

# WegWijzer



Manual  
navigation training

# Manual WegWijzer navigation training

*This manual guides you through the installation and use of the navigation training.  
Please note that this manual is in English, but the training software is only available in Dutch.*

## Content

<b>Installation for Windows.....</b>	<b>3</b>
<b>Installation for Mac .....</b>	<b>7</b>
<b>Start the training.....</b>	<b>13</b>
<b>Download progress.....</b>	<b>18</b>

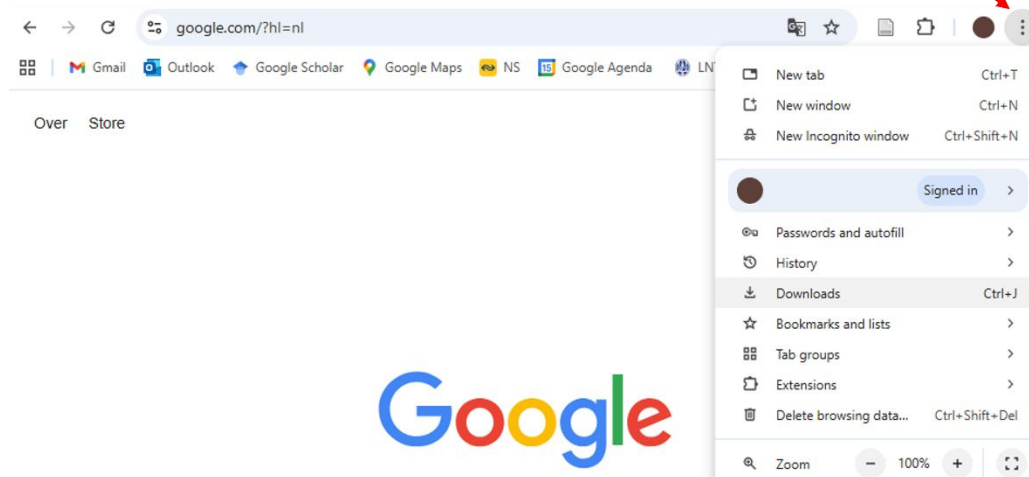
## Installation for Windows

1. Go to [www.WegWijzerNavigatietraining.nl](http://www.WegWijzerNavigatietraining.nl)
2. Do you have an Apple Mac or a Windows computer? Click on the icon for your answer.
3. A download will start.
4. Open the 'Downloads' folder on your computer. For example: C:\Users\your account name\Downloads. You can find this folder in several ways.
  - a. You can navigate to your downloads through your internet browser:

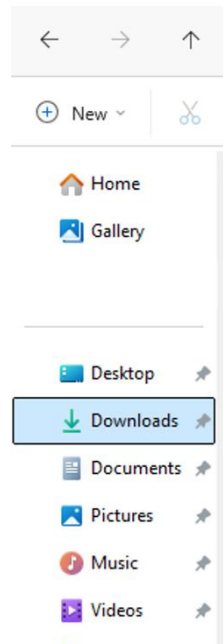
- Option 1: Double click the blue download- symbol in your browser



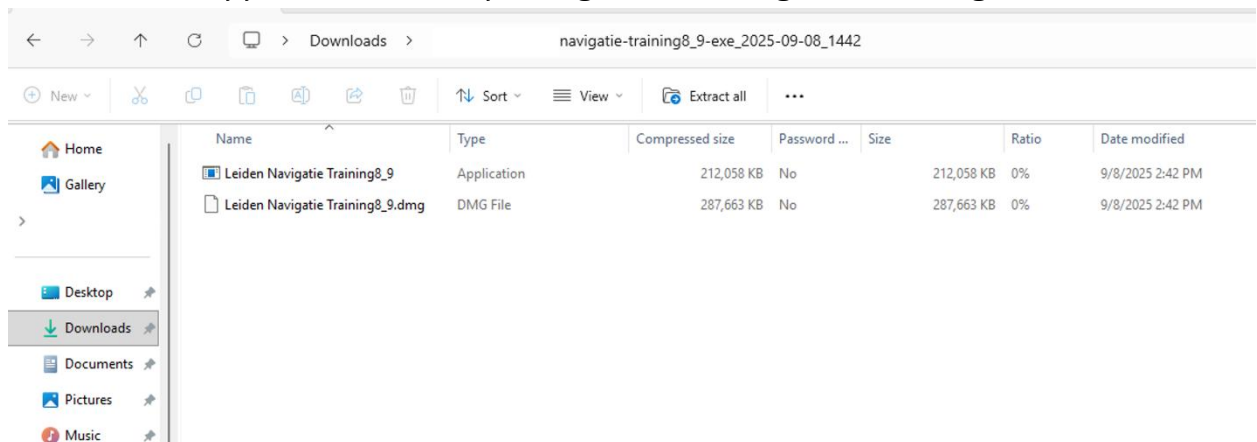
- Option 2: Double click the three dots in the far right of your browser, and click on 'Downloads'.



- b. The 'Downloads' folder is often shown as a fixed map in your computer's File Explorer.



5. Inside the 'Downloads' folder, you will find the program. Double-click on the item labeled 'Application' or 'Toepassing' for the navigation training.



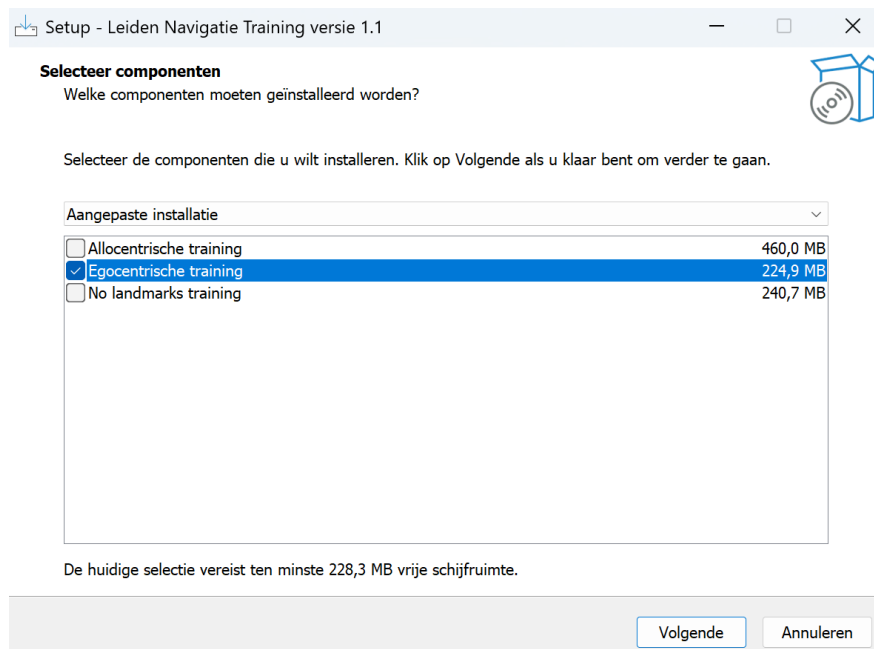
6. You may receive a message about 'extracting' or 'unzipping' files. Allow the extraction. Then repeat step 5.
7. An installation window will open.

8. **IMPORTANT: Select the type of training you discussed with your healthcare provider.**
- a. Choose the No Landmark training, or
  - b. Choose the Egocentric training (first-person perspective), or
  - c. Choose the Allocentric training (bird's-eye perspective).

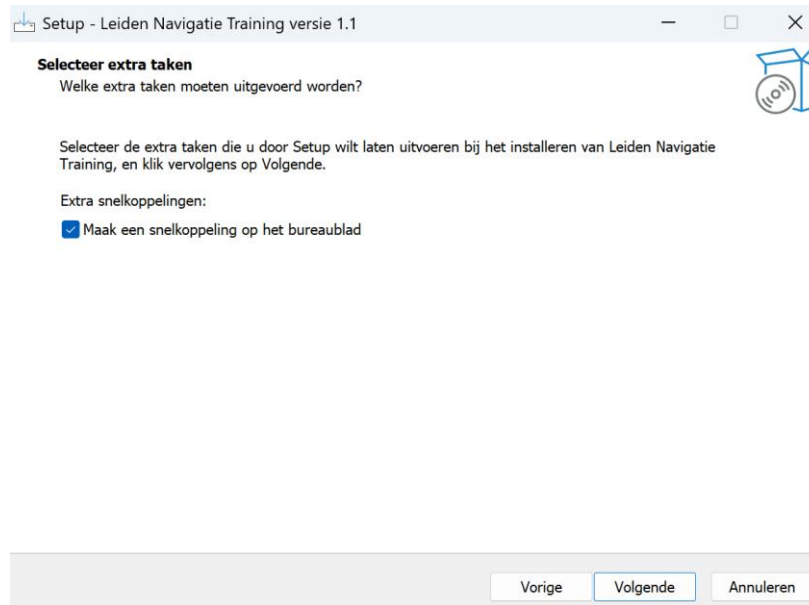
Note: You will focus on strengthening the skill that worked best for you during the test.

Example: You choose the egocentric training.

Check the box for that training and click 'Next'/'Volgende'.



9. Complete the installation. **Check the option ‘Create a shortcut on the desktop.’**



10. Once the installation is complete, you will find the following icon on your desktop.



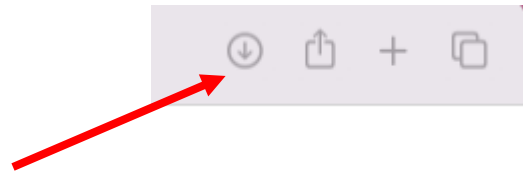
--- You are now ready to start the training ---

See page 13.

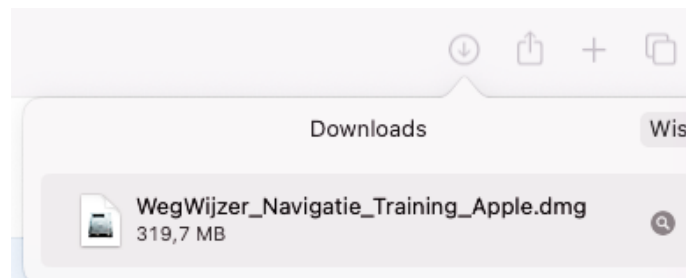
## Installation for Mac

1. Go to [www.WegWijzerNavigatietraining.nl](http://www.WegWijzerNavigatietraining.nl)
2. Do you have an Apple Mac or a Windows computer? Click on the icon for your answer.
3. A download will start.
4. Open the 'Downloads' folder on your computer. For example: C:\Users\your account name\Downloads. You can find this folder in several ways.
  - a. You can navigate to your downloads through your internet browser

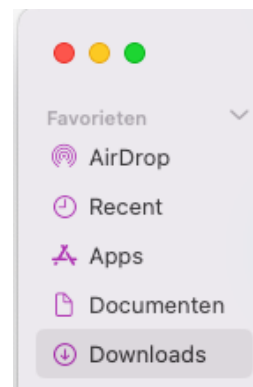
- Double-click on the download icon in your browser.



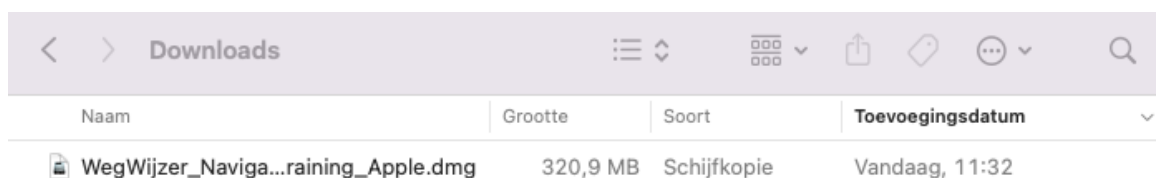
- Your download will become visible.



- b. The 'Downloads' folder is often shown as a fixed map in your computer's File Explorer.



5. Inside the 'Downloads' folder, you will find the program. Double-click on the program. The file ends with .dmg.



6. You may receive a message about 'extracting' or 'unzipping' files. Allow the extraction. Then repeat step 5.



7. An installation window will open.

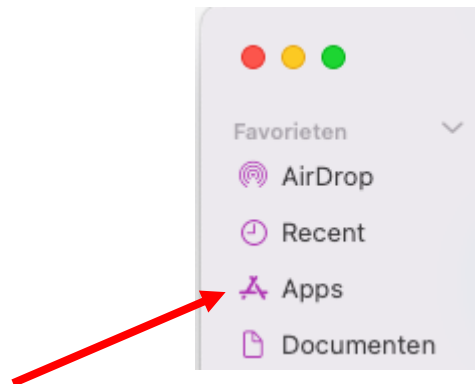


8. **IMPORTANT: Select the type of training you discussed with your healthcare provider.**
- a. Choose the No Landmark training, or
  - b. Choose the Egocentric training (first-person perspective), or
  - c. Choose the Allocentric training (bird's-eye perspective).


Note: You will focus on strengthening the skill that worked best for you during the test.

Drag the correct training to the 'Applications' folder.

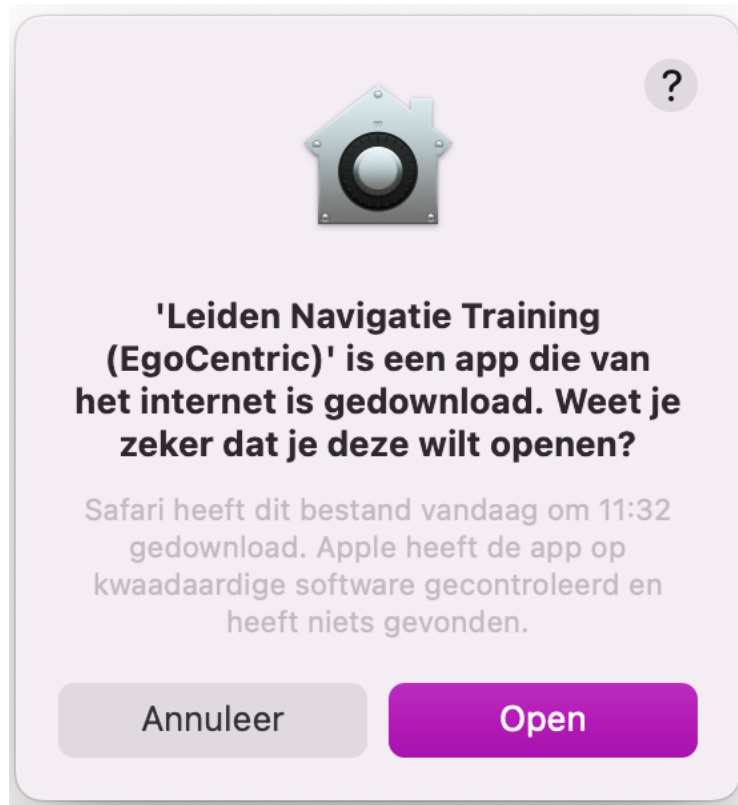
## 9. Open 'Apps' in your File Explorer



10. Double-click on the file of type 'App'. Check here to make sure you have selected the correct training! *In the example, the Allocentric training is shown.*

Apps			
Naam	Bewerkingsdatum	Grootte	Soort
 Leiden Navigatie Training (AlloCentric)	24-09-2025, 15:17	516,8 MB	App

11. A window may open. Click Open. The installation will begin.



12. Once the installation is complete, you will find the following icon on your desktop.



13. Do you want to be able to find this quickly? Right-click on the icon. Select 'Options' and then choose 'Permanent in Dock'.



--- You are ready to start the training ---

## Start the training training

1. Double-click on the icon on your desktop.



2. The start screen will open. You can see in the bottom-right corner whether you are playing the correct version (No Landmark, Egocentric, or Allocentric). On the left, three buttons make up the menu. Click 'Quit' in the top-right corner if you want to exit the game.

3. Click on 'Education' for background information on navigation. You have (partly) discussed this information with your healthcare provider as well.



4. Click on 'Help' for information on how to control the game.



- Click on 'Training' to start the training. A new menu will open on the right side, showing the modules included in your training. (In this example, you can see the overview for the No Landmark training).



- Choose one of the modules. You will see an overview of difficulty levels. Higher levels will only unlock once you have completed the lower levels. Double-click on the level you want to play.



7. Your training will begin. Read the instructions carefully, and click **'Start'** in the bottom-right corner.

*If you want help or want to exit during the game, press **'Esc'** on your keyboard.*



8. After the game, you will see your score. Click on the 'Next' ('volgende') button. Tips will follow on how to apply the strategy in your daily activities. Click 'Next' again to return to the main menu.





9. In the main menu, you can see your progress.



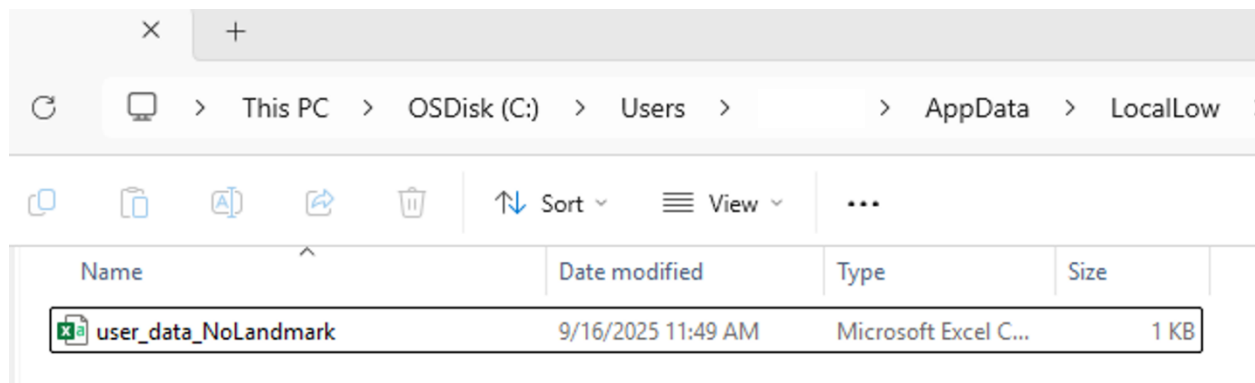
## Download progress

1. You can download your progress at any time by clicking 'Download Progress'. This is helpful for yourself and/or your healthcare provider to see how much you have already trained.

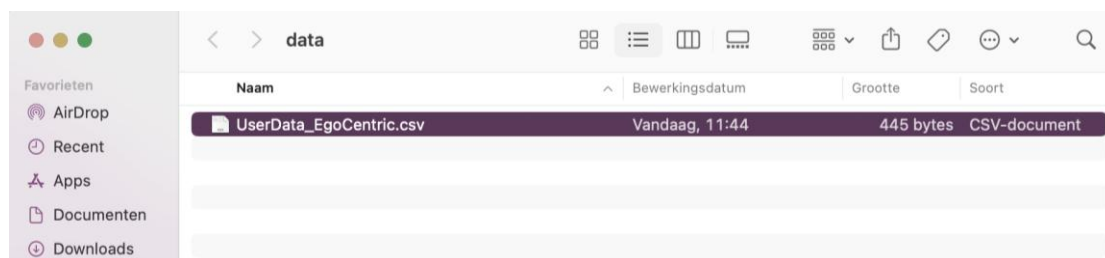


2. An Excel file will be saved on your computer. This file may end up in an unusual location. See below for how this might appear on Windows or Mac.

## Windows:



## Mac:



3. **Save the file in a location where you can easily find it**, for example, in your Documents folder. You can do this by:
  - a. Dragging the desired file to the preferred location.
  - b. Opening the Excel file
    - i. Click on the 'File' tab in the top-left corner
    - ii. Select 'Save As'
    - iii. Choose a location on your computer that is easy for you to find
4. In the file, you can see under PlayTime and Duration how long you have trained. Your healthcare provider may ask you about this.

--- Try to train for 60 minutes per week ---  
--- This way, you can improve your navigation skills! ---  
--- Have fun and good luck! ---