Information about fragments:

Actual documentation from Android

<http://developer.android.com/guide/components/fragments.html>

Android example implementation code

<http://developer.android.com/training/basics/fragments/creating.html>

A tutorial using fragments (not exactly what we are doing but still useful)

<http://www.vogella.com/tutorials/AndroidFragments/article.html>

Example of Base Activities (another possible way of implementing the menu)

<https://tausiq.wordpress.com/2013/01/18/android-base-activity-class-example/>

This Stackoverflow answer also shows what we are going for

<http://stackoverflow.com/questions/11579635/common-header-in-different-activities-using-baseactivity-in-android>