

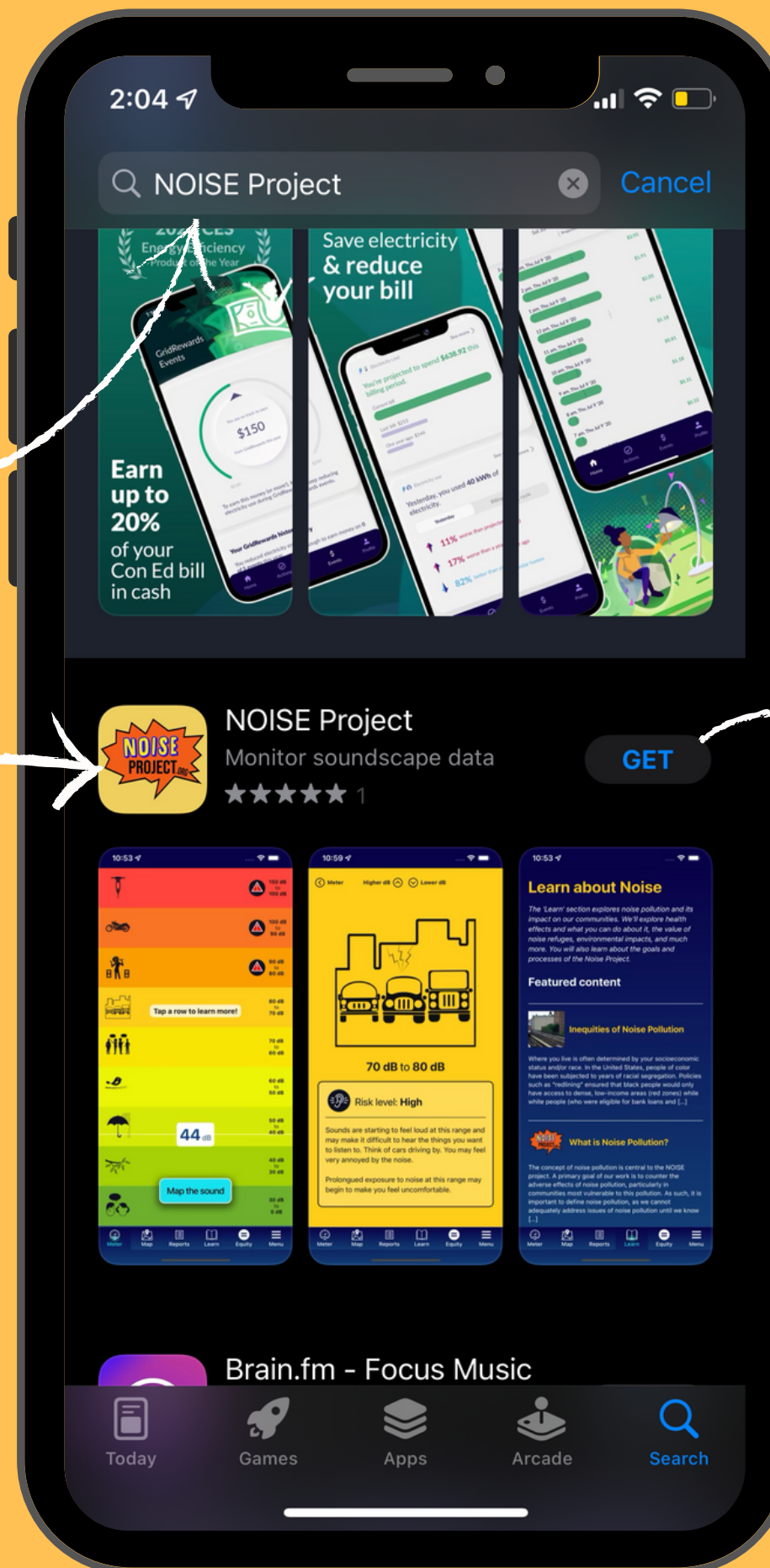
**Step 1** – Go to the Apple Store on your mobile device.

**Step 2** – Search for "NOISE Project".

Yup,  
that's us!

Don't worry, it's  
**FREE!**

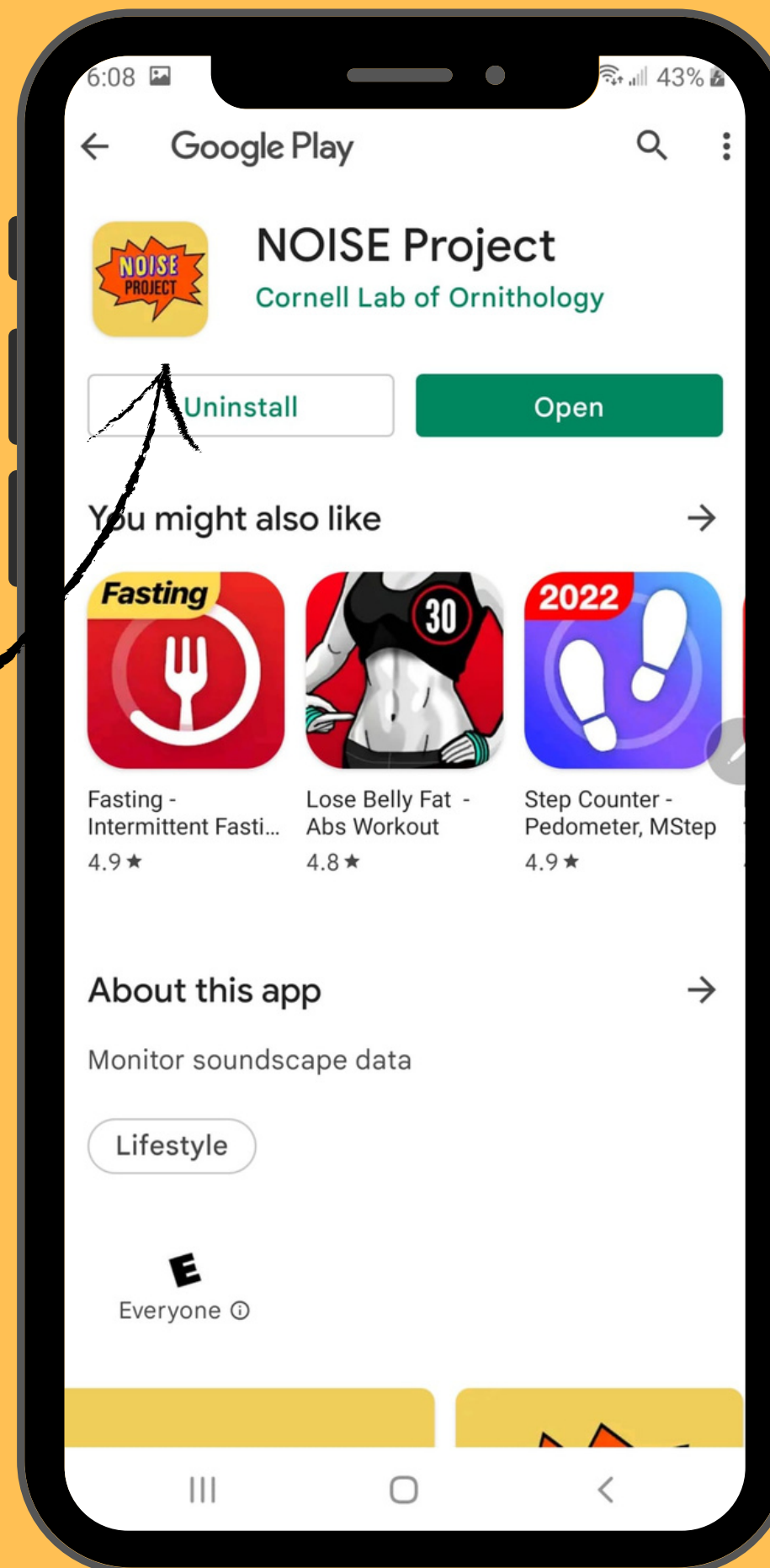
**Step 3** – Click on "Get" and confirm download.



**Step 1** – Go to the Google Play Store on your mobile device.

**Step 2** – Search for "NOISE Project".

Yup,  
that's us!



Don't worry, it's  
**FREE!**

**Step 3** – Click on  
"Install" and confirm  
download.

# How to Navigate the App

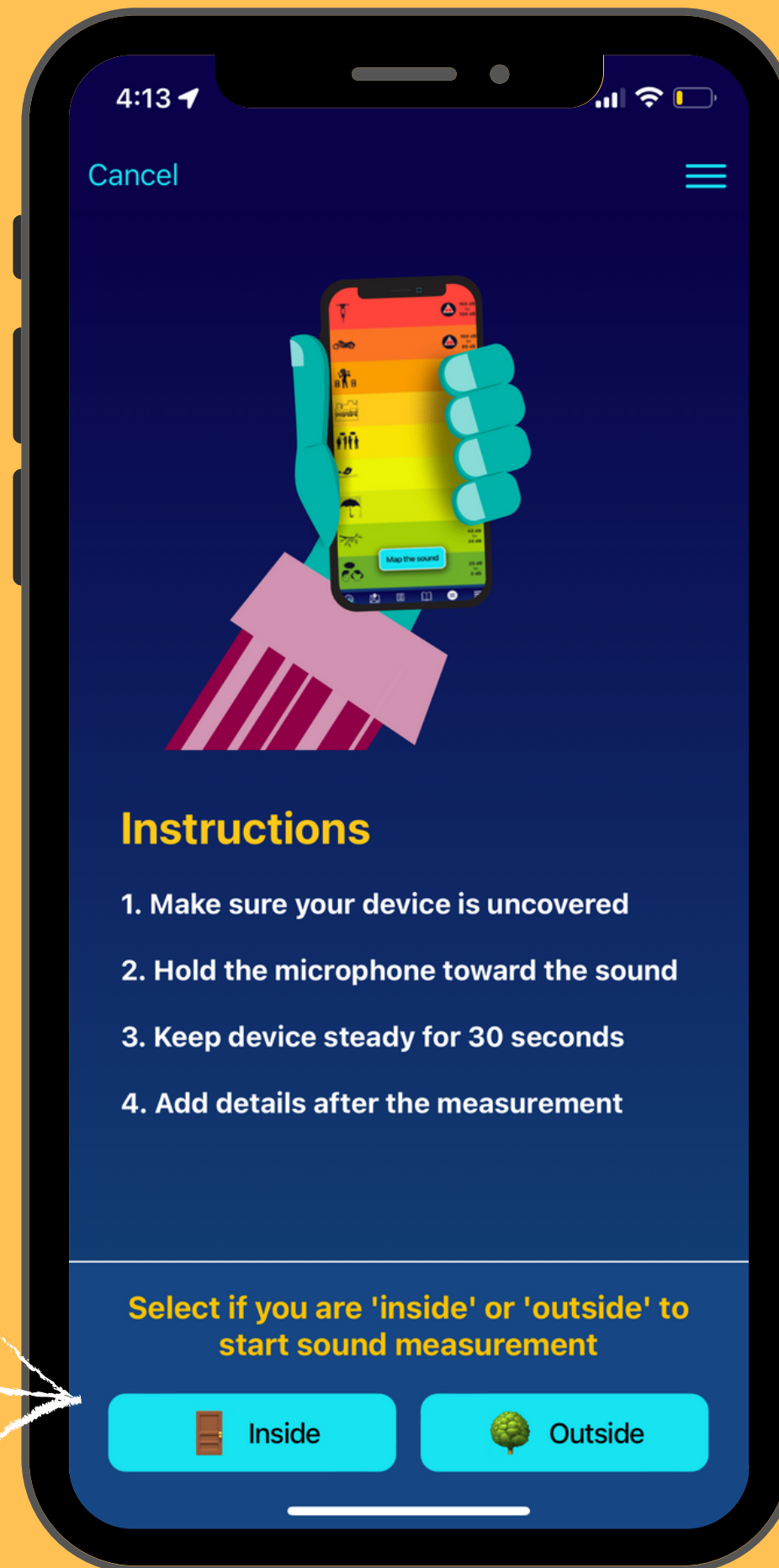
Once you have the app and open it, the first page you'll see is the **Sound Meter**. It measures and records the decibels in your surroundings. Here's how to use it!

**Step 1** – Click on "Map the sound".



**Tip!** You can click on any row to learn more about examples and impacts of each sound level.

**Step 2-** Follow the instructions on the screen and select whether you are "Inside" or "Outside".



**Step 3-** Hold your phone still for 30 seconds as the sound meter measures the decibels.

**Tip!** This blue bar shows how much time is left until the measurement is done!



**Step 4–** Answer the questions on the screen describing your surroundings (remember to scroll down).

**Tip!** Consider suggesting your location as a "noise refuge" if you think it is a safe, quiet place people can go to.

You'd help others escape the harms of noise pollution!

4:14

Complete report [Discard](#)

**Answer to complete your measurement**

How is this noise/sound making you feel? [?](#)

☐ ☐ ☐ ☐

Can you control your exposure to the noise? [?](#)

☒ Yes ☐ No

Do you want to suggest this as a 'noise refuge'? *Optional* [?](#)

☒ Yes ☐ No [See more](#)

[Finish measurement](#)

4:14

Congratulations!

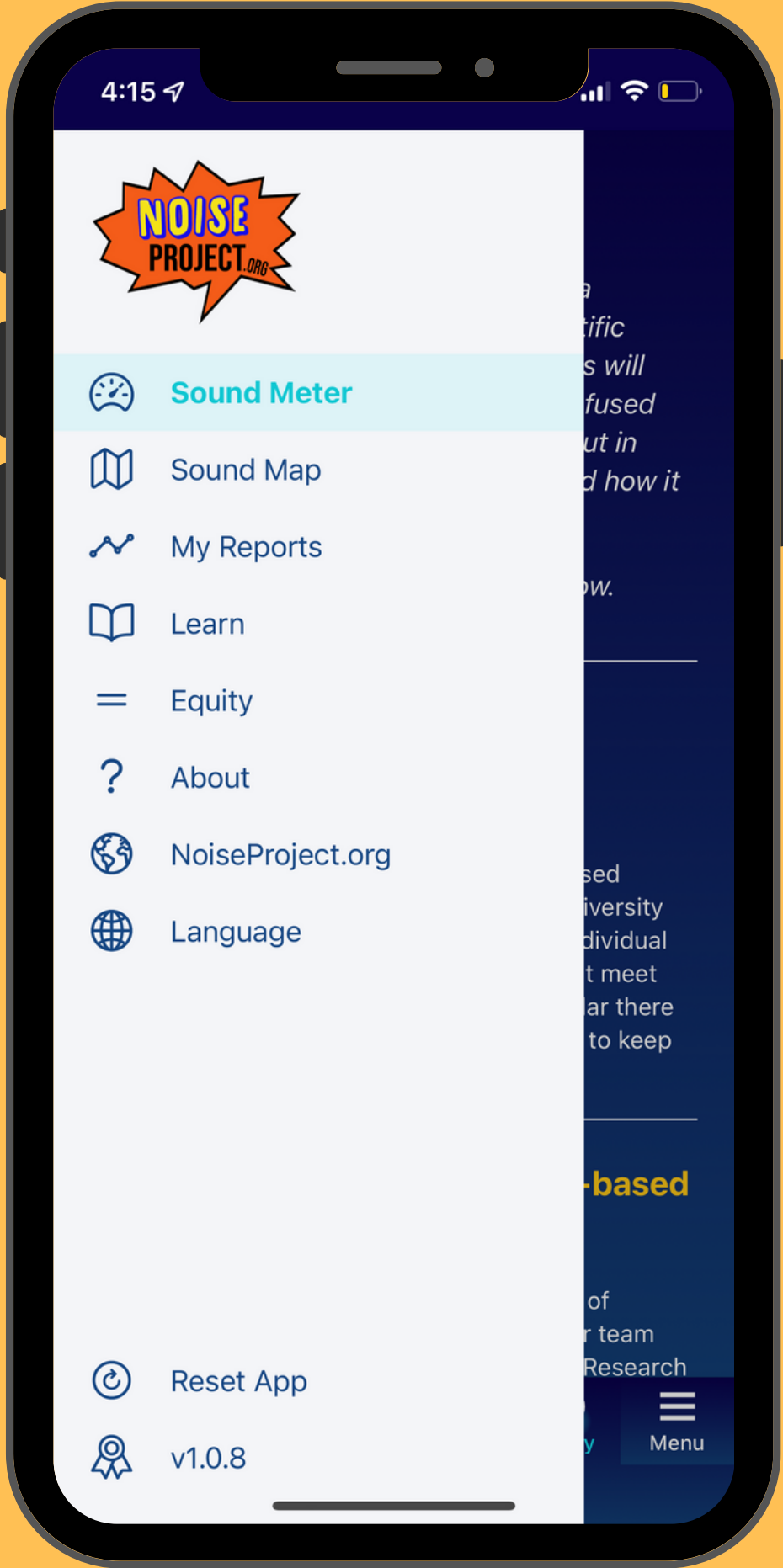
**Thank you for contributing to the Noise Project!**

Your report has been added to the Noise Project map and will help others in your community understand more about sound and noise in your area!

[Continue](#)

**Step 5–** Once you've completed your report, you will receive this message from our mascot!

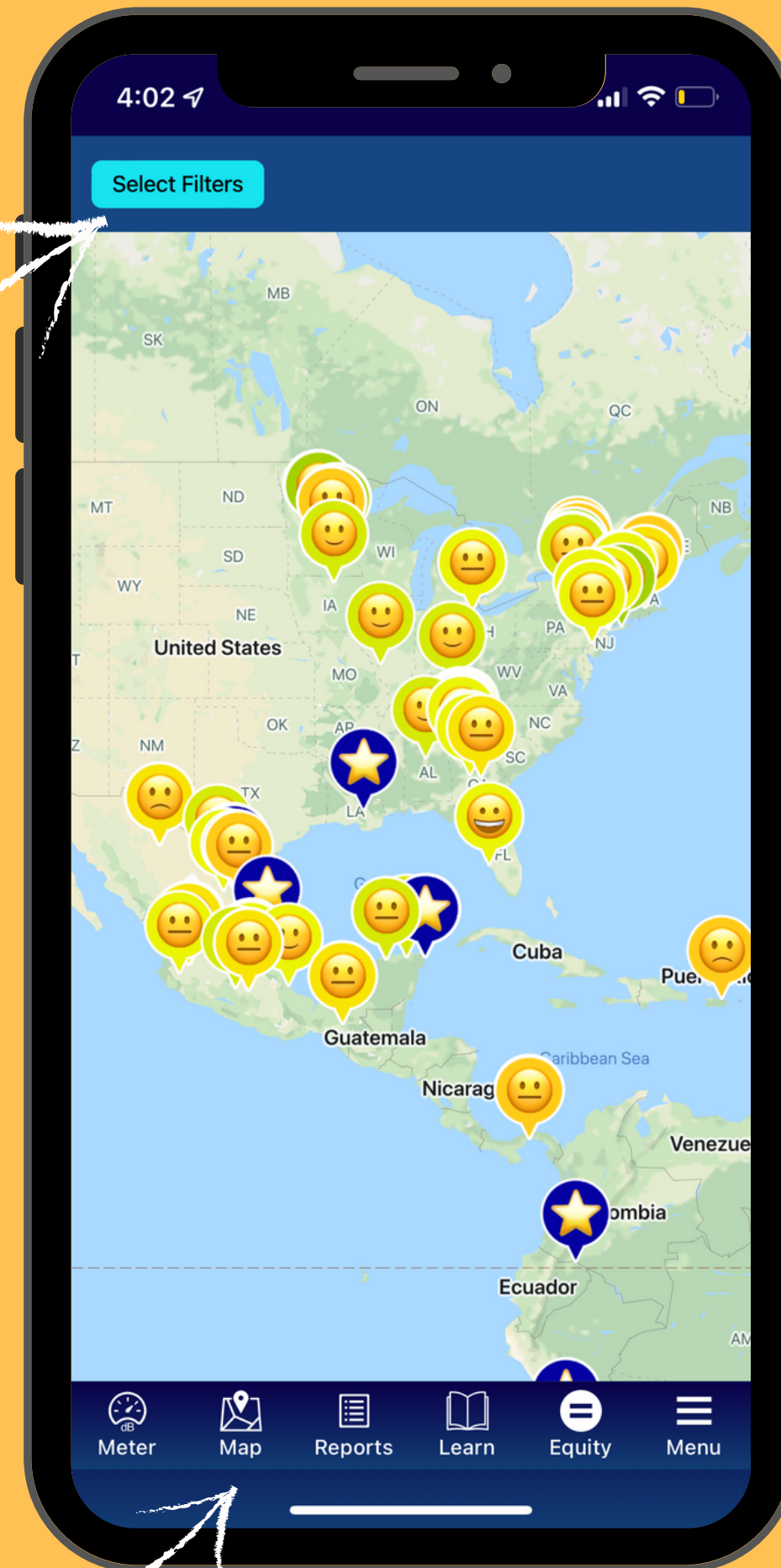
To explore the rest of the app, click on any of the icons on the bottom of the screen. Let's go through all of them!



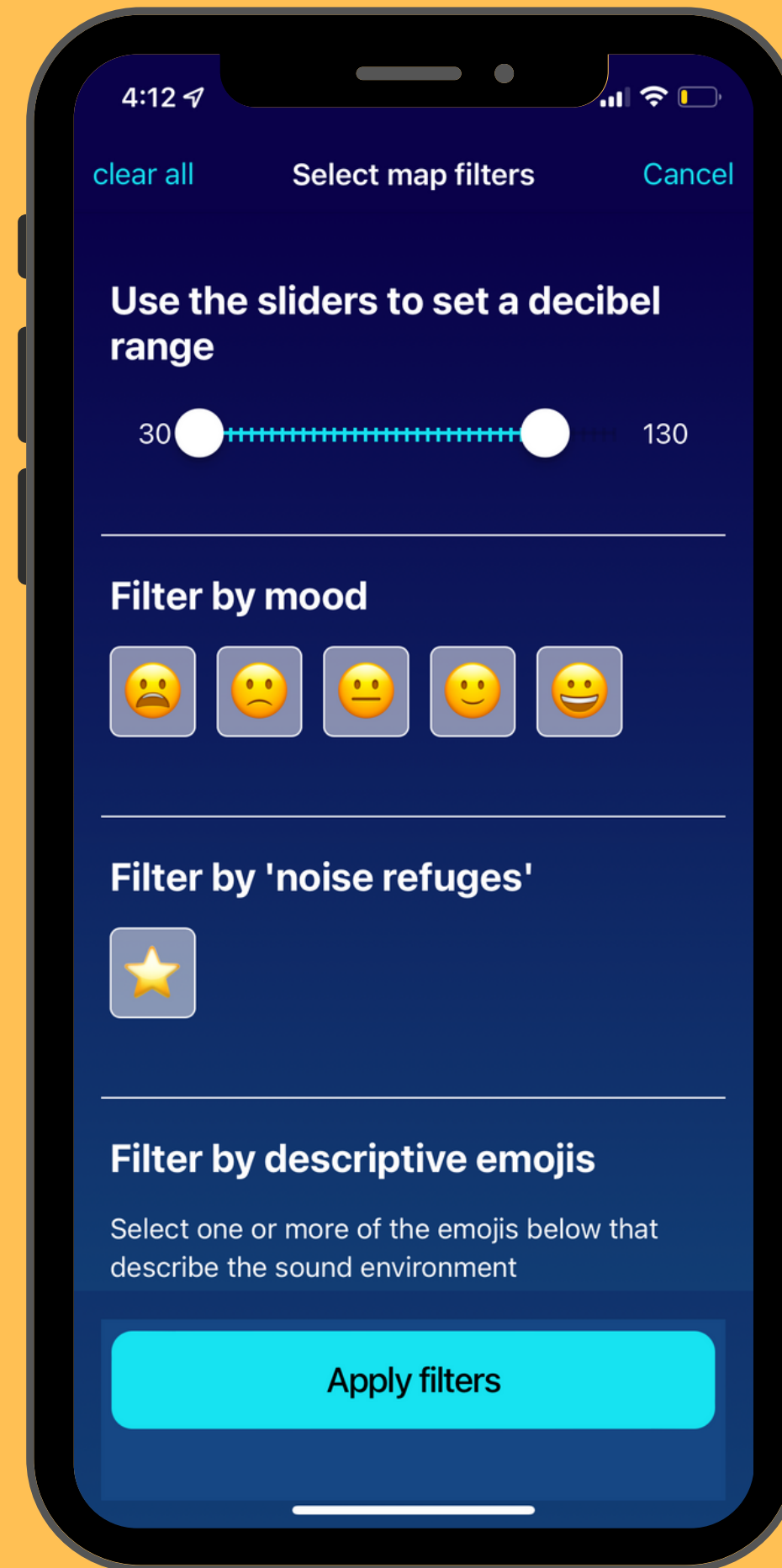
**Tip!** Click on the "Menu" icon at the bottom of the screen to be directed to this page where you can also see all the other parts of the app!

# How to use the Map

**Tip!** – Click on "Select Filters" to find locations and noise refuges with the characteristics you want.



**Step 1** – Click on "Map" icon at the bottom of the screen.

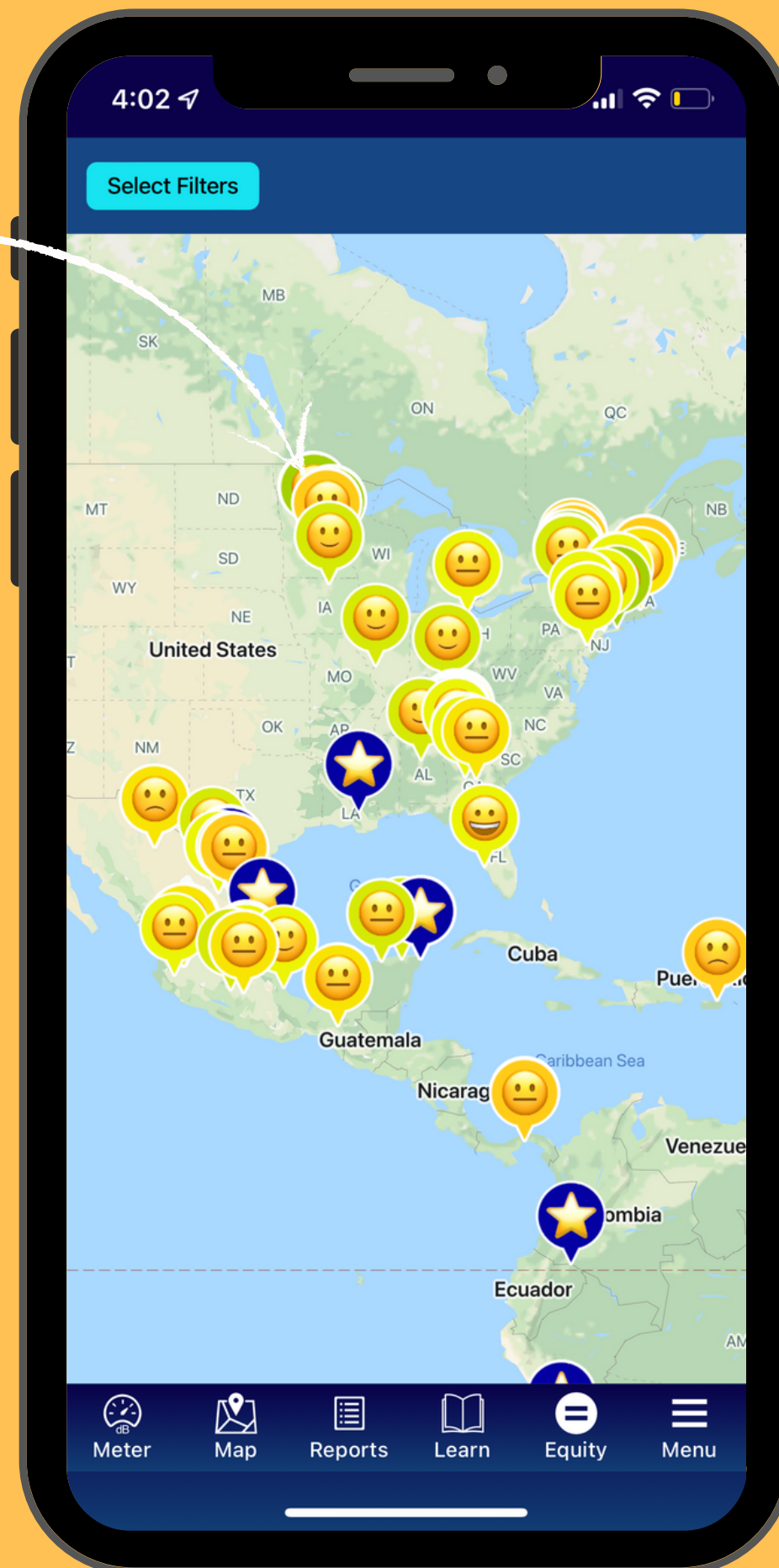


To narrow down the map locations, you can set a decibel range, mood, descriptive emojis, and select the star to only see "noise refuges".

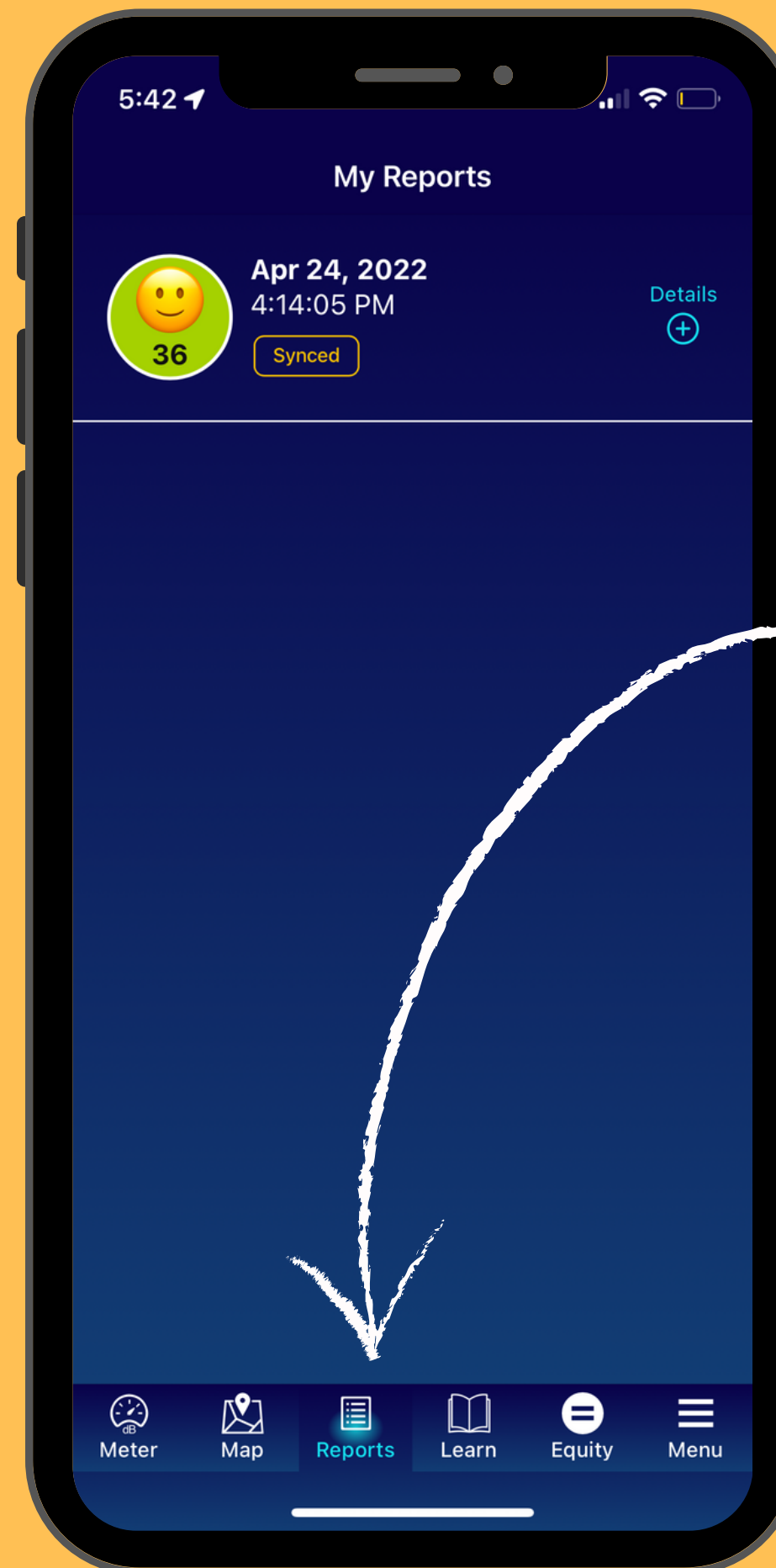


**Step 2** – Click on any emoji to see a location and its details.

The stars are "noise refuges".



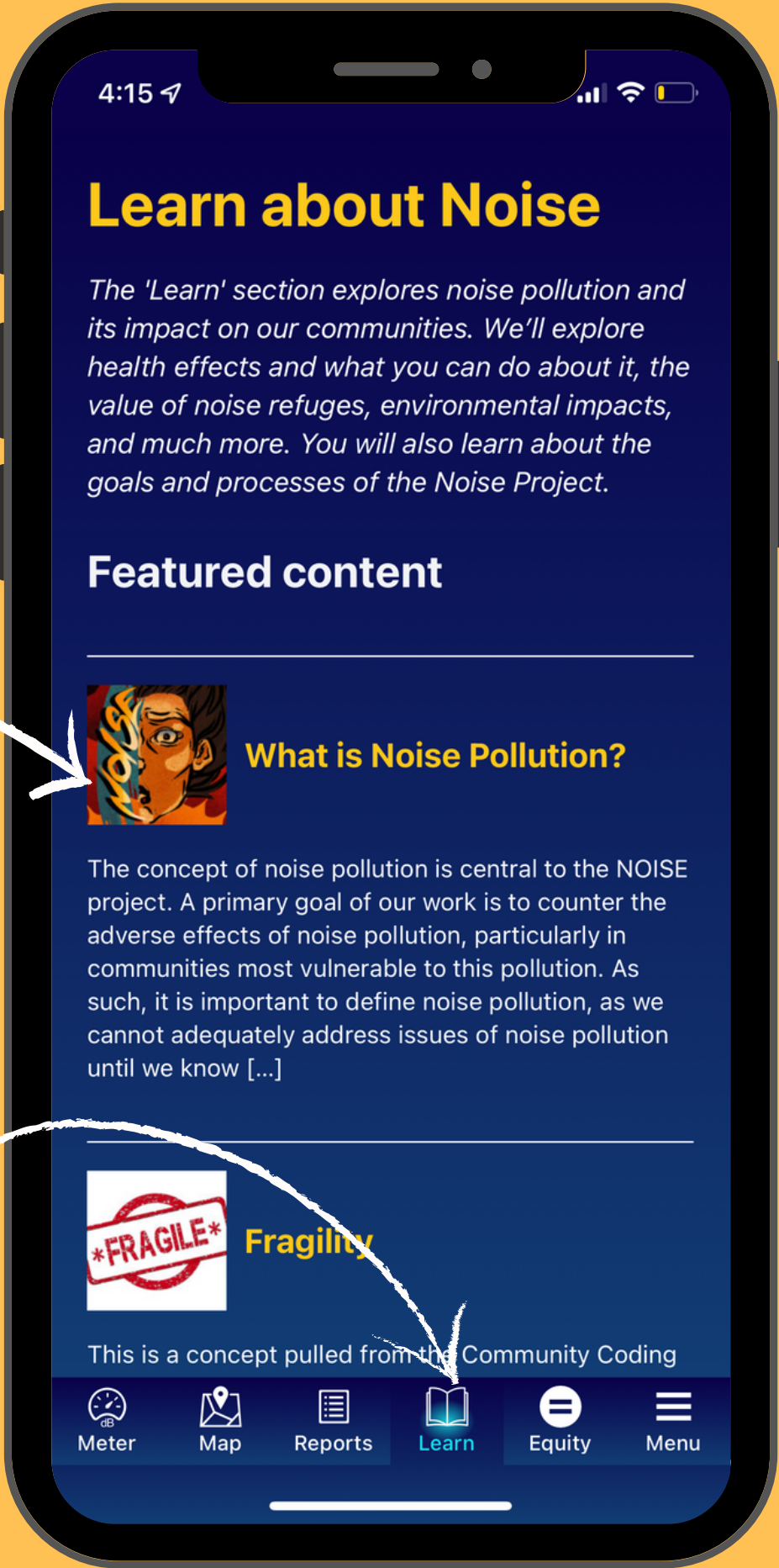
To see all of your **reports** from using the sound meter, click on "Reports" at the bottom of the screen.





Click on any one of the titles to read more and be directed to the article on our website!

To learn more about **noise pollution** and the **project** , click on the "Learn" icon at the bottom of the page.



## Equity and Noise

Learn about how equity/inequity plays a significant role in noise pollution, scientific research, and in daily life. These articles will clarify the meaning of equity, often confused for equality, we'll explore how it plays out in community science, noise pollution, and how it impacts our communities.

Read more about Equity and Noise below.



### Equity V Equality

Equity and equality are two terms that are used frequently in justice, equity, inclusion, and diversity work. Both of these terms revolve around individual and population needs and the resources that meet those needs. Although they may sound similar there are some key differences that are important to keep in mind. Equality has to do [...]



### Equity in Community-based Research

The Noise Project brings together the goals of furthering science and furthering equity. Our team carries out Community-based Participatory Research



To learn more about **equity in noise pollution and science**, click on the "Equity" icon at the bottom of the page.