

Abstract

This thesis analyzes a digital application designed to monitor the well-being of cadets during their onboard internship. The research took place on board the tall ship Dar Młodzieży during the internship of first-year students from the Antwerp Maritime Academy. Since no existing applications met all the requirements of this study, a completely new application was developed to collect well-being data offline.

The goal of this research was to refine the application and analyze the collected data. The results show that external factors such as seasickness, fatigue, and poor weather conditions negatively affect cadets' well-being, while shore leave and relaxation have a positive impact. The application effectively captured these trends and can serve as a valuable tool for maritime training programs and shipping companies to improve internship and working conditions.

However, technical limitations also became apparent during the test phases. Issues with installation, notifications, and data transmission affected usability and led to missing data. Future versions can be improved with more reliable data collection and automated reporting.

This study demonstrates that a digital monitoring tool can provide valuable data on well-being on board.