

Self-SDG Mobile App

User's Manual



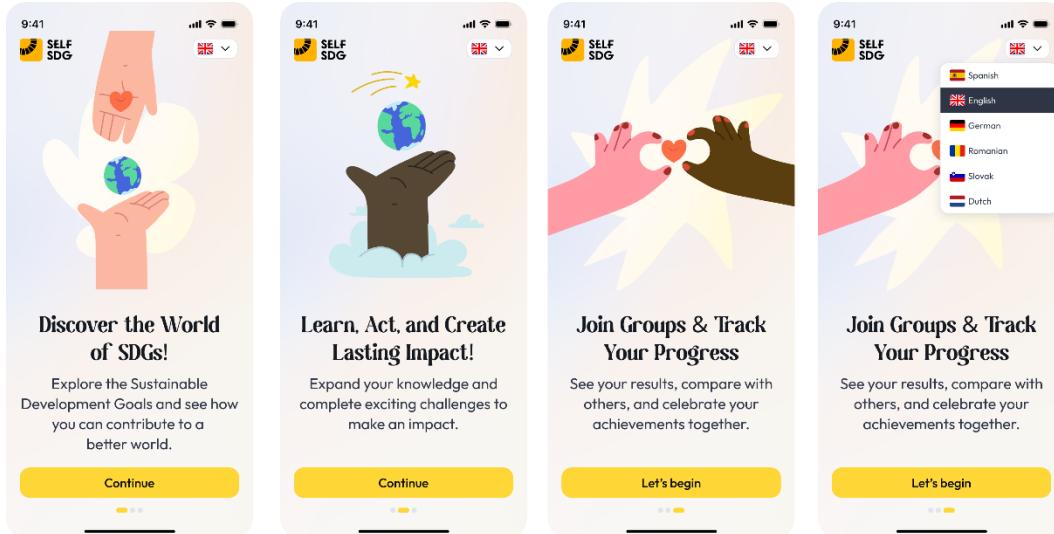
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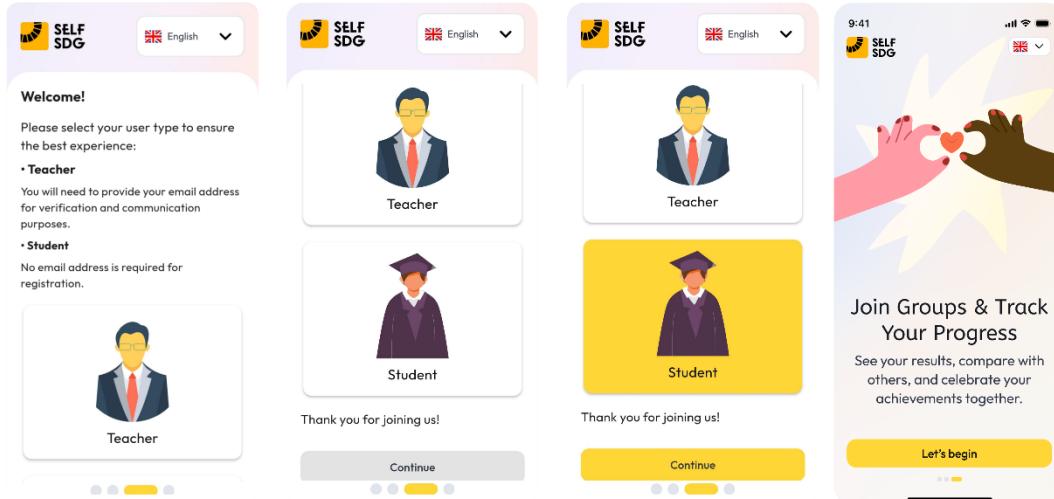
1. Onboarding

When the users open the Self-SDG Mobile App, they are greeted with the following three introductory pages, which briefly state the objectives of the app and provide an overview of its features.

Using the language selector, you can choose your preferred language from the very beginning.



The user type needs to be configured at this point. If the user opts for the *teacher* account, they will be required to enter a valid email address, which is not required for student accounts. Irrespective of the user type selected, the Self-SDG can be accessed without a user account, in the next steps.

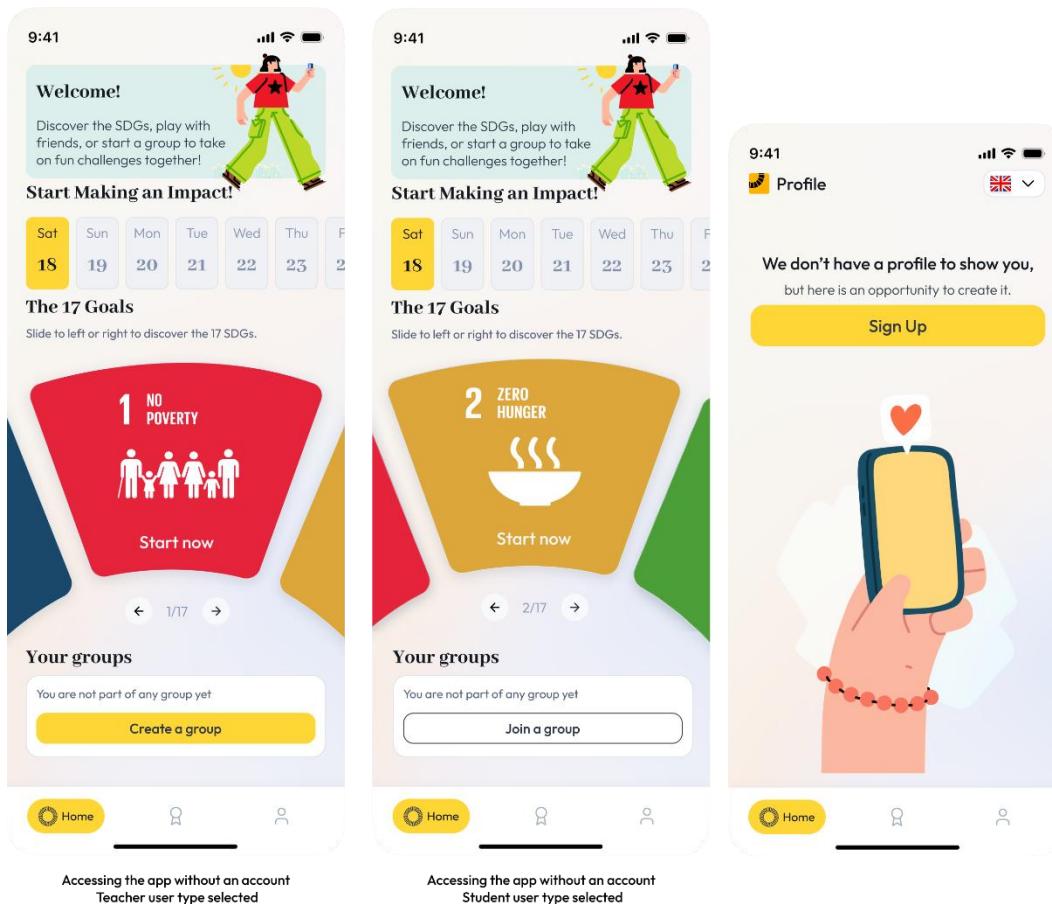


2. Unregistered users – limited access

Users without an active account have only limited access to the Self-SDG Mobile App. You can browse basic information about the app, view general content, and explore the introductory pages, but you will not be able to join groups, participate in challenges, answer quizzes, or track their progress. To unlock the full range of features and engage with the community, we invite you to create an account and log in.

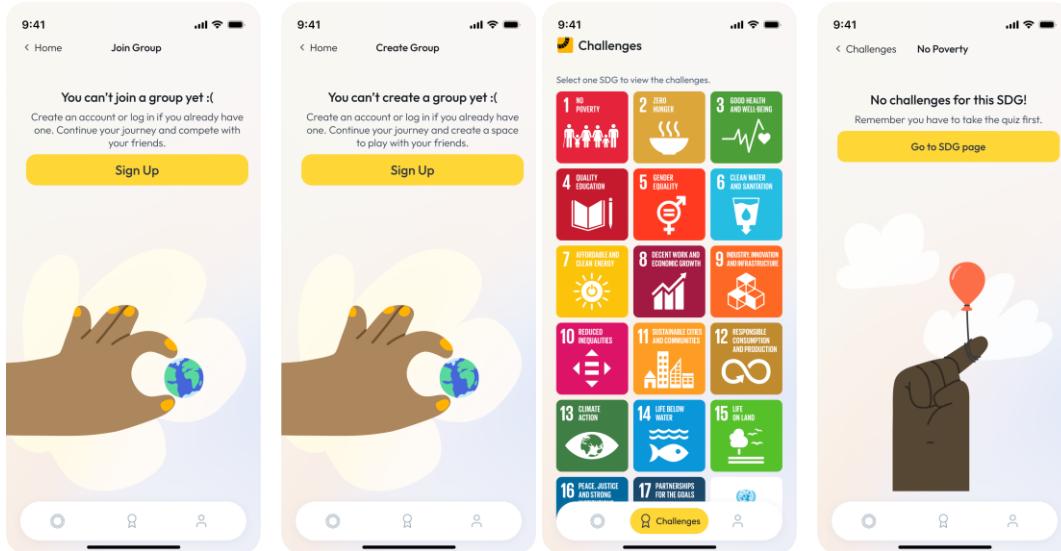
2.1. Home & profile

Based on the user type selected in the Onboarding section, the homepage will differ, due to the different permissions of the two types of users: students can only join existing groups, while teachers can create groups. Nonetheless, without an active account, none of these actions will be permitted.



2.2. Groups & challenges

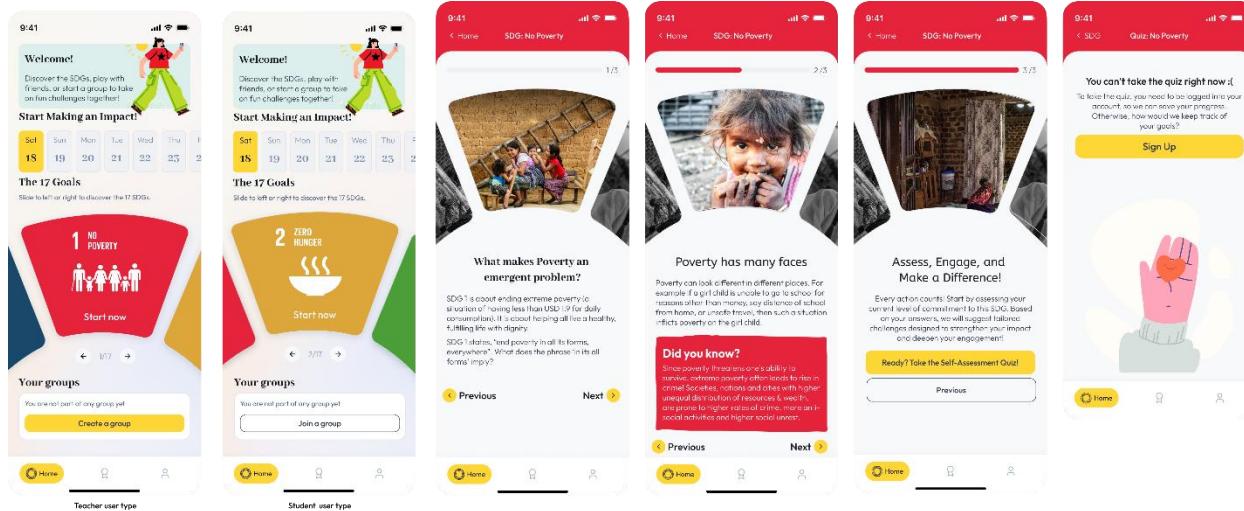
As an unregistered user, you cannot create or join a group or access the proposed challenges. You are invited to sign up to gain access to all these functionalities.



2.3. SDG description and Quiz – no quiz access

On Homepage, swipe left or right through the SDG cards or use the arrow buttons to navigate through the 17 SDGs. Select an SDG by tapping on its card to learn more details about it. Click Next after reading the information provided. You can always return to the previous page by clicking the corresponding button.

As an unregistered user, though, this is the only information available. When trying to access the Quiz section, you will be prompted to sign up to the Self-SDG Mobile App.



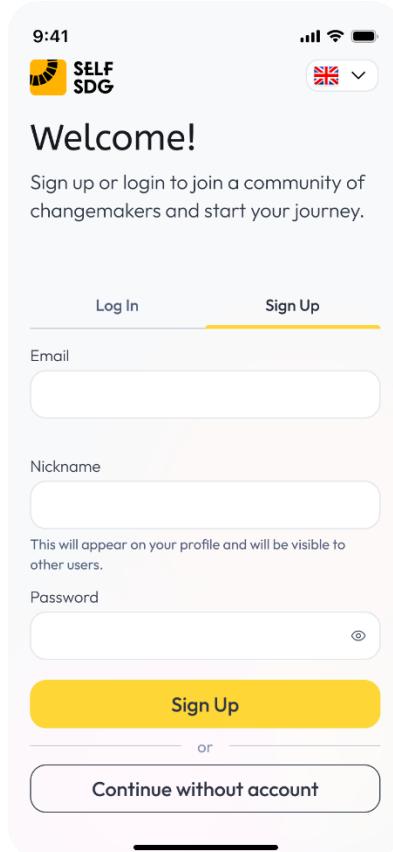
3. Sign up and login

3.1. Sign up

3.1.1. Teacher accounts

As already mentioned, unlike Student accounts, Teacher accounts require an email address and a password to access the app. In case an account associated with the email address already exists, a message will notify the user, prompting them to either use a different email address or log in using the previously created account.

9:41



Welcome!

Sign up or login to join a community of changemakers and start your journey.

Log In **Sign Up**

Email

Nickname

This will appear on your profile and will be visible to other users.

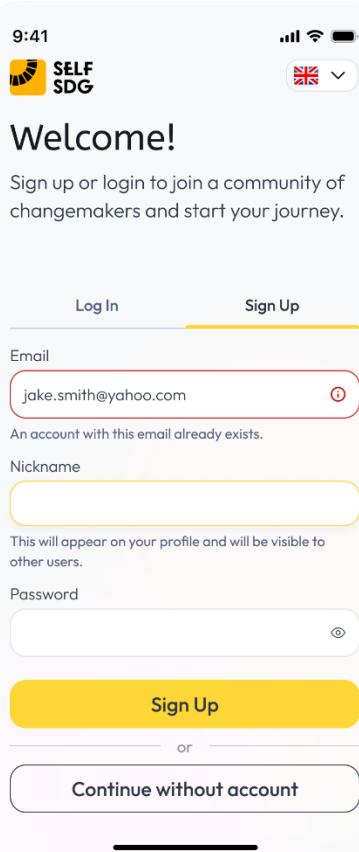
Password

Sign Up

or

Continue without account

9:41



Welcome!

Sign up or login to join a community of changemakers and start your journey.

Log In **Sign Up**

Email ⓘ

An account with this email already exists.

Nickname

This will appear on your profile and will be visible to other users.

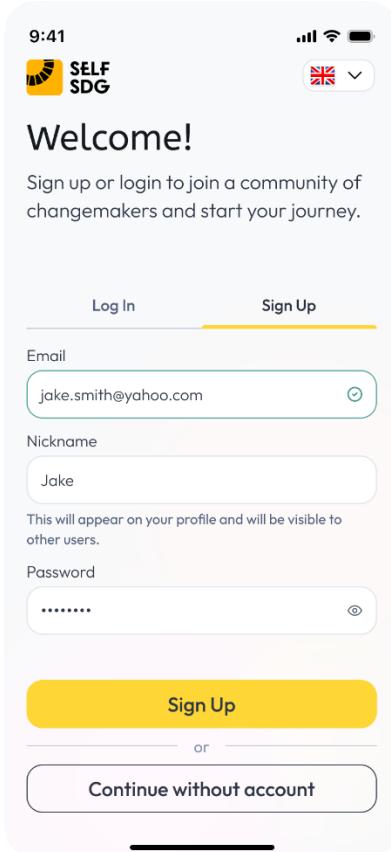
Password

Sign Up

or

Continue without account

9:41



Welcome!

Sign up or login to join a community of changemakers and start your journey.

Log In **Sign Up**

Email ⓘ

Nickname

This will appear on your profile and will be visible to other users.

Password

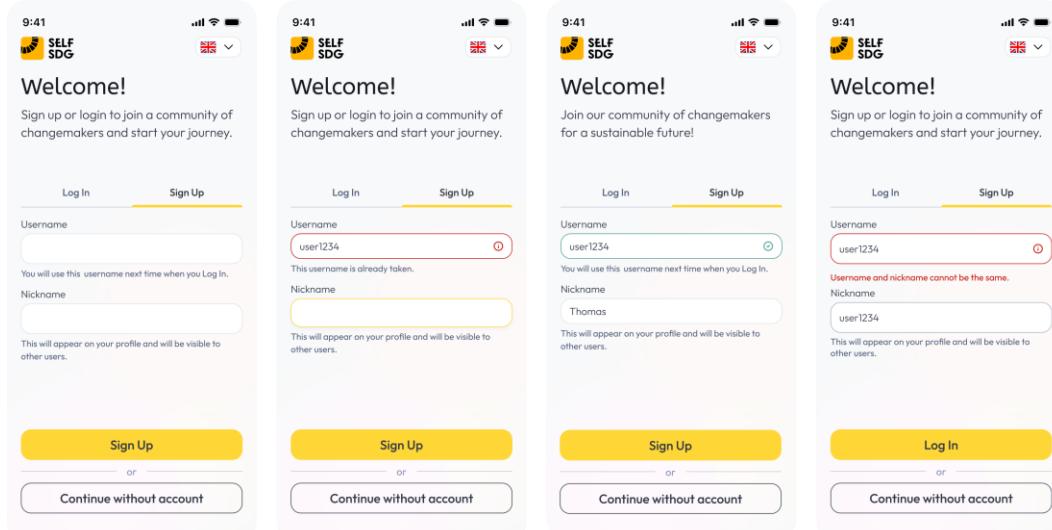
Sign Up

or

Continue without account

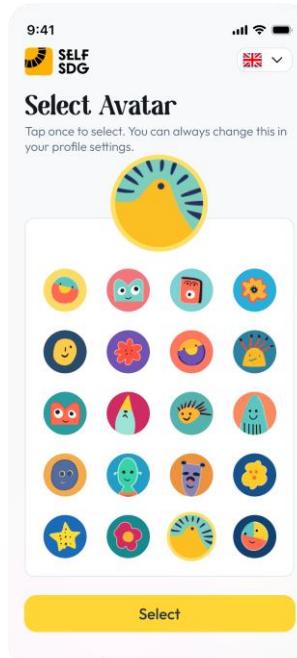
3.1.2. Student accounts

To sign up for the Self-SDG Mobile App, as a student, users are required to enter a username and a nickname. Please note that the username and the nickname cannot be the same! The username and will be used to log in to the app, while the nickname will be displayed within the app (profile, groups). In case the username is already taken, a message will inform the users of this.



3.2. Avatar selection

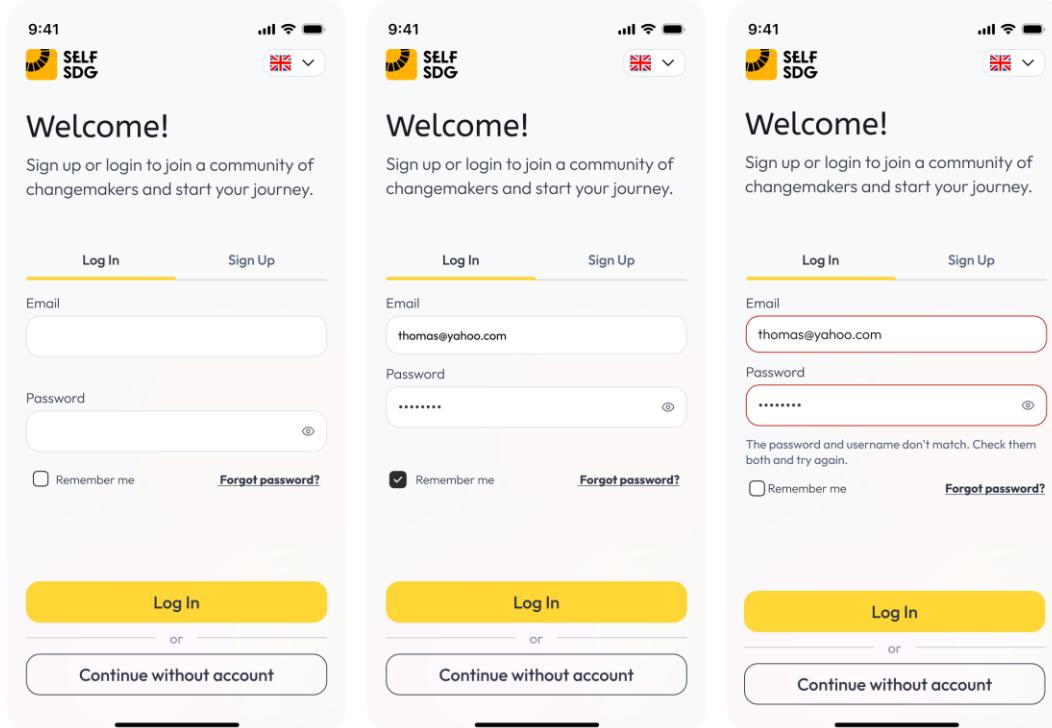
Once you register, you will be prompted to select an avatar for your profile.



3.3. Log in

3.3.1. Teacher accounts

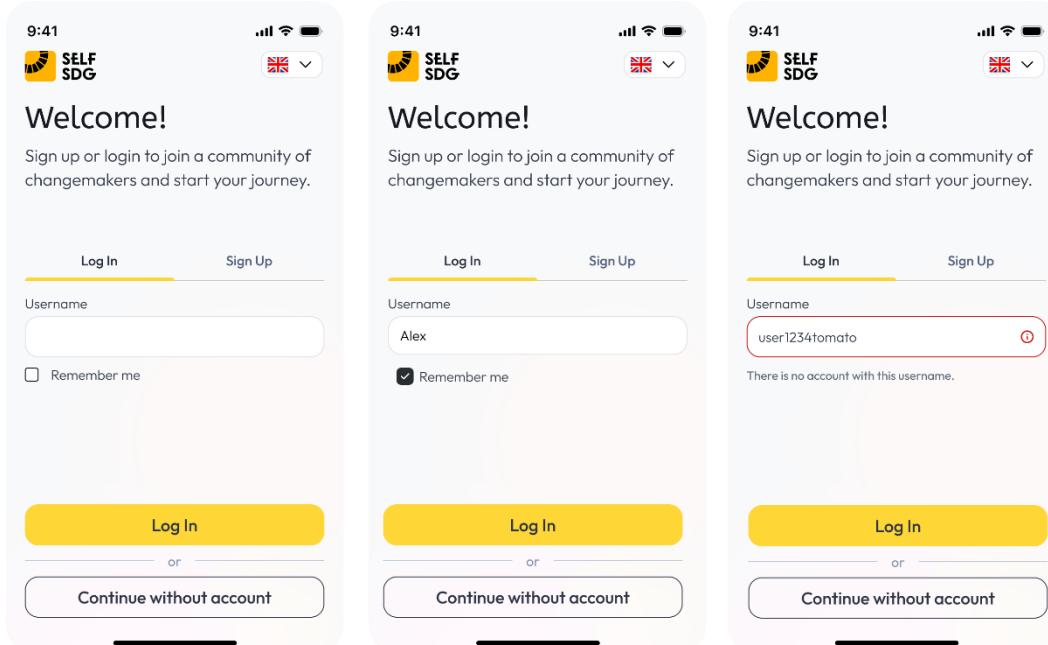
To log in, users must enter the email address and password they set during registration. The *Remember me* option can be enabled to stay signed in and avoid re-entering credentials each time the Self-SDG Mobile app is accessed.

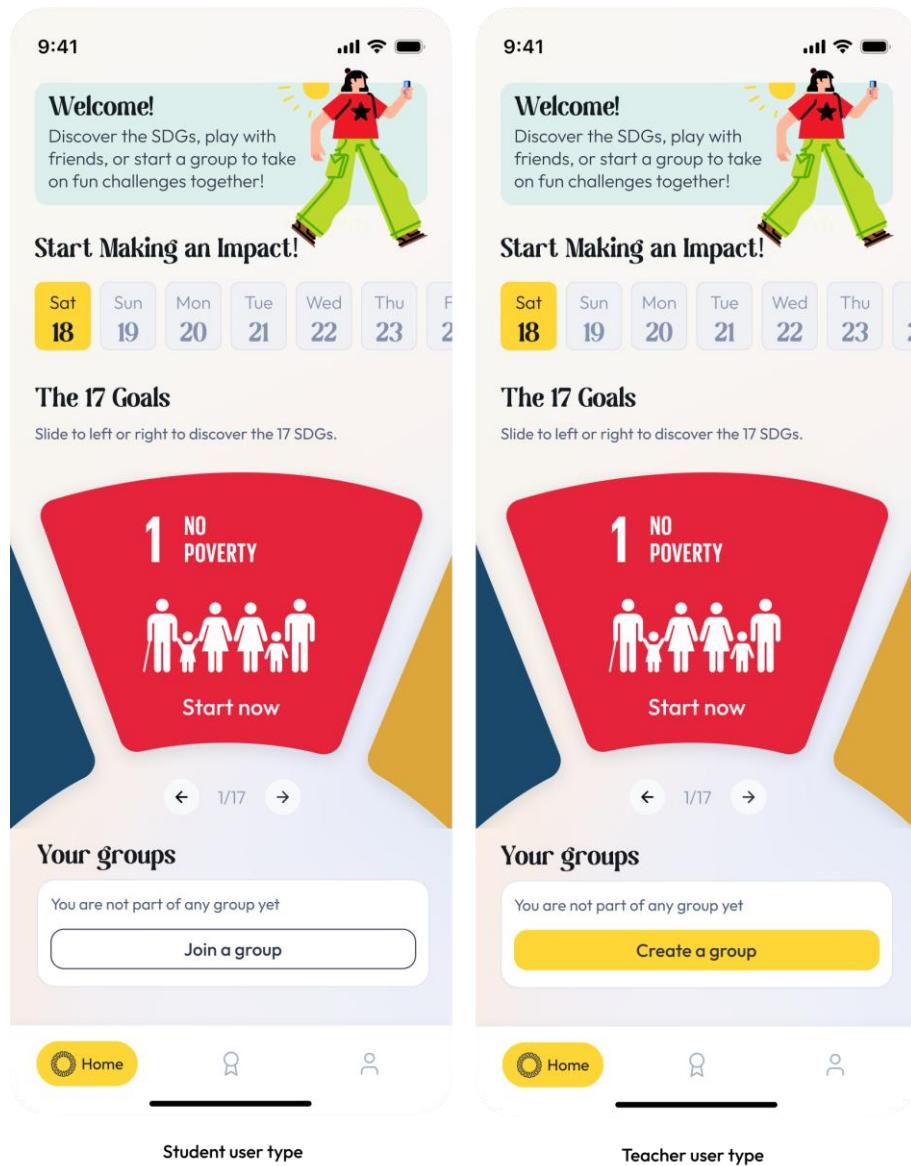


The figure consists of three side-by-side screenshots of a mobile application's login screen. Each screenshot shows a 'Welcome!' message at the top, followed by a 'Log In' tab (which is highlighted in yellow) and a 'Sign Up' tab. Below these are fields for 'Email' (containing 'thomas@yahoo.com') and 'Password' (containing '*****'). Each screenshot includes a 'Remember me' checkbox and a 'Forgot password?' link. At the bottom are two buttons: a yellow 'Log In' button and a white 'Continue without account' button. The first screenshot shows the fields empty. The second screenshot shows the fields filled with correct information. The third screenshot shows the same fields, but the password is incorrect ('*****'), resulting in an error message: 'The password and username don't match. Check them both and try again.'

3.3.2. Student accounts

In the Log In tab, enter your username and click Log in. You can enable the Remember me option to stay signed in and avoid entering your username each time you access the Self-SDG Mobile app.





4. Registered User

4.1. Home

The Homepage of a standard user differs from that of an unauthenticated user, providing more specific details related to the user's activity in the app. This includes:

- **total score**
- **number of SDGs learned** – indicates how many SDGs the user has completed by finalizing all the associated challenges
- the number of **completed quizzes**
- the **total number of challenges** taken (from multiple SDGs)

- **registered daily progress** – at a glance, you can see how many days you've been active in the app during the current month. The *Current Streak* shows the number of consecutive days you've interacted with the app. If you skip a day without any activity, the count resets to zero.
- **group view** – displays one of your groups along with key details, including the group name, number of users, and the leaderboard.

Click the arrows left-right to navigate through the 17 SDGs.

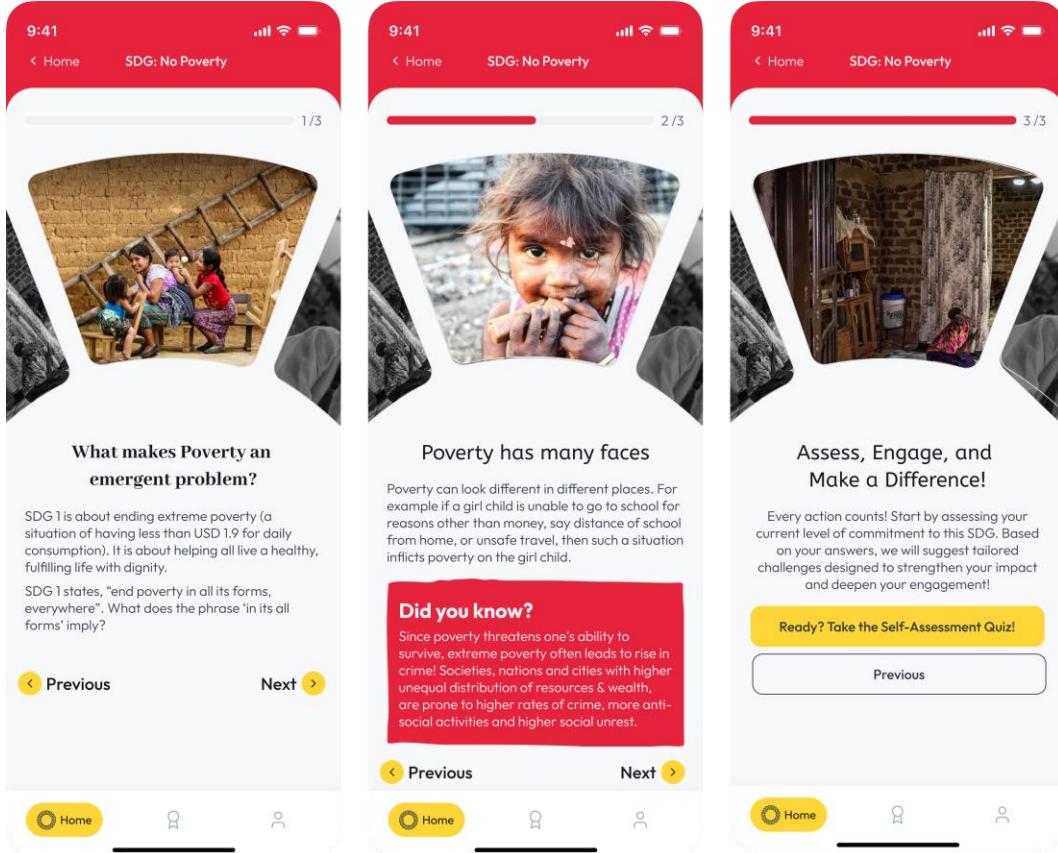
From the homepage users can join or create a group (depending on their user type).



Navigation Menu: You can gain quick access to the Homepage, Challenges, and Profile sections by clicking the respective buttons in the navigation menu that is visible throughout the entire app.

4.2. SDG description

This section can be accessed by clicking on the corresponding SDG in the wheel on Homepage. Here you can learn details about the selected SDG and take a self-assessment quiz to determine your commitment levels to this SDG.



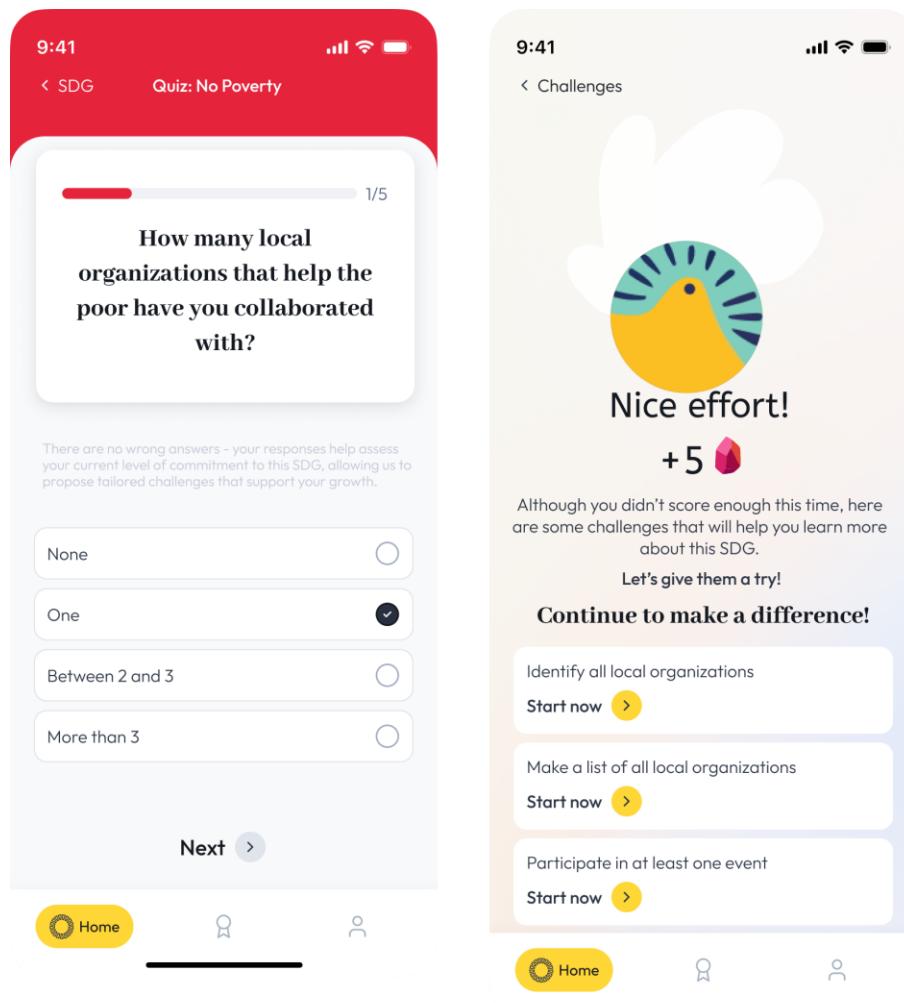
4.3. Self-assessment

The Self-SDG consortium recognized the importance of first establishing users' commitment levels to the SDGs. This ensures that the proposed challenges are appropriate and relevant, gradually increasing in complexity as users complete each level. Answer truthfully to the set of questions created for each SDG, so that we can propose a challenge that will be tailored to your current level of commitment and understanding. Bear in mind that you cannot access the Challenges section without first taking the self-assessment quiz.

Note: If you do not complete the entire set of 5 questions, your answers will not be saved, and you will have to retake the self-assessment questionnaire from the beginning.

The self-assessment questionnaire can be accessed in three ways:

1. **From the Homepage:** Navigate through the 17 SDGs and tap on the SDG of your choice. Read the SDG description, then proceed to answer the quiz.
2. **From the Challenges page:** Click on an SDG. If you haven't already completed the questionnaire, you'll be prompted to do so first. Tap the **Go to SDG page** button, read the description provided, and then access the quiz.
3. **From the Profile page:** Go to SDG status, access the Not started section and select one of the SDGs. The next steps are identical to the ones described above.



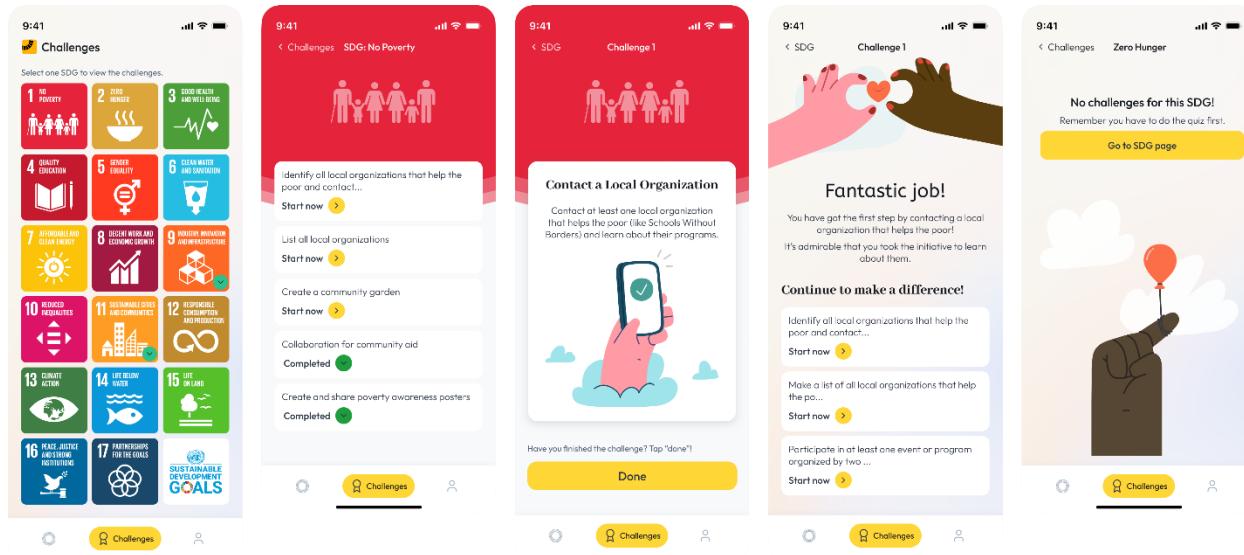
4.4. Challenges

Accessing challenges is possible only after having completed the initial self-assessment.

Once the initial self-assessment is completed, you can access the Challenges section in different ways:

1. From **Homepage**, by clicking on the SDG of your choice, answering the self-assessment quiz and proceeding to the challenges section.

2. From the **Challenges** page by clicking the Challenges button placed at the bottom of the Homepage (middle icon). This section is easily accessible from any page in the app, as the menu remains visible throughout. Click on an SDG from the grid.
 - a. If you haven't already completed the questionnaire, you'll be prompted to do so first. Tap the **Go to SDG page** button, read the description provided, access the quiz and then visualize the list of challenges proposed based on the provided answers.
 - b. If you have already answered the questionnaire, you will be directed to the list of remaining challenges. The completed challenges will be displayed at the end of the list.
3. From the **Profile** page, by clicking on the See SDG Status button and selecting an SDG from either the *Not Started* or the *In Progress* lists. (This step is illustrated in Section 6 User Profile)



Select the SDG you want to work on today and explore the challenges intended to enhance your commitment. After completing the challenge, mark it as "Done" in the Self-SDG app to register your progress and gain new points.

Remember that you must take the self-assessment quiz first. Otherwise, you will get a notification directing you to the SDG page where you can take the quiz. You can always return to the Challenges section associated with each of the 17 SDGs.

Once all challenges proposed for a specific SDG are finalized, this will be marked on the Challenges page by a green tick on the corresponding card. By clicking on these SDG cards you will be able to visualize the challenges you have completed.

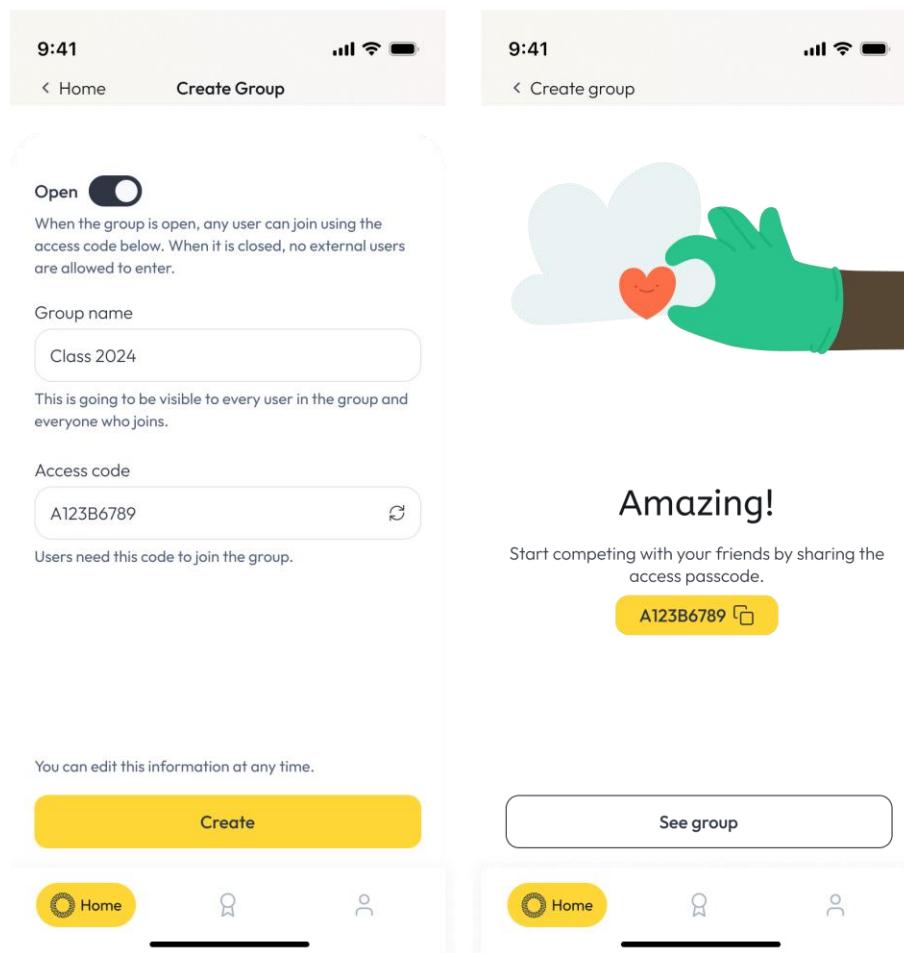
4.5. Groups

There are several functionalities related to the Self-SDG groups, as described below:

4.5.1. Create a new group (Teacher accounts)

To create a new group, simply click on the corresponding button at the bottom of the Homepage. Alternatively, from the Group List, click on the + icon situated in the upper right corner. Follow these simple steps:

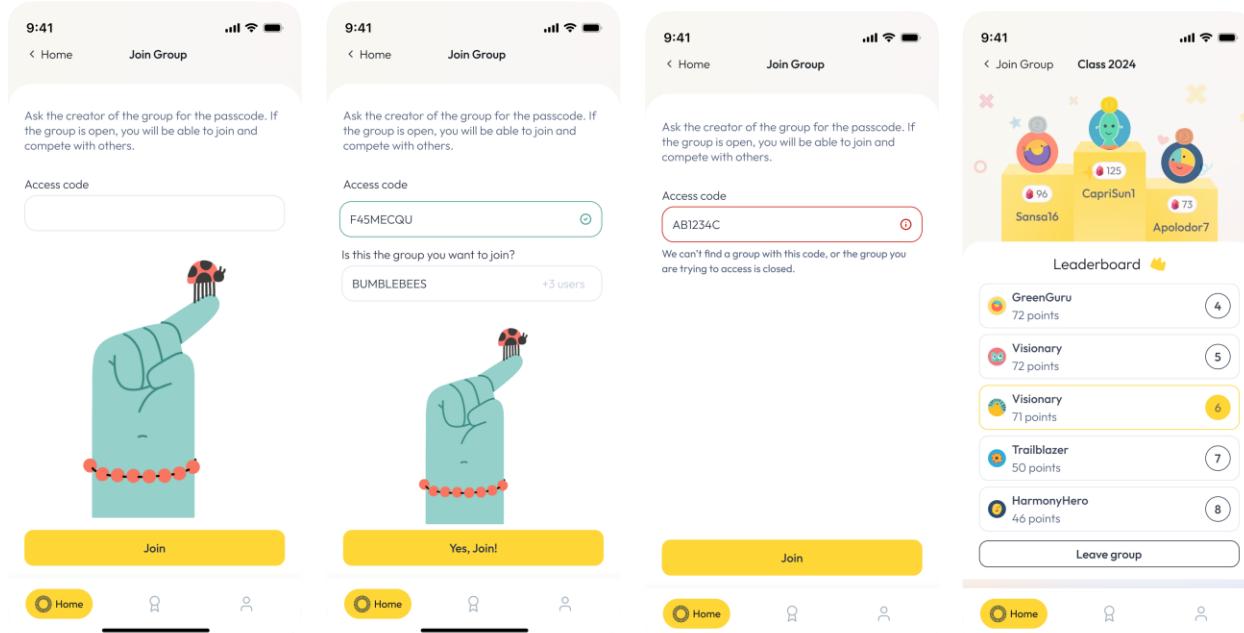
- Fill in the field with the name of the group.
- An access code will be automatically generated for you. In case the sequence of letters/numbers somehow spells something inappropriate, feel free to regenerate a new access code by clicking the 'Refresh' icon.
- Click "Create" to save your group. Please note that you can edit the name of the group at any time.
- Copy the access code displayed after finalizing the creation of the group, and start sharing it with your students or friends.
- Note! By default, the group is open. If at any point you want to close it, just click on the enable/disable button.



4.5.2. Join Group (Student accounts)

By clicking the “Join Group” button at the bottom of the Homepage, you will be able to join a specific group by following these steps:

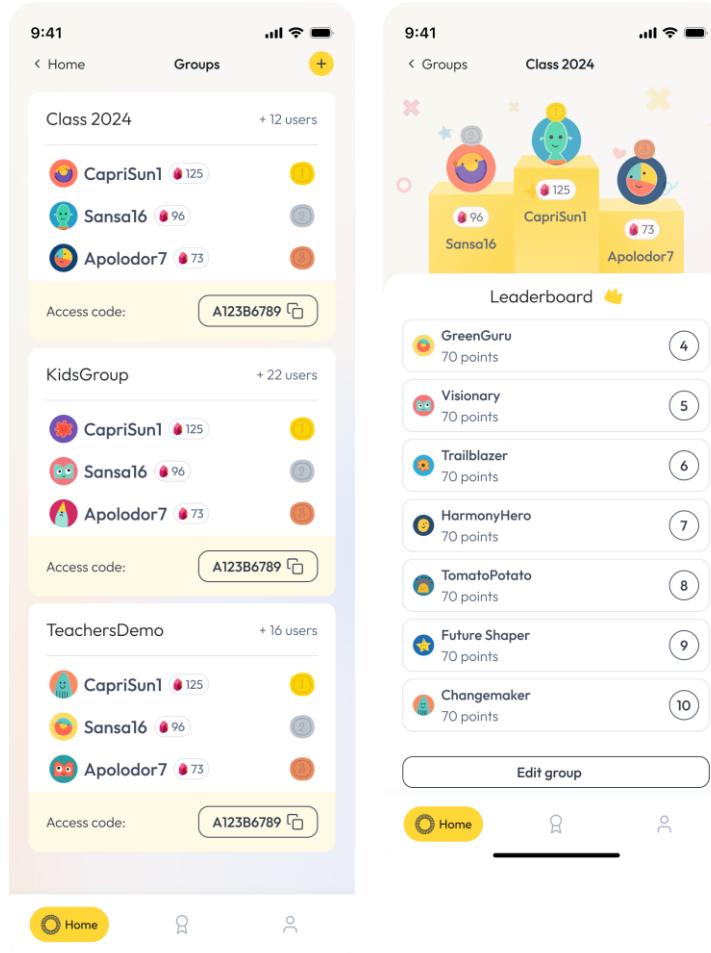
- Enter the access code provided by the group’s creator who invited you to join. The system returns an error message if the access code is incorrect or if the group you are trying to join has been closed by its creator.
- Click “Join”.
- You will be asked to confirm that the identified group is the one you want to join.
- You will then be provided with a list of the group members and their rankings, according to the scores they have achieved in the app up to this point.
- You have the option to leave the group by clicking the corresponding button at the bottom of the page.
- In the members’ list, your profile will be highlighted in yellow.



4.5.3. Viewing groups

Teachers can view the groups they created and students - the groups they have already joined. For each group in the list, the corresponding cards contain details such as the name, number of members and the top 3 ranking positions – including the avatar, the nickname and the score achieved by each of the top three users. To see more details about the group:

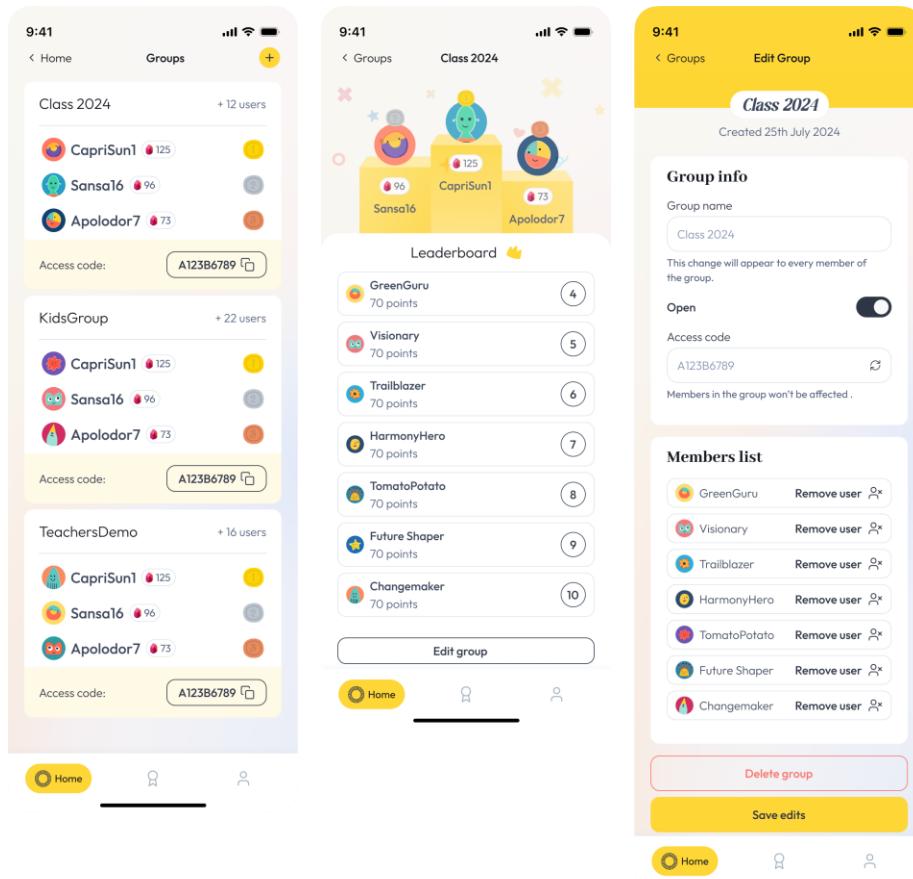
- Click on the group you want to access to view more details (anywhere on the group card)
- Check your ranking and take on more challenges to earn points and climb up the leaderboard.
- You can leave the group if you choose to, by simply clicking the corresponding button at the bottom of the page.
- For the groups you have created, you can quickly retrieve the access code to share with others and invite them to join the group.



4.5.4. Editing groups (Teacher accounts)

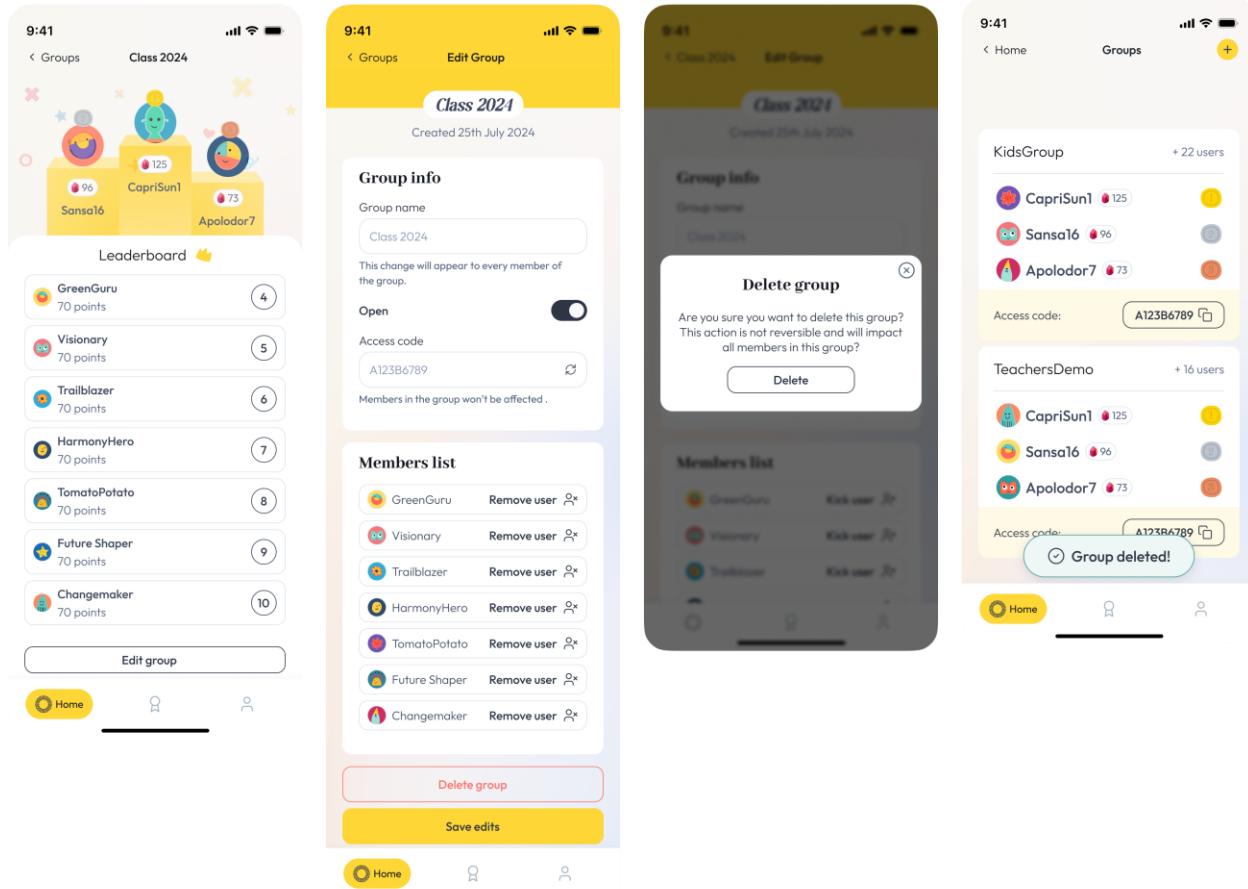
If you are the creator of the group, you can modify the name of the group or eliminate users from the Members list. To do so, follow these steps:

- From the list of groups you have created, select the one you want to edit by clicking anywhere on the card.
- Click *Edit group*.
- You can change the name of the group by entering the new name in the corresponding field.
- If you no longer want new users to join this group, you can close it by toggling the 'Open' switch.
- You have the possibility to remove users from the group by clicking the *Remove user* button next to their name.
- Once all the modifications have been made, click *Save edits*.



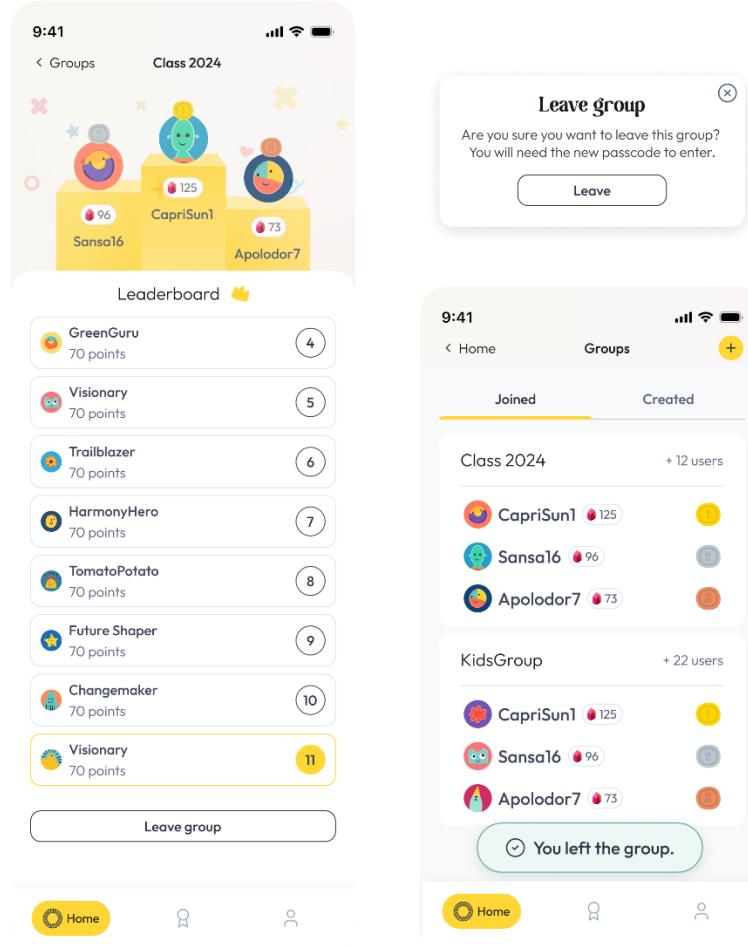
4.5.5. Deleting a group (Teacher accounts)

To delete a group, first click Edit group and then Delete group at the bottom of the page. You will be prompted with a confirmation request. To confirm your intended action, click Delete.



4.5.6. Leaving a group

To leave a group, you must first access it and click the corresponding button at the bottom of the page. Confirm your wish to exit the group and you are done!

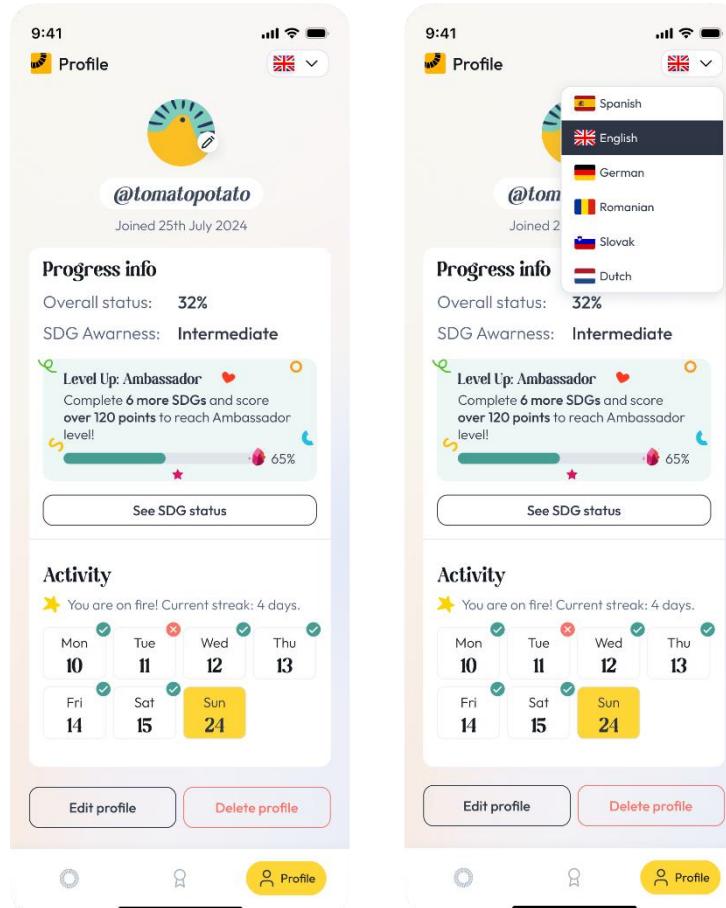


5. User profile

5.1. Viewing profile

To access your profile, click on the profile icon at the bottom of the page. This section includes details about your account, such as your username, avatar, and membership status. It also tracks your activity in the Self-SDG app, including your progress, SDG awareness levels calculated automatically based on your self-assessment and the challenges you have completed. Additionally, it shows your engagement status for the current week, highlighting the days in the calendar where you have registered progress. You will also find a visual representation of your progress, illustrating your achievements and milestones.

Furthermore, the profile section includes personalized invitations to complete various SDG challenges, helping you to advance to higher levels. These invitations are designed to motivate you to engage more deeply with the SDGs, offering new and increasingly complex challenges as you progress. This way, you can continuously improve your understanding and commitment to sustainable development goals.

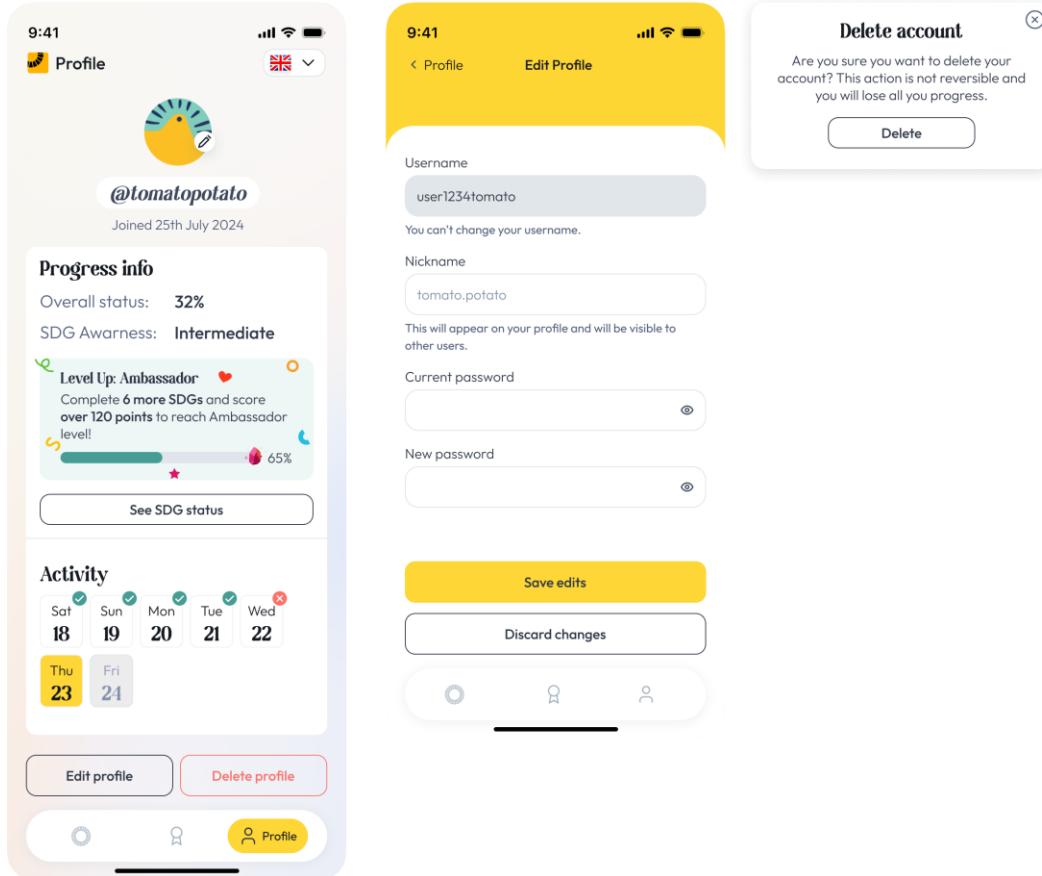


From this page, you can also view the status of your progress for each SDG, as well as edit or delete your profile. Simply click the corresponding buttons, and you will be directed to the respective pages.

Furthermore, by clicking on the Edit icon on your avatar, you can easily change it by selecting another one from the provided list.

5.2. Editing / Deleting profile

To edit or delete your profile, just click the corresponding buttons at the bottom of the Profile page.



5.3. Viewing SDG status

The "SDG Status" section on your profile page is designed to help you monitor and enhance your engagement with the 17 Sustainable Development Goals (SDGs). This section provides a comprehensive overview of your progress, starting with all SDGs listed in the "Not Started" category. As you complete self-assessments and take on tailored challenges, your progress is tracked in real-time, allowing you to see your advancement through various stages until you achieve Ambassador level. This interactive feature encourages continuous commitment and provides a clear pathway to completing all challenges associated with each SDG.

By clicking on the *See SDG status* button on your profile page, you can view your status for each of the 17 SDGs.

- The *Not Started* section is automatically populated with all 17 SDGs.
- Once you finalize the self-assessment for any of the SDGs it will be moved to the *In Progress* section. Now you are ready to accept the proposed challenges that are tailored to the score you attained in the self-assessment.

- The progress bar and the percentage displayed for each of the SDGs in progress reflect your current commitment level. You can increase these by completing new challenges until you reach the Ambassador level for this SDG.
- You can continue to enhance your commitment level by clicking *Continue* and taking on new challenges.
- After having completed all the challenges associated with a specific SDG, it will be displayed in the *Completed* section.

