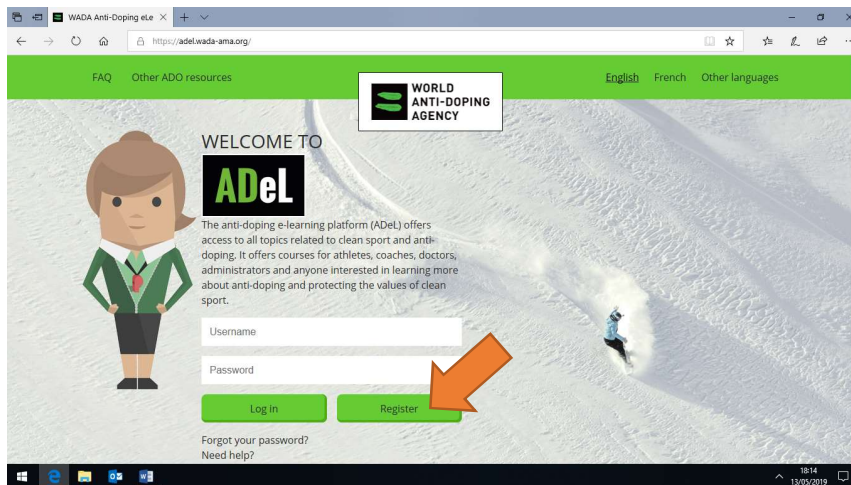


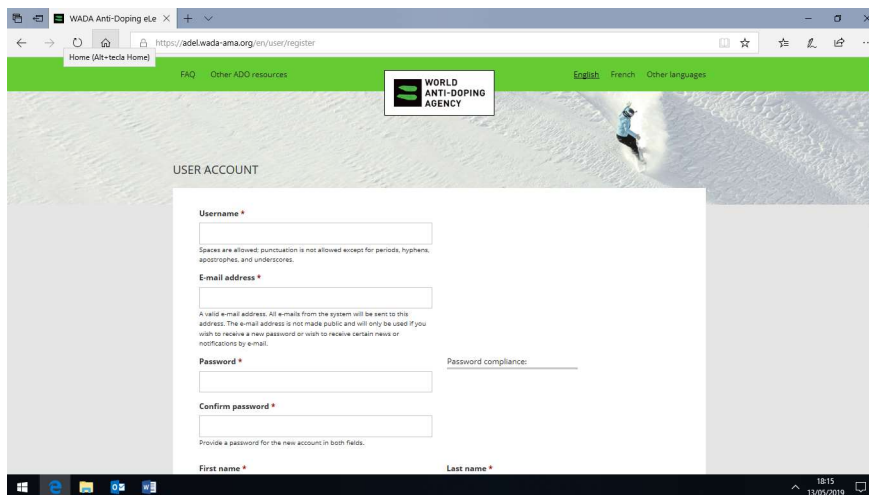
1º ir ao site

<https://adel.wada-ama.org/>

2º Carregar no register

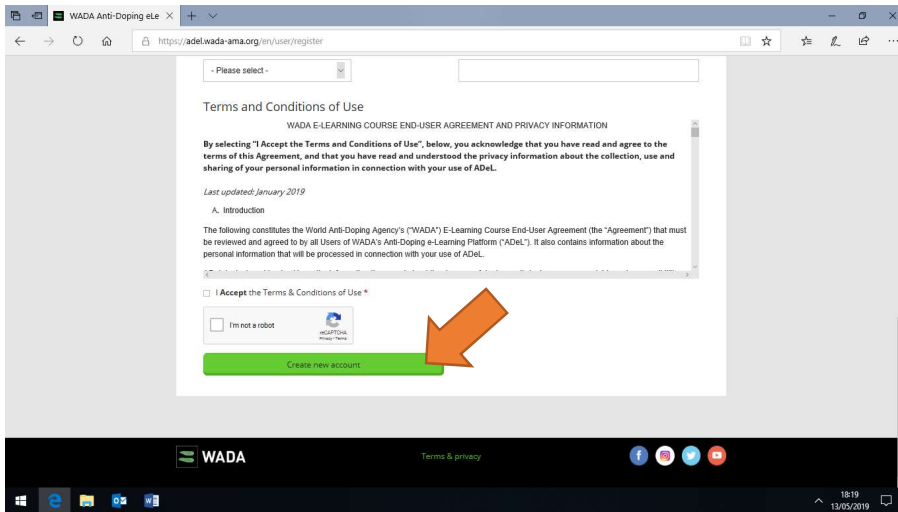


3º Preencher os campos com os dados pessoais



No campo “sports” – escolher Roller Sports e depois a disciplina

”



Depois de preencher os campos, carregar no “create new account”

4º Realizar o curso “ISAFE”



5º Iniciar o curso

The screenshot shows the ISAFE course start page. On the left, there is a cartoon character holding a sign that says 'iSAFE'. Below the character, it says '0% completed'. To the right, there is a 'Retake course' section with a table of course details:

ISAFE	
Type	Quiz
Pass rate	75%
Available	Always
Attempts allowed	Unlimited
Passed	
Score	
Total time	0:00:00

Below the table is a green 'Start lesson' button. At the bottom of the page, there is a Windows taskbar with the date 13/05/2019 and time 18:23.

6º Respostas do questionário (atenção que a ordem das perguntas é aleatória)

The screenshot shows the first question of the ISAFE quiz. The question is: "You are traveling and you urgently need to download a file from your email using public Wi-Fi. What is the best way to protect your device and account?" The options are:

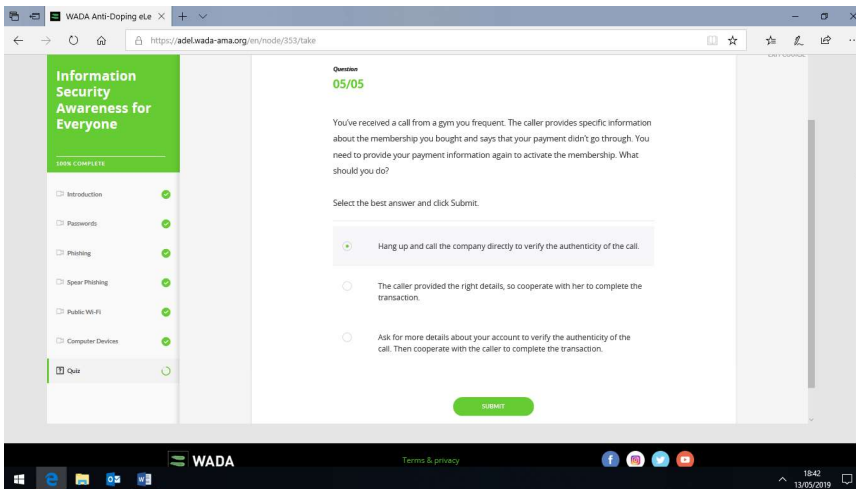
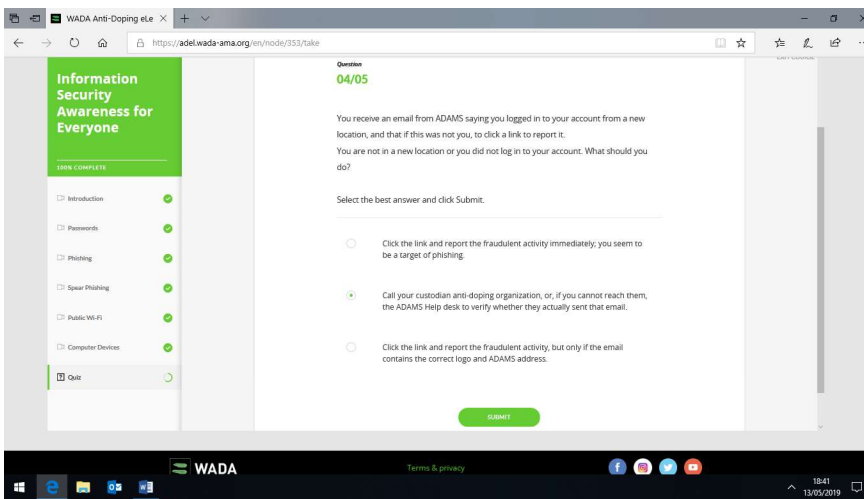
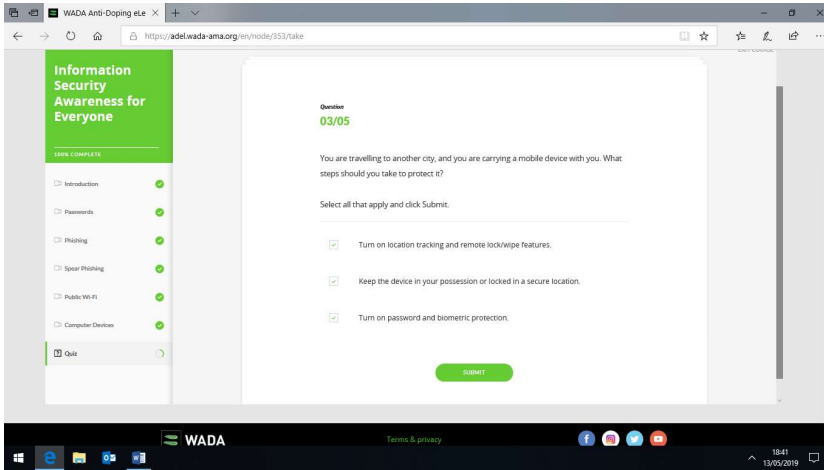
- Use a VPN service and change your email password later from a secure, trusted Wi-Fi connection.
- Use an open Wi-Fi provided by a national chain and make sure you log out of your email after you are done.
- Use a Wi-Fi that is password protected and clear your browser's cache and cookies after you are done.

A green 'SUBMIT' button is at the bottom. The left sidebar shows the course progress, with 'Quiz' selected. The Windows taskbar at the bottom shows the date 13/05/2019 and time 19:40.

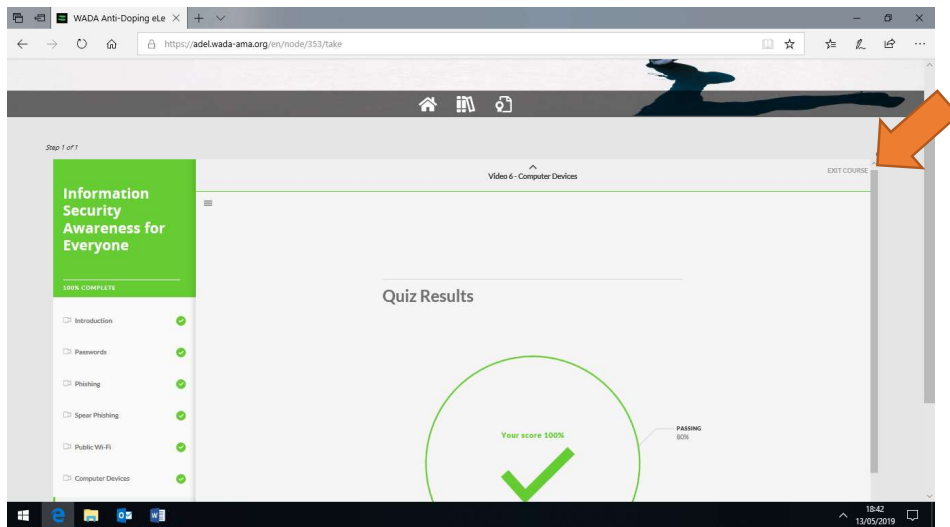
The screenshot shows the second question of the ISAFE quiz. The question is: "You have to choose a password for a new account on ADAMS. Which of these should you choose?" The options are:

- A simple but long password: BeachsideDriveOn10092001.
- A complex but short new password: Sl@the*4
- The password you already use for your primary email address.

A green 'SUBMIT' button is at the bottom. The left sidebar shows the course progress, with 'Quiz' selected. The Windows taskbar at the bottom shows the date 13/05/2019 and time 19:40.



7º Sair do Curso



8º Carregar no “download certificate” e guardar o ficheiro – NÃO GUARDAR O FICHEIRO COM CARACTERES ESPECIAIS (EX.: “!#%&ã~^’”)

