Technology configuration inventory

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Community & UN SDG(s):	Individual participation/Serving a context Community: Individuals seeking to understand and manage their own emotions for personal well-being. Family members and friends wanting to support their loved ones in emotional struggles. **UN SGDs: 3 & 4**
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Instructions

It is useful to inventory the current technology configuration of the community, i.e., the current technology that the people working, learning, advancing knowledge (etc.) in the specific area you are engineering software for are using, as a way to understand the community better and what matters to them better. If yours is a new community, it may not have any specific technology yet, but even for brand new communities, the current configuration may not be empty, for instance if general tools like email or phone are going to be used. You can use a version of the table on the next page to inventory and analyze the current configuration of your community:

1. Get the big picture. Research the area and make a list of all the platforms and stand-alone tools in your community's configuration as best you can
2. For each platform, list the tools and check the ones that are being used. Why are some not being used? Are there duplicates? Are there issues around integration between tools?
3. To the left, make a note of which community activities/orientations the tools currently support in your community
4. To the right, identify the key features of tools. Are some of these features commonly or rarely used? What are the reasons for that?
5. Assess actual tool use if you can. Identify which are dominant and which are only used by smaller groups and individuals.

NOTE: Add new rows as needed below. Please know your search should be as exhaustive as possible given the area you are researching

Platform	Meditation Application (Headspace)		
Supported activities	**Tools**	**Key features**	**Usage notes**
Individual participation	Guided mediations sessions led by instructors. Sleep stories narrated by soothing voices allowing the user to relax. Mindfulness practices such as breathing practices to reduce stress.	Themes that allows customization which can group meditations. Accessibility support in terms of cross platform compatibility. Offline usage which allows the content to be downloaded that allows accessing content without internet.	The application has a subscription option that offer two plans between free and premium. The user can choose regular practices or choose SOS sessions that allows the user to get immediate support.

Stand-alone tool	Calm App		
Supported activities	**Tool**	**Key features**	**Usage notes**
Indvidual Participation	Guided Meditations	Provides a variety of guided meditations to users based on their different moods.	The application has free and premium content. The primary objective of the application is for the users to use sleep stories and mindfulness exercises.

Stand-alone tool	Yelp - Dinning Suggestions		
Supported activities	**Tool**	**Key features**	**Usage notes**
Serving a context	Dining Recommender for the users	Suggests restaurants based on user preferences and location	The application has user reviews and ratings. The users find it useful for discovering new dining options based on their preferences.

Stand-alone tool	Breathe2Relax- Stress Management Application		
Supported activities	**Tool**	**Key features**	**Usage notes**
Serving a context	Breathing exercises and guide to breathing.	Guided breathing exercises to reduce stress.	This application focuses on diaphragmatic breathing that help users to manage their stress and well-being.