Rescue Time

Information about the tool		
Target group:	☒ Orga/Management ☒ Coordinators ☐ Volunteers	
Category:	☐ Online Tool ☐ Learning platforms ☒ Software/ Desktop application	☐ (Social) Network ☒ App ☐ Others
Work area:	☐ Project Management ☐ Communication Management ☐ Video Conferencing ☒ Collaboration/Team Work ☒ Self-Management ☐ Marketing	☒ Personnel Management ☐ E-Learning/Knowledge Management ☐ Financial Management ☐ Presentations/Learning Material Development ☐ Others
Language:	English	
Previous knowledge/Degree of complexity	basic	
Link:	https://www.rescuetime.com/	
Provider:	RescueTime	
Brief Description:	RescueTime is an app you install on your computer and mobile devices that automatically pays attention to the apps you use, which files you open, and what websites you visit. It logs how much time you spend in each of them.	
Access and usage Information (Costs, requirements cloud based, mobile usability, …)	Requires macOS Sierra 10.12 or newer, Windows 10 or 11 (or 7 or 8 with extended security updates), Android, iOS. Free trial, premium plans start at $6.50 a month.	
Instructions/ Tutorials:	https://newrescuetime.helpscoutdocs.com/	