# Instructional Guide for CU Trails App
# 中大健行手機應用程式使用指南

Step 1:

步驟 1:

Search & download "CU Trails" app from Google Play Store or iOS App Store

請使用 谷歌 Play 商店 或 iOS 應用商店 搜尋並下載 "CU Trails" 應用程式。

**Google Play Store**

**谷歌 Play 商店**
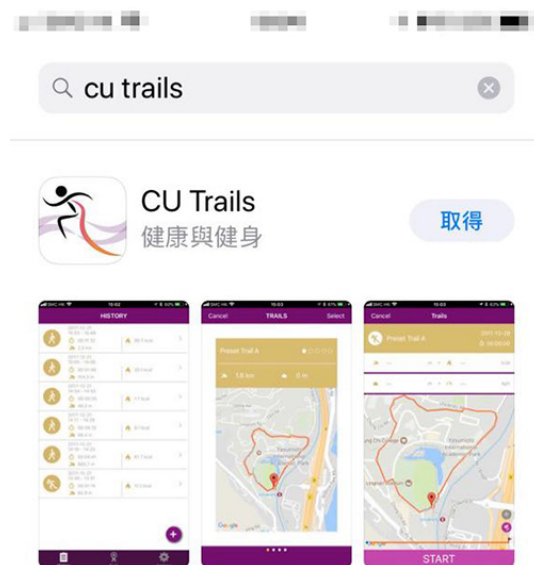
**iOS App Store**

**iOS 應用商店**

Step 2:
步驟 2:

Please click into the app , choose language and do the set up

進入應用程式 後，請選擇語言，再進行設置。

**CUHK**

香 港 中 文 大 學
The Chinese University of Hong Kong

學生 / 職員

Physical
Education Unit

English

Step 3:
步驟 3:

➢ Please type your name and email address
請輸入姓名及電郵地址
➢ Agree the disclaimer
同意免責聲明
➢ Click "SEND"
點擊"發送"

**註冊**

請輸入名字
名字

請輸入電郵地址
電郵地址

學生請使用域名為@link.cuhk.edu.hk的電郵地址
職員請使用域名為@cuhk.edu.hk的電郵地址

免責聲明

It is important to us that athletes stay healthy and injury free while training. Physical Education Unit of CUHK provides the application "CU Trails" for information purposes only, and cannot be held liable if the users get injured or something goes wrong. The users should be responsible and use your best judgment and common sense. In particular, the contents of the application "CU Trails", regardless whether they are provided by Physical Education Unit

☐ 我同意上述聲明

**發送**

**REGISTRATION**

Enter Your Name
Name

Enter Your Email
E-mail

For student, use email with domain @link.cuhk.edu.hk
For staff, use email with domain @cuhk.edu.hk

Disclaimer

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☐ I agree to the above disclaimer.

**SEND**

Step 4:
步驟 4:

- ➢ You will receive an activation code
  你將會收到啟動碼

- ➢ Please enter the code in the space provided
  請於空格中輸入啟動碼

- ➢ Click "ACTIVATE"
  點擊"啟動"

**ACTIVATION**

Email Address
tangtm@cuhk.edu.hk

Enter Activation Code

The activation code can be found in the
email sent to the above address
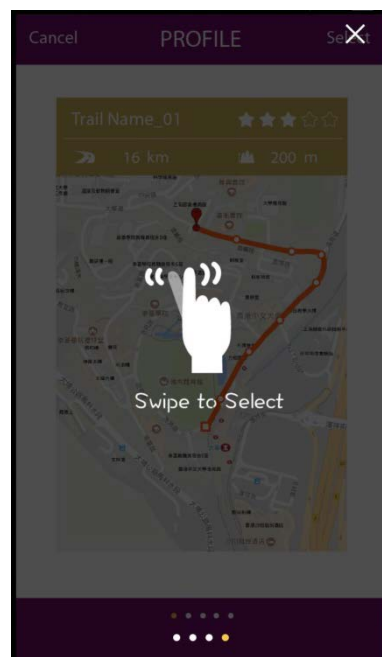
ACTIVATE

RESEND

CHANGE EMAIL ADDRESS

啟動

電郵地址
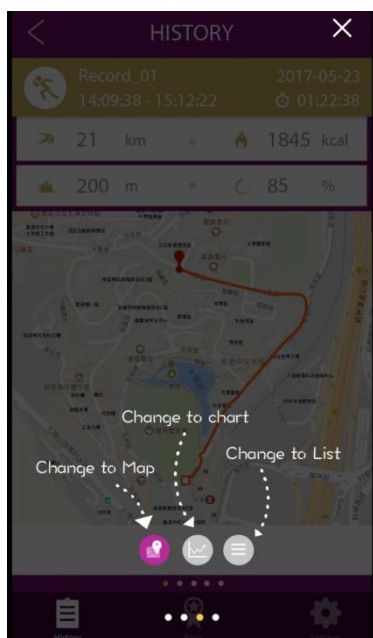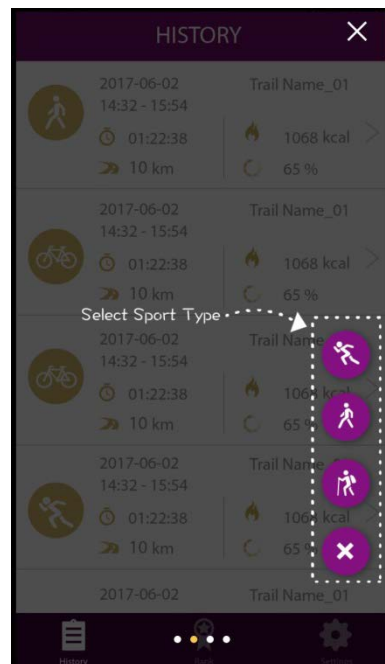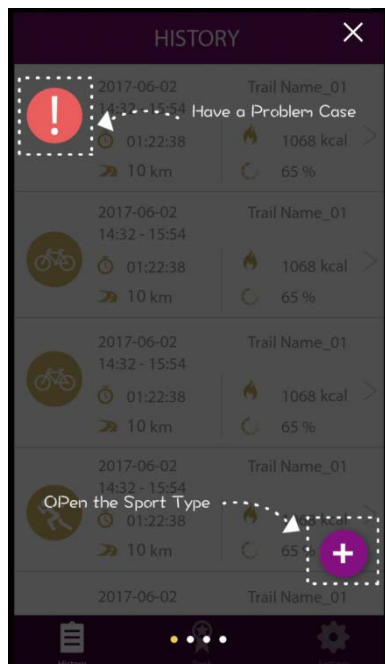anthonyltlau@cuhk.edu.hk

輸入啟動碼

啟動碼能在已傳送的電郵中找到

啟動

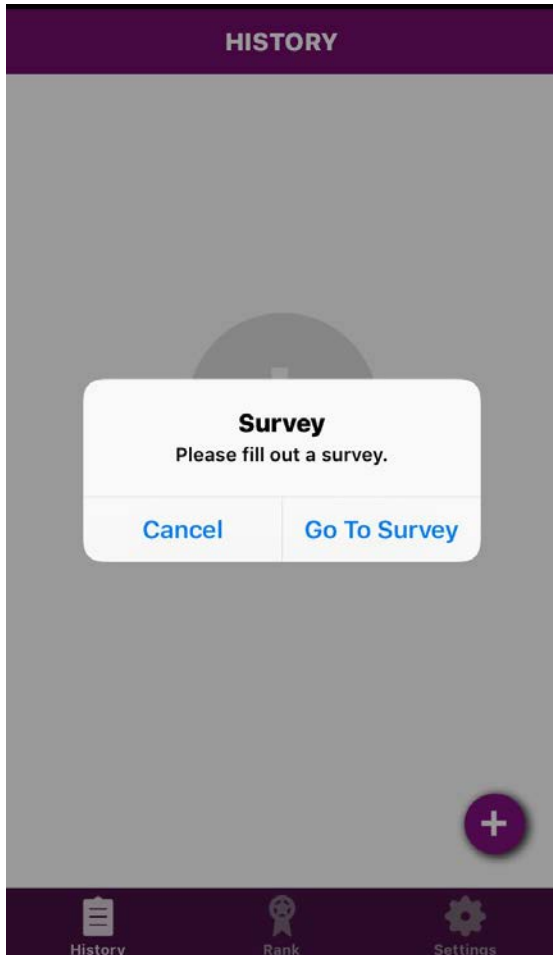重新寄出電郵

更改電郵地址

Step 5:

步驟 5:

> ➢ You will see a starter demonstration
>   畫面將顯示初次登入的操作示範
> ➢ Please read and follow the instructions
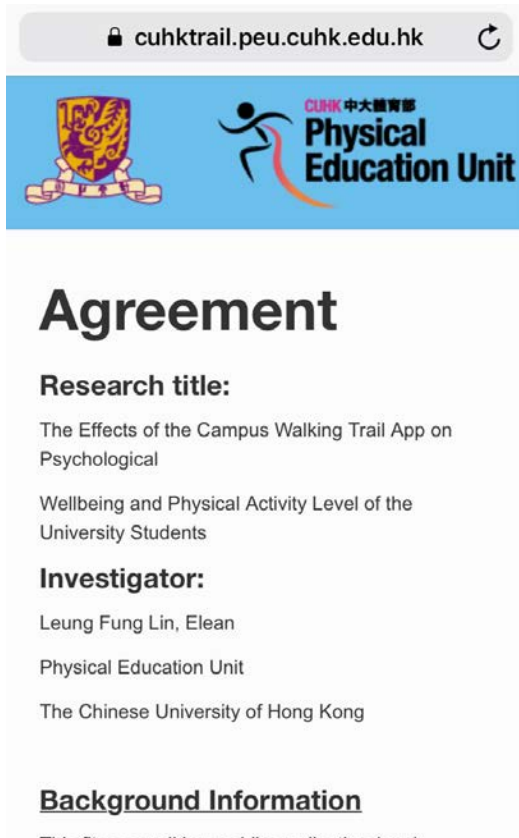>   請細閱及跟隨指示

Step 6:
步驟 6:

> ➢ You will be invited to fill out the survey
> 用戶將獲邀請填寫問卷

> ➢ Please proceed by clicking "Go To Survey"
> 請點擊 "前往問卷"

Step 7:

步驟 7:

- ➤ Please fill in the questionnaire accordingly
  請跟隨指示填寫問卷
- ➤ Accept the invitation
  請接受邀請
- ➤ Click "Agree" if you would like to join the survey
  如選擇參與問卷調查，請點擊"同意"
- ➤ Please click "Submit" after completion
  完成問卷後，請點擊"提交"

Step 8:
步驟 8:

> Start to use the app
> 開始使用應用程式

> Click "+"
> 點擊 "+"
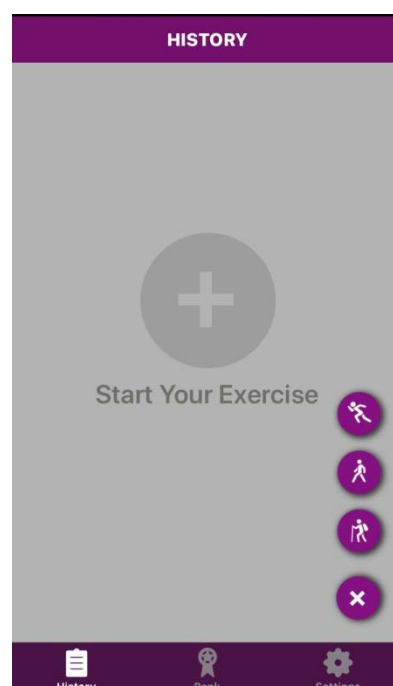


> Choose the exercise mode
> 選擇運動模式

➢ Choose the route designed by the app or customize your own route
選擇程式提供的路線或自行設定路線

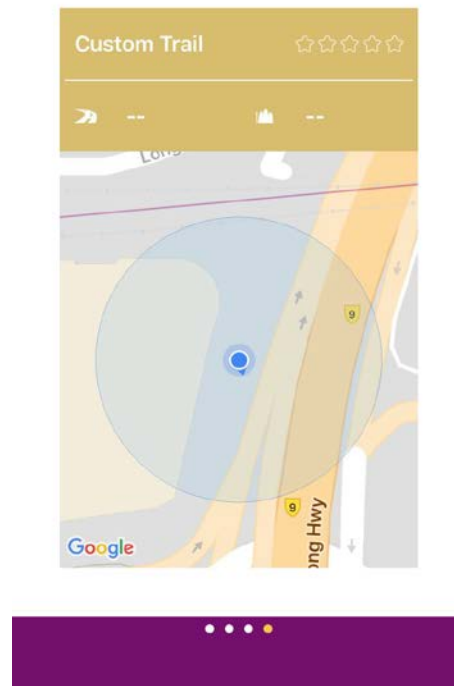➢ The app would seek your permission to access your location
程式將徵求你的許可以取用你的位置

➢ Please click "Allow"
請點擊"允許"



➢ Enjoy brisk walking/jogging/hiking!!!
請享受健步行/緩跑/行山的樂趣!!!



10