**#TeenTechChallenge, in association with Andy Murray and the Digital Health & Care Institute**

***Innovating for a fitter, healthier and happier, future for Scotland’s young people***

**The challenge**The internet, smart technology and social media have transformed our lives, with each now having a huge influence on the way we learn, work, play and communicate.

The digital age is certainly here - but what does this mean for our health? And how do we stay fit and well as our world moves increasingly online?

The #TeenTechChallenge, in association with Andy Murray and the Digital Health & Care Institute, is on a mission to find smart new ways to help Scotland’s young people keep active, eat well and stay healthy and happy, now and in the future.

**Who is it for?**The competition is open to teams fromany Scottish school, college or youth organisation. Each team must appoint an adult to act as a mentor/supervisor. Participants must be aged between 14 and 17 at the point of entry submission (5 May 2017). Mentors must be aged 21 or over.

**What does it involve?**In teams of four to six, supported by at least one adult mentor, we want applicants to develop an idea that will help young people participate in the active management of their health, fitness and wellbeing, using digital technology.

To enter, they must work together to develop their idea then complete the online application form at www.teentechchallenge.com by 5th May 2017.

In the application, they need to tell us:

1. What is the idea and how does it work?
2. What health and care problem does the idea solve? And why is this important?
3. How does the idea apply digital technology?
4. Could the idea be made available to all young people in Scotland? If so, how?
5. Why do you think the idea should win?
6. What do they think will make people want to use the idea? And what benefits will it bring?
7. What do they think the idea needs to make it a reality?

They will also be required to prepare and upload up to four diagrams or illustrations and a video (no more than five minutes duration), which will describe the idea and how it works.

**What does it aim to achieve?**By participating in the #TeenTechChallenge, we want young Scots to play a part in helping change the trends that have caused them to be rated as having one of the worst diet and lowest activity levels in the world. With their help, we can change the habits that are setting Scotland up for a lifetime of ill health.

**What are the prizes?**The #TeenTechChallenge offers an incredible prize package!

Each member of all shortlisted teams will receive an Apple Watch.

The overall winning team will also receive Apple iPads for each team member plus £2,000 for their school, college or club and the chance to meet Andy himself.

The winning team will also see their idea developed through the Digital Health & Care Institute.

**Challenge partners**

**Main sponsor: Sopra Steria***Sopra Steria is a European leader in digital transformation, we take on new and amazing challenges every day. By encouraging diverse ideas we develop innovative solutions and deliver results to our clients that touch the lives of millions of people every day.*

*We have one of the most extensive end-to-end service offerings in the market: consulting, systems integration, software development and business process services. We address our clients’ most complex and critical business challenges and help them to make the best use of information technology. We have a global team of more than 38,000 employees working across 20 countries – with around 6,700 in the UK.*

**Partners:**77 Group; Aberlour Childcare Trust; Entrepreneurial Scotland; GameChanger; Scottish Enterprise; Scottish Institute for Enterprise; Skills Development Scotland; Young Enterprise Scotland; Young Scot

**Key dates**

* Participant registration – 2nd April
* Entry submission – 5th May 2017
* Shortlist announcement – 31st May 2017
* Winner announcement - November

**How you can get involved**Share information about the competition with your friends, family and networks! We want to encourage active participation across Scotland and generate widespread awareness of the issues facing the health and wellbeing of the nation’s young people today and in the future.

**What are Andy’s thoughts**

*“As a professional tennis player, I use digital health technology every day to monitor my performance and inform my training regime. But digital health technology is not just for athletes. It has the potential to help everyone understand their health needs and goals better, and to make better choices.*

*“By taking part in the #TeenTechChallenge, we want young people to use their experiences, creativity and digital skills to develop one big idea that can make a difference.”*