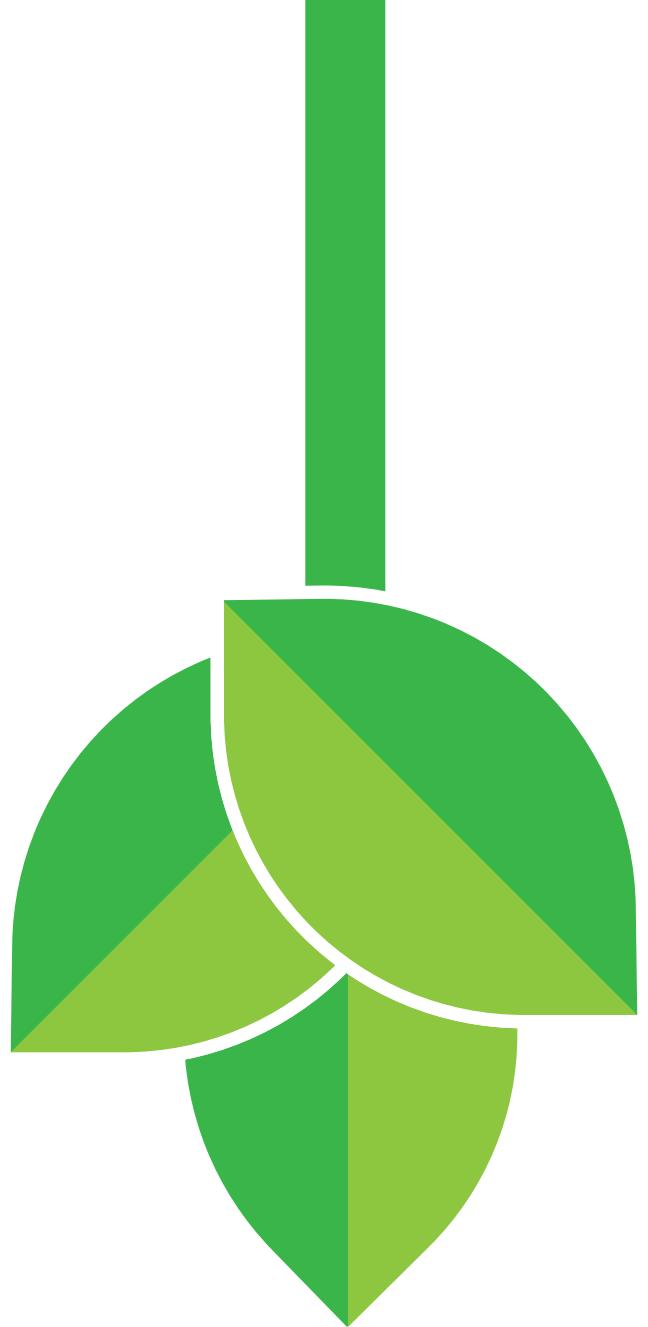
Lastly, in the rewards tab, the user can redeem the points they gained by taking the time to do activities they love for real-life rewards.

The rewards include discounts for shops, cafes and restaurants, but also physical things, such as real-life plants delivered to the user's home. Rewards serve as an extra incentive for the users to do all the various activities that are offered in OASIS.





The process of placing a plant in the user's greenhouse



Thank You!



Adam Cerven
cerven@kth.se



Kári Steinn Aðalsteinsson
ksad@kth.se



Mohamad Harits Nur Fauzan
mhnf@kth.se



Sandra Larsson
salars@kth.se



Xuni Huang
xuni@kth.se