



وزارة الاتصالات وتكنولوجيا المعلومات
Ministry of Communications and Information Technology
دولة قطر - State of Qatar



ستوديو 5
STUDIO 5



Future Designs For Digital Wellness Day 1

Who Are We?

من نحن؟

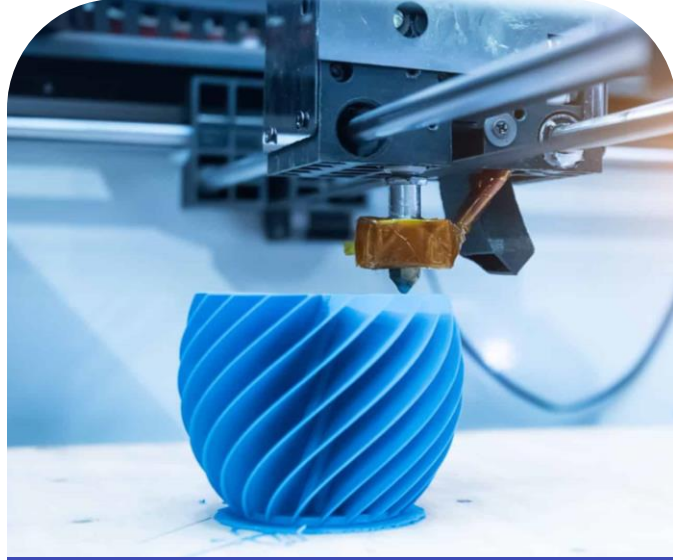
ستوديو 5 هو مبادرة وطنية تابعة لوزارة الاتصالات وتكنولوجيا المعلومات تهدف إلى تطوير القدرات الرقمية للشباب وتعزيز مهاراتهم العملية من خلال بيئة تعليمية مبتكرة تجمع بين التعلم التطبيقي والتكنولوجيا الحديثة. يوفر ستوديو 5 مجموعة متنوعة من البرامج وورش العمل والمعسكرات التدريبية والتحديات التقنية في مجالات مثل البرمجة، والذكاء الاصطناعي، والتصنيع الرقمي، والتصميم ثلاثي الأبعاد، وإنترنت الأشياء، بما يدعم إعداد كوادر وطنية مؤهلة وقادرة على الإسهام بفاعلية في الاقتصاد الرقمي وبناء مجتمع قائم على الابتكار والمعرفة.

Studio 5 is an initiative by the Ministry of Communications and Information Technology. We cater to youth aged 7-24 in Qatar to facilitate the Digital Revolution within the Qatari society and community in providing the youth with knowledge and skills in digital fabrication and emerging technology. The dedicated space aims to trigger a mindset shift in the youth in Qatar from consumers to creators and innovators.





التقنيات التكنولوجية Our Technologies



طباعة ثلاثية الأبعاد
3D Printing



التحكم العددي بالكمبيوتر
CNC (Computer numerical control)



القص بالليزر
Laser Cutter



Our Four Zones

المناطق الأربعة



منطقة الإبداع

CREATIVITY ZONE



منطقة البرمجيات

SOFTWARE ZONE



منطقة التكنولوجيا

TECHNOLOGY ZONE



منطقة التحقيق

INVESTIGATION ZONE




Our Team


فريقنا



Dalia Abualtaher
Operations Manager



Ilaria La Manna
S. Education Specialist



Ayah Elnour
Operations Coordinator




Leyla Tawfik
S. EduTech Instructor



Zaid Abusini
S. EduTech Instructor




Mahmoud Al-Rawabdeh
Technical Supervisor



Jawad Fadlallah
EduTech Instructor



Mohammed F. Mohammed
EduTech Instructor



Soumia Dedeche
EduTech Instructor



Studio 5 - Creative Track





Today's Agenda جدول أعمال اليوم

DAY 1
Feb 9



Introduction to Digital
Wellbeing
+ Expert talk

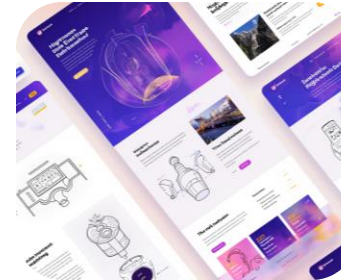
sync 

DAY 2
Feb 11



Ideation +
UX Design

DAY 3
Feb 16

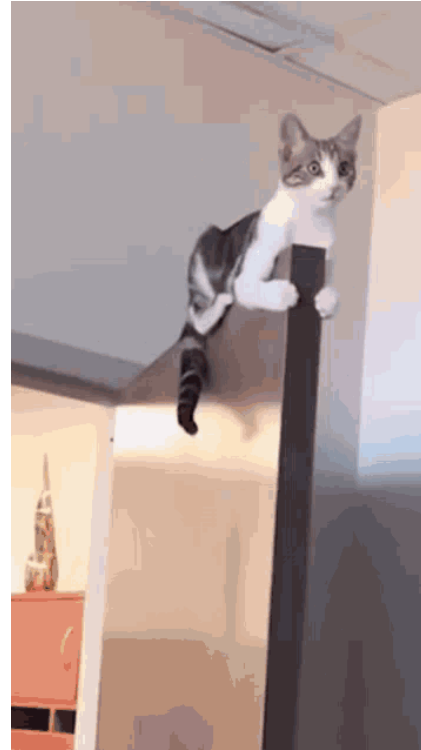


Figma Prototype and UI +
Interactive prototype

Digital wellbeing is about...



Feeling good when using technology



Staying balanced between online and offline life



Using technology in ways that help, not harm, our focus, mood, and friendships

What's one thing you do with technology that makes you laugh?



Expert talk

4.45 pm



Amani Aljaloud
Communications Lead at
Sync



Dr. Mamun Rashid
Senior Research Specialist at
Sync

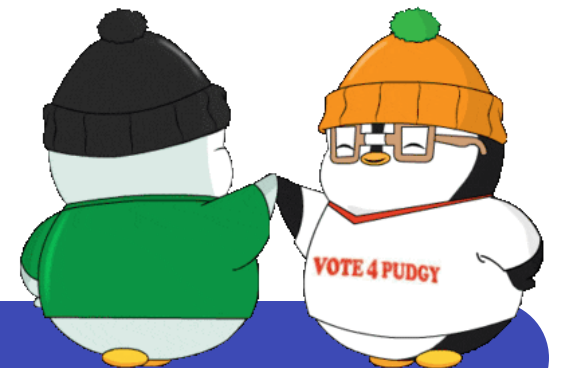


Findings from Research

The data were collected by the Sync Research Center.



Most people would rather leave without a close friend than without their phone.

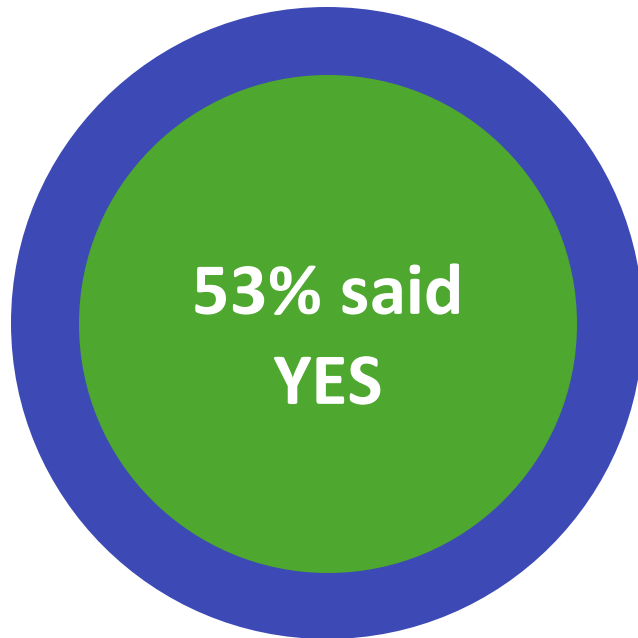


Answer True or False

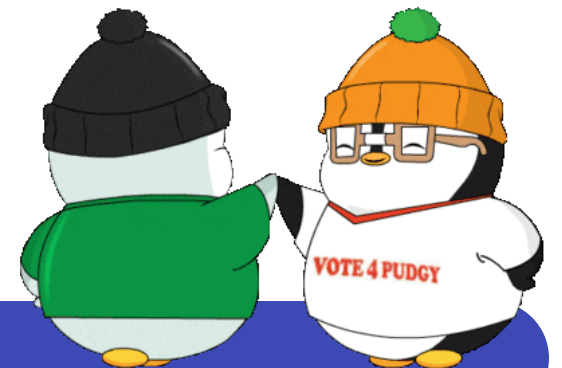


Findings from Research

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Focusing is harder because of heavy technology use.

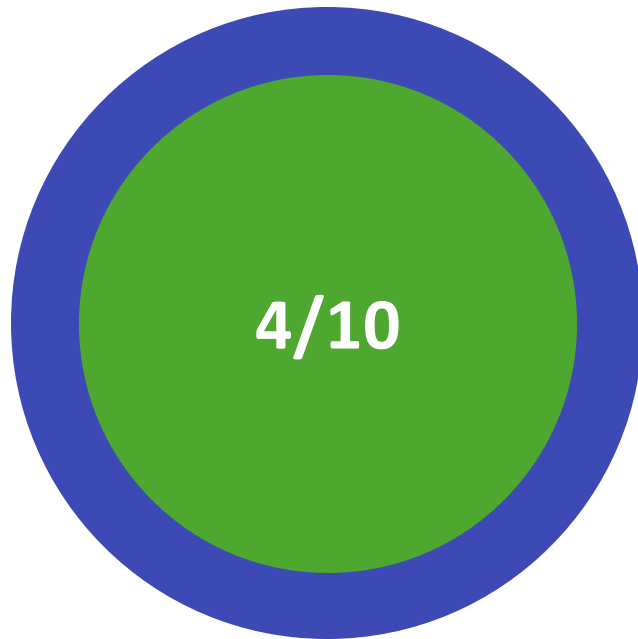


Answer True or False



Findings from Research

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Focusing is harder because of heavy technology use.



Findings from Research

The data were collected by the Sync Research Center.



Phones are designed to be addictive.

I'M BUSY

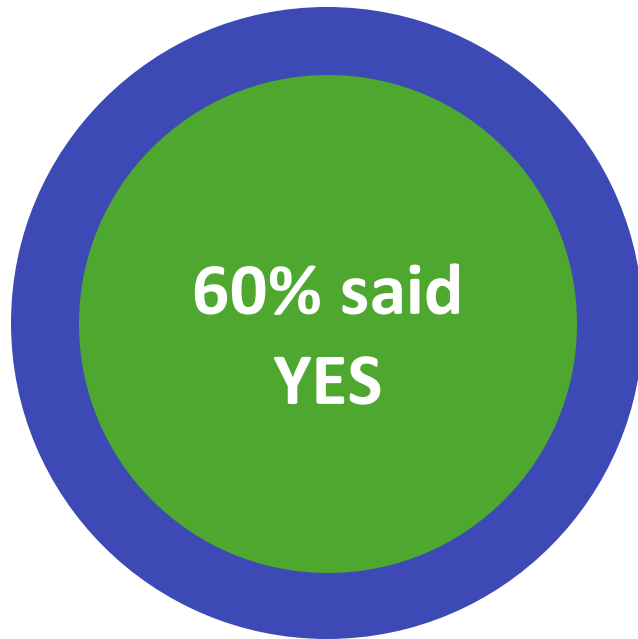


Answer True or False



Findings from Research

The data were collected by the Sync Research Center.



Phones are designed to be addictive.

I'M BUSY



Answer True or False



Findings from Research

The data were collected by the Sync Research Center.



Many people skip sleep to use technology.

Answer True or False



Findings from Research

The data were collected by the Sync Research Center.

Almost
HALF said
Yes!

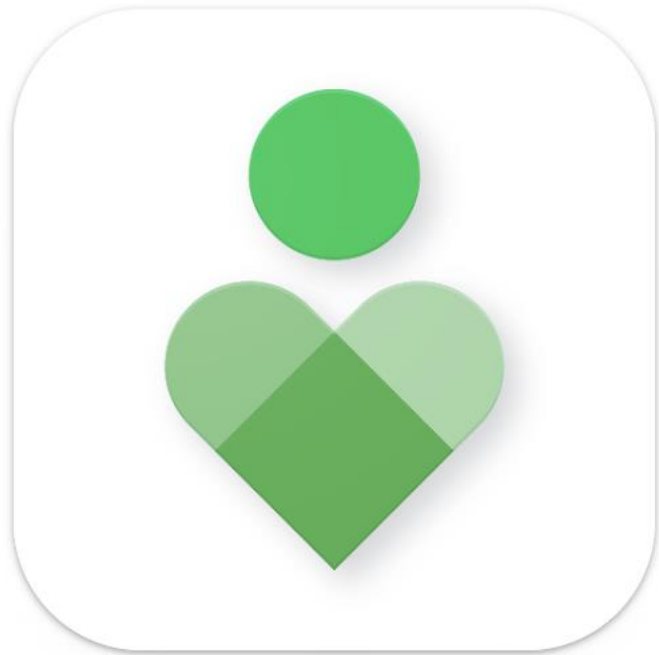
Many people skip sleep to use technology.

Answer True or False



Some examples

Digital Wellbeing app by Google



See:

Which apps you use most
How many notifications you get
How often you check your phone



Use tools to:

Set time limits for apps
Get reminders to stop using your phone at night
Pause distracting apps so you can focus on school or hobbies



Sleep & Focus Better

Bedtime mode helps you wind down
Focus mode helps you stay on task with one tap



Some examples

Zario Digital Wellbeing



Set focus times for studying or relaxing
Block apps quickly when you need a break
Limit screen time for each app
Use a timer every time you open an app
See positive messages that encourage healthy habits
Stay on track with a strict mode when needed



Digital wellbeing solutions don't have to be phones, apps, or screens.

Anything that:

- Helps your body feel better
- Reduces stress from too much screen time
- Uses technology in a smart, helpful way
- Encourages short, healthy breaks



Alveos One

Wearable for Breath Control & Nervous System Regulation



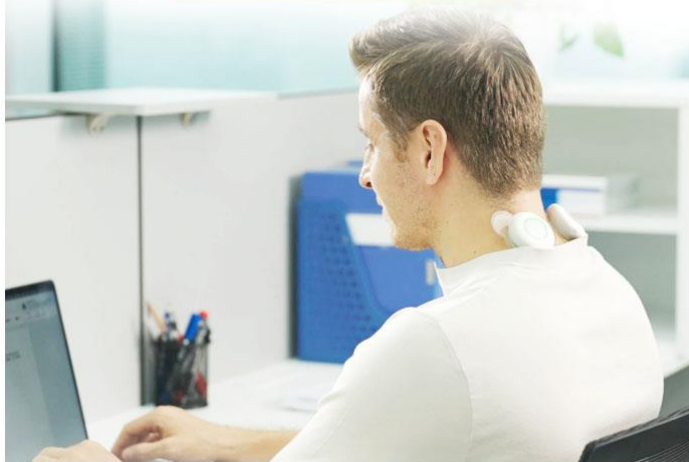
Softmoshi

Wearable Ultrasound Massager

Revolutionary Wearable Ultrasound Massager

Softmoshi S1

Soothing / Portable / Hands-Free



Portable & Wearable
Perfect for daily use



10-Minute Relief
Quick Relief in 10 Minutes



Advanced **Ultrasound Tech**
Deep Tissue, Targeted Relief



Customizable Intensity
10 Adjustable Intensity Levels

Why Softmoshi?

Designed to fit your life.
Built to change it.



	Softmoshi Massager	Traditional Massager
Treatment Depth	Deep tissue relief	Only works on surface muscles
Treatment Time	10 minutes	20-30 minutes
Ease of Use	Hands-free	Requires manual effort
Portability	Compact and wearable	Bulky and hard to carry
Pain Relief	Long-lasting relief	Short-term



Refimiro

The Magnetic Mirror that Builds Daily Confidence



A minimalist magnetic system for daily affirmations, manifestation, and self-belief.



Straight Plus

AI Posture Trainer/ Corrector Device

Take Your Posture Back



Boost **confidence**.



Feel more **energetic**.



Live a **healthier** life.



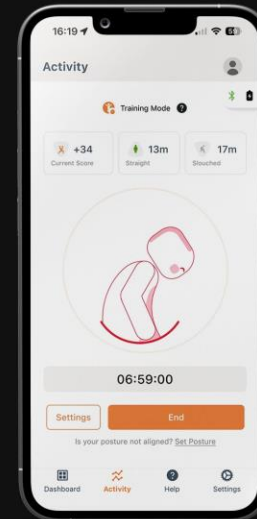
Why Straight+ ?

Straight+ offers two modes to boost results—you choose your pace.

 **Casual Mode**



 **Training Mode**



Children as young as 10 years old are now addicted to their consoles.



PlayStation features that support digital wellbeing

1. Play Time Controls (Parental Controls)
2. Play Time Reports
3. Bedtime & Schedule Settings
4. Notifications & Warnings
5. Family Management Tools

Designed for parents and kids to decide rules together
Encourages conversations about balance and responsibility



Main risks in app development for kids



Addictive reward systems

Keep kids playing longer than they want to



AI companions replacing real interaction

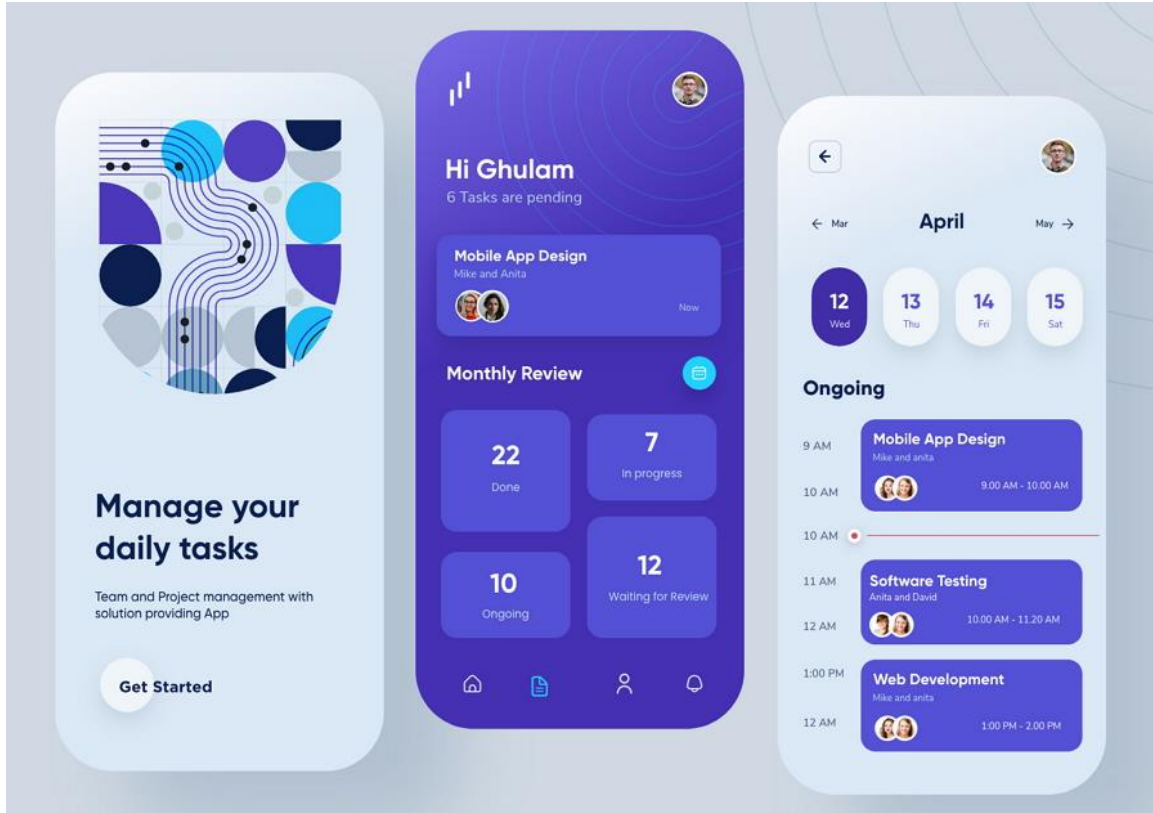
Blur the line between real friends and digital characters



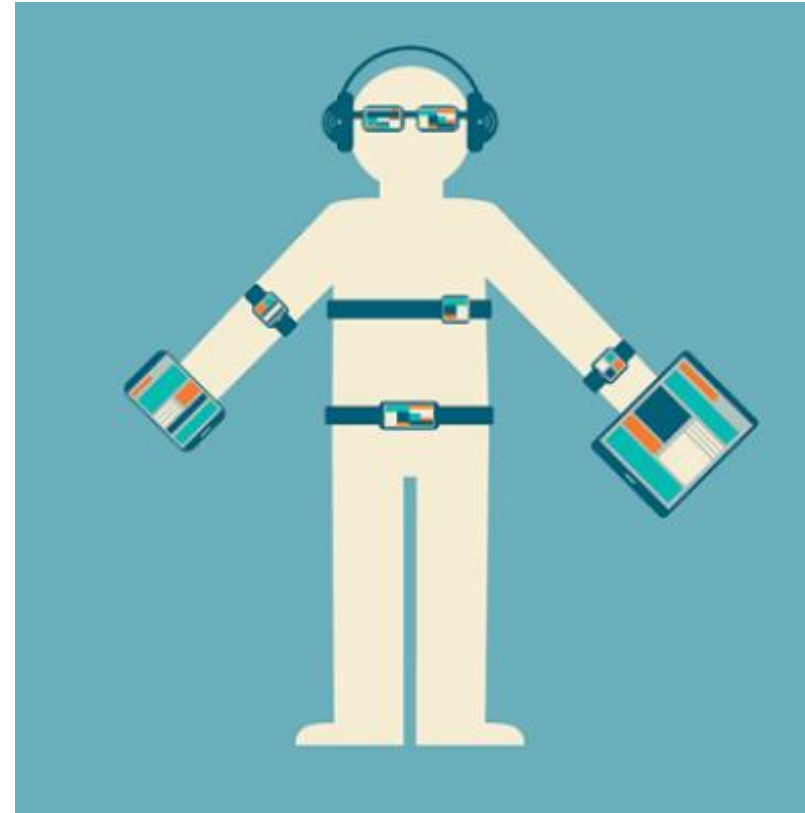
Hidden selling and spending pressure

Mix play with shopping in confusing ways

Design Challenge: Fix One Digital Problem



Design and App



+ Physical Device (Optional)



Design Challenge: Fix One Digital Problem

Your mission is to design a solution that improves digital wellbeing.

To do this, you will:

- **Choose one digital problem** (pain point)
- **Explain why your idea is special** (what makes it different)
- **Describe one simple situation** where your solution is used



Example Challenge Solution

Pain Point

Students get distracted by phone notifications while doing homework.

USP (What Makes It Special)

My solution helps students focus without blocking their phone or making them feel punished.

User Scenario

When Sara is doing homework in the afternoon, she uses the app to pause notifications for 30 minutes so she can focus and finish faster.



Let's open Figma – Fill the following

<https://shorturl.at/L0qq1>



Write:

The problem I want to fix is: _____



Write:

My solution is special because: _____



Write:

When _____ is doing _____, they use my solution to _____.







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ستوديو 5
STUDIO 5



Future Designs For Digital Wellness Day 2



Today's Agenda جدول أعمال اليوم

DAY 1
Feb 9



Introduction to Digital
Wellbeing
+ Expert talk

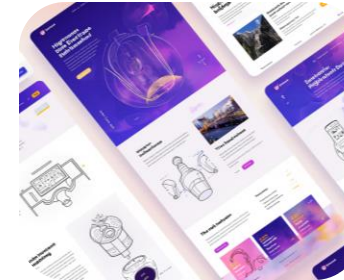
sync 

DAY 2
Feb 11



Ideation +
UX Design

DAY 3
Feb 16



Figma Prototype and UI +
Interactive prototype

Let's refresh our memory!



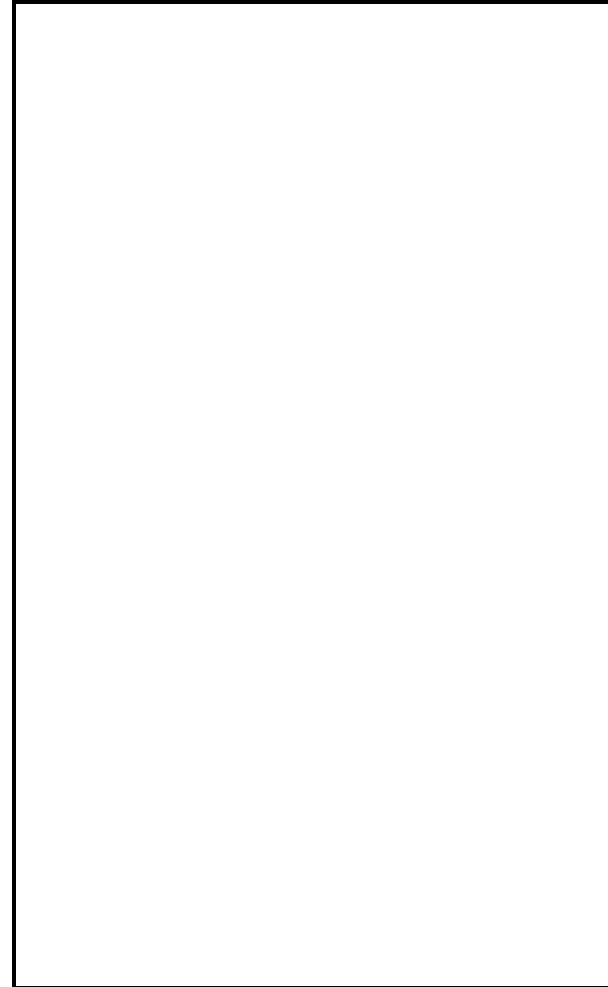
Let's review your ideas! And start sketching

Step 1 — Turn Your Idea Into Screens (App Sketches)

An app sketch is a quick drawing that shows:

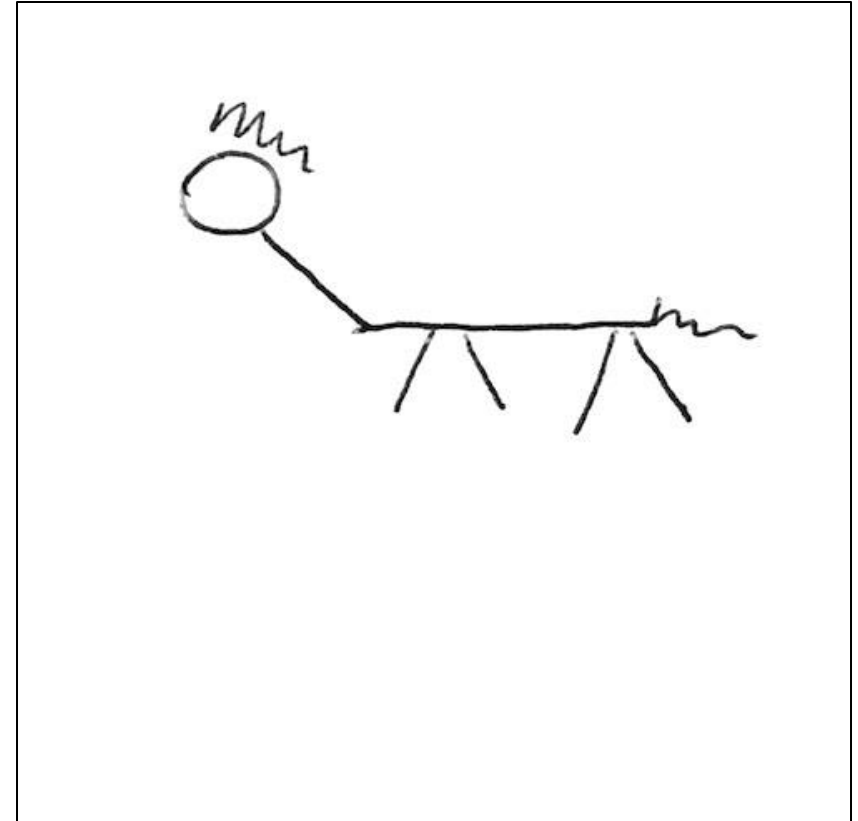
What the app looks like

- What happens on the screen
- What the user can tap or see
- You don't need to be perfect — just clear.



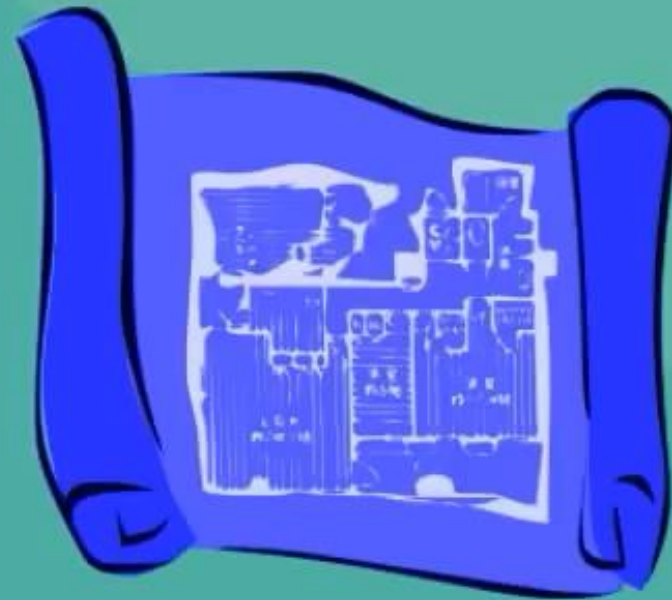
How many of you know what this is?

Sketching does not mean art!
Sketching means you're using
a pencil or pen to
communicate an idea.



Sketching in App design is called Wireframe... And this is how it looks like!

Can you imagine building
a house...

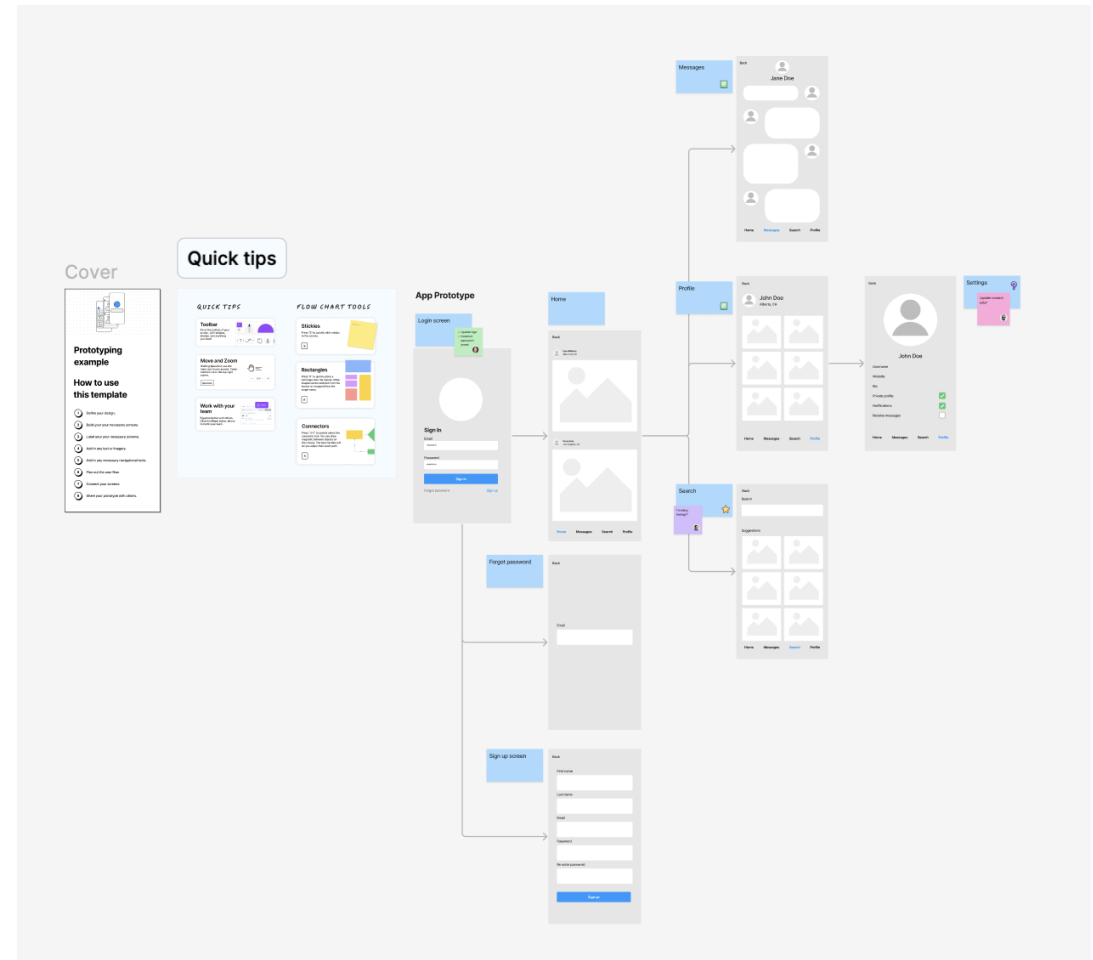


CREATED USING
POWTOON

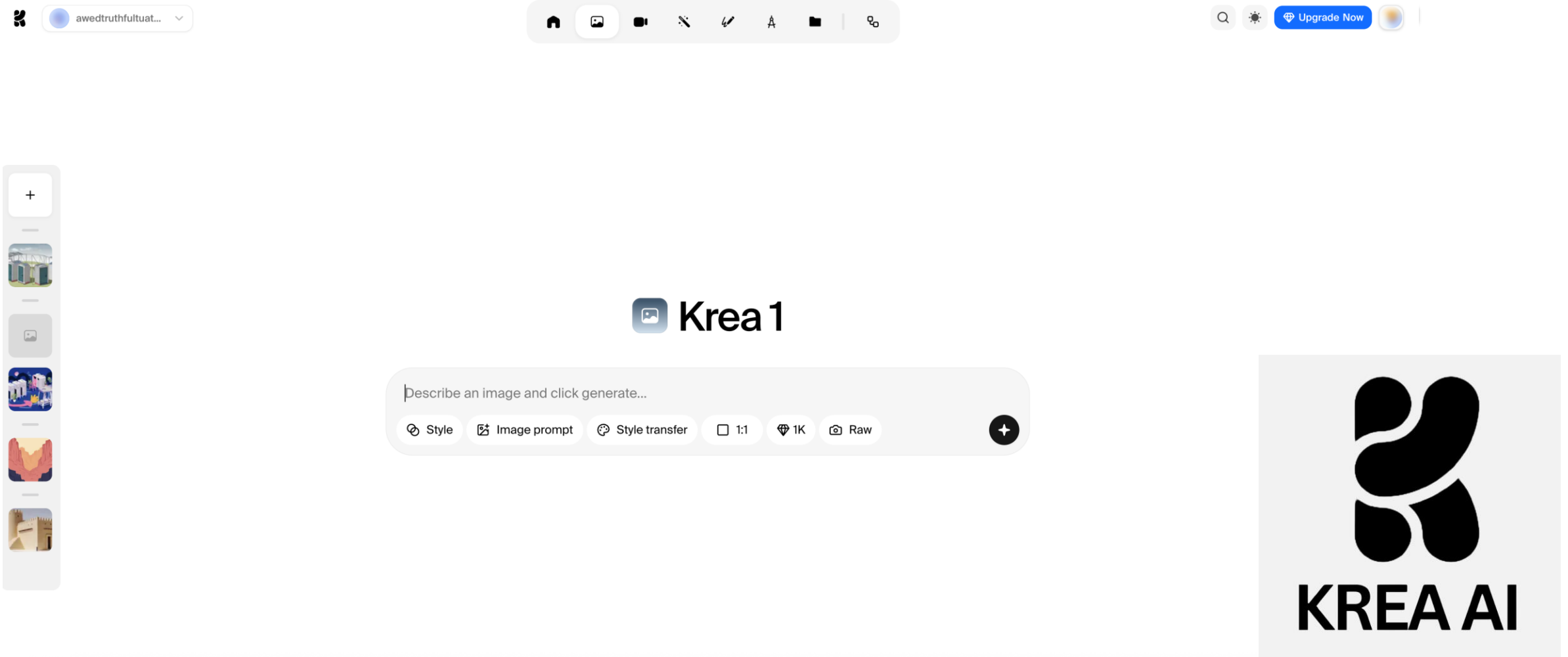


Let's open Figma

<https://shorturl.at/L8jst>



Let's open Krea.ai







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ستوديو 5
STUDIO 5



Future Designs For Digital Wellness Day 3



Today's Agenda جدول أعمال اليوم

DAY 1
Feb 9



Introduction to Digital
Wellbeing
+ Expert talk

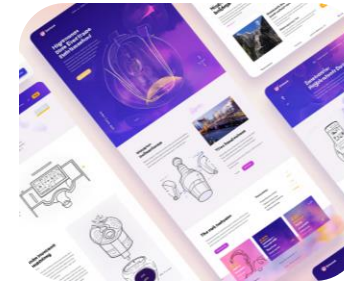
sync 

DAY 2
Feb 11



Ideation +
UX Design

DAY 3
Feb 16



Figma Prototype and UI +
Interactive prototype

Let's Recap

Day 1 – Problem definition and solution



Write:

The problem I want to fix is: _____



Write:

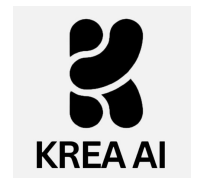
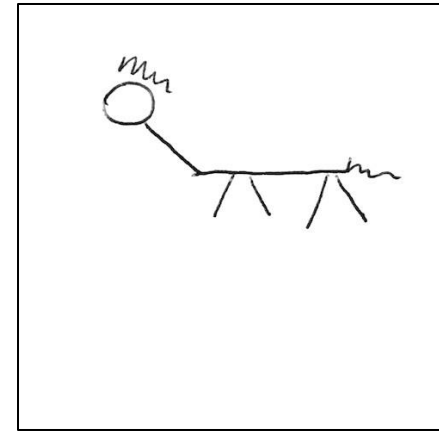
My solution is special because: _____



Write:

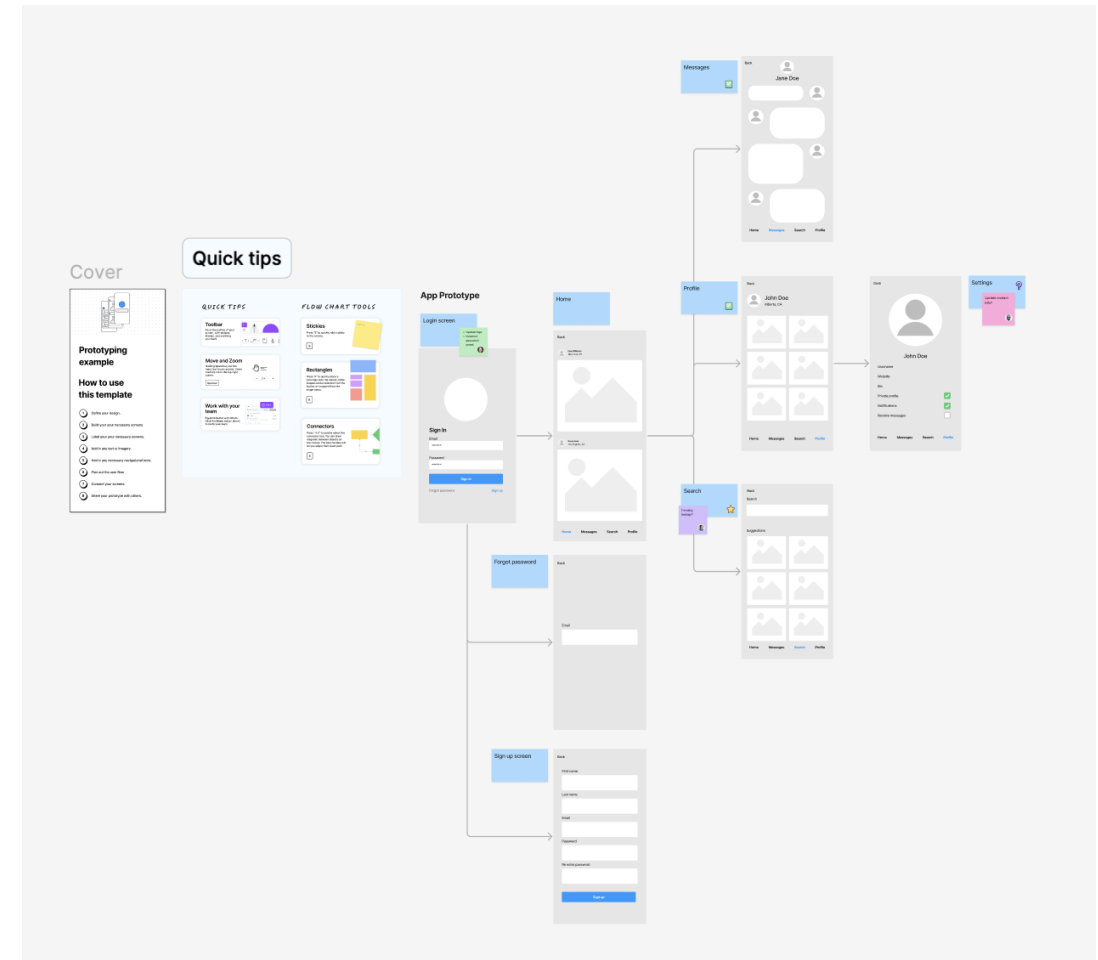
When _____ is doing _____, they use my solution to _____.

Day 2 – Sketching Software discovery

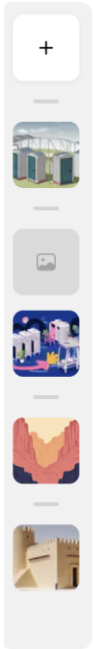
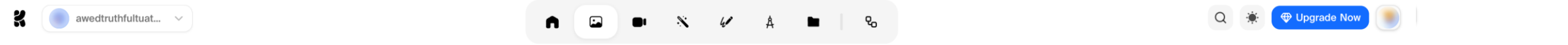


Day 3 – Figma interactive prototype and AI Generation

Follow the invite!




Let's open Krea.ai



Krea 1

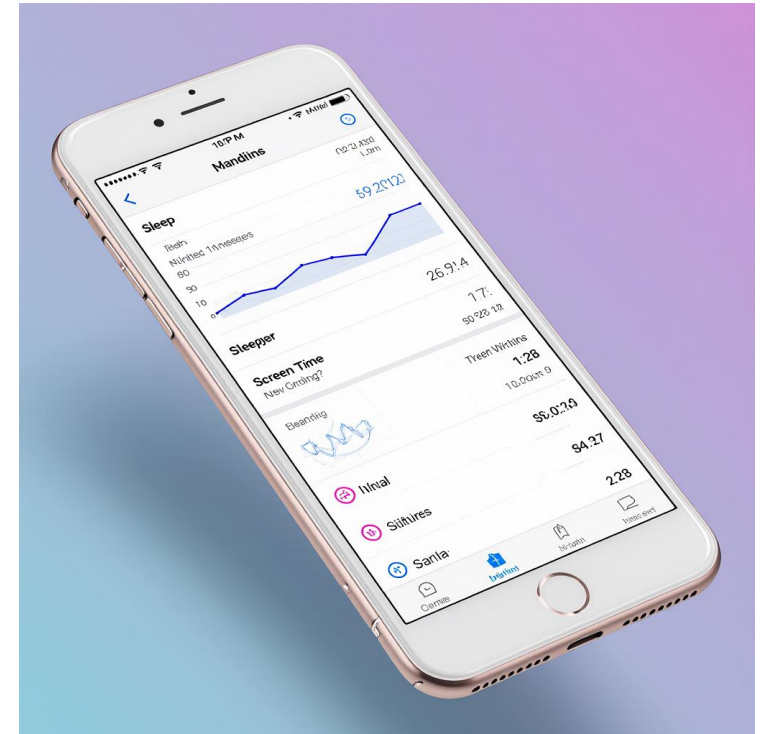
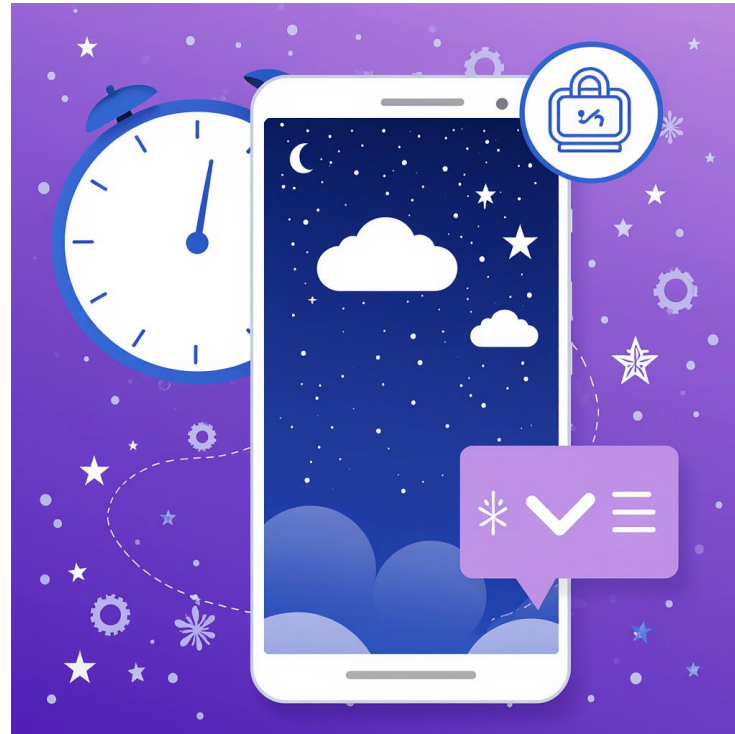
Describe an image and click generate...

[Style](#) [Image prompt](#) [Style transfer](#) [1:1](#) [1K](#) [Raw](#) 



Example with Krea.ai

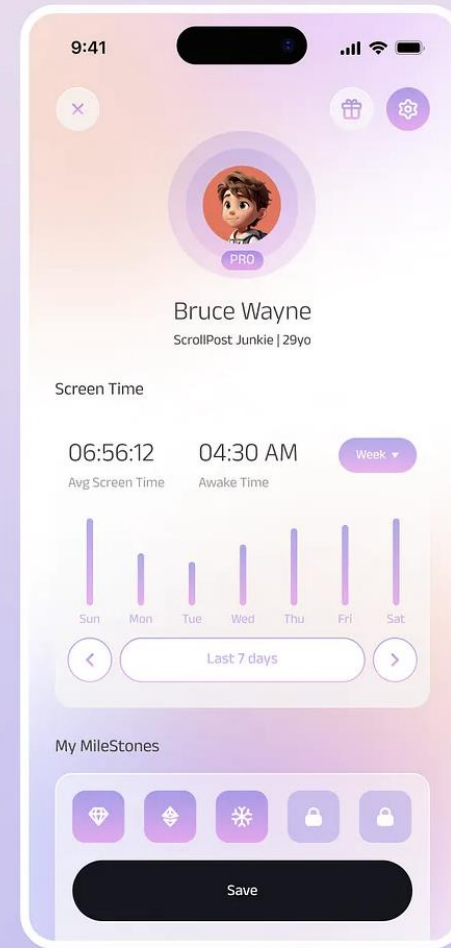
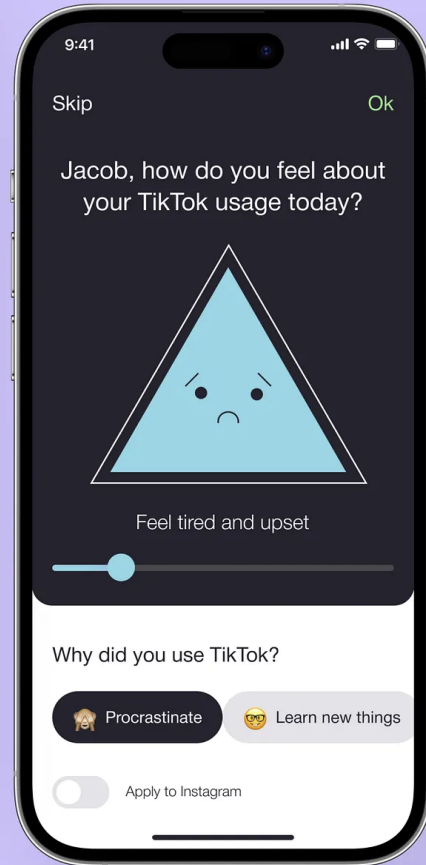
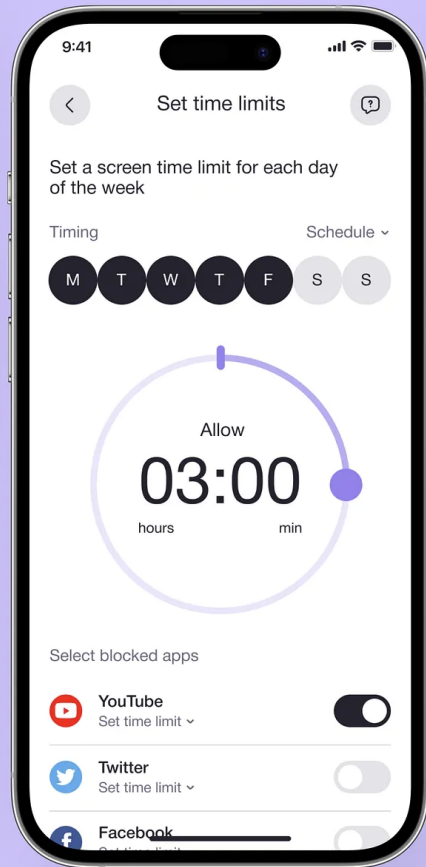
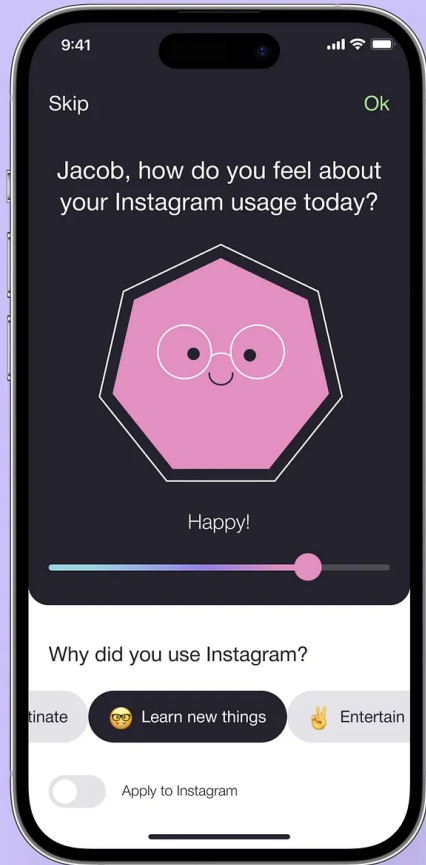
Interface for an app for digital wellbeing to track the time people sleep and look at the screen



Examples



Examples





Studio 5 - Creative Track



