First Example:

1. https://unstats.un.org/sdgs/indicators/database
2. Select Goal 1, Target 1.1, indicator 1.1.1
   a. Proportion of population below international poverty line
3. Download
4. Should open in excel → Save it as excel document
5. Select all cases (control A)
6. Inset → Table
7. Clean the data
   a. Years: 2000 and 2015
   b. Countries: Bolivia, Chile, Colombia, Costa Rica, Ecuador, Panama
8. Delete columns so that it is only the value, country name, country code, year indicator
9. If columns mess up in format → select all again (control A) and "wrap text"

Second Example:

10. https://unstats.un.org/sdgs/indicators/database
11. Select Goal 16, Target 16.2, indicator 16.2.2
    a. Age and sex distribution of detected victims of trafficking in persons (%)
12. Download
13. Should open in excel → Save it as excel document
14. Select all cases (control A)
15. Inset → Table
16. Clean the data
    a. Females only
    b. Only those over the age of 15
17. Delete columns so that it is only the value, country name, country code, year indicator
18. Rename "value" to Female_Over15 to understand that's what it entails
19. If columns mess up in format → select all again (control A) and "wrap text"