



Hamburger Projekt zur Förderung des Wohlbefindens in der Handelsschifffahrt

Das innovative Projekt AI-healthy ship entwickelt mithilfe von künstlicher Intelligenz eine **Plattform zur nachhaltigen Förderung der Gesundheit und des Wohlbefindens der Crew an Bord von Handelsschiffen**. Die App SeaWell vereint modernste Technologie und wissenschaftliche Erkenntnisse, um den Alltag an Bord zu verbessern. Durch kontinuierliche Analysen von Umwelt- und Schiffsbedingungen sowie individuellen Gesundheitsdaten bietet sie personalisierte Empfehlungen und präventive Maßnahmen. So unterstützt SeaWell die Crew dabei, Risiken wie Müdigkeit und Stress frühzeitig zu erkennen und eigenverantwortlich Maßnahmen zu ergreifen – auch ohne dauerhafte Internetverbindung.



Dieses Projekt wird durch die Europäische Union und die Freie Hansestadt Hamburg gefördert.



www.ai-healthy-ship.eu



Kofinanziert von der Europäischen Union



AI-healthy ship is a project that uses artificial intelligence to enhance the well-being of the crew on merchant vessels. It provides personalized health promotion services tailored to the individual needs of each crew member – even without a permanent internet connection onboard.

[Website](#)

[Social Media](#)

Questionnaire



At the beginning, we distribute a questionnaire to evaluate your opinion concerning your **needs and interests on how to improve your living and working situation on board**. Your answers will be collected and processed **confidentially and anonymously** by the scientists of the Institute for Occupational and Maritime Medicine (ZfAM) that is affiliated to the University Medical Centre Hamburg-Eppendorf (UKE). Based on your answers we plan to develop and test some measures on board that could raise your health and wellbeing during your shipboard stay. Link to survey:

<https://survey.lamapoll.de/Health-Promotion-and-Wellbeing-for-Seafarer>

On-Board Examination & Intervention



We will visit four different ships for about ten days to check whether the technology of our application works and the measurement of data is reliable. We also want to test whether the interventions we propose can be carried out on board and are accepted and welcomed by you. We would also like **to be available to answer your questions and support you in using the app**.

App Seawell



The goal of AI-healthy ship is to develop an AI-based system that empowers you to independently and sustainably enhance your well-being. The app should accurately assess and predict health conditions and workloads and provide guidance and tips that you can implement without medical supervision. Our aim is to **enable you to actively shape your workday, reduce sleepiness & fatigue and to improve your physical and mental well-being**. You can download the app from **Google Play Store** on your mobile device (expected from summer 2025).



The project is funded by the European Union (European Regional Development Fund) and the Free and Hanseatic City of Hamburg. All project partners also contribute their own funds.