**ERASMUS+ Workshop 3 – Data Sources  
DIRECTORS Session 1: From Our Bodies to Sensor Technologies**

Two simple experiments you can try before our next session… **Choose AT LEAST ONE!**

A black and white line drawing of a person walking

Description automatically generated Experiment 1: **WALKING WITH A MOBILE PHONE OR SMARTWATCH**

1. Choose a route to walk: from home to school, around the park...
2. **Count your steps in one direction, then in the opposite direction.**
3. Write down the numbers.

Number of steps in one direction: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of steps in the opposite direction: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Is there a difference between the two numbers? Why do you think this happened?  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. A black rectangular object with a white background

   Description automatically generatedA black and white image of a watch

   Description automatically generatedIf you have a **mobile phone** or a **fitness tracker**,   
   also write down the number of steps these devices counted.  
   Steps counted by the device (one direction): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Steps counted by the device (opposite direction):: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Are these numbers higher or lower than your manual count?   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why do you think that is so? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Would there be a difference if your hand was on a handle or steering wheel  
   (e.g. riding a balance bike, pushing a pram or a shopping trolley)?  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Do you have any additional comments?   
   Did anything unusual happen during your measurements?  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A person riding a bicycle

Description automatically generatedExperiment 2: **CYCLING WITH A MOBILE PHONE**

1. **Choose a route for your bike ride**: from home to school, around the park...
2. Measure **how many "steps"** your **mobile phone recorded** during this journey.

If you can, for one trip keep the phone in your pocket,   
and for the other, in your bag.

1. Write down the numbers.

A black rectangular object with a white background

Description automatically generatedNumber of "steps" recorded during the bike ride in one direction:   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
 My phone was in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of "steps" recorded during the bike ride in the opposite direction: \_\_\_\_\_\_\_\_\_\_\_\_\_   
 My phone was in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Is there a difference between these numbers? Why do you think this happened?  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. A cartoon of a robot

   Description automatically generatedDo you have any additional comments?   
   Did anything unusual happen during your measurements?  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SEE YOU SOON – BRING YOUR FILLED SHEET BACK TO US!**