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## Problem

**Brief 3 - Signalling Change** aims to tap into unused potential of train stations to encourage **positive behaviours**.

Many people **travel alone** on trains, whether to work or just for leisure

Because of this, travelling can be

**stressful, confusing and often quite lonely.**

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## Process

To support this project, I built a case study that asked 'How can encouraging **social behaviours** improve overall **mental health and wellbeing**?'

People often don't have somebody to turn to if they have questions, or just to **spend time with**.

I learnt about how **lack of socialising** can damage the **mental health and wellbeing** of many individuals, and how this has been particularly evidential since the **Covid-19 pandemic**.

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## Proposal

I decided to create an app that would **connect individuals together** while they travel.

This app would allow people to find people online to **share their journeys with**, so they **no longer have to travel alone**.

'Journey' would act as both a **connector of people** but also a **beacon of safety** for those travelling alone.

With the option to call for help, report other users, and send your GPS location to trusted officials, **people can remain safe** while using this app.

### Congrats!

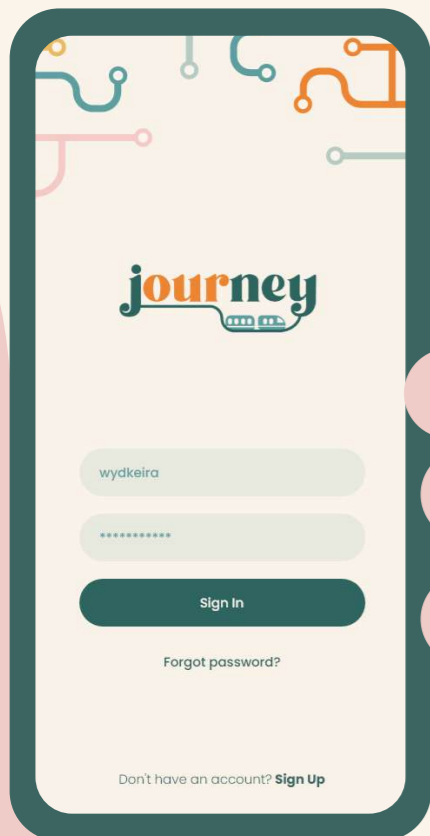
You've found a companion to travel with! See below for details on your meetup spot and when you should be there!



#### Details

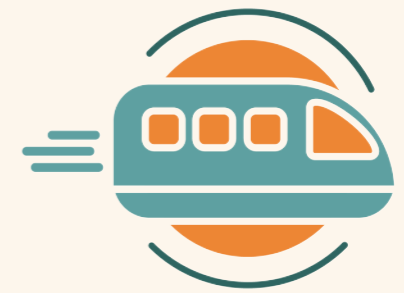
10:06 am - 11:36 am

Blechynden Terrace, Southampton SO18 1GW  
Meet at Station - Platform 1



# journey

let's ride  
together.



An app that **connects** individuals together so they **no longer have to travel alone.**

# 1 Problem and Solution

## Problem.

Since the **Covid-19 pandemic**, there has been an increase in **anxiety and depression** that stems from the **loneliness of isolation**. Being separated not only from loved ones, but also from not meeting anyone new and allowing our **social groups** to grow, has resulted in **22%** of young adults suffering from **anxiety disorders** that they will take forward in their lives **through adulthood**.

## Solution.

Rebuild **confidence** and **social skills** through a **community-based mobile app** that aims to connect you with people who are taking the same or similar train routes as you, so that you may **share your journey** with somebody in a **minimal-pressure setting**.

**80%** of **young adults** believe they would **benefit** from **talking to people** and **meeting new people** to rebuild their **confidence** and **comfort** in society.



## 2 Outline of Research



# 3 User Journey

- Users will launch the app and find themselves greeted with a **visual explanation** on how the app works so that the app can be **easily understood** from the start of this journey.
- Then, users will find a screen where they may **sign up**, creating their own username and attaching any other details they wish to add. Once signed up, they will land on **their home page**, where they can navigate to any of the features they might wish to use.
- From their home page, users may access **settings** to adjust their profiles, along with **safety features** such as GPS alerts and reporting.



- Travelling by train is the **most sustainable way to travel**, so it is important to encourage others to travel by train instead of driving. Therefore, this app offers a **points system**, so users may collect points for the amount of miles they travel by train. These points can then be **redeemed for rewards through the app**.
- Since this app is about **connecting individuals together**, users will be able to find other users by inputting their journey details and **finding others who are taking the same or similar journeys**.
- Of course, not all users will be comfortable meeting one-on-one with people they don't yet know, so there is an option for users to **create travel groups**. These groups can be managed by a **group leader**, who may **approve or deny** any requests to join.