

UHD Gold Group Jumpstart ChecklistUHD 金组快速启动任务清单

Check Off	Your access to the Gold Group is active. Please complete the following tasks ASAP.	您的金组权限已经激活。请尽快完成下列事项。
1 ☐	Watch video: Why Gold Group	看视频: 为何启动金组
2 ☐	Read-me-first: please expand Tab #2 to review the guidelines and sign the 「 Terms of Use and Participation 」.	先读我: 请展开此项, 阅读准则, 并签署「 使用 and 参与条款 」。
3 ☐	Watch-tutorial: how to navigate through the Gold Group webpages	看视频: 如何浏览金组网页
4 ☐	Activate foundational <u>Learning Modules</u>	激活 <u>基础学习模块</u>
5 ☐	Join Gold Group community	入金组群
6 ☐	Request a fixed 2-hour daily meditation protection window	申请每日固定 2 小时的冥想保护窗口
7 ☐	How to <u>search</u> all info related to a special energy on a webpage	如何在网页上 <u>搜索</u> 跟某特殊能量相关的所有信息
8 ☐	Learn to fix web errors: logged in but see "cannot access" or a blank page	学会解决网页问题: 登录后看到错误信息, 或空白页
9 ☐	Zoom: learn to <u>enter breakout room</u> (i.e. people enter different breakout rooms for separate discussions, then all return to the main room)	Zoom: 学会 <u>进入分组讨论房间</u> (大家进入不同房间分别讨论, 结束后都回到主房间)
10 ☐	Zoom: learn to <u>enter interpretation channel</u> (Join the interpretation channel, mute yourself, mute main channel audio, follow the translation. Return to the main channel when done. Unlike #9, no breakout rooms — everyone stays in one room, just in different language channels.)	Zoom: 学会 <u>进入翻译频道</u> (打开翻译频道后, 请进入, 静自己声音, 关闭主频道声音, 跟随翻译。结束后从翻译频道回到主频道。跟 #9 不同的是: 翻译频道不涉及到打开分组讨论的房间, 所有人都在同一个房间但不同频道里)。
11 ☐	I cannot access materials on certain pages, please help	我看不到有些网页的资料, 请帮助