Ecochallenge at The Tech

Below you will find a simple guide for getting yourself set up in Ecochallenge and ready to change your daily habits to be more eco-conscious.

To begin, go to **thetech.ecochallenge.org**.

Ecochallenge FAQ

Creating your team (Team Captain)

1. Click Join
   a. Enter demographic info as desired
   b. Select "Create Your Own Team"
   c. Enter team info including the desired date range for your challenge and team name
   d. Invite teammates by sharing the signup link or entering teammate emails
   e. Congratulations, you have a team!

Creating your account (Team member)

1. Follow the instructions in the email from your team captain OR
2. Create your account at thetech. ecochallenge.org
   a. Click join
      i. Enter demographic info as desired
      ii. Select "Join an Existing team"
      iii. Enter your team's name and select "join team"
      iv. You can not be on more than one team at a time
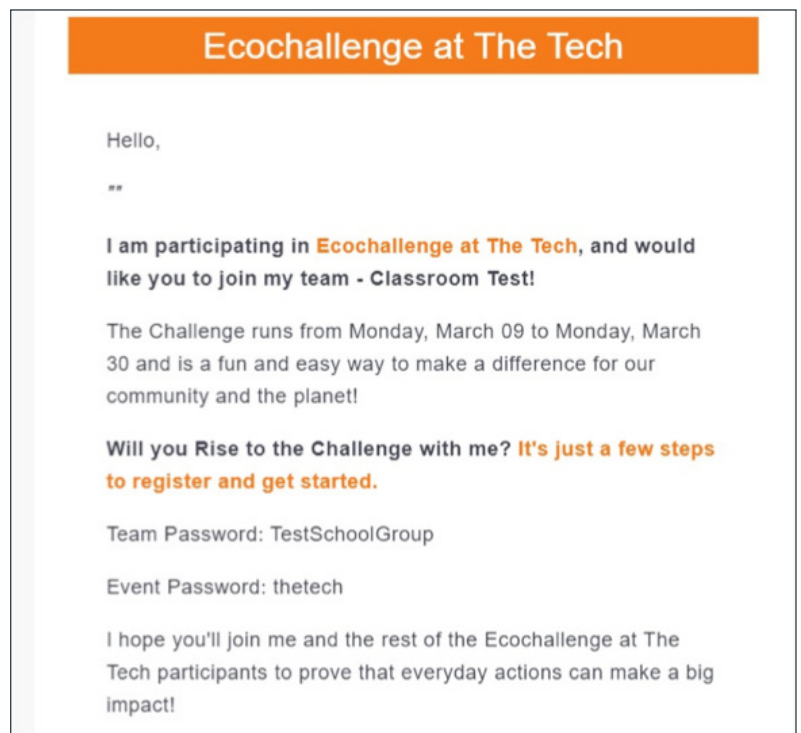
Choosing your challenges

There are a wide variety of challenges to choose from. While there is no minimum number of challenges you must select, there is a maximum. We suggest exploring the challenges and picking the ones that you feel most comfortable taking on. There are three ways to explore which challenges best fit your lifestyle:

1. Topic
    a. Food
    b. Community
    c. Energy
    d. Health
    e. Nature
    f. Simplicity
    g. Transportation
    h. Waste
    i. Water

2. Frequency of Challenge: You can select a maximum of four daily challenges and four one-time challenges. We suggest selecting a few daily challenges and maybe one or two one-time challenges to mix up your routine.

3. Difficulty of challenge: To see the difficulty level, hover over the three bars at the bottom of each challenge box. Challenge levels are determined by four factors involved in completing the action - time, cost, knowledge, and skills.
    a. Eco learner: perfect for younger team members and those who may be beginners to implementing eco-conscious habits
    b. Eco Pro: perfect for those who already have some eco-conscious habits and are willing to stretch their comfort levels a bit
    c. Eco Leader: perfect for those who are eco-conscious and want an extra challenge to incorporate into their routine.

Changing challenges

Challenges can be changed at any time during the challenge period, however if you change challenges once the challenge period has begun, any points or impacts earned will be lost. Please consider your challenges carefully.
1. Go to the Actions page - challenges can not be changed from the Dashboard page
2. Find the challenge you wish to change
3. Unselect the challenge you wish to change
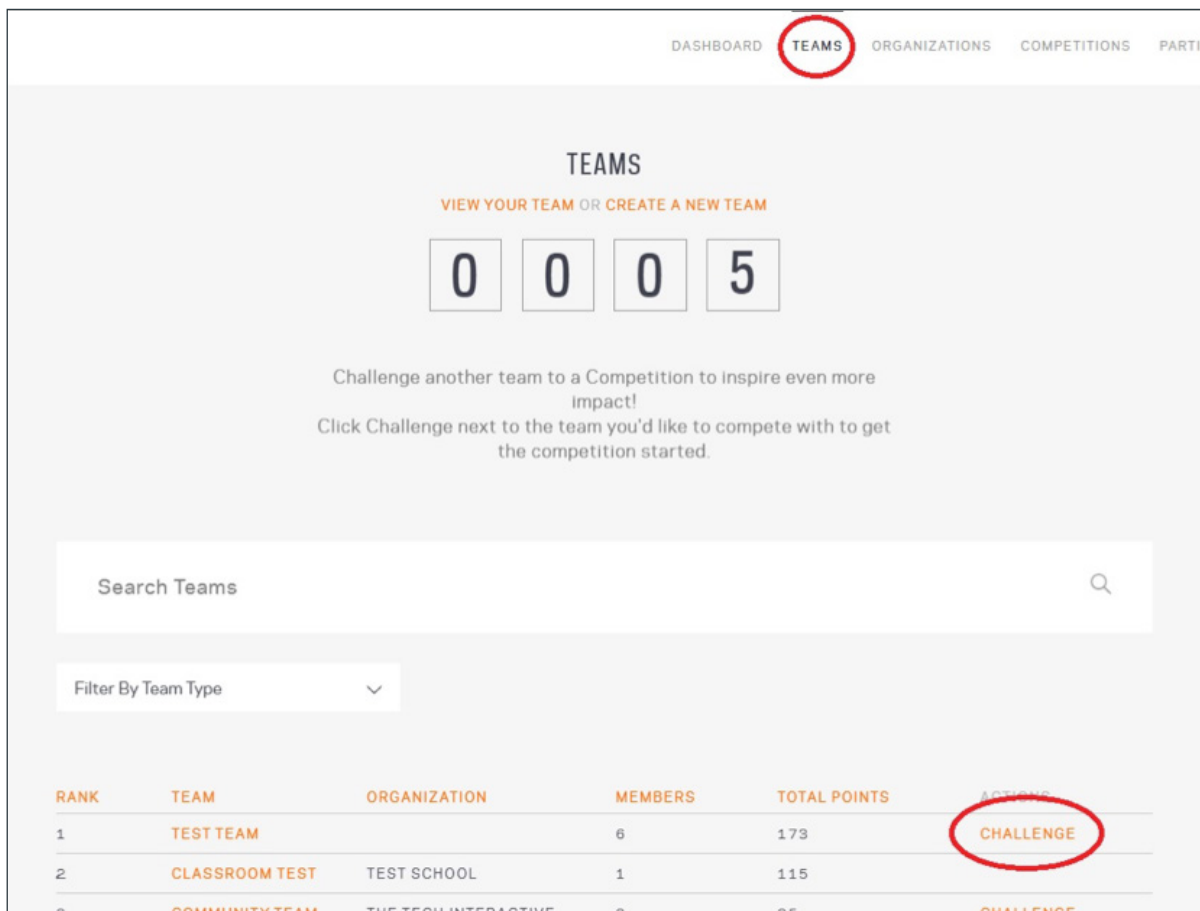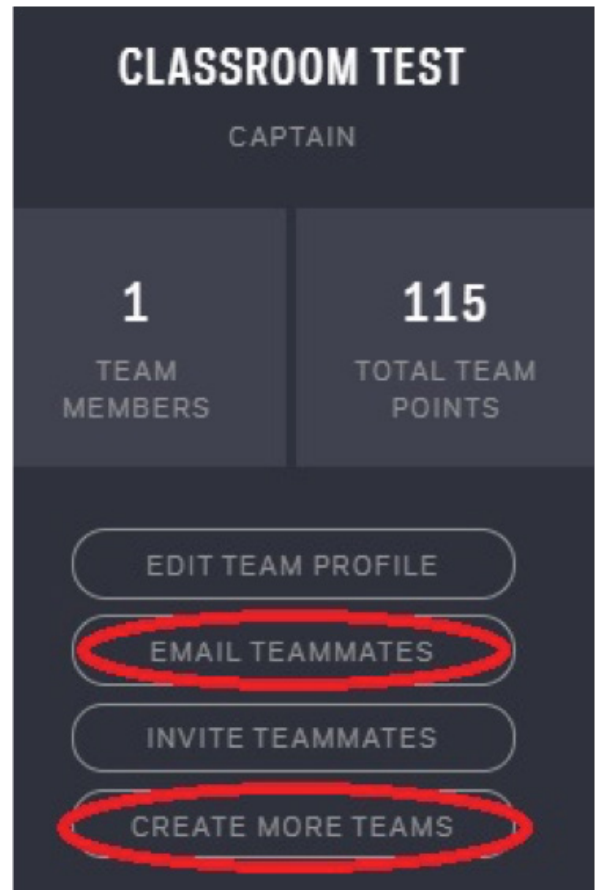4. Select a new challenge

Logging your actions

For each challenge that you do, either daily or one-time, log in to record your action. Each action earns your team points and increases your impact level so don't forget to log your actions daily!
1. Log in to your account
2. Go to your Dashboard
3. Check off the actions you've done for the day
4. See your impact!

Managing your team (Team Captains)

1. Messaging your team: Sending messages to your team is a great way to keep them engaged and inspired to perform and log their actions.
   a. Go to your Dashboard
   b. Select "email teammates" on left side toolbar
2. Making more than one team
   a. Go to your Dashboard
   b. Select "create more teams" on the left side toolbar
      i. While you can captain more than one team, teammates can only be on one team at a time.
3. Challenge another team to a competition
   a. Select "Teams" from the menu at top of page
   b. From the list of teams, pick the team you want to challenge
   c. Select "Challenge" to initiate the challenge with the selected team. You can check challenge progress by selecting "Challenges" from the top page menu.
   d. Once you enter a challenge with another team, don't forget to keep logging your actions! Every action you log gets your team closer to a win!

CLASSROOM TEST

CAPTAIN

1	115
TEAM MEMBERS	TOTAL TEAM POINTS

EDIT TEAM PROFILE

EMAIL TEAMMATES

INVITE TEAMMATES

CREATE MORE TEAMS

DASHBOARD   TEAMS   ORGANIZATIONS   COMPETITIONS   PARTI

TEAMS

VIEW YOUR TEAM OR CREATE A NEW TEAM

0 0 0 5

Challenge another team to a Competition to inspire even more impact!
Click Challenge next to the team you'd like to compete with to get the competition started.

Search Teams

Filter By Team Type

RANK	TEAM	ORGANIZATION	MEMBERS	TOTAL POINTS	ACTIONS
1	TEST TEAM		6	173	CHALLENGE
2	CLASSROOM TEST	TEST SCHOOL	1	115	
3	COMMUNITY TEAM	THE TECH INTERACTIVE	3	35	CHALLENGE

Ecochallenge FAQ

? **Is it mainly designed for adults or is it appropriate for high school?**
Ecochallenge at The Tech is definitely appropriate for high school students. In fact, many of the challenges are appropriate for middle school students.

? **What is the optimal or maximum size for teams?**
We find the optimal team size to be 4 or 5 — this is most fun for the captains. If you need a larger group or an entire classroom to be a team, that works too.

? **Would you recommend several small teams compete within a single period or should each period be one team?**
Ecochallenge is very flexible and can handle several small teams within a period. How you wish to organize your group or classroom is up to you.

? **Will my students'/team members' privacy be protected enough if they enter this challenge?**
The best way to protect student privacy is for the instructor to be team captain, not add individual names to the roster, and just regularly enter the class' completed actions on their own. Ecochallenge communicates with the captain via email. Rest assured that Ecochallenge does not share your email with any third parties, and once the challenge is complete you will not receive any more emails.

Please be aware that team members are visible to other Ecochallenge teams, but emails are NOT viewable. For complete anonymity team members can use aliases.

According to Ecochallenge: Legally anyone over 14 can have a profile on our site, however, if the teacher wants to represent the class they can do that.

? **Should students captain their own teams or should I captain all the teams?**
We think it is a valuable experience for students to captain their own teams. That being said, you know your class best and the decision is up to you.

Please note that while you can **create** many teams and assign captains, the instructor can only **join** one team.

? **How many maximum teams would I be able to captain?**
You can captain as many teams as needed, but please note that you can only **join** one team.

? **Could teams compete against each other if I was the captain of every team?**
Yes! Each team should have its own name.

? **What are some examples of the challenges?**
• Challenging oneself to eat meatless meals
• Committing to using a reusable water bottles
• Watching videos on food sovereignty
• Planting a garden
• Reducing shower times
And so many more!