



# DIGIPOWER METHODOLOGY



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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

 [digipower.academy/experiences](https://digipower.academy/experiences)

References of the digipower methodology:

Digipower Technical Reports: Auditing the Data Economy through Personal Data Access

 <https://zenodo.org/record/6554178>

Digipower Technical Reports: Understanding Influence and Power in the Data Economy

 <https://zenodo.org/record/6554156>



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# RECOVER YOUR DATA



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# YOUR DATA, YOUR RIGHTS

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

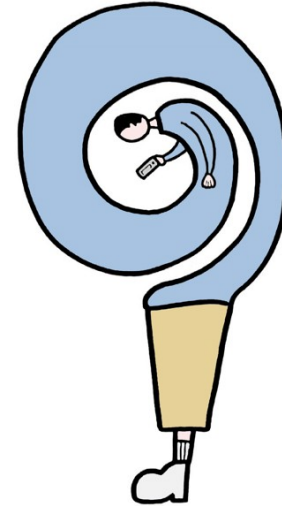


## OVERALL STEPS TO RECOVER YOUR DATA

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/experiences](https://digipower.academy/experiences) (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 !



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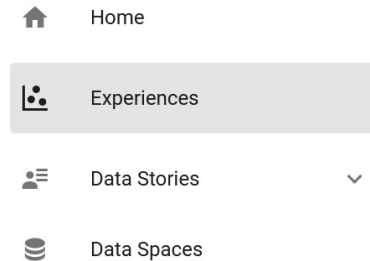
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## TUTORIALS FOR THE MOST POPULAR PLATFORMS

**Request your data** via [digipower.academy/experiences](https://digipower.academy/experiences)  
(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://s.42l.fr/digipoweracademy>













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Request your data via [digipower.academy/experiences](https://digipower.academy/experiences)



### Expériences

 <b>AppleTracker</b> Tracking data	 <b>ChatGPT</b> Experience	 <b>Fitbit</b> Experience	 <b>Google Takeout</b> Experience
 <b>Instagram</b> Experience	 <b>LinkedIn</b> Experience	 <b>Netflix</b> Experience	 <b>Strava</b> Experience
 <b>TrackerControl</b> Tracking data	<b>Uber</b>  <b>Uber Rider</b> Customer data	<b>Uber</b>  <b>Uber Driver</b> Experience	 <b>Generic data experience</b> Explore data from anywhere

# EXAMPLE OF TUTORIALS

## #1 ANALYSE YOUR GOOGLE MAPS DATA



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## TUTORIAL GOOGLE TAKEOUT – MAPS

Once your archive is ready, all you have to do is **store the zip file on your laptop (without unzipping it)** and go to [digipower.academy/experience/google](https://digipower.academy/experience/google) or "bring your laptop and data" to one of our workshops.

Please note that you will receive data **only** if you had enabled Google's location tracking, see :

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



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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.



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# EXAMPLE OF TUTORIALS

## #2 TRACKER CONTROL



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# TUTORIAL "TRACKING TRACKERS"

## TO SEE WHAT PERSONAL DATA APPS ON YOUR PHONE ARE SHARING ABOUT YOU WITH 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>



## TUTORIAL : ONCE YOU HAVE RECOVERED YOUR DATA

### A. 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>

B. After recovering your data, you need to 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/experience/tracker-control>





You can also **bring your laptop and files** to one of **our workshops** so we **analyse your data** further and **share experiences** with others during our participatory workshops

 <https://personaldata.io/en/workshops/>



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**ANALYSE YOUR DATA FOR ANY APP**

You can **recover your data** from other apps available in our  [data experiences](#)

Expériences

 <b>AppleTracker</b> Tracking data	 <b>ChatGPT</b> Expérience	 <b>Fitbit</b> Expérience	 <b>Google Takeout</b> Expérience
 <b>Instagram</b> Expérience	 <b>LinkedIn</b> Expérience	 <b>Netflix</b> Expérience	 <b>Strava</b> Expérience
 <b>TrackerControl</b> Tracking data	<b>Uber</b>  <b>Uber Rider</b> Customer data	<b>Uber</b>  <b>Uber Driver</b> Expérience	 <b>Generic data experience</b> Explore data from anywhere!



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# WANT TO

**DO AN INTERSHIP RELATED TO PERSONAL DATA,  
ORGANIZE A WORKSHOP, CONDUCT A PROJECT...**

**[HTTPS://PERSONALDATA.IO/EN/CONTACT-US/](https://personaldata.io/en/contact-us/)**



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# #FOLLOWUS



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