

1. Description?

- Forest is an **application** to promote the **user's ability to concentrate** and is in the top five in 85 countries in terms of productivity-boosting apps within Apple's app store. Forest's goal is to get users to stop using their phone and consequently **support them in focusing** on a task.

2. For whom and why?

- Forest is useful for all students but especially for students with concentration and attention problems.
- Smartphone use** | Research shows that on average every eighteen minutes, an activity is interrupted to use the smartphone. Forest helps you get rid of this habit in a positive way.
- Block websites** | The web extension allows users to blacklist certain distracting websites, allowing them to personalize the extension to optimize their concentration.

3. How does it work?

- Plant trees** | The user plants a virtual tree in Forest, as long as the tree grows (you can set the time it grows yourself), the user cannot use the smartphone without the tree dying. The user can build a forest in this way.
- Sound** | As the tree grows, Forest can play soothing sounds to promote concentration.
- Statistics** | It is possible to view statistics in the app. This way, the user knows how much he has worked and how many times he has achieved his goals.

- Environment** | By collecting these virtual trees, the user saves virtual money.

With this money he can support the non-profit organization 'Trees for the future'. For a certain number of coins, the organization ensures that a tree is planted in a place where it is needed.

4. Pricing

- You **buy** the Forest App **once**.

5. Language

- Forest is available in English.

6. Type and platform

- Forest is an **application** and a **web extension**. Forest is available on **smartphones** running on **Android** and **iOs**. Forest is also available as a **web extension** within Google Chrome.

7. More information?

- Visit [the Forest website](#) here.