PROJECT

PINVOZ

What it is, why it exists, how it works
and how the experiment is documented.

Analysis and project documentation

October 2026

1. What Pinvoz is

Pinvoz is a social emotional wellness application. Its center is not a screen: it is the real voice — the voice that brings two people together, and also the voice a person speaks to themselves: saying what weighs on them, keeping what matters, listening to themselves again.

In Pinvoz nothing is prerecorded: everything is recorded live, inside the app. Two people truly talk to each other — they listen, they respond, they keep each other company — and that daily constancy builds a closeness that text does not build. And alone, the same thing happens with another voice: one's own — letting go, taking note, reflecting, with Pinvoz guiding, without pretending to answer.

Positioning: Pinvoz aspires to be the number one social emotional wellness application in the world. It does not promise therapy and does not treat any condition: it is human connection, sustained by the voice.

2. The problem

Disconnection is no longer a feeling: it is a fact.

- 1 in 6 people in the world feels lonely. (WHO, Report of the Commission on Social Connection, 2025)
- Loneliness is associated with an estimated 871,000 deaths per year worldwide: about 100 every hour. (WHO, 2025)
- 3 in 10 teenagers in the United States talk to an artificial intelligence every day; 64% have already used chatbots. (Pew Research Center, 2025)

Every year we talk more with machines and less with each other. The artificial era did not only change technology: it is changing human contact — the kiss, the hug, the I love you, the I miss you spoken by a real voice.

3. The thesis: the voice is not a detail, it is the mechanism

Pinvoz does not choose the voice out of nostalgia. It chooses it because the evidence says the body responds to the voice in a different way:

— People with strong social relationships have a 50% greater likelihood of survival. (Holt-Lunstad, Smith & Layton, 2010 — meta-analysis of 148 studies, 308,849 people)
— When comfort arrived by written message, the body did not respond: stress stayed as high as if there had been no contact. The voice did calm it. (Seltzer et al., 2012 — girls who heard their mother's voice released oxytocin; those who received written messages did not)
— Hearing each other's voices creates stronger bonds than writing to each other. (Kumar & Epley, 2021 — voice outperformed text and email in closeness, with no greater awkwardness)

A text message informs. A voice keeps company.

4. The social experiment

Pinvoz is also a documented social experiment:

> In an artificial era, what happens when two people speak to each other with their real voices, every day?

— The hypothesis: closeness between two people grows when contact is living voice and it is constant — not text, not prerecorded content, not machines.
— The method: real pairs use the app in their real lives. The process is documented, along with what changes between them: the constancy, what they complete together, what they tell afterwards.
— The documentation: the project's path and the duos' stories are documented and shared only with the permission of those who participate. No voice and no story is published without consent.
— The measure that matters: duos who complete and come back. Not downloads: people who keep talking to each other.
— The public meter: the website will show participation in real time — people in the experiment, duos, completed missions, voices recorded —

always aggregate figures, never one person's data. The experiment is also documented with its numbers, growing from day one.

— What this study hopes to show: to demonstrate with real people —not with surveys about intentions— that speaking to each other with our voices, every day, sustains closeness in a way text cannot: duos who feel more heard and closer, connections recovered and, on their own, people who by saying out loud what weighs on them feel lighter and clearer —said by them, in their own words. If the study confirms it, Pinvoz will not only be an application: it will be living evidence that emotional wellbeing is also built by talking, and a reference for how technology can give us back what is human instead of taking it away.

5. How the app works

Pinvoz has three doors — three ways of caring for the voice:

5.1 With your people

Voice missions between two people. Each day, both record live; the day is only complete if both send their audio on the same day. A golden rule governs: symmetry — both do the same thing, both record, both share. It includes challenges, stories with live voice over a photo or video, and the game Adivina (Guess), where one person records a secret answer and a clue, and the other discovers it with their voice.

5.2 On your own

A personal space, with the same dignity as the rest of the app:

— Let Go — a guided 7-day mission to release what weighs on you: what I do not dare to say, the forgiveness not expressed, the letter that is never sent. Private by default.

— Notes — a free voice diary: ideas before they are forgotten, the process of a project, a struggle.

— Reflections — a moment (a photo, a video) with your voice over it, to listen to yourself again.

5.3 With a stranger (phase 2)

The possibility of doing a mission with a real person outside your circle: explicit voluntary participation, random matching by language only, adults only, with accept/decline before starting and report/block always one tap away.

The penguin

Each person has a penguin that lives by their voice: it feeds on missions and posts, and it is the one who hugs each audio. Doing things with your voice earns pescaditos (little fish), the way the app celebrates and sustains that life. The penguin does not speak in words: it is company, the living memory of what two people build by talking.

The essentials

— Everything live: nothing prerecorded, not even the app's own brands.

— The Vault (El Baúl): the audios that matter stay saved as memories with voice.

— Free: Pinvoz charges no subscriptions; it grows with the reach of its community's real voices.

— 9 languages.

6. The impact of the missions

In pairs

A mission turns an intention —"we should talk more"— into an agreement with a rhythm: each day, both give each other a moment of live voice, and the day is only complete if both were there. That design seeks three things:

— Constancy: closeness does not grow with one grand gesture; it grows with the daily repetition of a small one. It is constancy, not intensity, that the evidence associates with stronger bonds.

— Real listening: answering with your voice means truly listening. There is no skimming: there is a person waiting for your voice, today.

— Shared memory: what they say to each other is not lost in an endless

chat: it stays saved as a memory with voice. The experiment documents this impact in real duos: what changes between two people when they talk like this, day after day.

On your own

The impact of what is done alone is inward, with the same voice:

— Let Go gives what weighs on you a guided channel: saying it out loud, one topic per day, in private. There are things that must be done alone —what I do not dare to say, the forgiveness I have not been able to express— and saying them is also presence.

— Notes keeps the voice before the idea is lost: the process of a project, a struggle, a moment that deserves to be spoken.

— Reflections lets you listen to yourself again: your own voice, over your own moment, becomes a mirror.

With no clinical promises: it is a practice of presence with oneself, and the experiment documents it with the same seriousness as the one in pairs.

7. The creator

Pinvoz is a project created by Andres Quevedo. This is his text:

Everyday life, as individuals, is shaped by our social environment: by those around us and by the people we relate with. Emotional wellbeing does not happen inside a person alone: it happens between us.

A single word can create — or can destroy. That is why it matters so much how we speak, what we listen to, what we think and what we feel.

The family nucleus is the first environment: the one that forms us, the one that sustains us. And today it is disconnecting in silence: everyone in the same room, but each in their own world. We have never been so “connected” — and that connection opens a big door to disconnection.

Nothing can replace a mother's hug, the I love you of a son, the warm kiss of the one you love, the I love you of a brother, or the I miss you of a great friend. It is so beautiful and so valuable — but so common to forget.

We need to remember that the irreplaceable is also temporary, and making the most of it must be our mission every day. From there, Project Pinvoz is born: Pinvoz launches as a digital platform to reach many more people and motivate them to express themselves out loud. The dynamic works between two people taking part in short missions over 7 days. Not because tools do not exist today — there are many — but Pinvoz's function is to remind you of the power your words have. It is the motivation so that in these times we do not lose what is essential. In an artificial era, do not lose your voice.

This project seeks to evaluate the power of connection and of the agreement between two people: words as an antidote for heavy days and the lifting of the mood. The emotional impact of a one-minute voice audio, for seven days in a row — to finally be able to evaluate the result at an individual and social level.

We hope that, together with Pinvoz and your voice, we manage to create stronger relationships — or, why not?, save or recover relationships. It is also a place where you can say what you do not yet dare to, where you can speak when you do not want to be heard, where you can leave said what you would like to be heard when you are no longer here — and where every minute of your voice becomes a memory that lasts forever.

Thank you

And thank you — from me — for being here and for participating: for lending yourself to truly speak and listen. Every voice that joins makes this project possible.

I hope you enjoy Pinvoz, because it was made for you. Raise your voice for life!

Andres Quevedo

8. Analysis

What Pinvoz is not: it is not a solo meditation app, it is not a social network of text and photos, it is not a chatbot, it is not therapy.

What makes it different: almost all digital wellness is one person alone in

front of a screen. Pinvoz places at its center the most human thing we have, the voice: between two people who truly talk to each other — and also in each person's space with themselves. Where the industry puts artificial intelligence, Pinvoz puts real presence.

The moment: the public conversation about loneliness already exists (the WHO measures it; the U.S. Surgeon General declared it an epidemic in 2023). Pinvoz arrives with a practical, small answer: two people, their voice, every day.

Declared risks and cares:

— No clinical claims: Pinvoz speaks of connection and wellbeing, never of treatment.

— Safety is part of the design, not an add-on: consent to share, privacy control, reporting and blocking.

— The figures the project uses are cited from primary sources and with their exact scope (the project's data bank).

Pinvoz — In an artificial era, do not lose your voice.

All the figures in this document come from verified primary sources (WHO 2025; Pew Research Center 2025; Holt-Lunstad et al. 2010; Seltzer et al. 2012; Kumar & Epley 2021) — full detail in the project's data bank.