RUGBY WORLD CUP FRANCE 2023
WORLDWIDE PARTNER

MOVE FOR YOUTH

SPORTS & CHARITY CHALLENGE

15 - 25 September 2022

APPLICATION USER GUIDE

Move For Youth Application

User Guide

MOVE FOR YOUTH

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Overview of the challenge

Move for Youth ! is the sport and solidarity challenge of the Societe Generale Group organized in partnership with **PLAY International association**, which implements education and inclusion projects through sports for young people in vulnerable situations.

The challenge **will take place from September 15 to 25, 2022.**

All over the world, this annual event lets us act collectively for the benefit of local and international associations which take action for young people, for their education and for their integration.

Finalize your registration -

I am the team's captain

Access the app for the first time in 5 very simple steps:

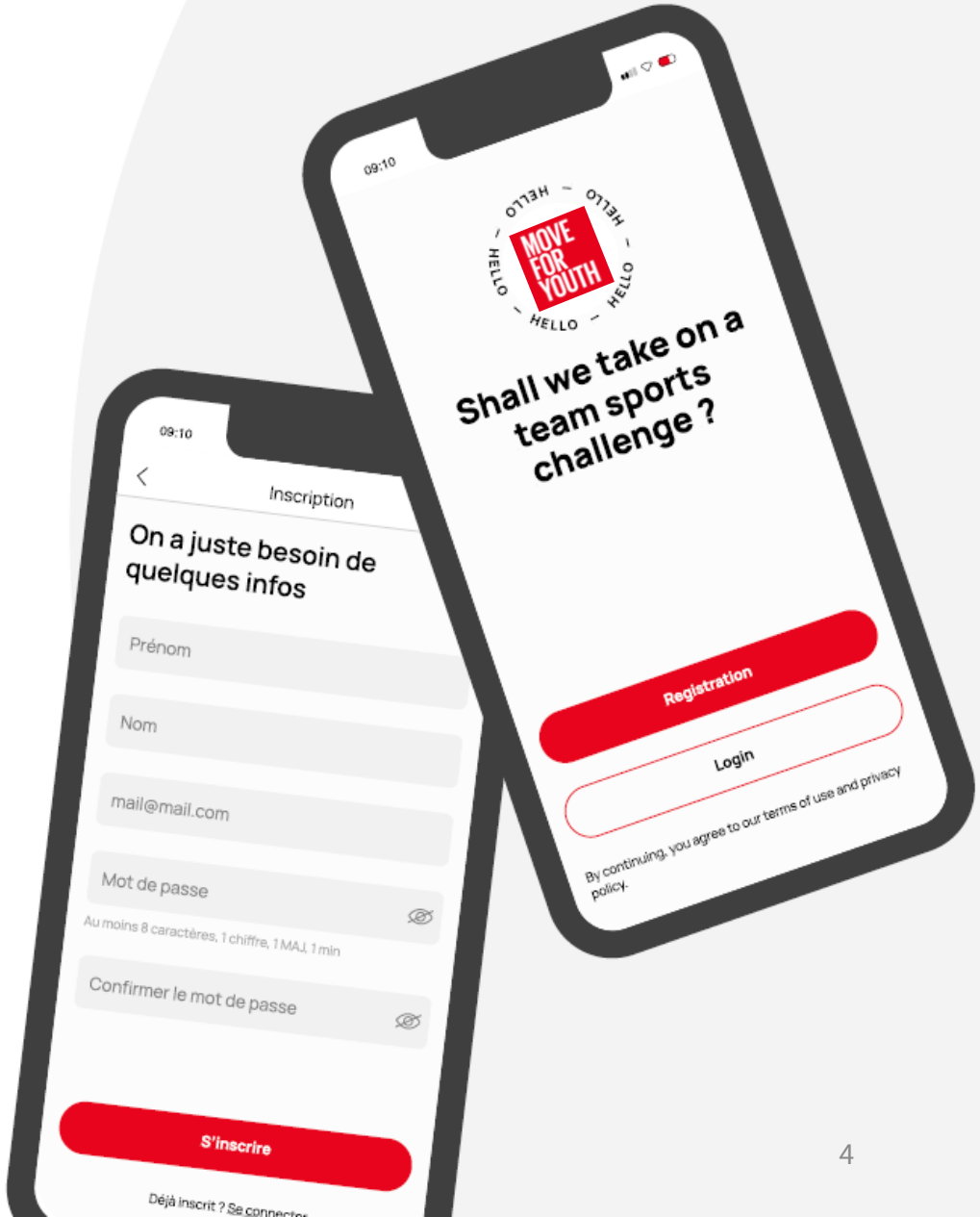
1. **Download** the Move For Youth app from Apple Store or Google Play Store.

2. **Click on register and create your account by entering the code "MFY2022".**

3. **Choose your team** in the drop-down list.

4. **For Android user : connect your google account** by following the tutorial presented in the page 6.

5. **Invite your teammates:** transfer the received mail to your teammates with the challenge code and invite them to download the app and join you.



Finalize your registration -

I am not the team's captain

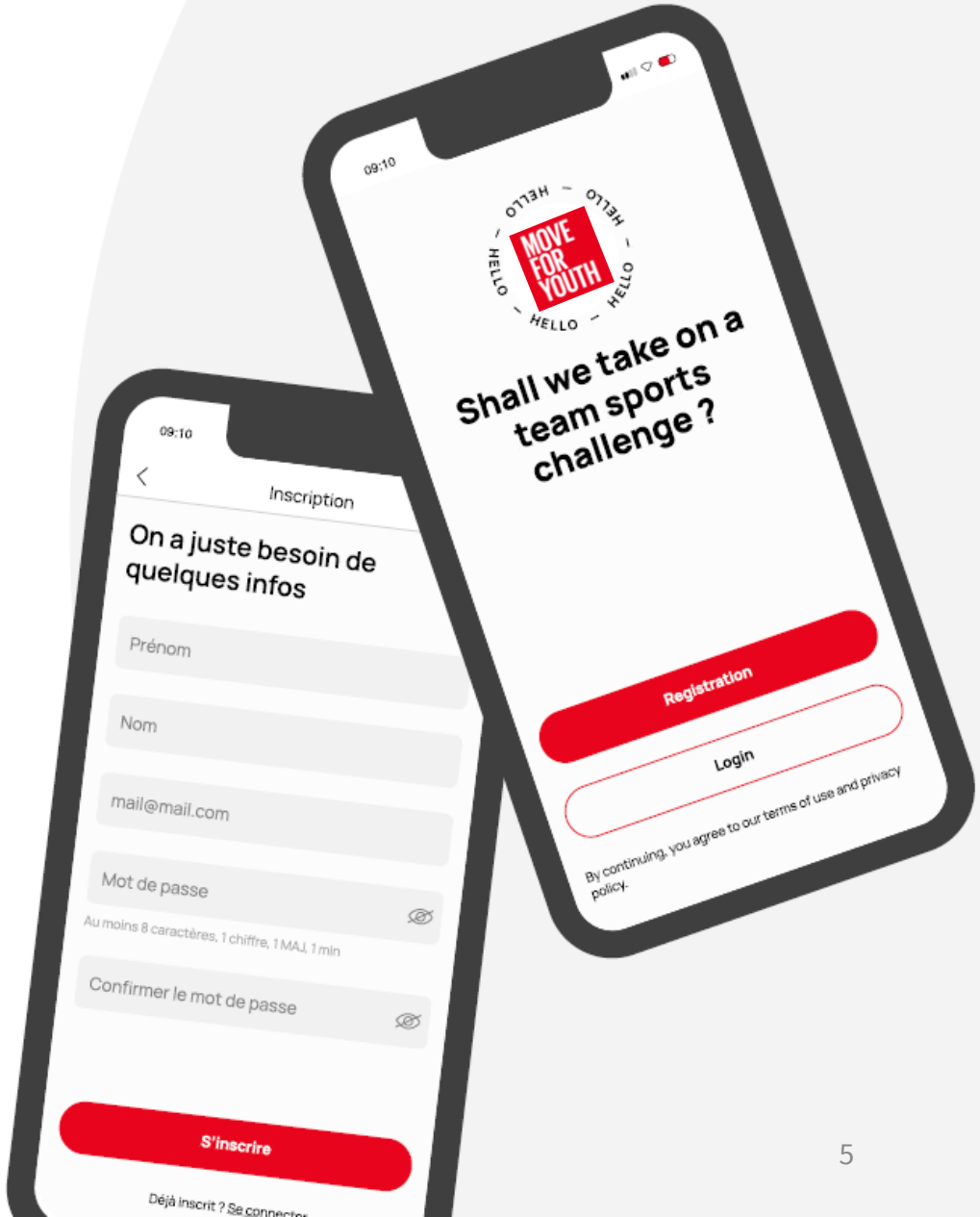
Upon receipt of the email sent by my team captain:

1. **Download** the Move For Youth app from Apple Store or Google Play Store.

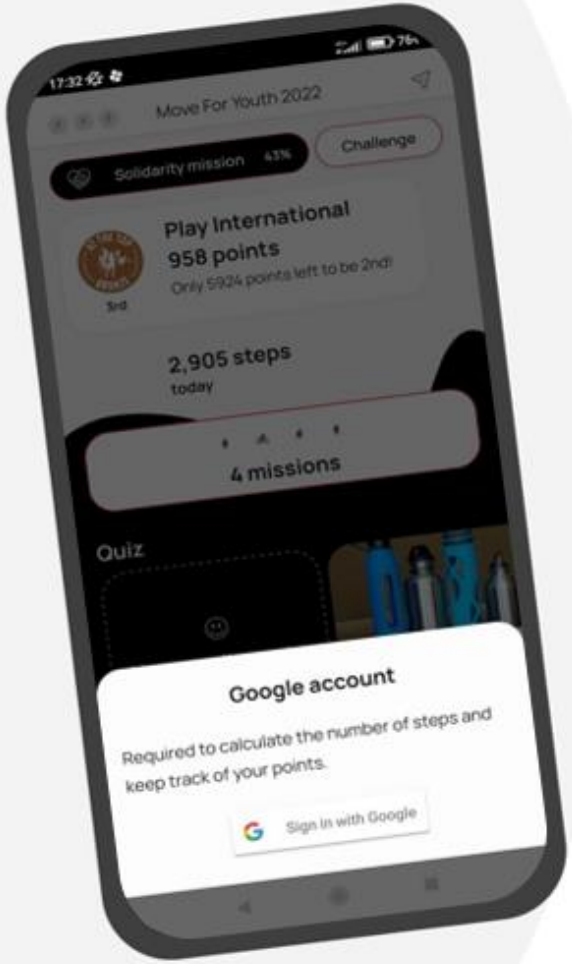
2. **Click on register and create your account by entering the code given by my captain.**

3. **Join your team** in the drop-down list.

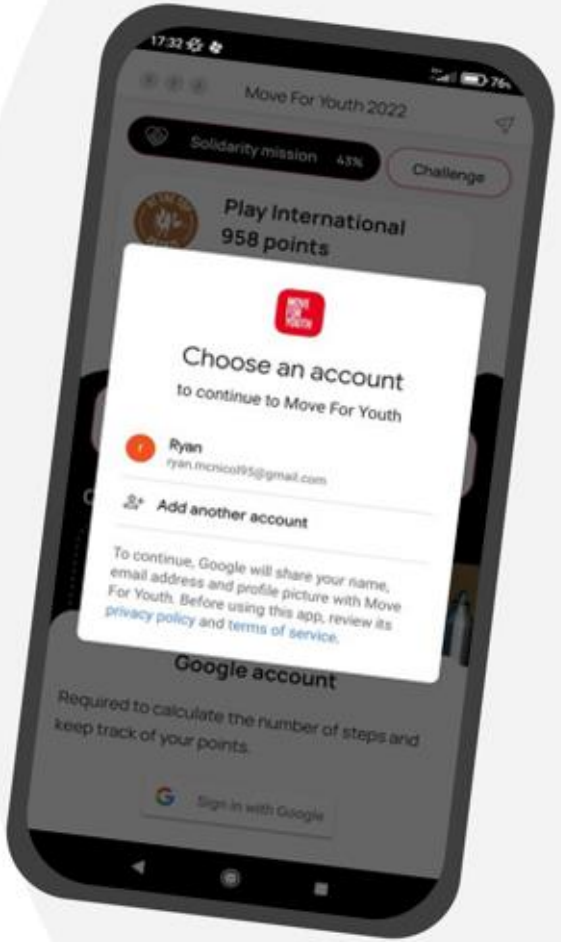
4. **For Android user : connect your google account** by following the tutorial presented in the page 6.



For Android Users



1 The following message appears. Click on “Sign in with Google”.

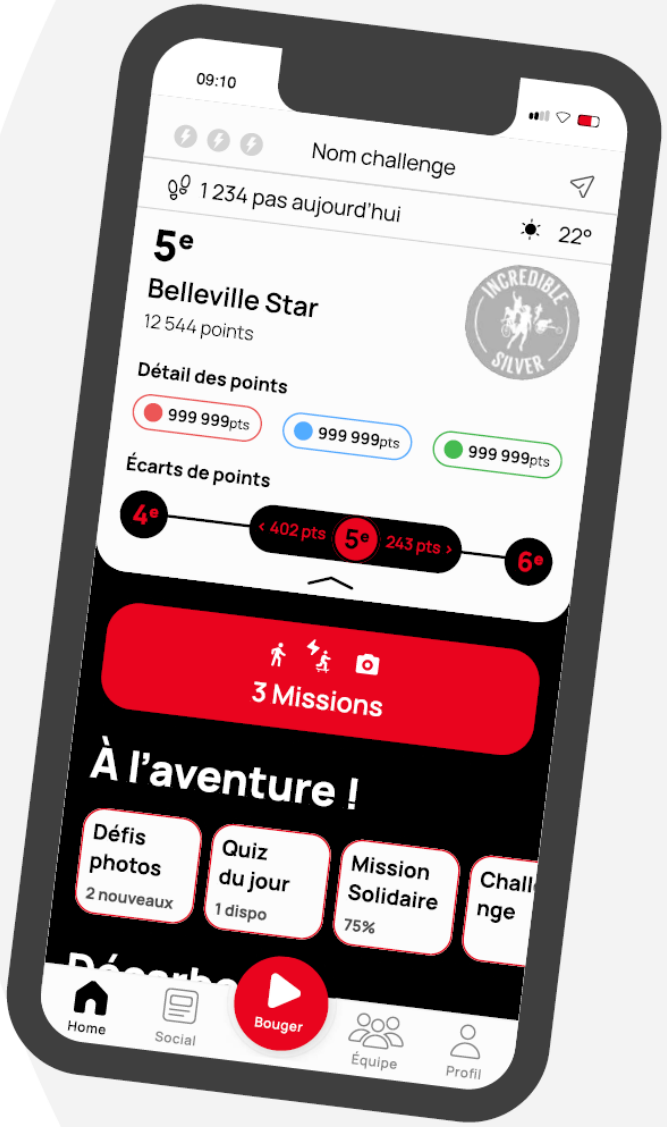


2 Connect with your gmail account.

First steps

The home page lets you access your **profile**, information on the **challenge**, including the physical activities and the various **missions** in progress and the **quizzes**!

- The challenge insert will give you access to the **details of your challenge** as well as the solidarity mission set up.
- Further down, you can track your daily **step count**.
- The individual and collective missions allow access to all the **activities** with their current **missions**.



Physical activities

Step counting is **automatic.**

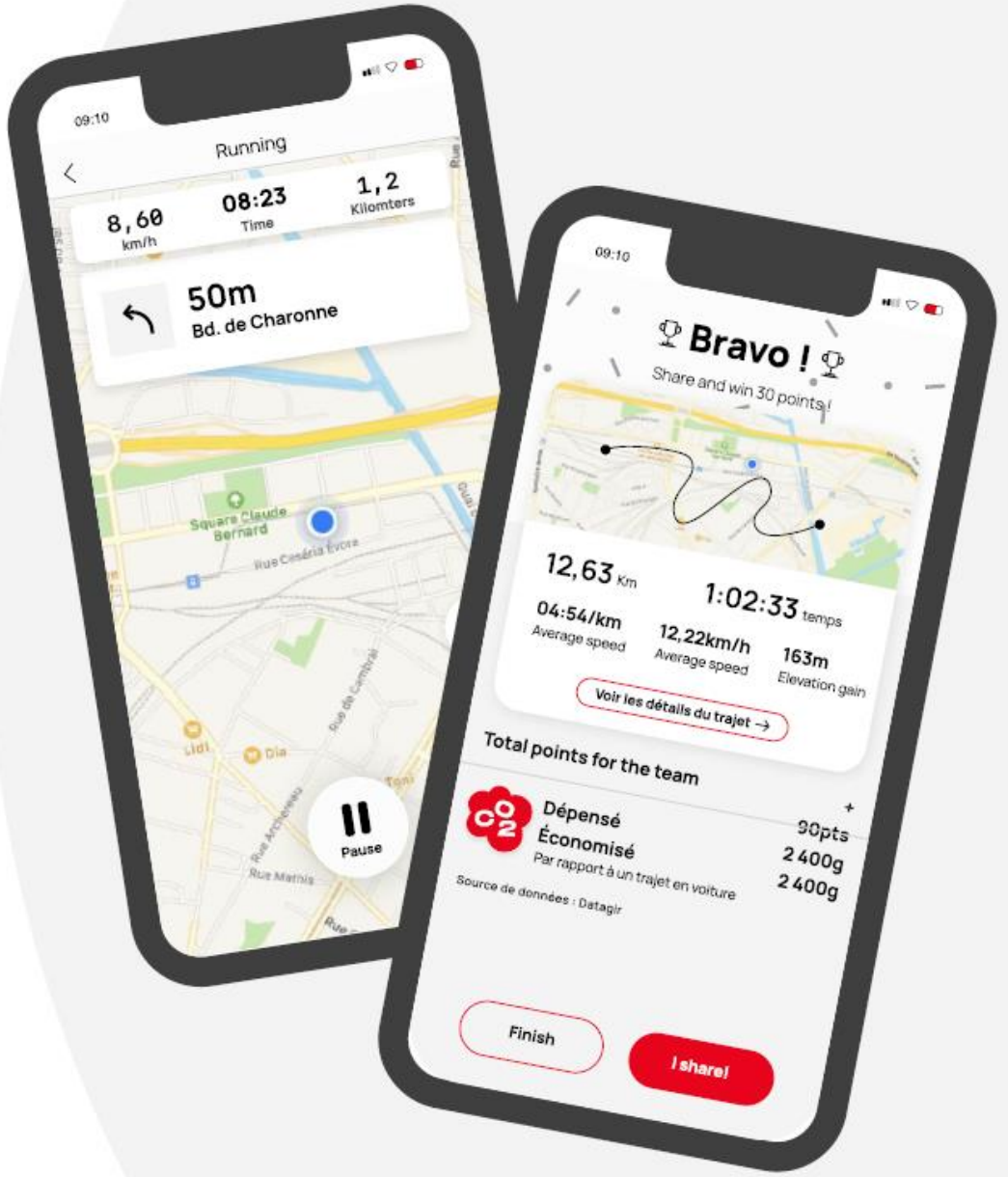
For other activities, click on Move and choose an activity: **“Running”, “Pedaling” or “Wheelchair”.**

Once the GPS is synchronized, click on **“Start”.** To end the activity, press **“Pause”** and click **“Finish”.**

A **performance** summary will appear. The points scored following a physical activity are added to your personal counter, as well as to that of **your team**.

It syncs with your **Google fit application** (for Android) and **Apple Health** (for IOS) for **more accurate tracking**.

Do not hesitate to check in the settings of your health app that the pairing is activated with the Move For Youth application.



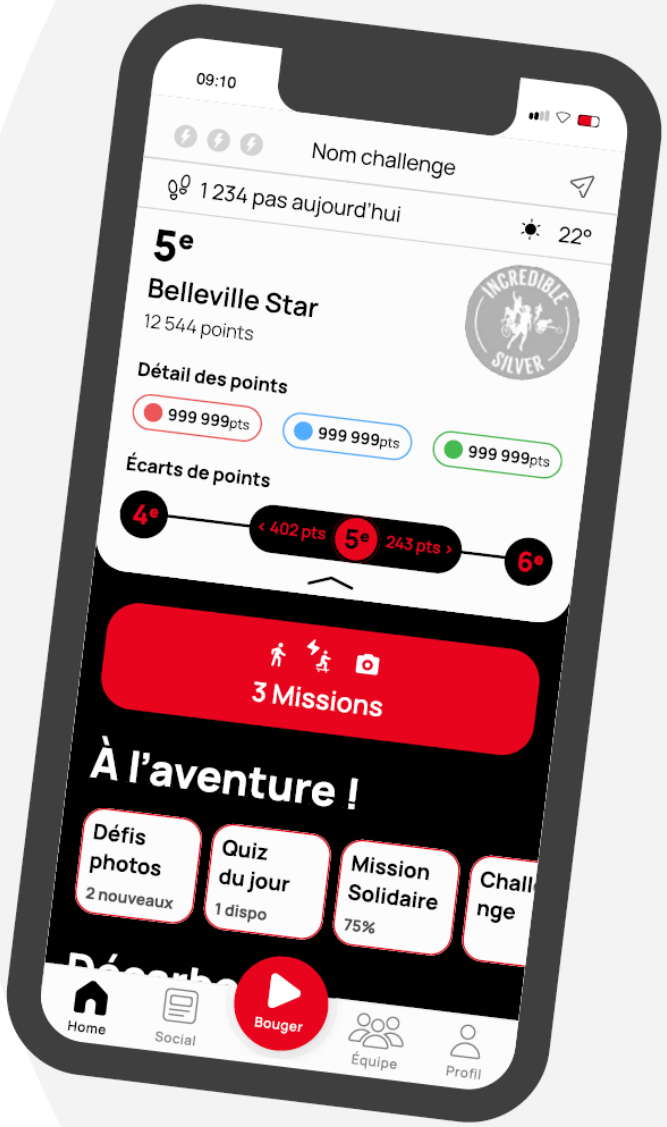
Missions

Accessible on the “Home”, the missions put forward represent an additional challenge and a **new goal to be reached**. These missions allow you to earn extra points.

Each mission is **linked to its physical activity** (“walking”, “running” or “cycling”)!

Missions can be **individual** or **in teams** and can last between 2 and 4 days.

Nb: Starting an activity automatically advances your current missions! You don't need to activate it.



Quizzes

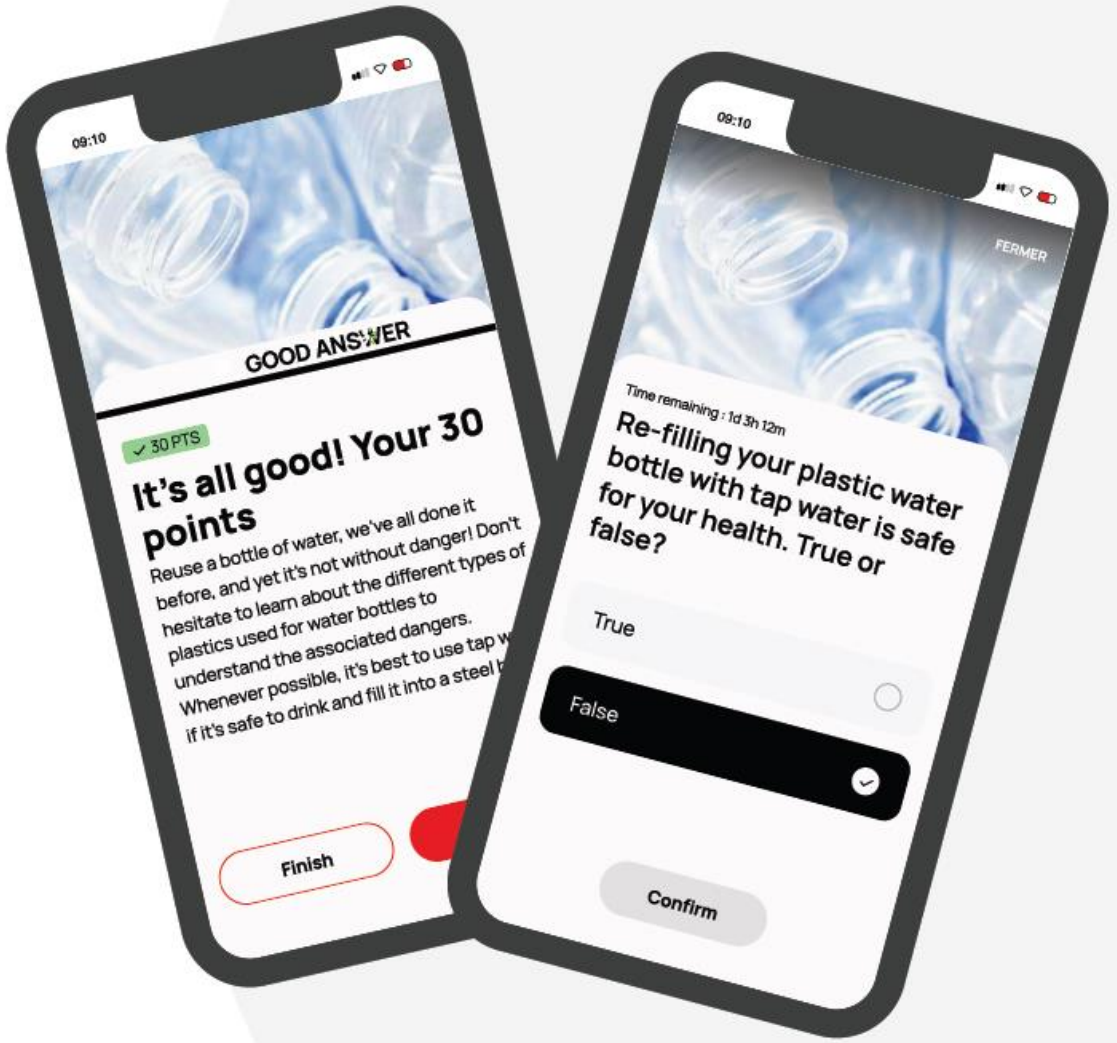
The quizzes appear on the **home page**. They allow you to test your **knowledge** of the actions of the Societe Generale Foundation or of PLAY International, our main partner. They are a great way to earn even **more points for your team.**

Physical activities are therefore not the only way to earn points!

Every day, you will be able to answer a new question. **Only one correct answer** is to be found.

A correct answer gives you **30 extra points.**

Nb: Each quiz will be available for 48 hours, don't wait too long to answer!



Points

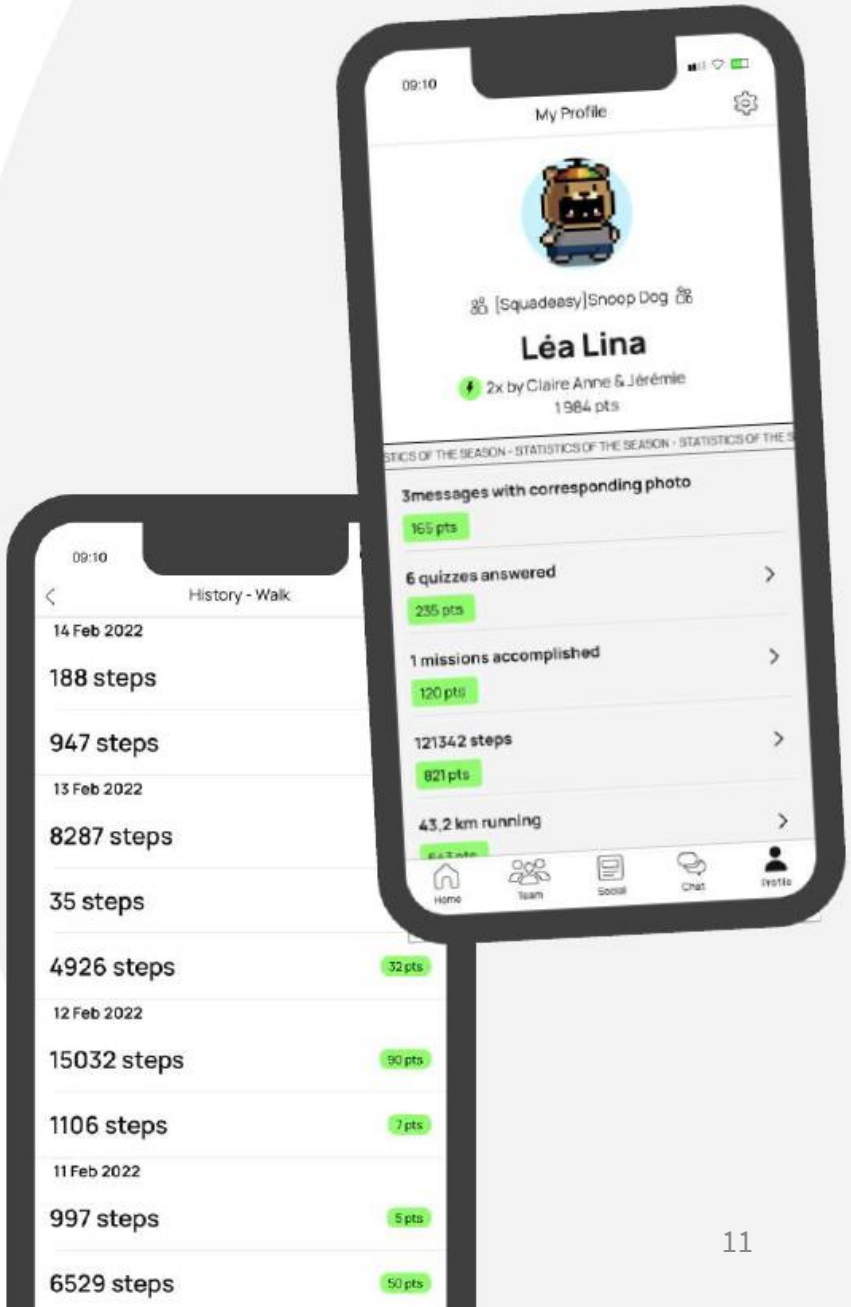
Every effort is **rewarded!**

Taking part in a quiz, participating in a photo challenge, completing a mission or starting a physical activity shall **earn your team points**.

The app will calculate your points directly **on the basis of your physical activity** (walking, running, cycling, wheelchair).

- **For walking**, only the number of steps counts.
- **For running, cycling, wheelchair** distance, speed and difference in altitude are taken into account.

You can find the details of the calculation in our **FAQ.**

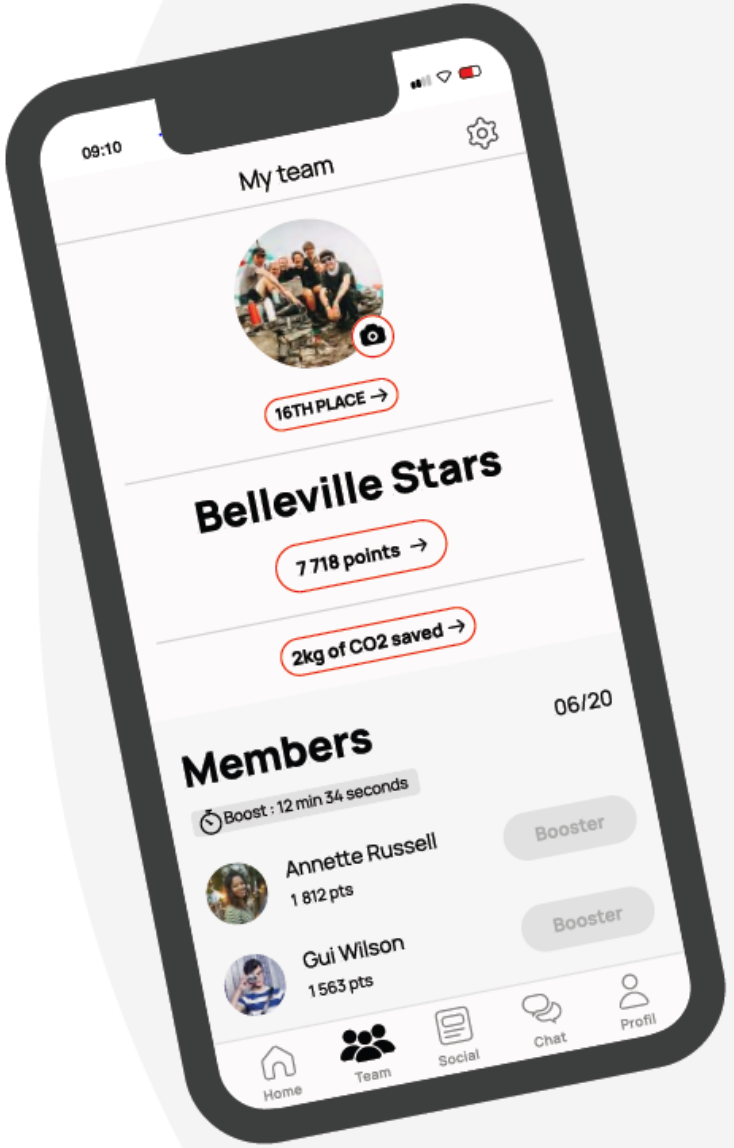


Team

All the information on your team is available by clicking on **“Team”** in the menu at the bottom of your screen.

Here, you will find **detailed information** on the points won by your team, the **progress** of your teammates, your **ranking**, etc.

It is also on this “Team” page that you can **boost one of your teammates!** (see next page).



Boosts

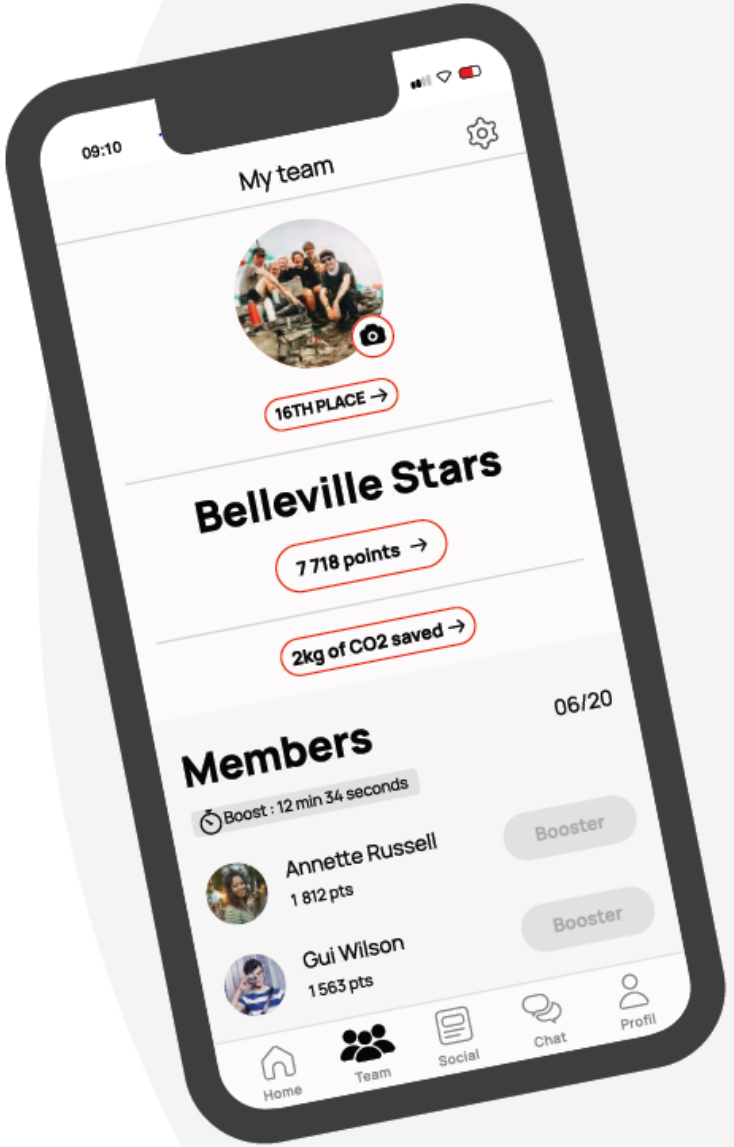
Every day, you have a “boost” that can only be used **once** and is recharged after **24 hours**.

Boost the member of your team you want to **increase by 10%** the points he will earn over the next 24 hours.

As a member of a team, you can be boosted up to **three times simultaneously**.

It is up to you to determine the **best strategy** to earn as many points as possible.

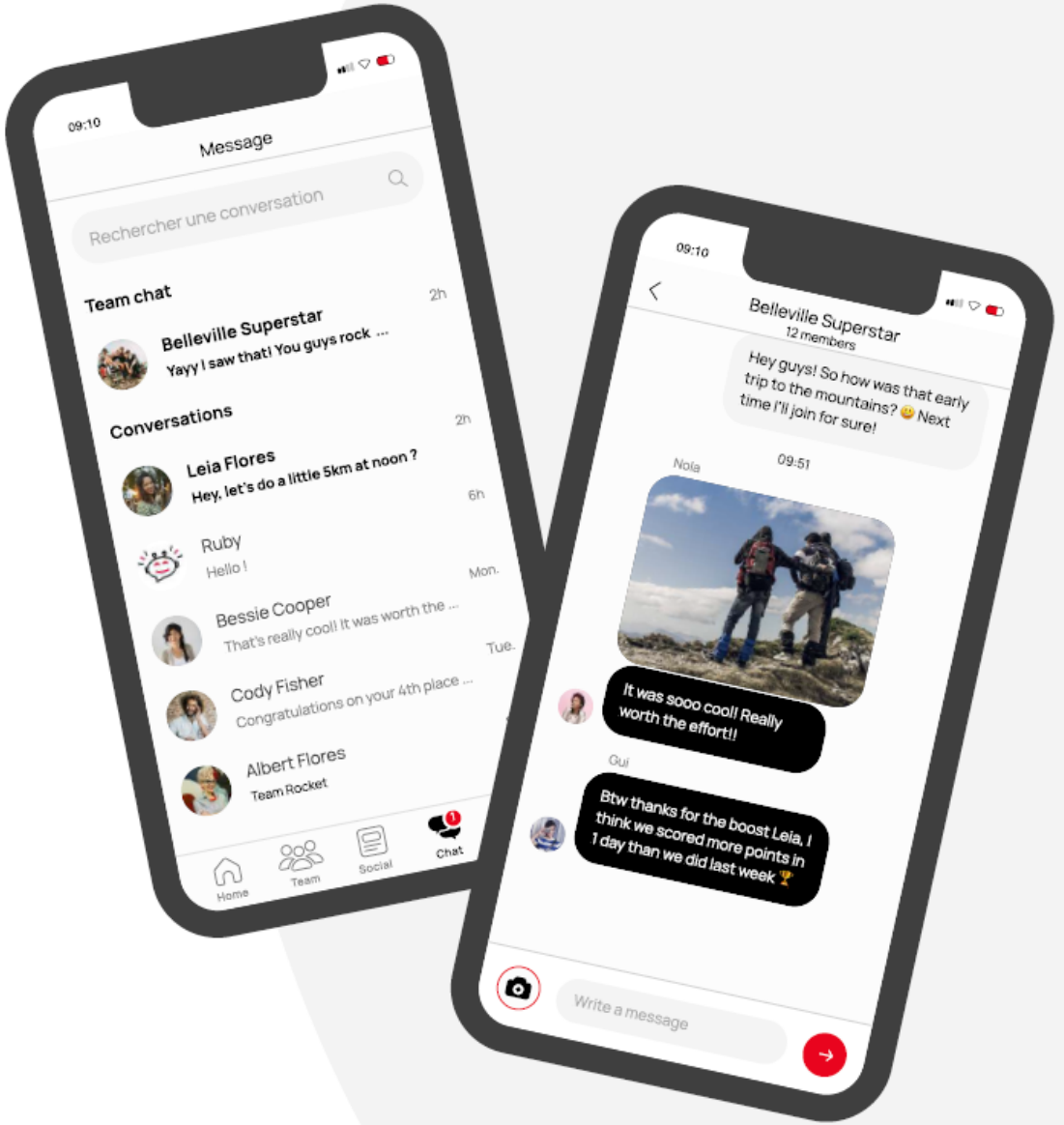
Nb: You can use the team chat to request boosts before starting an activity and earn even more points!



Messaging service

Chat live with your teammates in private or as a team in order to **congratulate** or **encourage** them or to **organize** the next group race directly through the **app's messaging service**.

To access it, click on the **arrow icon** on the top right of the **home page** and select your team to communicate with your teammates.
You can also contact someone from another team by creating a new message.



Who to contact in the event of a problem?

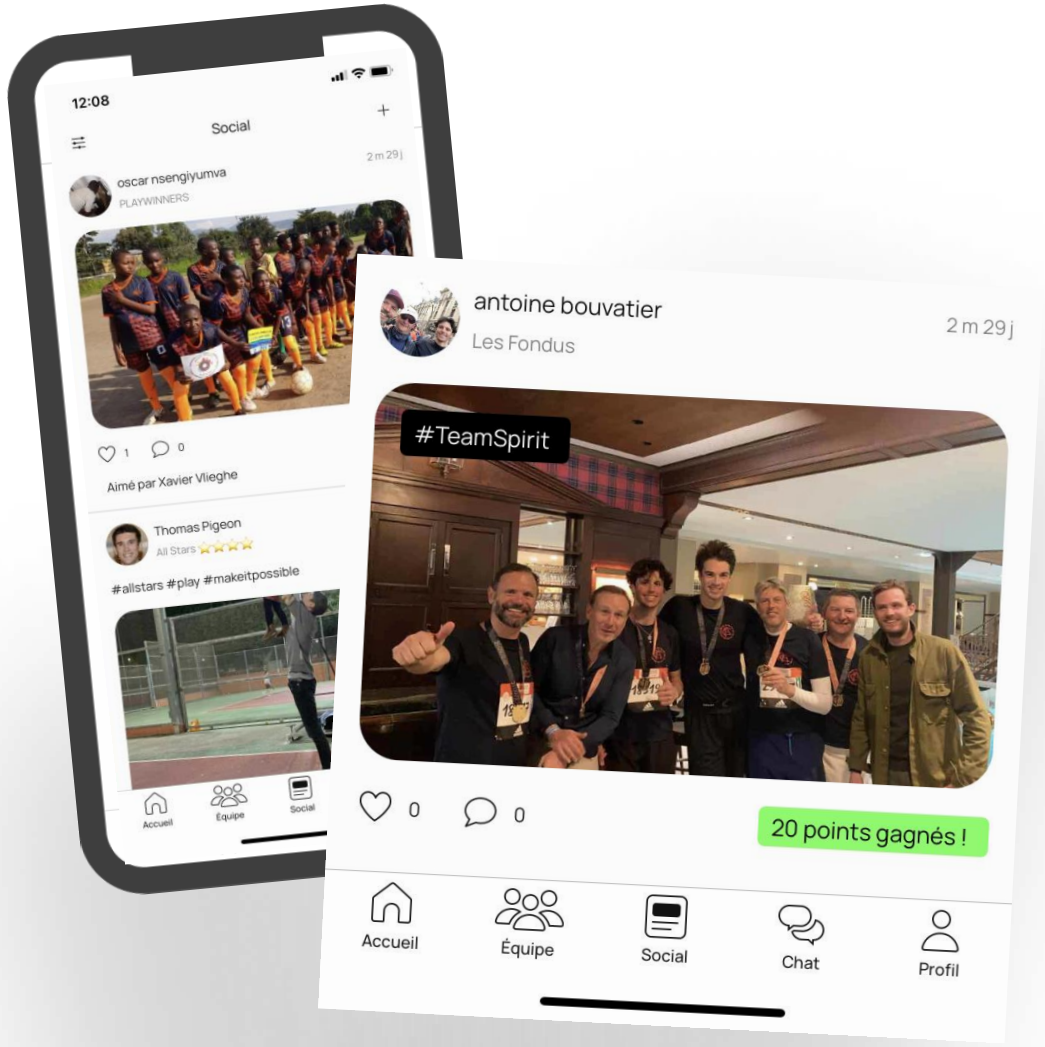
- Go to the "support" section in settings. You will receive an answer within 48 hours.
- You can also send an email to **ruby@squadeasy.com**

The social wall and the photo challenges

Land on the social wall by clicking on the central “social” button.
Use the social wall to share **with all the participants** your activities and your mood of the day!

From time to time, **photo challenges** will also be proposed to win more points: the objective is to **answer the requested theme in one photo**.

To participate, click on the “+” button at the bottom right and click on “earn points”.
Click on the challenge to discover the instructions, validate your participation, take a picture and publish it!



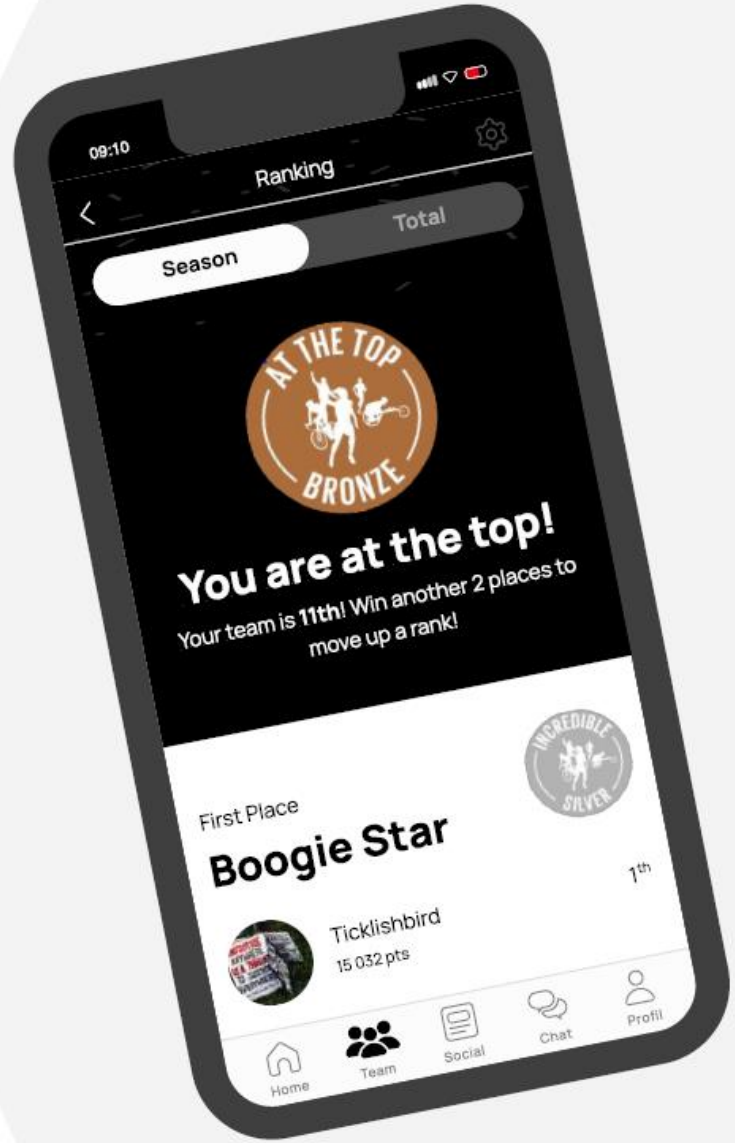
For information: you can post any photo from the social wall on social networks and / or taken by the communication teams internally and externally.

Ranking

The points of each member of your team are added in **real time** and are visible in the **ranking**.

Depending on the number of points, all teams get a **medal**!

The ranking of the medals is visible under the **“Team”** tab and **“Ranking”.**

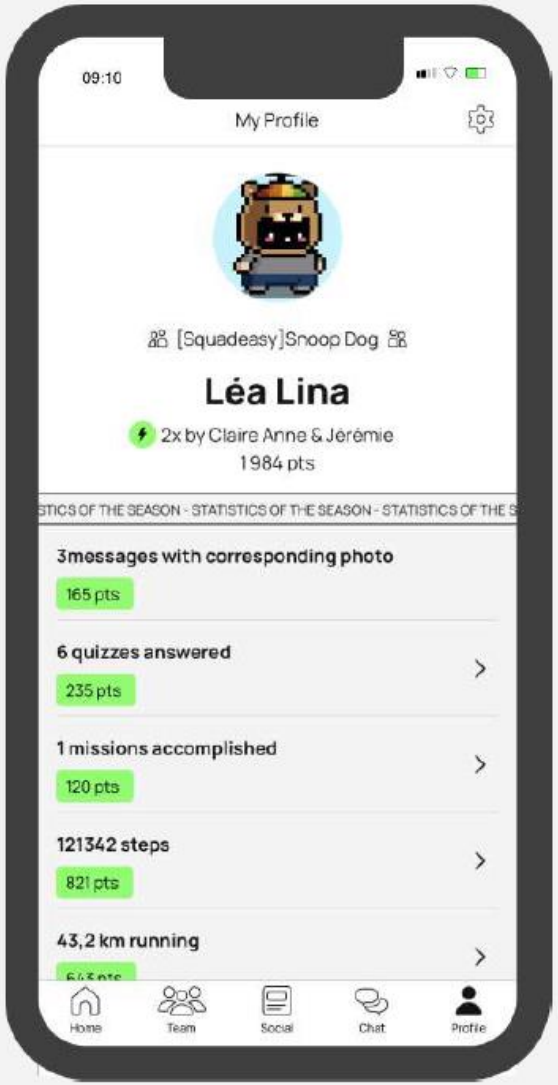


Performance

You can track your **progress** through your personal performance.

From your **profile**, you will find the **history** of all your activities, and you can consult the **details** of your performance.

Distance, duration, speed or points earned through your activity, you will find all the **information related to your physical activities.**



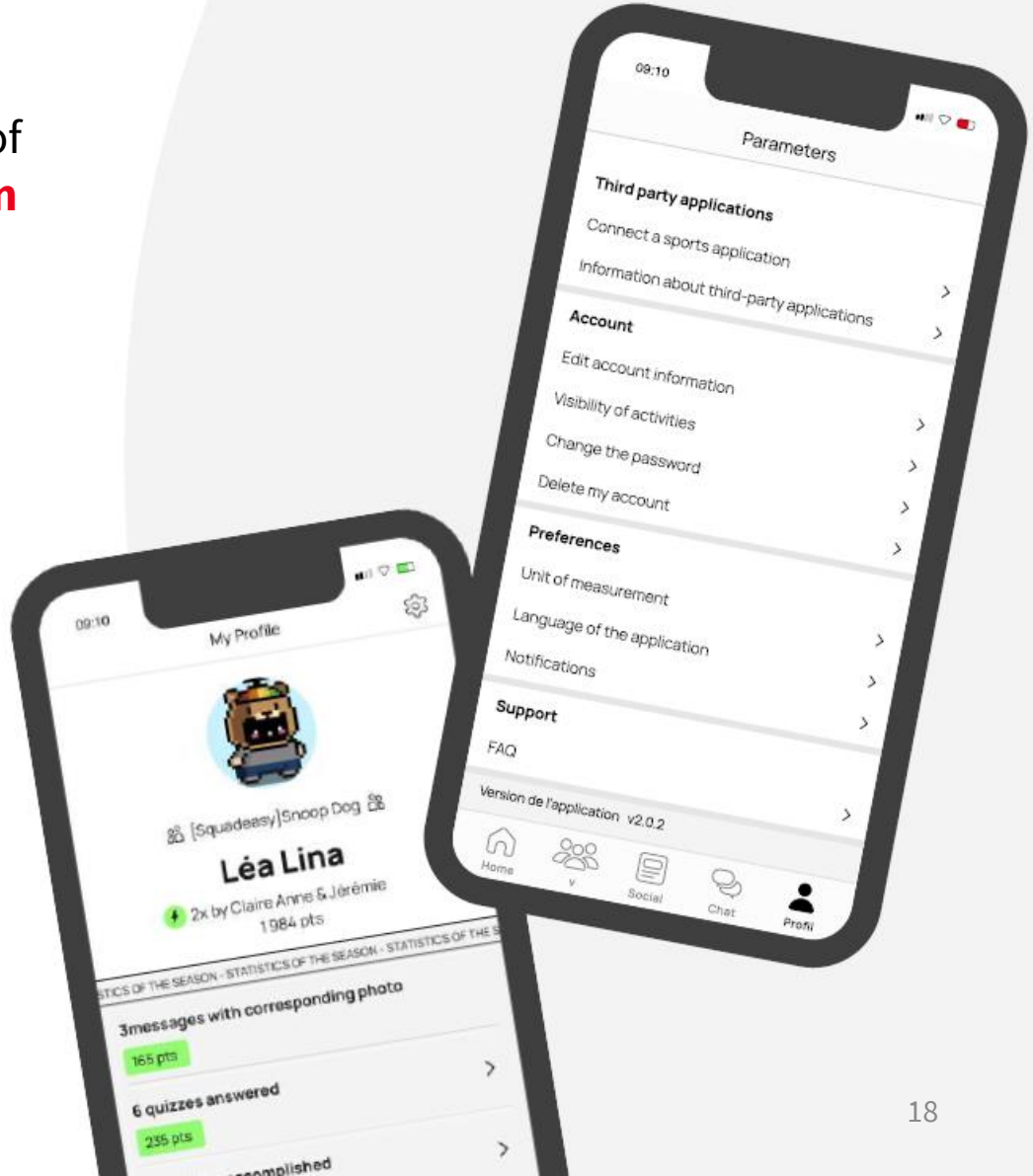
Settings

On the **“Settings”** page, in the upper right-hand corner of your “Profile”, you can change your **account information** (profile picture, last name, first name, password....), the **preferences** related to the units visible on the screen during a race (km, miles....) or the **language** of the application.

The team captain can also import a group photo.

Moreover, you will find the FAQ and can contact the **support** in the event of a problem through the contact form.

Finally, you will find the Terms of Use and the Privacy Policy.



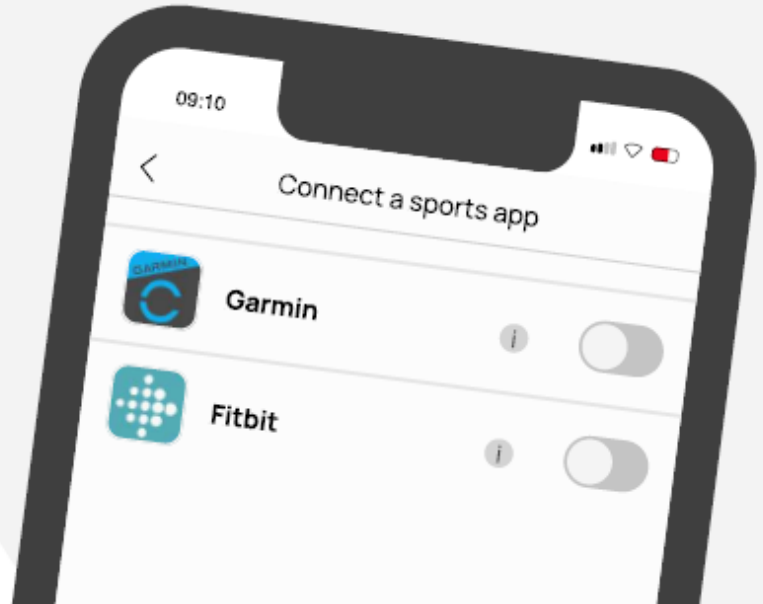
Connection to a third-party app

You use **Garmin** or **Fitbit** to track your physical activities?

You can **connect** it to the Move For Youth application when you first launch the application or by going to the **"Settings" page**.

- Check the box corresponding to the third-party application of your choice.
- Click on **"connect".**
- Follow the on-screen instructions.
- **And that's it!** Your application is now synchronized with Move For Youth.

Important: If you use a connected watch, to sync your walking steps, it is imperative to sync it with the health app (iOS) or Google Fit (Android).



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THANK YOU AND HAVE A GOOD CHALLENGE !