

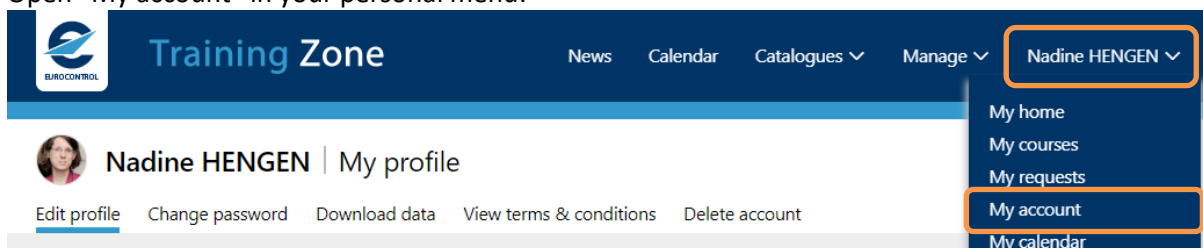
QUICK GUIDE FOR DOWNLOADING YOUR DATA

Step 1: Request

Open Training Zone (<http://trainingzone.eurocontrol.int>) + log in with your account:

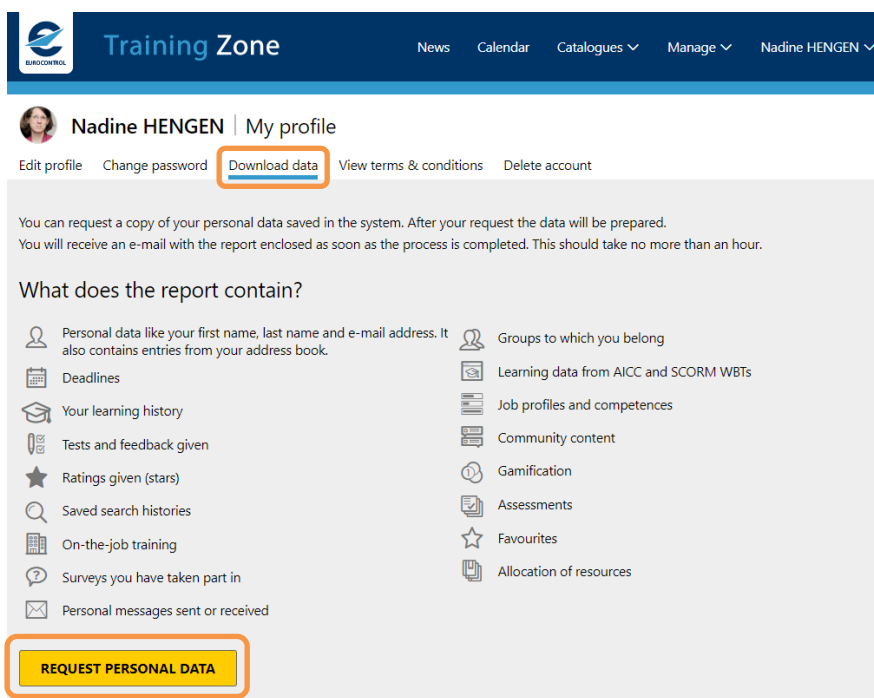


Open "My account" in your personal menu:



Check your email address is correct. If necessary correct it, and press 'Save' at the bottom of the page.

Switch to the "Download data" tab, and press the "Request Personal Data" button at the bottom:



A green popup confirms your request.

NOTE: This archive contains the data only. Course certificates are not included, and can be downloaded under "My courses > completed".

Step 2: Data received in email

You should receive an email, please follow the instructions in the email to unzip your personal data.

If you have not received the mail in an hour, please contact trainingzone.support@eurocontrol.int.