

The DEIs Walk for Mental Health will be completed virtually using the app World Walking. World Walking enables the communities to complete long tracks by “donating” short distance walks from the daily activities of participants. Donating steps can be done via online website or via smartphone app. The detailed info on how to use World Walking app can be found [here](#). Brief instructions on how to participate in DEIS Walk For Mental Health can be found below.

How to sign up and join the walk?

1. Go to the [website](#) or download World Walking [Google Play](#) or [AppStore](#).
2. Sign up to World Walking.
3. Go to “My Groups”.
4. Find and join a group “DEIs Walk for Mental Health” (you can use this [link](#)).

How to contribute steps?

1. Steps can be added manually or recorded with an app. To add steps manually go [here](#), subsection “Manually add the distance”. To track steps with an app see the next paragraph.
2. Added steps are “banked”. Banked steps can be spent on selected walks. See [here](#), in the subsection “Spending Your Steps”.
3. To contribute steps on DEIs Walk for Mental Health go to “Walks”, select relevant walk, click “Start this Walk” to join it.
4. To spend your banked steps on a walk, open the Walks tab, then select the walk. Next, tap the “Spend” button and you’ll see a slider which allows you to choose how many steps you’d like to spend on this walk. Once you’ve selected the correct number of steps, tap the “Add” button to spend these steps and update your position along the route.
5. In details, see [here](#) in the subsections “Joining a Group Walk” and “Spending Your Steps”.

How to track your steps automatically?

World walking can sync with some apps to track your steps automatically. This is especially handy in case you are using fitness trackers or smart watches that constantly monitor your physical activity during the day. On Android, World Walking can sync to Google Fit or FitBit apps. In case you are using a different app for your step tracking, it would be required first to connect your app to Google Fit and then sync Google Fit with World Walking. On iPhone, World Walking can sync to Health Kit.

1. Syncing your fitness app with Google Fit see [here](#).
2. Syncing World Walking with Google Fit see [here](#).
3. Syncing iPhone Health Kit and World Walking see [here](#) (subsection Sync from HealthKit).
4. Steps will be automatically “banked” from Google Fit each time you open World Walking.