

Uma went to sleep a bit early she is used to, as she knew tomorrow was going to be an important day. Every day is excited about going to Human Coaches School . She loves her parents but she likes and chooses to spend more time in a place where she feels useful, belonging, challenged, important, integrated, balanced and heard.

She left all her devices outside the room as recommended, asked Appy for a relaxing music to go to sleep, drank the water she knew her body needed to be hydrated for the night, and meditate more than 10 minutes as usual. Tomorrow was special.

They will present to the Personal Coach, Body Balance Coach and Main Development Tutor the final project they have been working on for the last 12 months: building this dreamed VR City, with its version of a tiny real city, sustainable for the environment, inclusive with an example of healthy relationships between the community, functional families , parents and couples. Dreamy City has its own battery generated energy, farm, & water.

Uma was passionate for years, investigating how High Schools used to be when her parents were young, and how education dramatically changed by the 2020's with Human Coaches Schools. She was surprised so much how the Dinosaurs system as they usually call it joking , was almost the same for hundred years even in after the era of Internet, Apps, Google and Social Media. What she found out in the process and part of the inspiration of Dreamy City is that education dramatically changed, it was more free, flexible, open, interested in connecting, emotional development and different set of skills, but still was a mystery how those new skills were tapping societies still running and being educated by the old System. Kids now were taught to eat healthy, have sustainability as a high value, be diverse and open but cities and homes still have not much space for own farmer and Natural printing still was not so adopted by their previous generations. Cities also are not fully sustainable and they are in between the old energies and not fully implemented solar & human gathered energy batteries. Cities were not even close to be prepare to be inclusive with people of different capabilities and Uma knew the technology was already prepare for that. She was amazed

by all that the First Cyber Revolution (previously named as Four Industrial Revolution), made for humanity and how famine was eliminated, violence and diseases were tackled. But still there was a lot more technology could achieve and address and they could have it at their hand.

At the same time the previous generation the poor Gen Z, were still battling with the consequences of a digital life with no preparation from schools and parents, leaving a bunch of 30s and 40s years old with addiction and depression and the worst rates of suicides in the history. Gen Z had to deal with having a 40% of “a useless class” and not being prepared to take the advances of the First Cyber Revolution to a next level and bringing to scale and to all the classes the possibility of being a part of that.

She was grateful everyday of been born when humanity could address that, and education include contact with nature, sports and the most important: yourself. So Uma saw like cristal clear that Dreamy City has a challenge with her parent's generation: entertain them and give them chance to connect with others.

Uma and everybody in Human Coach School have been training almost all her high educational years to achieve this final project, they will get the final Level and full 5 Stars in their capabilities areas, or at least she was as confident enough they would shine. All the lesson by experts and coaches were finally paying off in Dreamy City: cooking classes, farming, nutrition, therapy, yoga, meditation & Mindfulness, maths, VR design, draw, ethic & tech, sports, arts, entertainment, Opportunity cost, Creation of Algorithms.

Also personal development of specific skills were applied this year of work: self sufficiency, sales 101 and dealing with rejection, conflict resolution, resume building, Interviewing, serving others, entrepreneurship, how to relate with Appy and get the most of Cyborgs, relationship with devices and bots, Sex education, programming, Philosophy, Empathy and History & Geography and Travel.

In addition, Uma and her the team will present Dreamy City with the methodology learnt in their school of subjects like History and some other Wisdom Lesson part of the flexible program:

- They will showcase a story of various families living their lives at Dreamy City in VR format.
- After that they will ask their Coches and Tutors to write a story on their own about what happened in Dreamy City (with pens and smart blocks) so they can process the information and understand if the story they were transmitting with VR was interpreted in the right way.
- They will skip the part of creating an art piece of that period of history in study, or to represent a play but they will provide their teachers the possibility of rating different areas and give their feedback about Dreamy City solving issues of humanity.
- Later they will present the “real” small scale city, Tiny Dreamy City built piece by piece at Zoe’s big patio from her dad’s house. So their coaches and tutors, will experience food produce by this sustainable city, entertainment provided by the city, rules, entertainment and social clubs, security and dynamics.

Dreamy City was created to have communities in addition of families. In this way, isolated , depressed and addicted Gen Z would have a place to belong, be entertained and connect with their tribes. Communities Centers were entertainment centers were they could co create histories, with IA help: every movie, Netflix Serie, Social Media Celebrity, and personal accepted shared information will be scanned by IA systems and create histories based in a group of humans gathering and remember the good old days together: they would laugh together remembering and creating new memories together. The films will be recorded and be able to be reproduced and share outside the group if everybody signed up. Uma thought that co creating with IA and not feeling left behind by Cyborgs was important for keeping high self esteem of previous generations.

In Community Center Gen Z and Millenials could also offer to do lectures every time of the week and taking care of children of the community: wisdom from previous generations is respected by Uma’s Gen was appreciated and the contact between adults and childrens was appreciated as also

give adults with no grandchildren the opportunity of having fresh air and helping parents out with their education.

The team who created Dreamy City with Uma, were the best buddies she have ever wished on working with: it took her years to be able to find and connect the right group of people to achieved the final project of her highschool: Alina, Rita, Charles, Cesar & Zoe. Each one of those special souls add unique value to her life and to the project and she has met them in different times of her Human Coaches School years.

Alina is this androgine blonde tall thin athletic girl adding responsibility, discipline and ethics to the team. She is the oldest of the group (17) and understands her choice of sticking around for the final project a bit too long as being a perfectionist. Her Personal Coach helped her to face the thing she finds most hard to do: decrease the desire of perfection (leading her to dissatisfaction) and be able to let go. Also Alina was one of the Global Exchange program who decided to stay after the 6 months suggested as minimum. Her hometown was Ucraina. Alina was really involved in Community Responsibility and Rules for Dreamy City. Also Sports, Health and Team Work. Rita is a 14 born blind sweet but hash and honest human been. Luckily the Human Coaches School exists in her era and she does not need to be left out from other children normal lives. Everybody embraces Rita sometimes need clarifications or assistance so they learned patience and caring. Everybody needs Rita sensibility, sharp and "no bullshit" way of addressing any matter. Rita made an important adding to Dreamy City: to be easy to access, and be interpreted by Appy while navigating the city, be facial recognised to indicate blind, unpaired, or disable humans any information of the city, traffic, location and assistance they might need. Rita investigated the best ways to address all the needs people with different capabilities may have: Appy Voice, AR in other cases, Appy vibrator, vertical auto wheelchairs, sustainable elevators, etc. Charles is this volatil soul of 15 years old who has always seen life as a flow and a beautiful thing to be into, and to create more beautiful things for it.

Charles is the king of culinary art: he combines his arty soul with food and organic farming with Natural Food Printing. Cesar is the youngest, but his big brain and his ability for oratory stood out since his early years. He is the one who “sold” the project and got the investors. He also attracts part of the talented crew as he is a detector of capabilities. His heart is as big as his negotiation skills and empathy. Zoe was the soulsearcher of humanity so she was 16, same age as Uma, and was ready to get to the world the balanced she found in yoga, meditation, healthy eating, and emotional intelligence. Balance is what she wanted to achieve after her parents divorced and she was hungry so many years. She planned all the Balanced Life and Emotional Intelligence for Dreamy City and her dreams as this final project finishes is to be part of Human Coach School as a Personal Coach, to give back to kids what she received and made her be in peace.

But not only this amazing gang (sometimes they called themselves “Dreamers”) was involved in Dreamy City: they needed to consult, be coached, be trained, advised, get funded, pitch to architects, VR specialist, Environment Strategists, their math teacher of previous years, doctors, Psychologist, etc from inside and outside school. Their Advisory Board was so strong they were confident they will make a success project. Personal Coach, Body Balance Coach and Main Development Tutor of each one of the team, were involved helping kids out in any difficulty and team tension on the way, but they have never seen Dreamy City until tomorrow, the big day.

Uma was the first to approach the question of : “How to build the perfect city?”. Her generation understood that humanity has advanced way too much from the Middle Age era. And this world was so much safer and less violent than ever in history. But still technology and values as a community had a lot of challenges: while some VR , IA and Natural Printing solve some of the issues of the world, we were too far of global inclusion, emotional education for previous generations and healthy relationships and also bureaucracy made technology surrender and not being on its full potential. Other colleagues’s projects were building companies, a Newspaper like in the old days, a experimental-restaurant, Social Experiments, etc. For Uma there was no better project they could choose than Dreamy City. If you can build the perfect city life, what else you cannot build in the

future? What relationship you cannot understand the dynamic? How can you go back to not see how everything is created and build every day a better environment for every human by every human? She has been fascinated by this project from the beginning and knew that tackling this means so many excited things for the future. She was ready to go get a real job and do what she wanted to do: build perfect inclusive cities for the world.

Uma have meditated twenty minutes, asked Appy for sleepy relaxing music because tomorrow, was going to be the first day of the rest of her life.