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MOVE FOR YOUTH APP INSTALLATION

What is the application used for this challenge?

The Move For Youth app is a fun and sporty team experience available on AppStore and Google Play.

Move For Youth records your physical activity (walking, running, cycling) and turns it into points which will help your team climb higher in the ranking.

There are regular missions, quizzes and photo challenges to add fun to the experience and help you and your teammates earn even more points, always in a good spirit.

Do all members of a team (5 members) have to have the application on their smartphone?

Yes, at the beginning of September, all the elements related to the challenge and the information to download the application will be sent to each captain who will then transfer them to his team. It is very simple.

Is Move For Youth compatible with my smartphone?

Move For Youth is available on:

- iOS - from iOS 13
- Android - from version 8

Unfortunately, Move For Youth is not available on Windows Phone.

Is my data protected?

Of course! Your data is only used for the challenge.

You can consult the Terms of Use and Privacy Policy on the [challenge website](#) and in the parameters of the application.

I've just created my account. What should I do before starting?

Whatever phone you have, make sure you enable access to movement and GPS in the Move For Youth app settings on your phone otherwise no activity will be recorded.

MILEAGE ACCOUNTING AND CHALLENGE RULES

How are the kilometers counted?

By activating the access to the movement and GPS of the Move For Youth application, to be downloaded on your smartphones before the event, all the kilometers done on the whole period of the challenge will be counted.

Are the kilometers accumulated on walking even over a short period in the day counted?

Yes, the app works with a GPS so ALL walking, running, cycling trips are counted.

Are kilometers worked overtime outside working hours counted? even if they are carried out as part of a sports activity in a sports club or association?

Yes, all the kilometers done during the challenge (from September 15 to 25, 7 days a week and 24 hours a day) will be counted thanks to the application, regardless of your location.

Are the steps counted when you go running?

The number of steps taken when running can be counted and earn extra points for you and your team!

**Can the activity be concentrated in a half-day, an hour...? Can it be punctual, weekly...?
Technically, is it necessary to activate the application at the chosen time?**

All the kilometers done while walking will be automatically counted with the application. You will have to activate an activity on the platform when you run or cycle (at any time). So yes, each employee can focus his activity as he wishes. If they don't do many activities, they can also earn points by taking quizzes or small challenges! This applies for the entire duration of the challenge, from September 15 to 25.

Is there a minimum distance to cover?

There is no minimum number of kilometers to complete. Moreover, if sport is not your favorite activity, it is also possible to take part in the challenge only by answering the quizzes which will be proposed daily and which will also allow to accumulate points convertible into a donation!

Do I have to work out together with my team members? Can I accumulate kilometers individually?

There are no constraints. Some challenges will be proposed to you as a team, and you can decide to organize collective sessions but this is your choice and it can be as an individual practice only. The important thing is to accumulate as many points as possible together, and you will see this progress on the application as your team's efforts grow.

Can we do other activities than running, walking or cycling such as treasure hunts, push-ups, bodybuilding?

The application works on the basis of movements via GPS, so to count points, movements are essential. "Static" group or indoor sports activities do not work.

How can I earn extra points outside of my activities?

Move For Youth is not only about physical activity! Quizzes and challenges proposed on the application will allow you to get extra points.

How will the amount of the donation to the associations be defined at the end of the challenge?

50 associations in total are supported in this challenge. Each country/entity supporting an association commits to making a financial donation to it. The amount of the donation is defined by the country/entity at the end of the challenge, without necessarily being correlated to a mechanism such as 1 km/point = 1 euro.

The total amount for the benefit of all the associations supported will also be communicated by the Group at the end of the challenge.

All these associations work with young people to support them in their education and training, in line with the commitment of the Societe Generale Group and the activities of its Corporate Foundation You are the future. Find out about the associations on [the dedicated website](#).

How does the ranking work?

Teams are ranked according to the points they have earned. Points appear as you drive and complete missions, quizzes and photo challenges.

One goal: earn as many points as possible! To do this, the points of each team member are added together and each can follow the progress of the team's ranking in real time on the application. In addition, a ranking by entity will be sent to communicators and captains on Monday 19 and Friday 23 September.

APPLICATION USE

How do I record my activities?

Start an activity directly from the home page of the app. Just click on "Run" or "Pedal". Once the GPS is synchronized, click on "Start". To finish the activity, press "Finish". A summary of the performance appears. The points scored after a ride are added to your personal counter, but also to the team counter. Step counting is automatic. It syncs with your Google Fit app (for Android) and Apple Health (for iOS) for more accurate tracking. You can also sync your connected watch activities with Garmin or Fitbit.

What is the reason for the difference between the number of steps recorded via my third-party app and on Move For Youth?

All apps have their own algorithm to calculate the number of steps made on a daily basis. No method is 100% reliable and it's possible you may sometimes see a difference between your app and Move For Youth. That's fine, it's just a game ;-). However, if the difference is too great (only above 30%), feel free to write to contact Ruby directly in the application support or to write ruby@squadeasy.com so he can fix this.

How can I sync my Fitbit, Garmin or other GPS watch with Move For Youth?

Today it is not possible to connect a GPS watch directly to Move For Youth. However, you can still connect your watch to a third-party application (Strava for example) and transfer your data to Move For Youth via it. For your steps counted via your Garmin watch, Ruby recommends that you synchronize Garmin to your health app (Google fit or Health) then make the sync between it and Move For Youth.

What is a boost?

A boost is a magical power offered within the application which gives a teammate a 10% bonus on the points they earn that day. Whether or not you do a physical activity yourself, you can boost your colleagues! A single user can accumulate up to 3 boosts, giving them a 30% bonus. So you can really rack up the points. It's up to you to be as strategic as possible!

How do I use the boosts?

To boost a teammate, it's very simple! Go to the "Team" page then click on "Boost" for the teammate you want to boost. You can also directly boost the teammate you want by going on his profile from the same page. Important: if you boost a teammate, this boost will only be valid for 24 hours. Same, if you get a boost from a teammate, it will also count for 24 hours. So be strategic ;)

How to participate in the missions?

It's easy to participate! Go to the "Home" page and click on "Missions", you will find on this page the current missions. No need to activate it, participation is automatic.

What are the quizzes and how to take them?

You will regularly be asked to answer questions in order to learn more about different subjects: the Societe Generale Corporate Foundation with which this challenge is organized, Play International, our main partner...

You have to go to the "Home" page, then click on the quiz to answer it. The question and the suggested answers will then appear on the screen.

Whether you answer it right or not, there will always be a little explanatory text to give you more details and, we hope, teach you new things!

If the answer is correct, you will receive bonus points. If you have any doubts about the answer, don't hesitate to exchange with your team members via the application's chat room ;-)

Each question will be available for 48 hours, after this time you will not be able to answer it.

How are the photo challenges and how to participate?

On a regular basis, you will be offered to participate in photo challenges on different themes via the Social Wall.

To access it, you just have to click on the "Social" button at the bottom of your screen, then click on the "+" and then "Earn points" icon, click on the current photo challenge and post your photo. That's it, you've earned points!

Don't hesitate to post your picture alone or as part of a team to earn as many points as possible. Each challenge will be available for 24 hours, after this time, it will no longer be possible to participate.

Each team member can only participate once per challenge.

My ride was not recorded correctly, or my points were not counted correctly after my activity, what should I do?

You used Move For Youth and you noticed an error in the distance, time or GPS route? This is probably due to a loss of GPS signal during your run or a wrong manipulation. Or it can happen that points are not added as soon as you finish an activity. This is usually due to the network being too weak during the recording of your run. If you still haven't been allocated your points after several synchronizations, try restarting your Move For Youth app.

If you need help, feel free to contact Ruby directly in the application support or to write to ruby@squadeasy.com

How are points scored for walking, running, biking and wheelchair activity?

- For walking, points are counted according to the number of steps taken and according to the rule: 10,000 steps = 60 points.
- For running, points are calculated according to a calculation formula taking into account the distance, speed, as well as the altitude difference and the boosts. Only races above 5 km/h and over 1 km distance will be taken into account.
- For biking, points are calculated according to a formula that takes into account distance, speed, altitude difference and boosts. Only journeys over 5 km/h and over 1 km distance will be taken into account.
- For the wheelchair activity, points are calculated according to a formula that takes into account distance, speed, altitude difference and boosts. Only journeys over 3 km/h and over 1 km distance will be taken into account.

What is the social wall and how can it earn me points?

The social wall is a great way to share your outings! To access it, just click on the "Social" button at the bottom of your screen. You can share messages, photos, react to other participants' posts and even earn points!

As a reminder, the photos posted on the social wall are automatically usable internally and externally, since this social wall is exportable to social networks.

TEAM

I have the wrong team, what can I do?

If you want to change team, it is possible: go to your profile from the home page of the application, then click on “ option ”→“ leave the team ”→ validate your choice then join a new team.

I no longer wish to be captain of my team, how do I do that?

It is possible to replace one or more members of your team. All the captain has to do is click on the "team" icon at the bottom of the "home" page, click on the settings icon at the top right and then "exclude a player". The captain can then forward the email to the new teammate to join you.

Is it possible to change team name?

Yes, it is possible but be careful, any modification could generate errors in the rankings by entities! We will not be able to remedy this.

Only the captain can make the change and must respect the nomenclature by using the prefix of his entity.

How do I communicate with my teammates?

Move For Youth has an instant messaging service (chat) that offers the opportunity to chat with your teammates in private or as a team to congratulate, encourage or organize the next group race.

SETTINGS

How do I change the unit to kilometers or miles?

Move For Youth can be used in miles or kilometres. To change the unit, you just need to go to the settings and select the unit you want to use.

How to change the language?

The Move For Youth application is available in French, English, Spanish, Italian, German, Portuguese, Russian, Chinese, Czech, Japanese and turkish.

I've changed my phone. What should I do to retrieve my Move For Youth account?

If you've changed your phone, don't panic, your points will be back! Just download the Move For Youth app again and log in with your chosen credentials during registration.

Your points, your team, your progress: you will find everything!

Will I lose my data if I delete the app?

If you've deleted the app, don't panic, your points will be retained! Just download the Move For Youth app again and log in with your chosen credentials during registration.

Your points, your team, your progress: you will find everything!

I've forgotten my password. What should I do?

Really? No idea what it can be? An oversight, it happens! In this case, you can reset your password by clicking on “forgot password” from the login page.

FUNDRAISING

Does the challenge include a fundraising initiative?

In certain countries (Australia, Spain, United States, Hong Kong, Japan, Romania, Singapore, Switzerland, Taiwan, Tunisia), the Move For Youth Challenge 2022 offers the opportunity for staff to raise funds for the benefit of certain associations. The fundraising is not mandatory to participate in the sports challenge.

Find out more about this fundraiser on our [dedicated website](#).