

# ULKOILUHÄLYTIN

## User Guide Manual

Nature Alarm App – By: Ekokumppanit Oy

# Ulkoiluhälytin User Guide

*Your Nature Alarm App*

A simple manual for people using the **Ulkoiluhälytin** app (outdoor alarm / nature habit app). The app is available in **Finnish** and **English**: tap the **Finnish** or **UK flag** in the top bar to switch language. This guide will help you make the most of your nature adventure in building healthy outdoor habits.

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## What is Ulkoiluhälytin?

Imagine an app that transforms your outdoor experiences into a fun and rewarding journey. **Ulkoiluhälytin**, which means "outdoor alarm" in Finnish, combines mindful outdoor activities with gamification to make nature exploration both fun and rewarding.

Set **alarms** that nudge you with outdoor-themed prompts (missions / trivia). Complete **tasks** tied to your "mission level".

Grow a virtual **garden** as you progress.

- See **weather** for the Tampere area, read **environment tips**, and browse a **community feed** of other gardeners on **HQ**.

**Note:** You need an **account** (Google, Apple, or email) for your garden and progress to save and sync.

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## Key Features:

### 1. Scheduling and recurrence

- **One** or **more alarms** with a **time** and **weekday selection** (Mon-Sun).

### 2. Alarm content (Nature Hook)

- Firing alarms use **mission-level "hooks"**: short prompts tied to your **mission tier** and **season** (Finland), in **English** or **Finnish**.
- The **full-screen / ring UI** shows the **hook as a trivia-style question**, the **Answer** reveals the **mission answer**, with a path to the **daily challenge** flow.

### 3. Sound-Built-in nature sound library (several bundled MP3s); you can preview sounds when choosing.

- **Custom alarm sound** via **file picker** (import your own audio).
- Alarm volume slider; sound can be turned off (alarm UI / notification still fires).
- On the ring screen, **audio uses expo-av** with settings aimed at **playing through silent / not ducking** like a normal notification beef on Android.

#### 4. Snooze and Dismiss

- **Snooze** with configurable **interval** and **how many repeats** (stored and used from the ring screen).
- **Dismiss** stops audio, clears notifications, can **cancel pending snooze** notifications, and returns you to the app (e.g. **Alarm tab**) instead of only killing the overlay.
- Snooze schedules follow-up notifications with the same **alarm/full-screen style data**.

#### 5. Android reliability and permissions

- Dedicated **high-importance alarm notification channel** (bypass DnD-style behavior, alarm audio attributes, etc.).
- **Patches / manifest** aimed at **full-screen intent, exact alarm, wake lock, boot completed**, etc., so alarms can surface **on the lock screen** and recover after reboot (subject to OEM and user settings).
- In-app guidance to open **battery optimization, exact alarm, and full-screen intent** settings where relevant.

#### 6. When it rings

- **Ring screen** can open from: **notification tap, cold start** after a notification, **foreground notification handler**, and **Android resume** when an alarm notification is still active.

#### 7. Persistence

- Alarms and related options are stored locally (e.g. AsyncStorage) so they survive restarts; scheduling is rebuilt from that **state** when you save alarms.

8. **Challenge:** Complete tasks tied to your mission level and document your nature discoveries.

9. **Virtual Garden:** Watch your digital garden grow as you progress through challenges.

10. **Weather Integration:** Stay informed with Tampere area weather forecasts.

11. **Community Features:** Share your garden and connect with fellow nature enthusiasts.

12. **Environmental Tips:** Learn responsible outdoor practices.

13. **Language Support:** Available in both Finnish and English, simply tap the flag icons to switch languages.

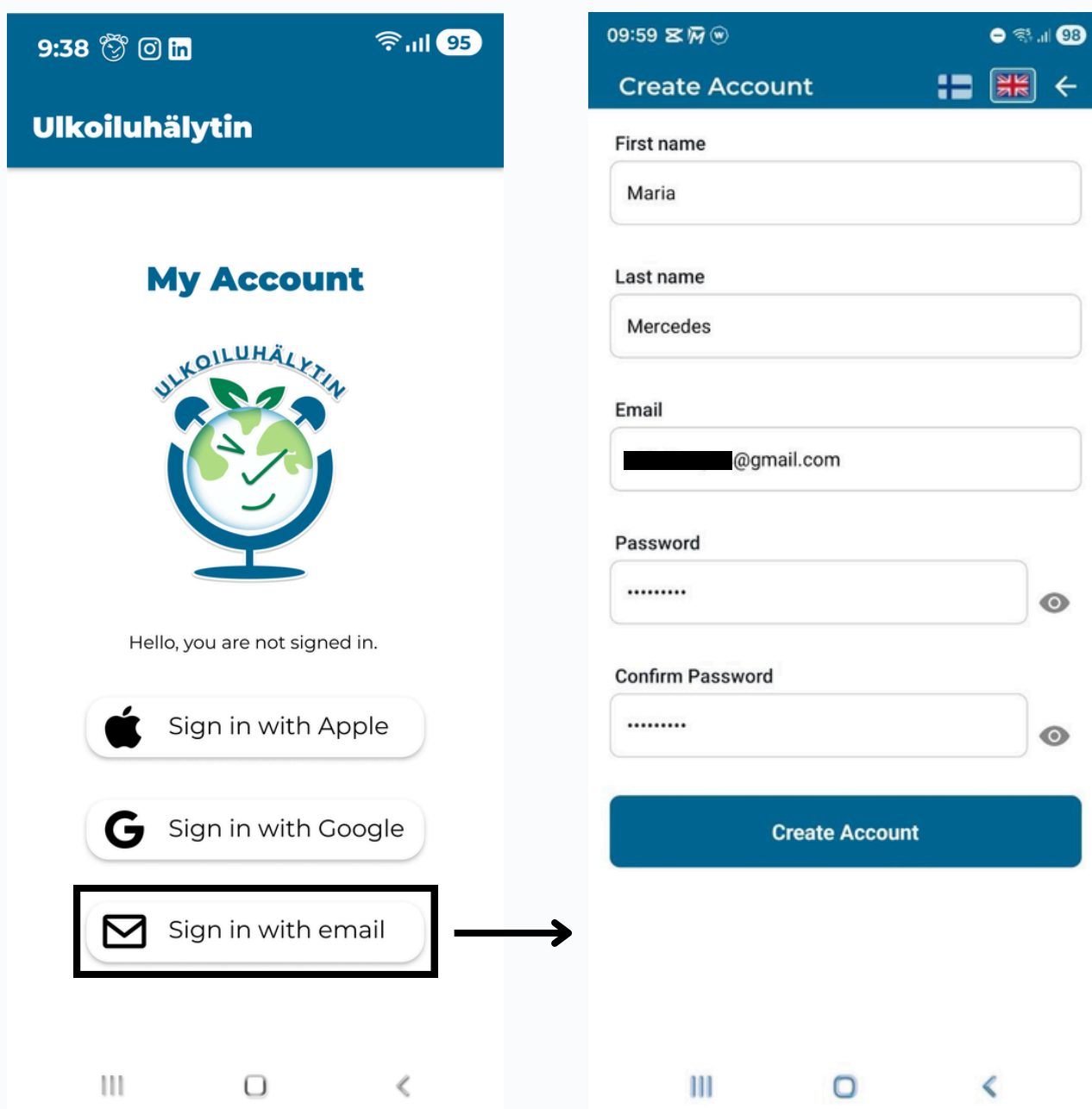
14. **Account Required:** Sign in with Google, Apple, or email to save your progress and sync across devices.

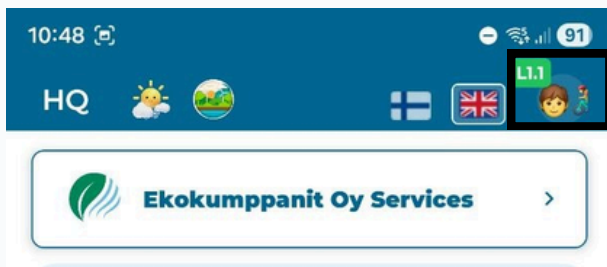
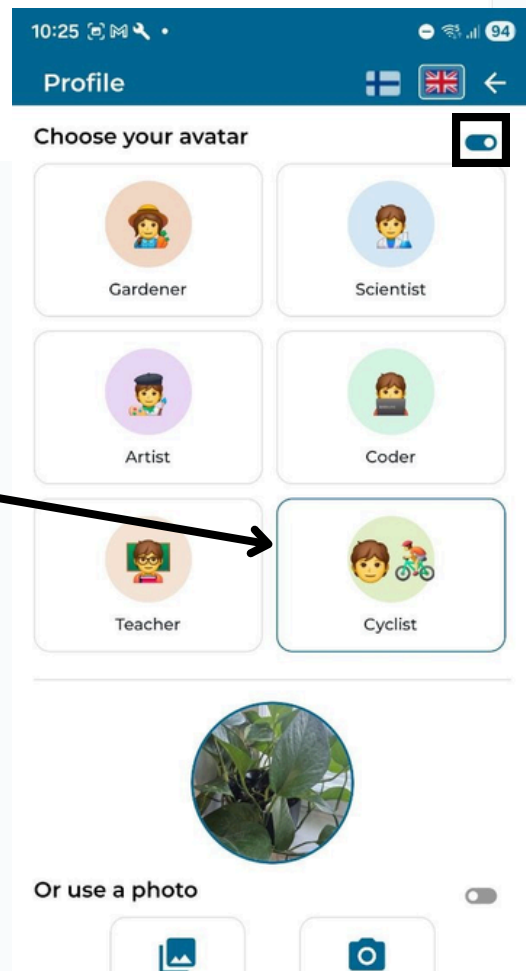
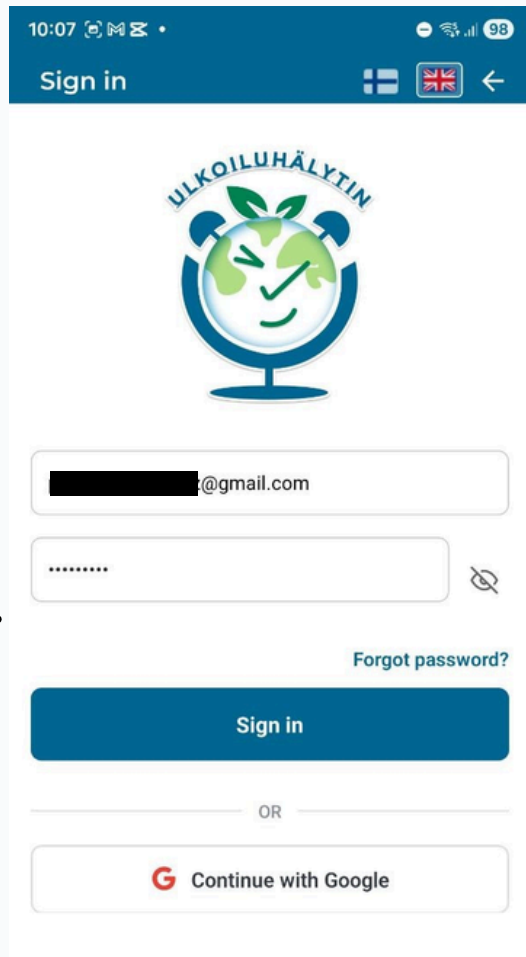
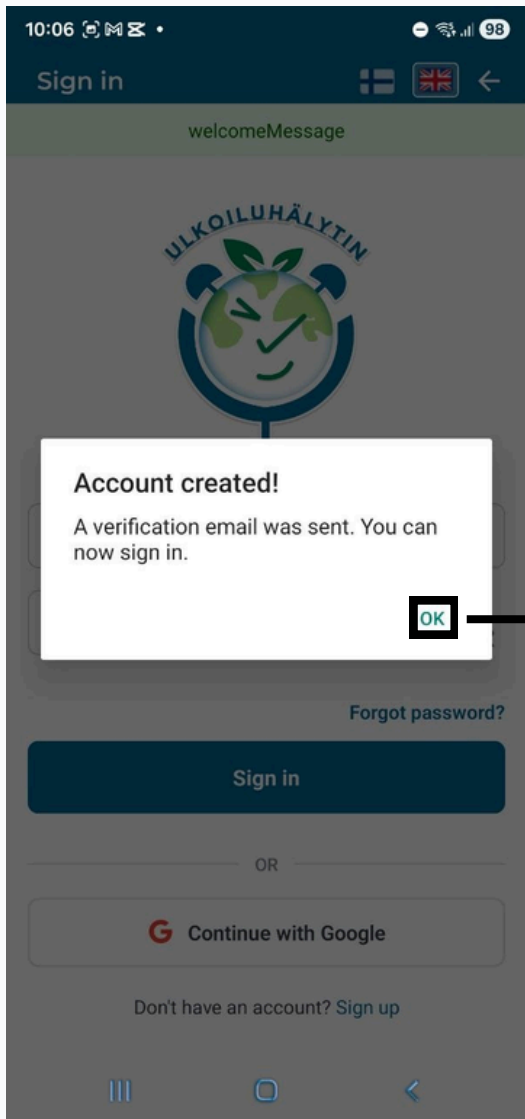
# Getting Started

## First Launch

1. **Sign in** or **create an account** on the account screen.
2. After login, the app opens **HQ** (home).
3. Pick your language with the **flags** (top right on most screens).
4. Tap your **avatar** (top right) to open **My profile** - you can set your name, photo, and avatar there.

Your **mission level** (for example **L1.1**) appears as a small badge on your avatar, showing your current progress.





# Navigation Overview

The app features four main sections accessible via the bottom navigation bar:

## HQ (Home)

Your central hub featuring:

1. Daily mission teasers and questions
2. Community garden feed from other users
3. Links to **Ekokumppanit** services

## Challenge

Your mission control center where you:

- Access current missions and tasks
- Complete photo challenges
- Progress through seasonal levels

## Set Alarm

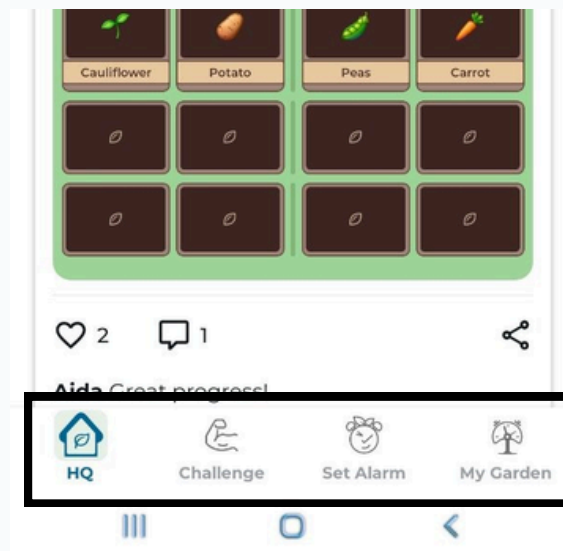
Manage your nature reminders:

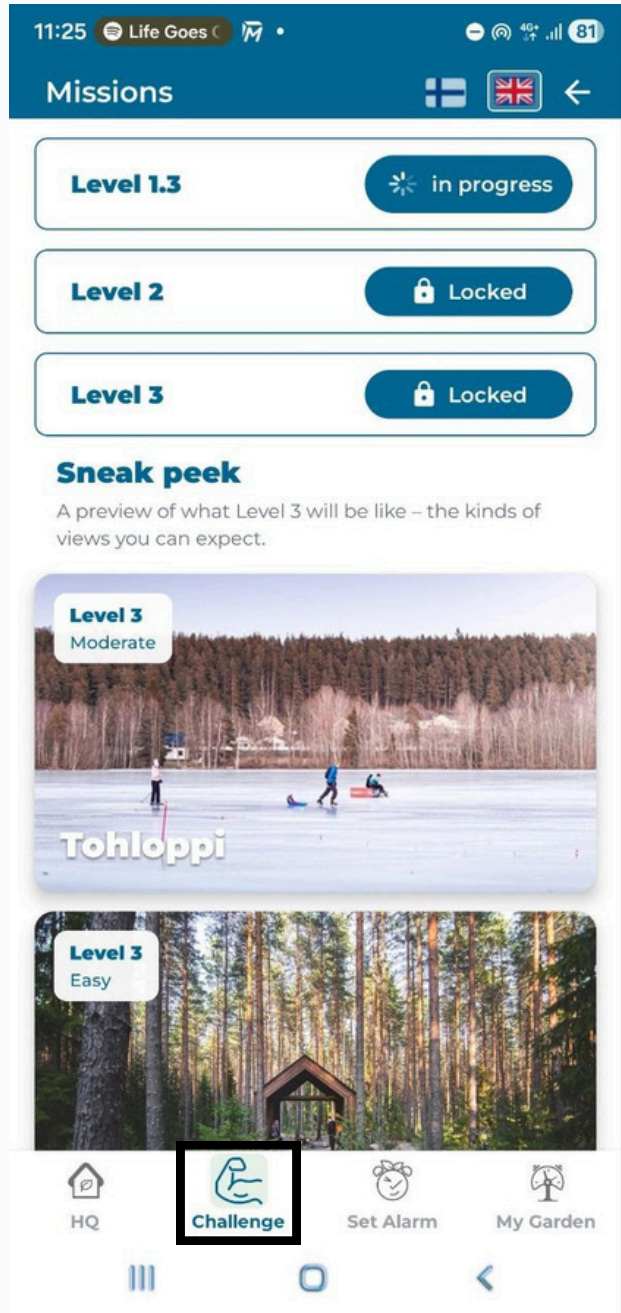
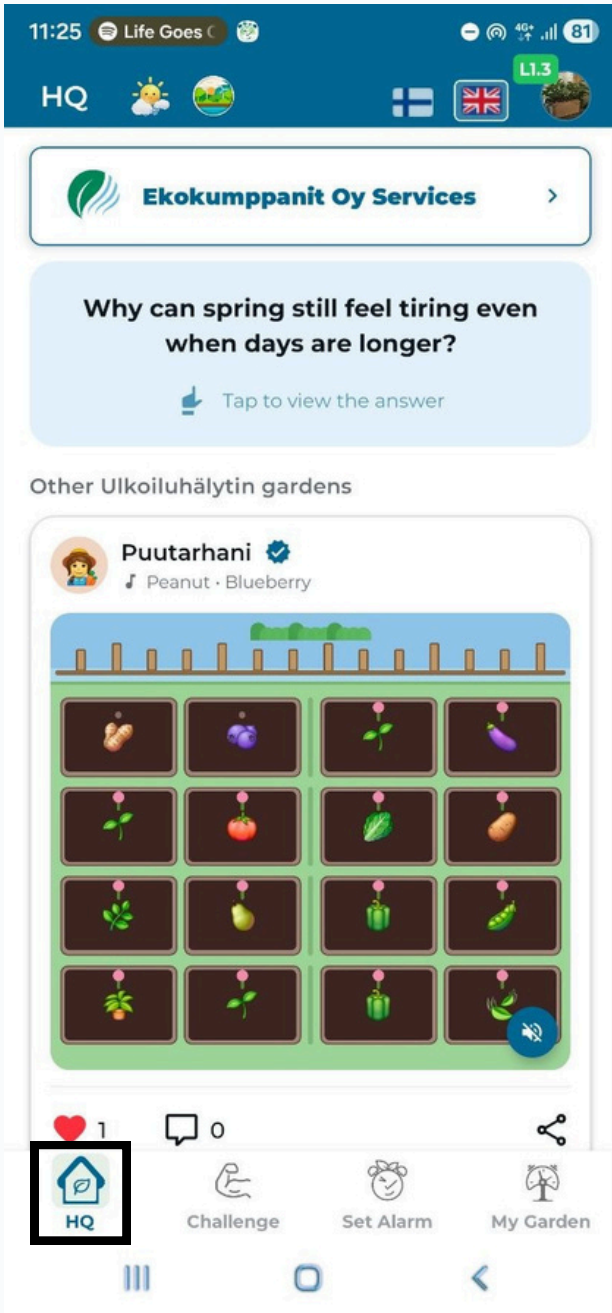
- Create custom alarms with nature sounds
- Set repeat schedules
- Configure snooze options

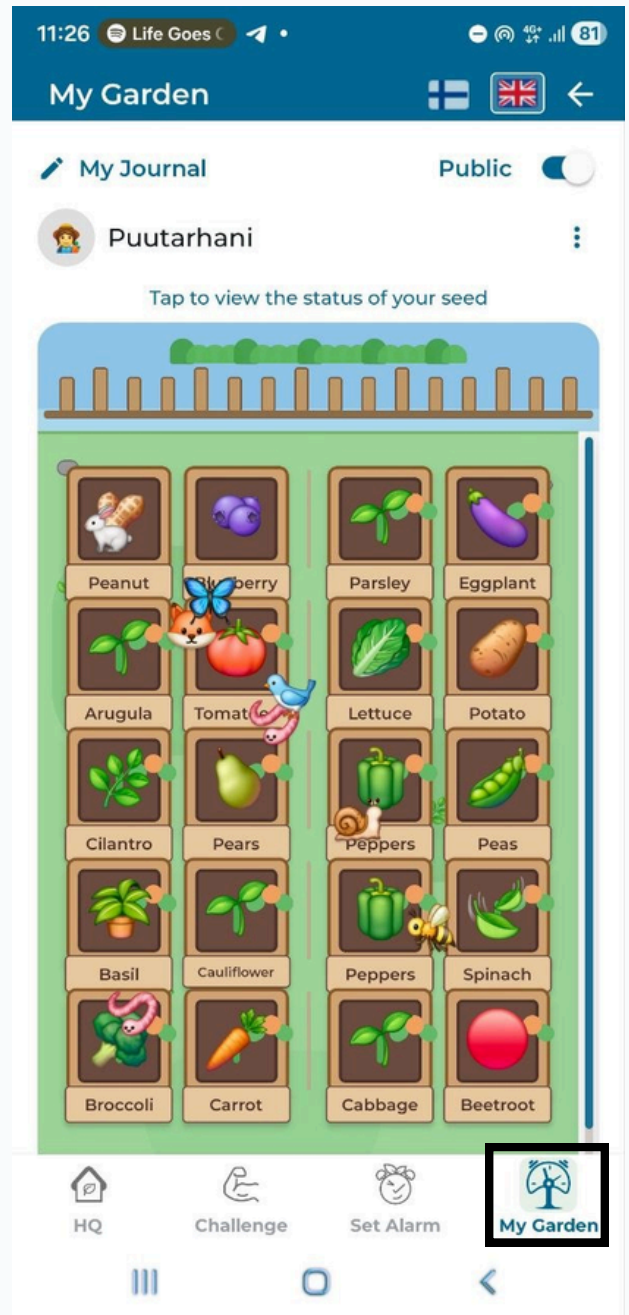
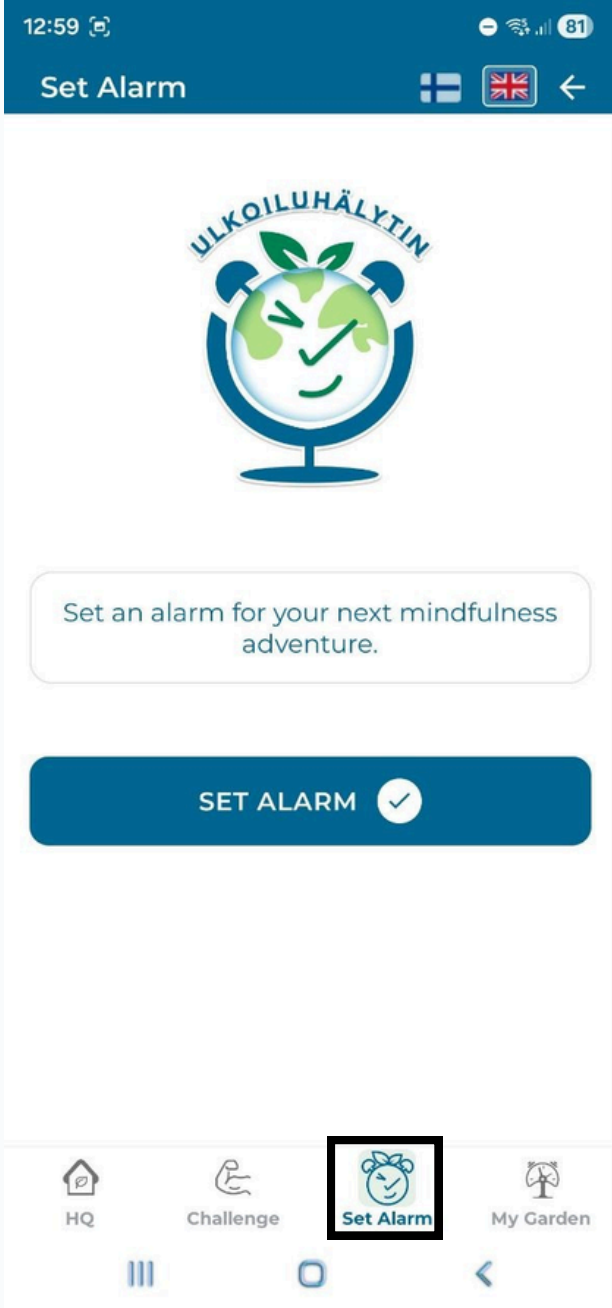
## My Garden

Your personal virtual space:

- View plants you've earned
- Manage privacy settings
- Access your outdoor journal







# HQ: Your Nature Hub

## Mission Card

Tap to reveal thought-provoking questions and answers related to your current mission level. These bite-sized insights help deepen your connection with nature.

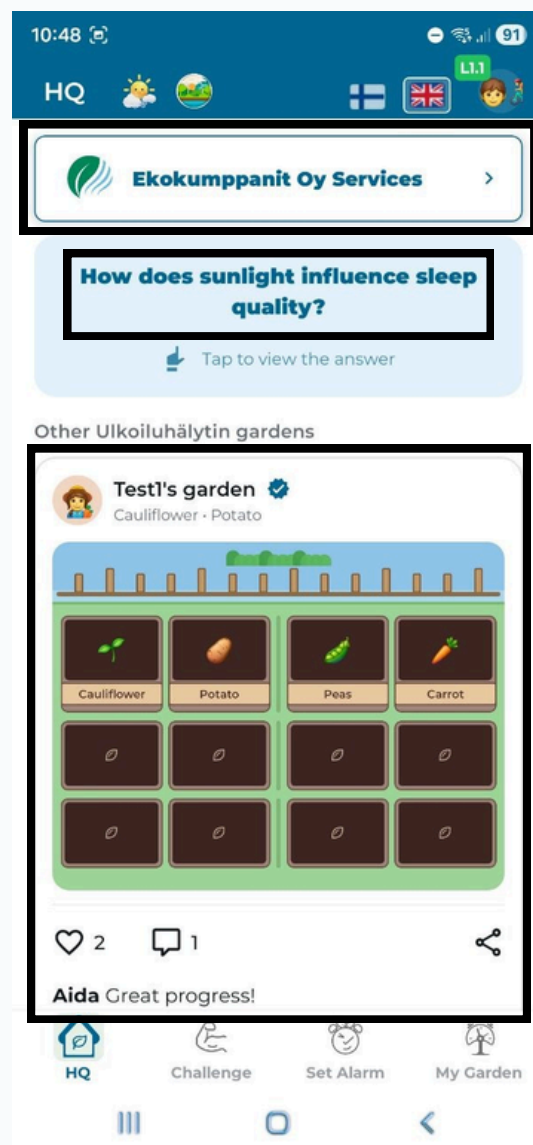
## Community Feed

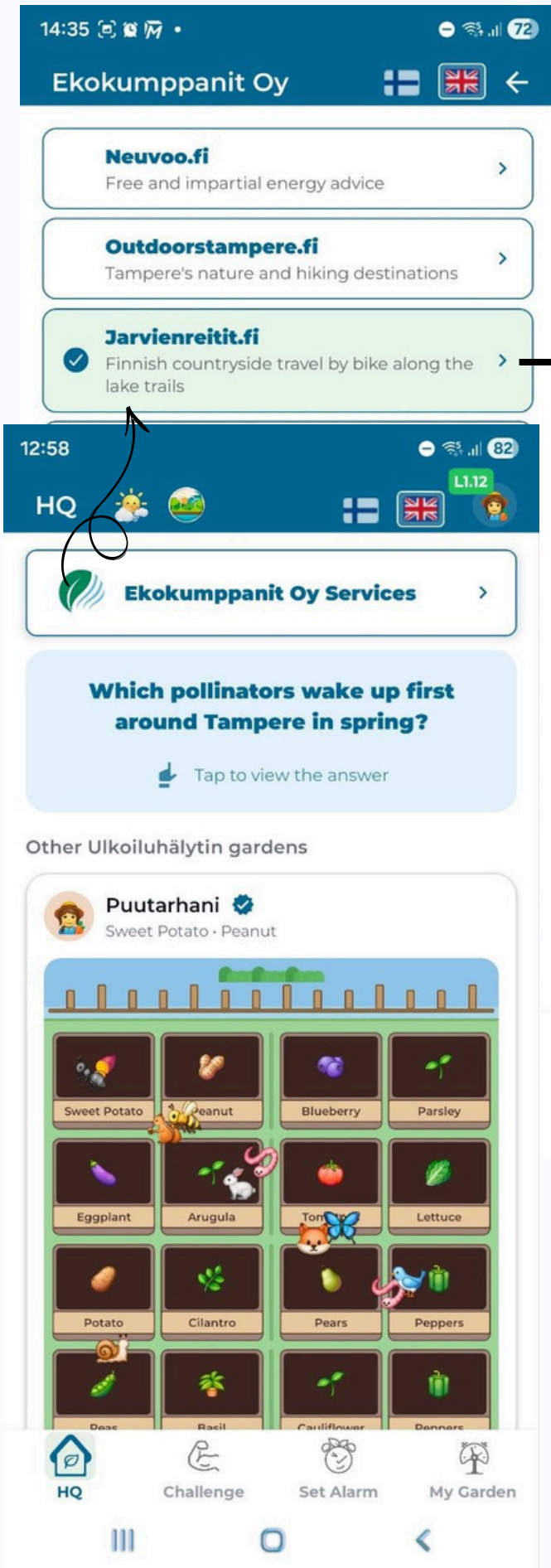
Scroll through public gardens shared by other users:

- **Like:** Show appreciation for someone's garden (requires sign-in)
- **Comment:** Share thoughts and encouragement
- **Share:** Send garden details to other apps
- **Garden Previews:** See plant collections without leaving HQ

## Ekokumppanit Services button

Access additional environmental resources and services through the dedicated button.





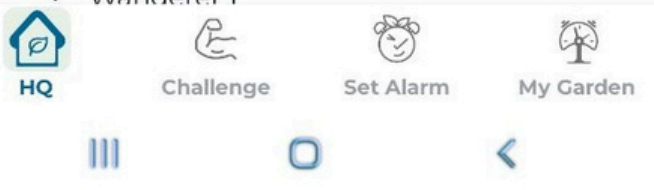
Enjoy the planned routes entirely on your bicycle or combine them with train and boat connections for your adventure, the choice is yours. You can also plan and customize your trip using our route planner.

**Learn about routes and destinations to:**

- Pyhä
- Näsi
- Längelmä
- Kyrö
- Rauta
- Aure
- Roine
- Pikku-Vanaja

**Travel tips and star destinations:**

- Wanderer 1



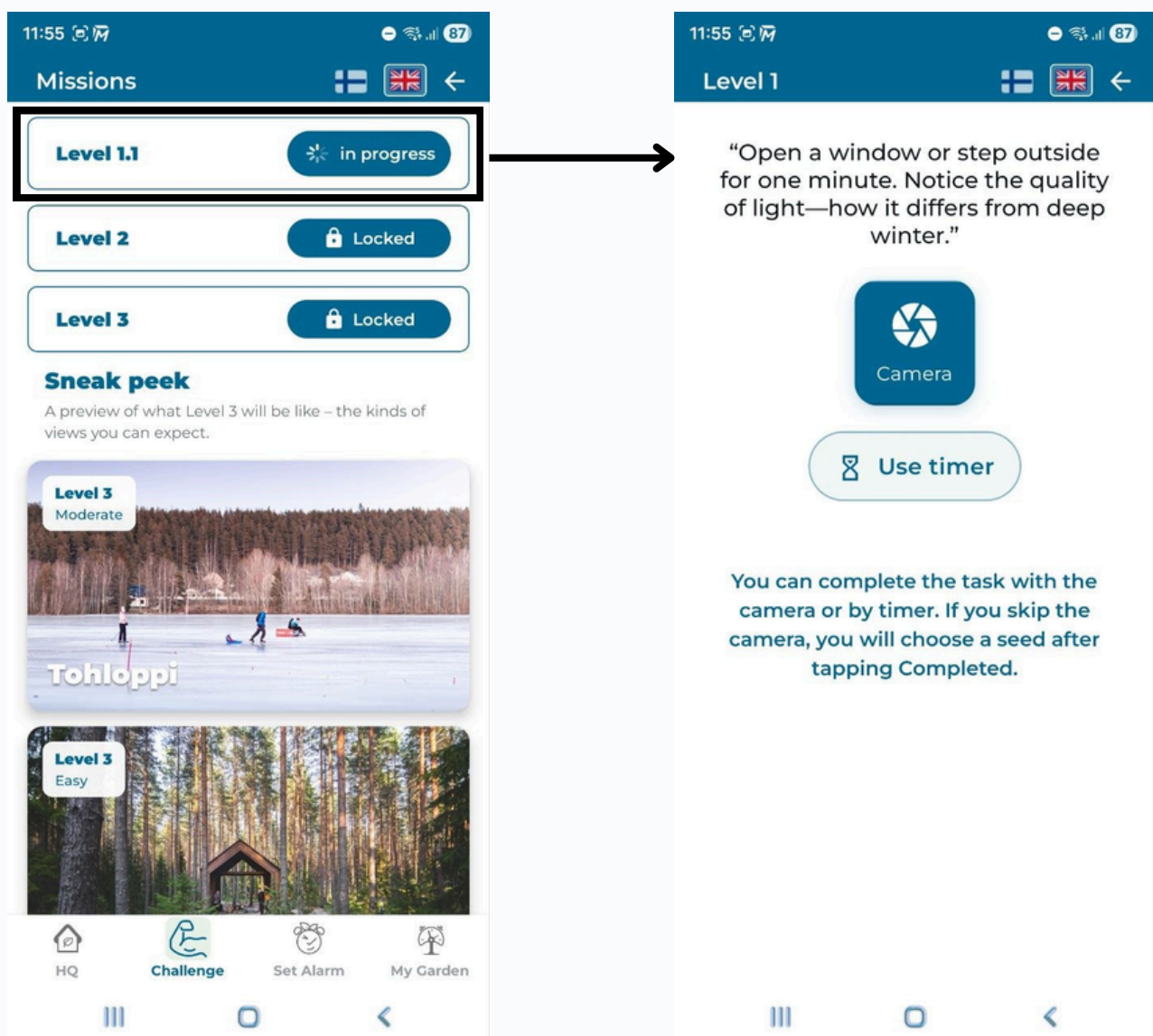
# Challenges: Your Mission Journey

Work through seasonal missions designed to enhance your nature awareness:

## Typical Mission Flow:

1. **Open Mission:** Follow instructions, task uses a timer and sometimes **camera** to photograph a species.
2. **Identify Species:** Confirm what you observed.
3. **Choose Rewards:** Plant a seed or add the observed specie for your virtual garden.
4. **Progress:** Virtual garden blooms as you progress

**Camera Troubleshooting:** If camera access fails, check app permissions in your device settings.



# Alarms: Nature Reminders

Create personalized outdoor prompts:

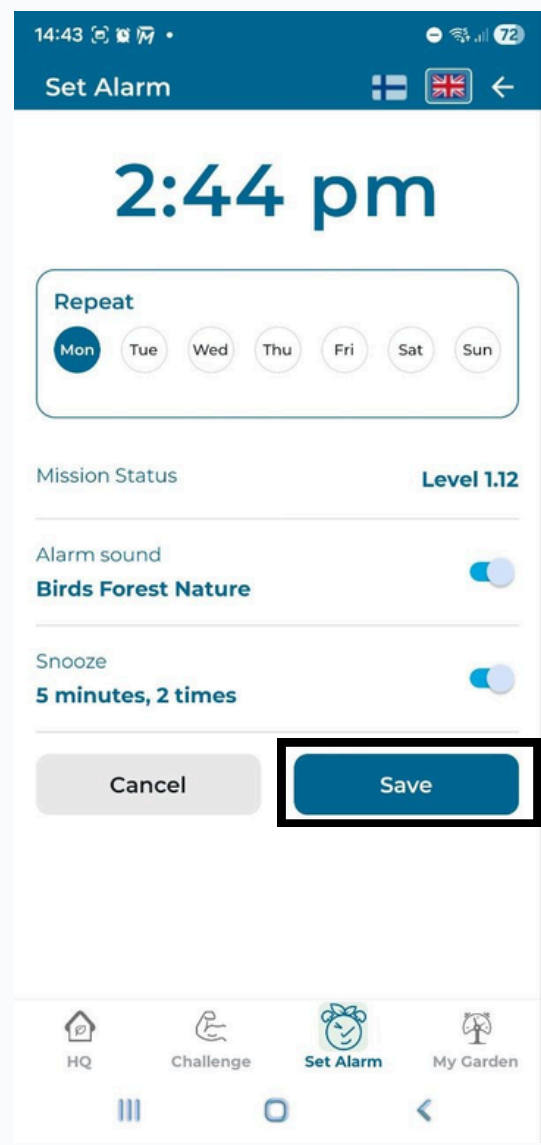
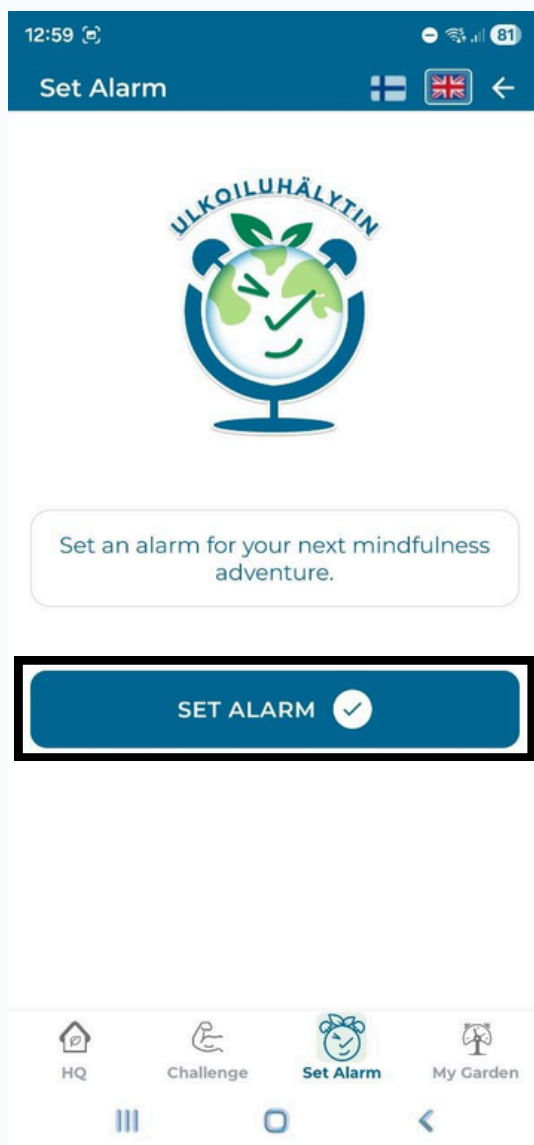
## Setup Options:

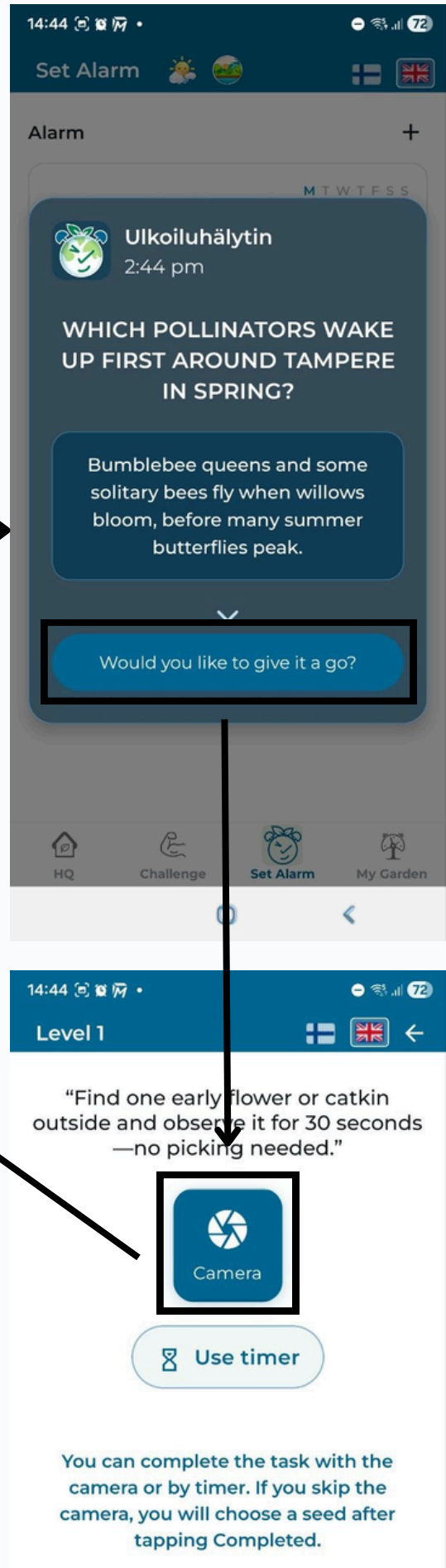
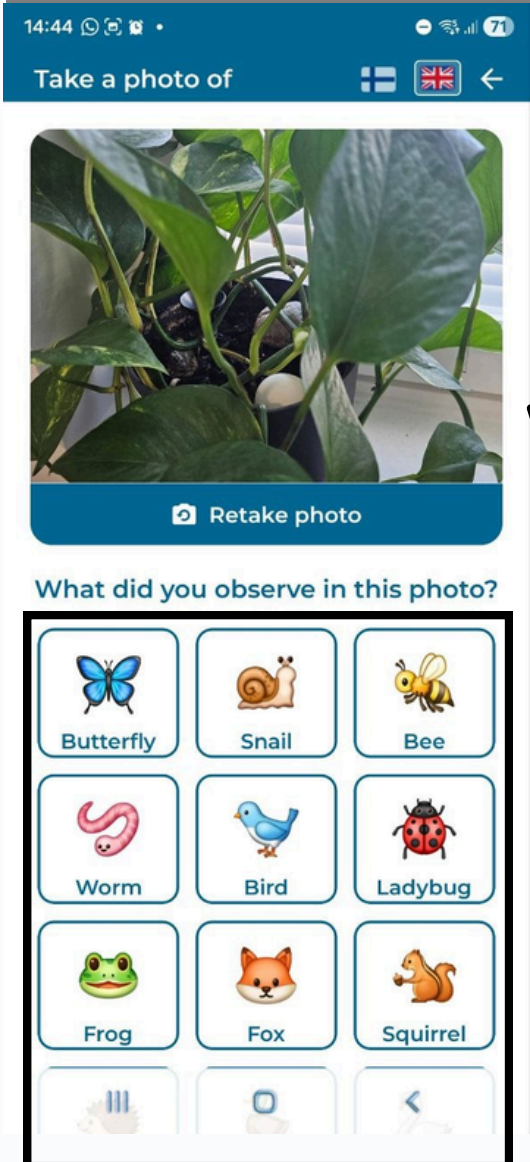
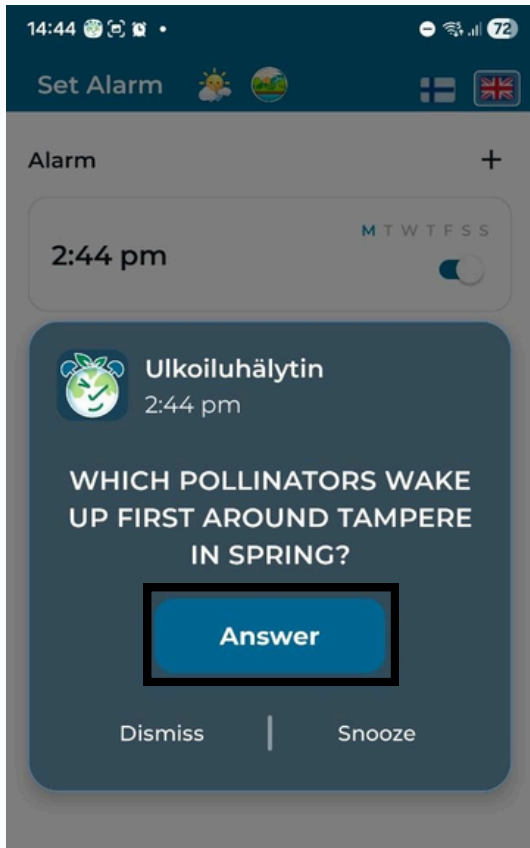
- **Custom Times:** Set specific reminder times
- **Repeat Schedule:** Choose which days alarms activate
- **Nature Sounds:** Preview and select from various outdoor audio themes
- **Snooze Settings:** Configure intervals and repetition limits

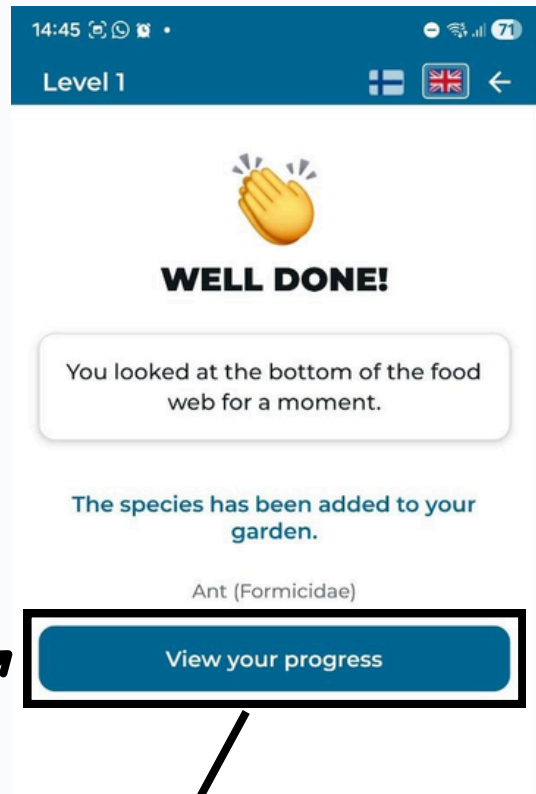
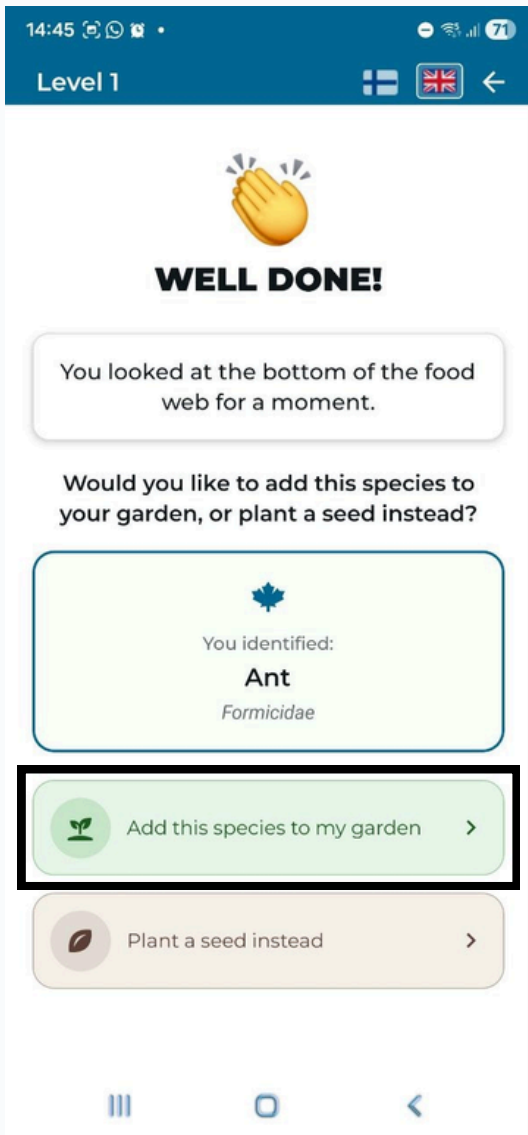
**Android Users:** For optimal performance, enable:

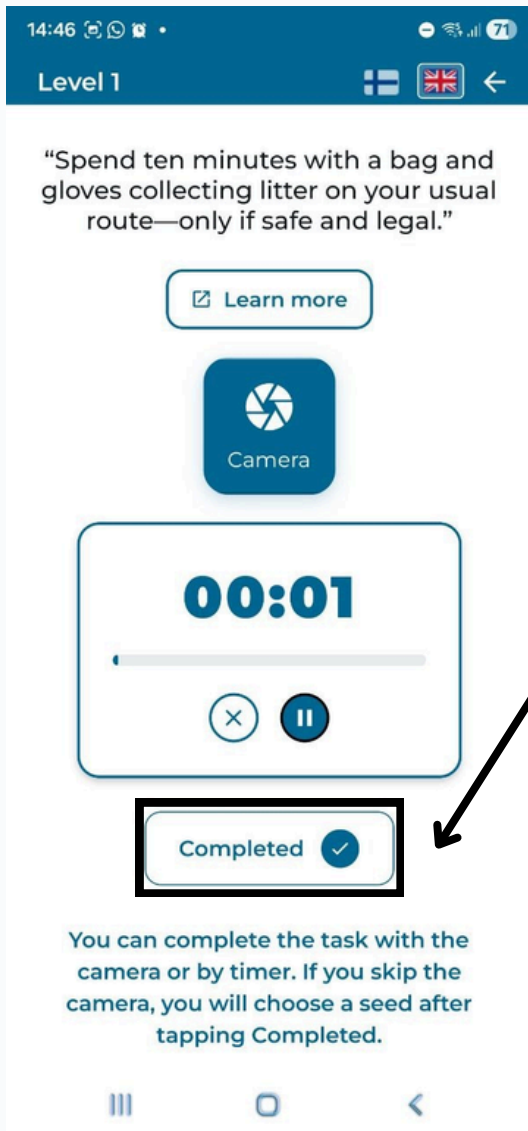
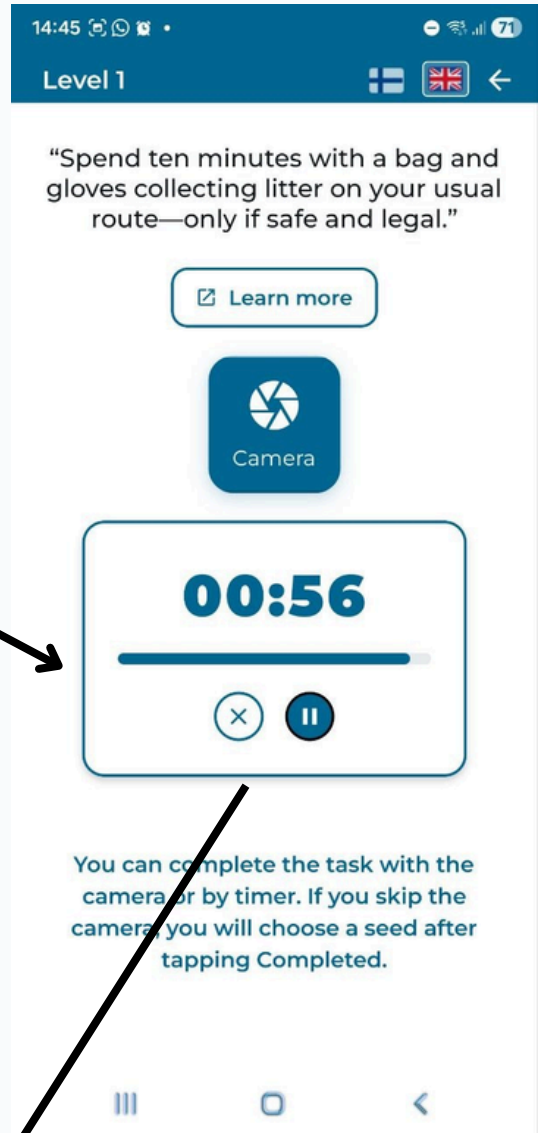
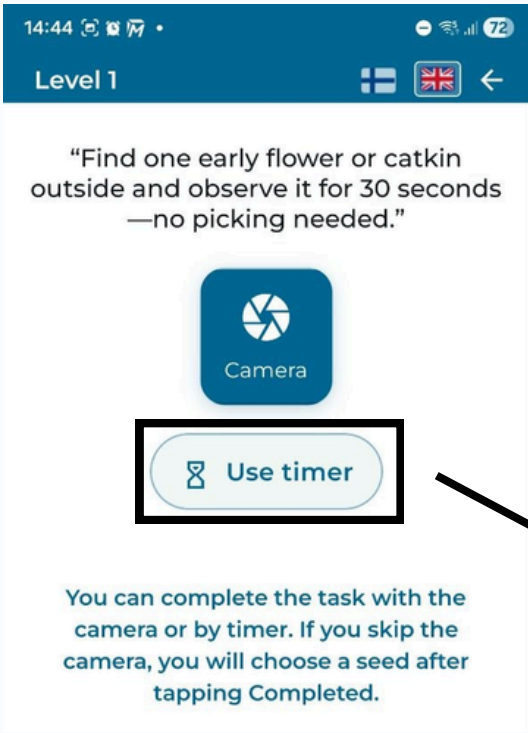
- Notifications for Ulkoiluhälytin
- Exact alarms/alarms & reminders
- Battery exceptions
- Full-screen notifications

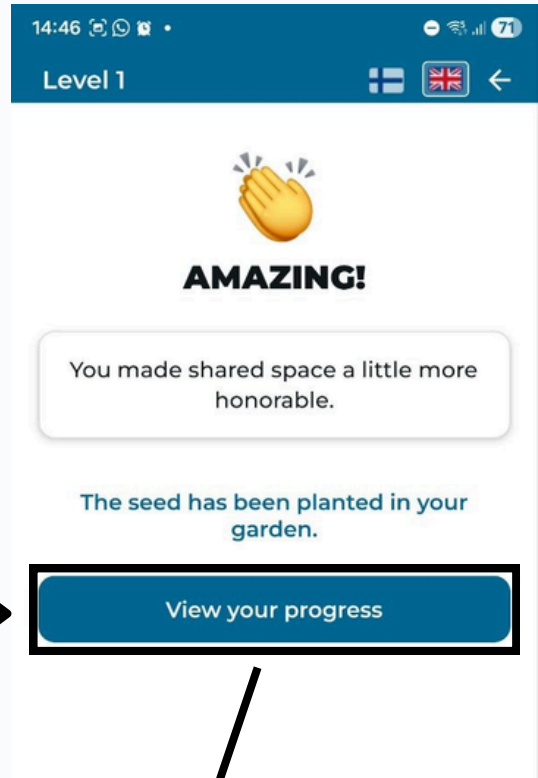
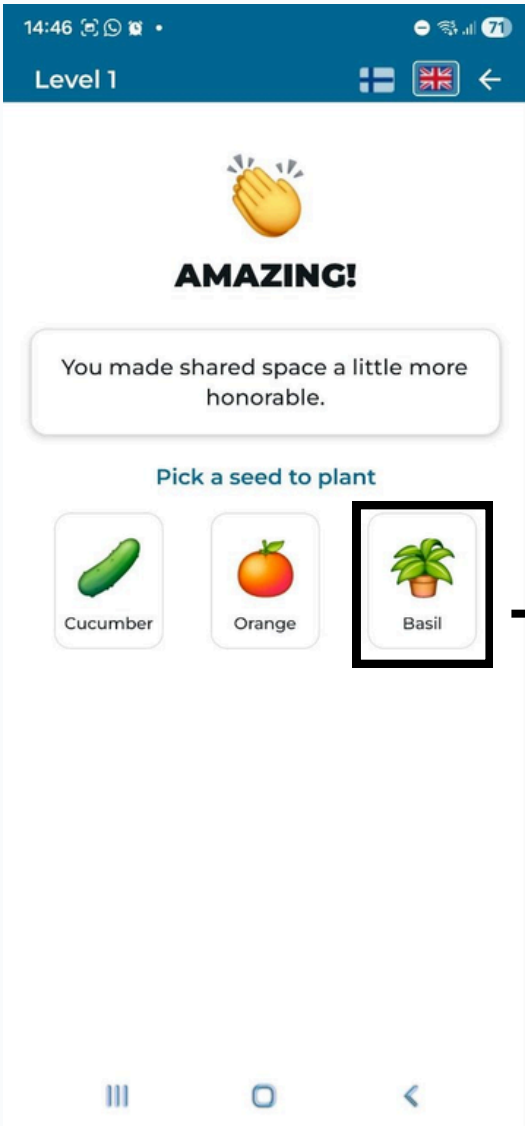
The app provides helpful setup tips with direct links to the correct settings pages.











# Garden: Your Growing Achievement

Your virtual garden reflects your real-world nature engagement:

## Garden Features:

- **Plant Collection:** Tap individual plants to see growth stages and care tips
- **Privacy Toggle:** Control whether your garden appears in the community feed
- **Journal Access:** Link to your outdoor activity journal
- **Customization:** Rename your garden and manage wildlife elements

## Community Interaction:

- **Public Mode:** When enabled, others can like and comment on your garden
  - **Private Mode:** Keep your garden personal while maintaining full functionality
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## Top Bar Quick Access

Your virtual garden reflects your real-world nature engagement:

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## Quick Tips for Success

- **Language Consistency:** Use the same language for clear support communication.
- **Privacy Control:** Toggle "Public" to manage garden visibility.
- **Notification Setup:** Enable all permissions for reliable alarms.
- **Community Engagement:** Sign in to participate in likes and comments on the HQ feeds.







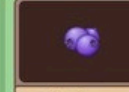













 **Ekokumppanit Oy Services** >





**Which pollinators wake up first around Tampere in spring?**




Tap to view the answer



Other Ulkoiluhälytin gardens


 **Puutarhani**   
Sweet Potato · Peanut

 Sweet Potato	 Peanut	 Blueberry	 Parsley
 Eggplant	 Arugula	 Tomato	 Lettuce
 Potato	 Cilantro	 Pears	 Peppers
 Peas	 Basil	 Cauliflower	 Peppers


 **HQ**    Challenge    Set Alarm    My Garden




13:00 [🗨️]      81

**Weather Forecast**     <









 Tampere, Finland  
Monday, April 13, 2026

**Tampere, Finland** 13:00  
Updated 13:00

 **10.9°C** Cloudy  
H 12.9°C L -0.7°C





 **Sunrise** 6.09    **Sunset** 20.41 

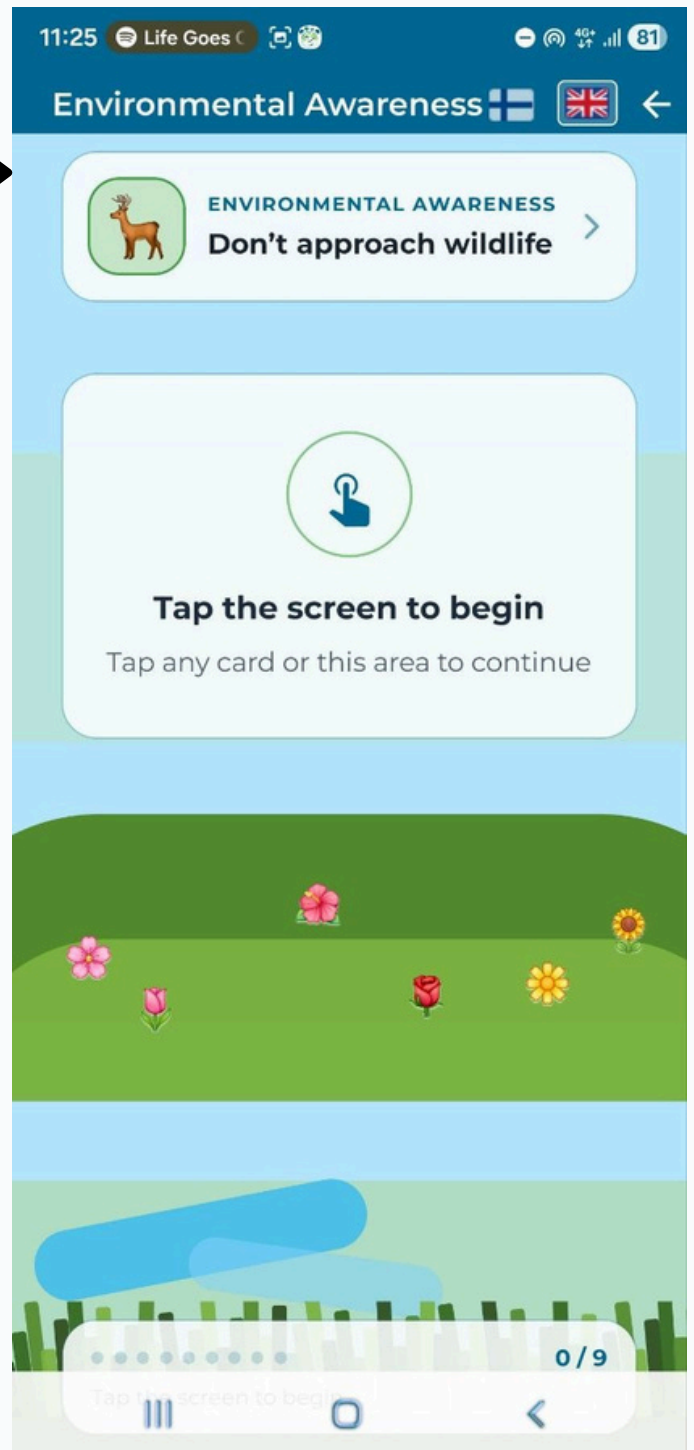
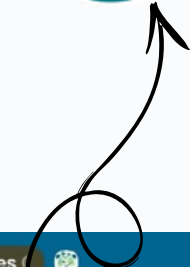
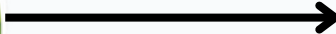
Sunny. Highs 12.8°C and lows -0.7°C.

0.00	3.00	6.00	9.00	12.00	15.00	18.00	21.00
4.4°C	0.9°C	-0.7°C	2.8°C	9.2°C	12.8°C	12.4°C	8.6°C
							
Clear	Clear	Clear	Clear	Clear	Clear	Mostly clear	Clear

**Morning (06:00–11:00)**  
Today morning in Tampere the temperature is 1°C. Sunny.

**Noon (12:00–17:00)**  
Today noon the temperature is 11°C. Sunny.

 **HQ**    Challenge    Set Alarm    My Garden



# Profile & Data Management

## Account Settings

- **Personal Info:** Update name, email display, avatar, photo, mission-related display, and saving your profile syncs to your account.
- **Sign out:** Is available from the account / profile flows when you need it.

## Device Switching

When changing devices, ensure your sign in with the same accounts to access your saved progress and garden data.

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## Frequently Asked Questions

### Account & Sign-in

#### **Q: Do I need an account?**

A: Yes, an account is required to save your garden, mission progress, and sync data across devices. You can sign in with Google, Apple, or email.

#### **Q: Why does the app ask me to sign in when I like or comment?**

A: Community interactions are tied to your identity for authenticity. Sign in once, and these features work seamlessly afterward.

#### **Q: I changed phones, where is my garden?**

A: Sign in with the same account you used previously. All progress and garden data are linked to your account and will restore automatically.

### HQ & Community Feed

#### **Q: Why doesn't tapping a feed card open the full garden?**

A: This design keeps your personal garden tab separate from community browsing, preventing confusion between your garden and others'.

#### **Q: My garden never appears on HQ, why?**

A: The feed shows public gardens with content. Ensure "Public" is enabled in your garden settings, complete challenges to earn plants, and check back later.

#### **Q: Can someone else's garden affect mine?**

A: No. Browsing the community feed never copies or modifies your saved garden data.

## Garden Management

### Q: What does "Public" do?

A: When enabled, your garden appears in the HQ community feed for others to like and comment. When disabled, it remains private while your personal experience stays unchanged.

### Q: Who can remove wildlife from a garden?

A: Only you can remove wildlife elements from your own garden, visitors cannot make changes.

## Alarms & Notifications

### Q: My alarm didn't ring when the app was closed, what should I check?

A: Verify these settings:

- Notifications enabled for Ulkoiluhälytin
- Android: Allow "Alarms & reminders" or "exact alarms"
- Battery settings: Set app to "unrestricted" or exclude from power saving
- Do Not Disturb: Check that focus modes aren't blocking sounds

Use the in-app alarm tips (Android) for direct links to the correct settings.

### Q: Is the alarm like a traditional clock alarm?

A: The app uses scheduled notifications with engaging prompts. Behavior may vary by device model and OS version, which is why proper permissions are essential.

## Challenges & Camera

### Q: The camera won't open, why?

A: Enable camera access for Ulkoiluhälytin in your device settings under Apps/Privacy. Restart the app after making changes.

Weather & Interface

### Q: Why does weather show Tampere?

A: The built-in forecast is centered on Tampere, Finland for this version of the app.

### Q: How do I switch between Finnish and English?

A: Tap the Finnish or UK flag in the top bar on screens that display the header.

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*Ready to begin your nature journey? Open the app, set your first alarm, and let **Ulkoiluhälytin** guide you toward a deeper connection with the outdoors!*