



# **DIGIPOWER METHODOLOGY**

**EXERCISE YOUR DATA ACCESS RIGHTS AND RECOVER CONTROL  
OVER YOUR PERSONAL DATA**



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# PARTICIPATORY METHODOLOGY “DIGIPOWER” FOR DATA ANALYSIS

To do beforehand: **recover your personal data**

**Explore your data:** after recovering it, you can analyse it at  
<https://digipower.academy/>

References of the digipower methodology:

Digipower Technical Reports: Auditing the Data Economy through Personal Data Access, Bowyer, Alex; Pidoux, Jessica; Gursky, Jacob; Dehaye, Paul-Olivier  
<https://zenodo.org/record/6554178>

Digipower Technical Reports: Understanding Influence and Power in the Data Economy by Pidoux, Jessica; Gursky, Jacob; Bowyer, Alex; Dehaye, Paul-Olivier  
<https://zenodo.org/record/6554156>

**FIRST, RECOVER YOUR DATA**



## HOW TO RECOVER YOUR PERSONAL DATA

Use your **Data access & data portability rights** according to the :

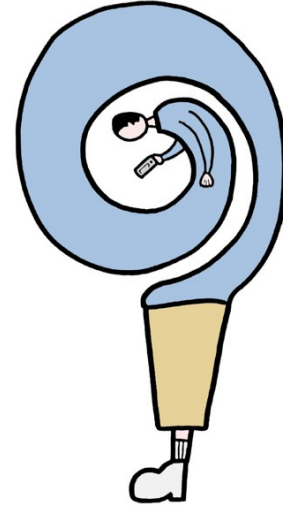
- General Data Protection Regulation ([GDPR](#))
- [Swiss Data Protection Law](#)
- Or any other regulation applicable to your country.

## OVERALL STEPS

Try out **requesting your data** to different service providers (apps, supermarket, etc.), we have tutorials for the most popular ones.

Then you are going to **analyse** it at [digipower.academy](https://digipower.academy) (open access and free, all data running in your local browser)

For other apps and companies **explore** how to request a **copy of your data**, every company is obliged by law to give it !



# TUTORIALS FOR THE MOST POPULAR PLATFORMS

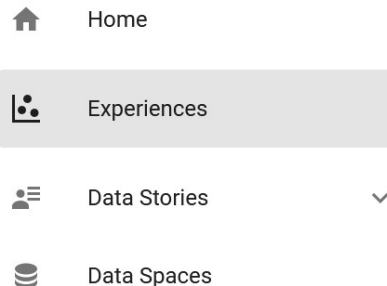
**Request your data** via

<https://digipower.academy/> (some platforms' tutorials available)

**Go to the menu bar on the left**, select “experiences” and then the platform of your choice; e.g. Instagram, Tinder, Twitter.

For more information watch digipower methodology videos :

<https://youtube.com/playlist?list=PLFeDwMe481uZ6HvcOYJRfvsuc-usMslGI>



# TUTORIAL GOOGLE TAKEOUT - MAPS

If you use Google Maps you can analyse your geolocation as follows:

\* Click here <https://takeout.google.com/settings/takeout> to **request the private data** that Google Takeout collected on you.

⚠ **Important** : For the experiment to work, please **click on "deselect all"** at the top of the page and then **select only "Location History"** in the (long) list of downloadable data

\*Once done you can **click the blue "Next Step" button** at the bottom of the page. This should queue your download.

\*You will receive the file in your email inbox. **Download it from your inbox.**

\*Once your archive is ready, all you have to do is **store the zip file on your laptop** (without unzipping it) and **bring your laptop to one of our workshops.**



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**If you** don't use social media or **had troubles to recover your personal data from one of the most popular platforms**, we suggest the next tutorials "Tracking trackers" that give you a quick start to analyse personal data





# TUTORIAL “TRACKING TRACKERS”

## TO SEE WHAT APPS IN YOUR PHONE SEND TO OTHERS

The apps installed on your phones send your personal data to third parties, follow **tutorials 1 and 2 below to have a “meta” view of the trackers you have on your phone:**

**1.** Enable app tracking on your **Android** smartphone (use it for 1 day, 1 week, as much as you want)

<https://github.com/hestiaAI/data-catalog/blob/main/workshop/install-and-enable-trackercontrol.md>

or on your **iPhone**

<https://github.com/hestiaAI/data-catalog/blob/main/workshop/enable-App-Privacy-Report-on-iOS.md>

**2.** Enable Google's location tracking

<https://github.com/hestiaAI/data-catalog/blob/main/workshop/enable-google-location-tracking.md>



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**SECOND, NOW ANALYSE YOUR DATA**



# TUTORIAL : ONCE YOU HAVE RECOVERED YOUR DATA

**A. If you asked your data to a social media or Google Takeout, store** the zip file received (or any other format provided) on your laptop or phone (without unzipping the zip files) and **analyse** it at <https://digipower.academy/>, **bring** your laptop and files to one of our workshops so we analyse your data further and **share** experiences with others;

## **B. Tracking Trackers:**

**1. Android: How to export data from TrackerControl**

<https://github.com/hestiaAI/data-catalog/blob/main/workshop/how-to-export-data-from-trackercontrol.md>

**2. iPhone: How to export data from App Privacy Report (iOS)**

<https://github.com/hestiaAI/data-catalog/blob/main/workshop/How-to-export-data-from-App-Privacy-Report.md>



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# WANT TO ORGANIZE...

A WORKSHOP WITH US, CONDUCT A PROJECT, DO AN INTERNSHIP RELATED TO PERSONAL DATA ?



**Write us** at [contact@personaldata.io](mailto:contact@personaldata.io)



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