USER GUIDE

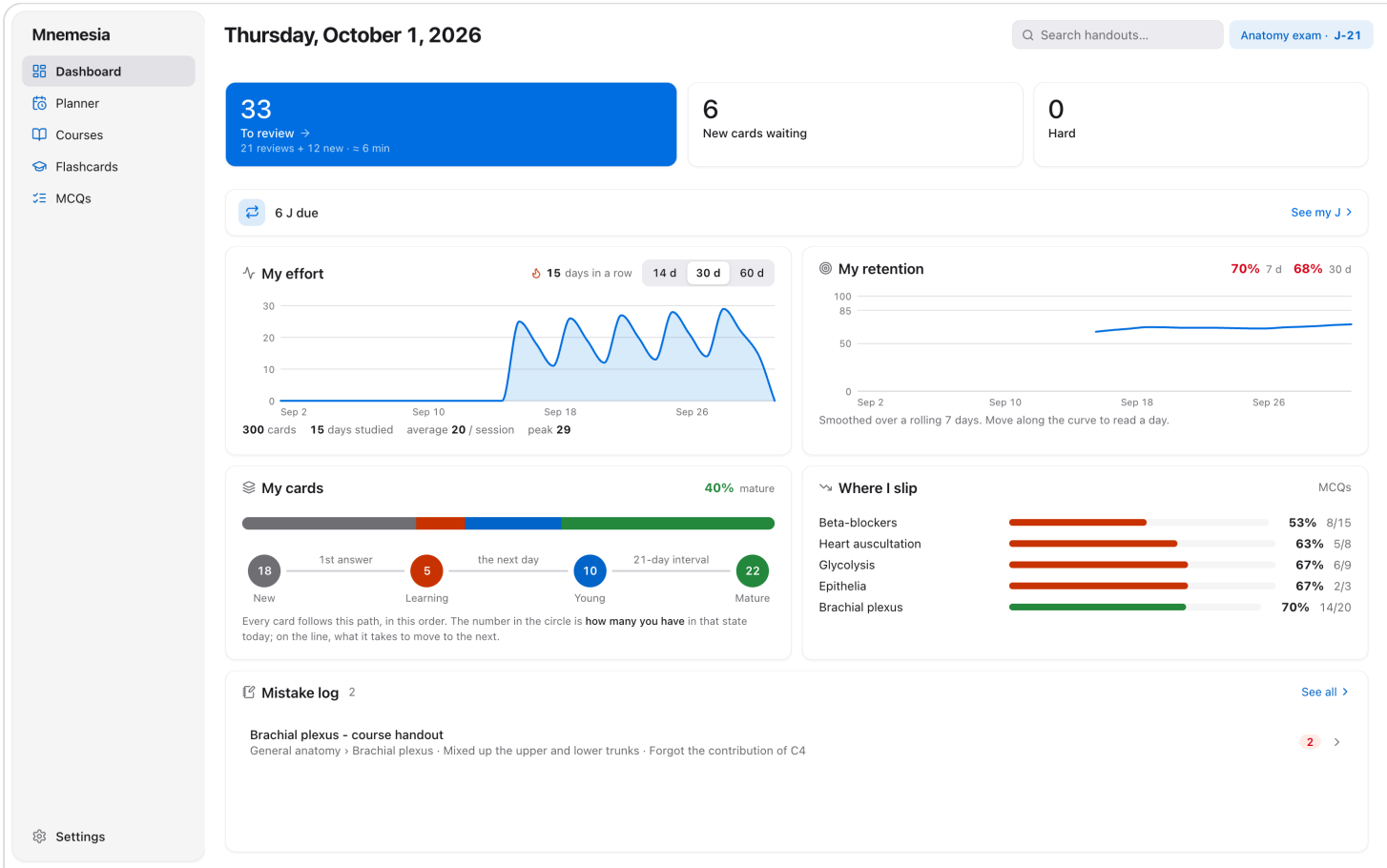
Mnemesia

A study app for medical school. Your handouts, flashcards, MCQs and planner in a single application.

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Overview

Mnemesia brings together a medical student's study tools. This guide presents its screens in the order you will meet them.

Your data stays on your device

The app works offline and requires no account. Your handouts, cards and answer sheets never leave your device.

A readable folder

Everything is saved in an ordinary folder, under clear names. On Mac, iPad and iPhone, iCloud can share it across your devices.

Cards from any source

Write your cards from the handout, or import them from Anki, a CSV or TSV file, or a file shared by a classmate.

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An app in active development. New versions are released regularly. Your feedback is welcome; the last page explains how to send it.

Installing

Mnemesia installs from your device's app store. Linux is the exception and has its own page.

Mac, iPad and iPhone

1. **Open the App Store**
   Search for “Mnemesia”, or follow the App Store badge on mnemesia.com. A single listing covers Mac, iPad and iPhone.
2. **Install, then open the app**
   Updates install automatically.

Windows

1. **Open the Microsoft Store**
   Search for “Mnemesia”, or follow the Microsoft Store badge on mnemesia.com, then click **Get**.
2. **Open Mnemesia**
   From the Store or the Start menu. Updates are automatic.

Android tablets and phones

1. **Open Google Play**
   Search for “Mnemesia”, or follow the Google Play badge on mnemesia.com.
2. **Install the app**
   Google Play then keeps it up to date.

On iPad, iPhone and Android

The system chooses the location of the course folder. It remains visible in the Files app, but it is deleted along with the app. On iPad and iPhone, turn on iCloud (page 5) to keep it.

Updates. Your courses and cards are stored in your folder, not in the app. An update does not change them.

Installing on Linux

Three formats of the same app, for x86_64 processors: Ubuntu 22.04, Debian 12, Fedora 36 or later. They are available on mnemesia.com.

AppImage (recommended)

A single file containing the app and its dependencies. It needs no administrator rights and is removed like any ordinary file.

.deb package

For Debian, Ubuntu and Mint. Mnemesia appears in the applications menu.

.rpm package

For Fedora and openSUSE, using their package manager.

Installing the AppImage

1. **Download the file**

   The button on the page saves an .AppImage file to your downloads folder.

2. **Allow it to run**

   In the file's properties, under Permissions, check “Allow executing file as program”. You can also type in a terminal opened in that folder:

   ```
   chmod +x Mnemesia_1.0.17_amd64.AppImage
   ```

3. **Open Mnemesia**

   Double-click the file. You can store it wherever you like; it does not appear in the applications menu.

4. **Or install your distribution's package**

   In the downloads folder:

   ```
   sudo apt install ./Mnemesia_1.0.17_amd64.deb
   ```

   On Fedora or openSUSE: `sudo dnf install ./Mnemesia-1.0.17-1.x86_64.rpm`. Keep the leading `./`; without it, the command looks for the package in the repositories.

If the app does not open. Run the AppImage from a terminal (`./Mnemesia_1.0.17_amd64.AppImage`) to read the error message. For a “libfuse.so.2” error, install `libfuse2` (`libfuse2t64` on recent Ubuntu) or add `--appimage-extract-and-run` to the command. If the window stays blank (NVIDIA card, Wayland), put `WEBKIT_DISABLE_DMABUF_RENDERER=1` before the command.

The course folder

On first launch on a computer, Mnemesia asks where to save your work. This choice is made only once.

The “Where should your courses go?” screen offers to **create the Mnemesia folder** or to open an existing Mnemesia folder, for example one from another computer.

The folder's contents are visible in Finder or File Explorer. Each handout has its own folder, with an annotated PDF copy that can be read without the app, and a file of notes and mistakes.

If you uninstall the app from a computer, the folder stays in place.

```
Mnemesia/
├── mnemesia.db    the review database
├── Cours/         handouts
│   └── 2026 - 2027/Semester 1/
│       └── General anatomy/
│           └── Brachial plexus/
├── Decks/         card decks
└── QCM/           exams
```

Settings, Folder section

Sync	Rereads the folder and picks up files added or moved in Finder or File Explorer. Nothing is deleted without confirmation.
Manage folder	Renames or moves the folder. The app follows its new location.
Change folder	Copies everything to a new destination and leaves the old folder intact.

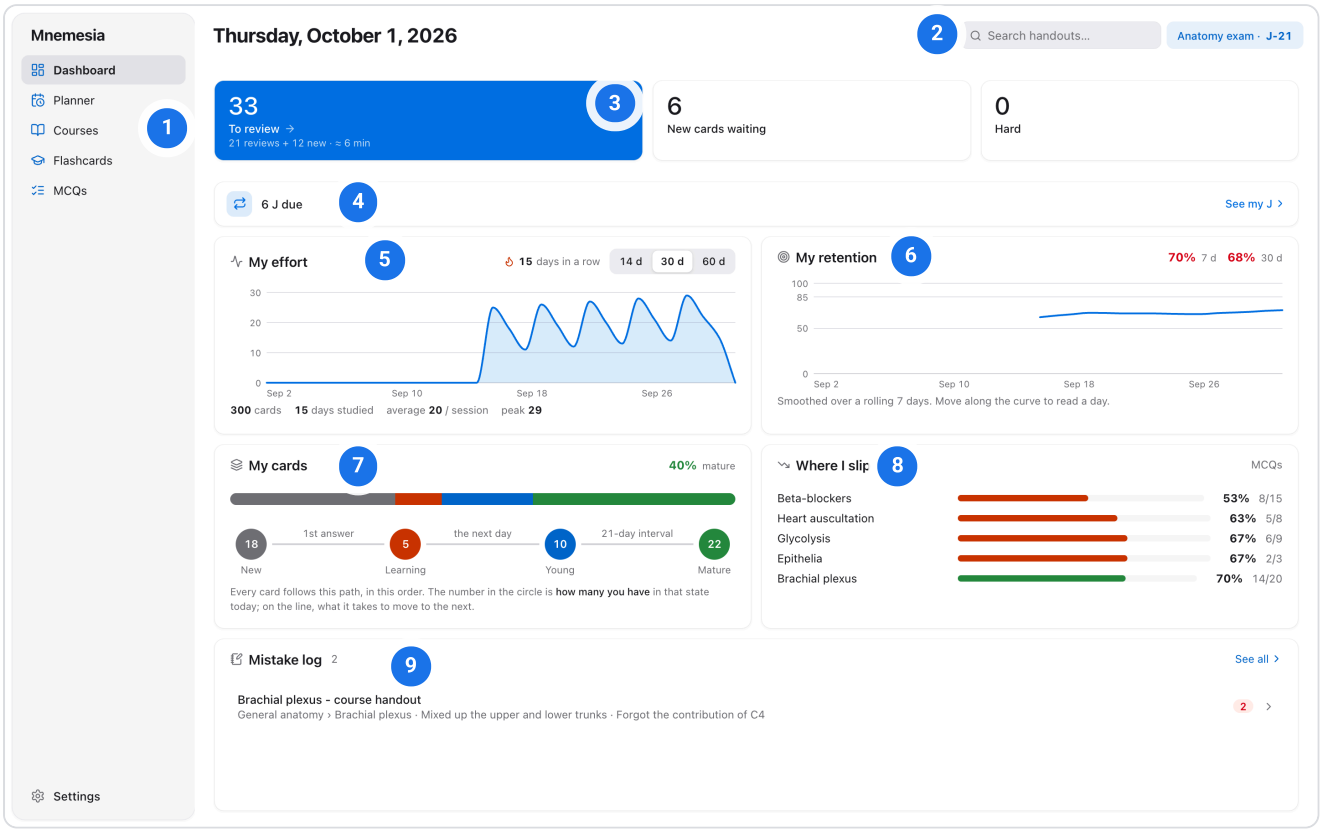
iCloud on Mac, iPad and iPhone

In the Folder section, choose **Turn on**, or **Link** if iCloud already holds your courses. Your courses are then shared across your Apple devices. Windows, Linux and Android are not synced.

> **Do not move the folder yourself** into OneDrive, Google Drive or iCloud Drive. These services may rewrite files while they are in use and damage the review database. On Apple devices, use the iCloud setting; elsewhere, back up the folder to an external drive or with Time Machine.

The dashboard

The dashboard shows today's work and a summary of the past weeks.

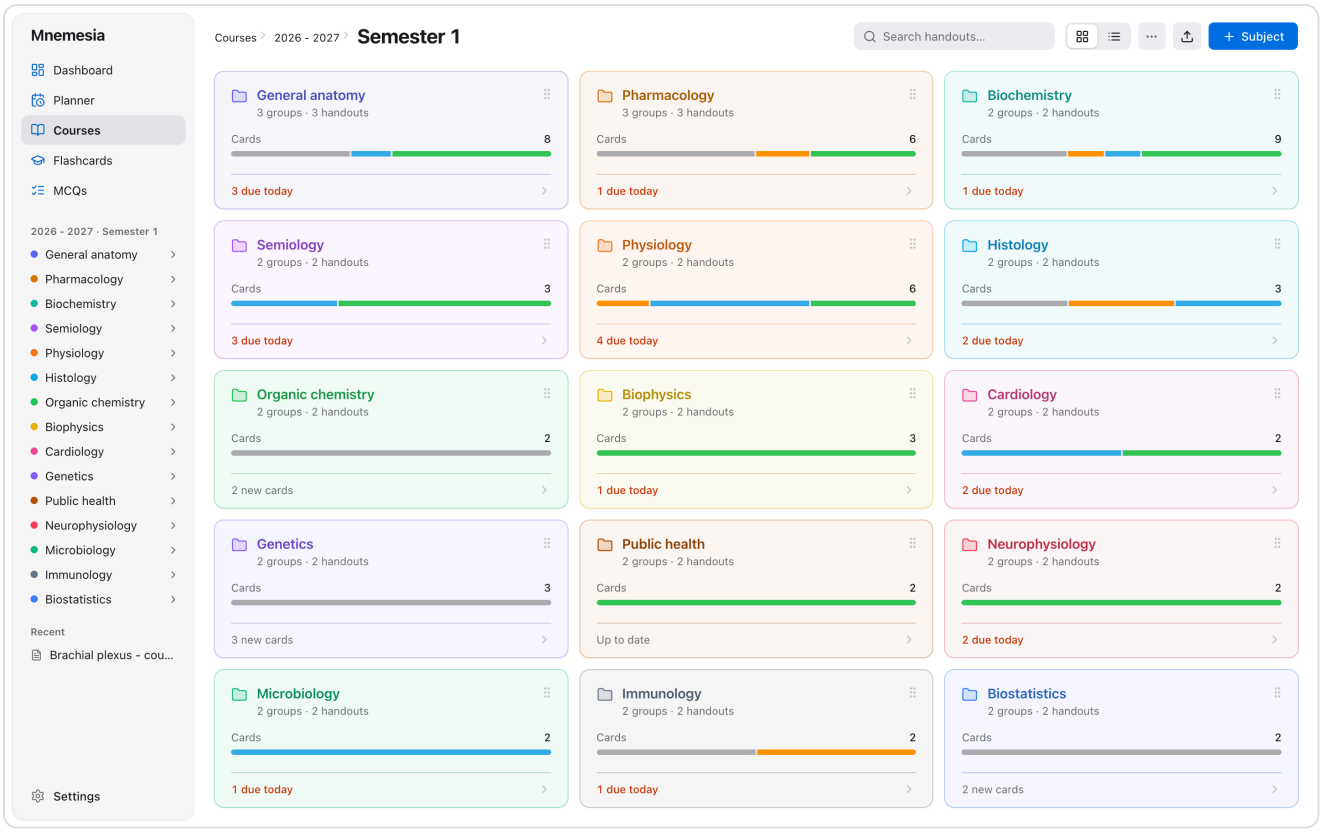


1. The main screens: dashboard, planner, courses, flashcards and MCQs. Settings are at the bottom.
2. Search (⌘K or Ctrl+K) and the countdown to the next exam in your planner.
3. The cards to review today, split into reviews and new cards, with the estimated time.
4. The Js due today (J-method, page 16).
5. My effort: cards reviewed each day and your streak of consecutive days.
6. My retention: the share of cards recalled over 7 and 30 days.
7. My cards: new, learning, young and mature cards.
8. Where I slip: your MCQ results by chapter, from weakest to strongest.
9. The mistake log: mistakes noted in your handouts and MCQs.

On first launch, the “What brings you here?” screen asks for your year of study and the modules to display. A module you turn off can be turned back on at any time in Settings.

Organizing courses

Courses are organized by year, semester, subject and group. This structure is then used by cards, MCQs, the planner and statistics.



The subjects of a semester, with the state of their cards and the number of cards due today.

The group

A group corresponds to a chapter, for example “Brachial plexus”. Handouts, card decks, exams and progress are attached to it.

Organizing

Items can be selected together to be moved or deleted, and reordered by drag and drop. A deleted item is placed in the Archive folder.

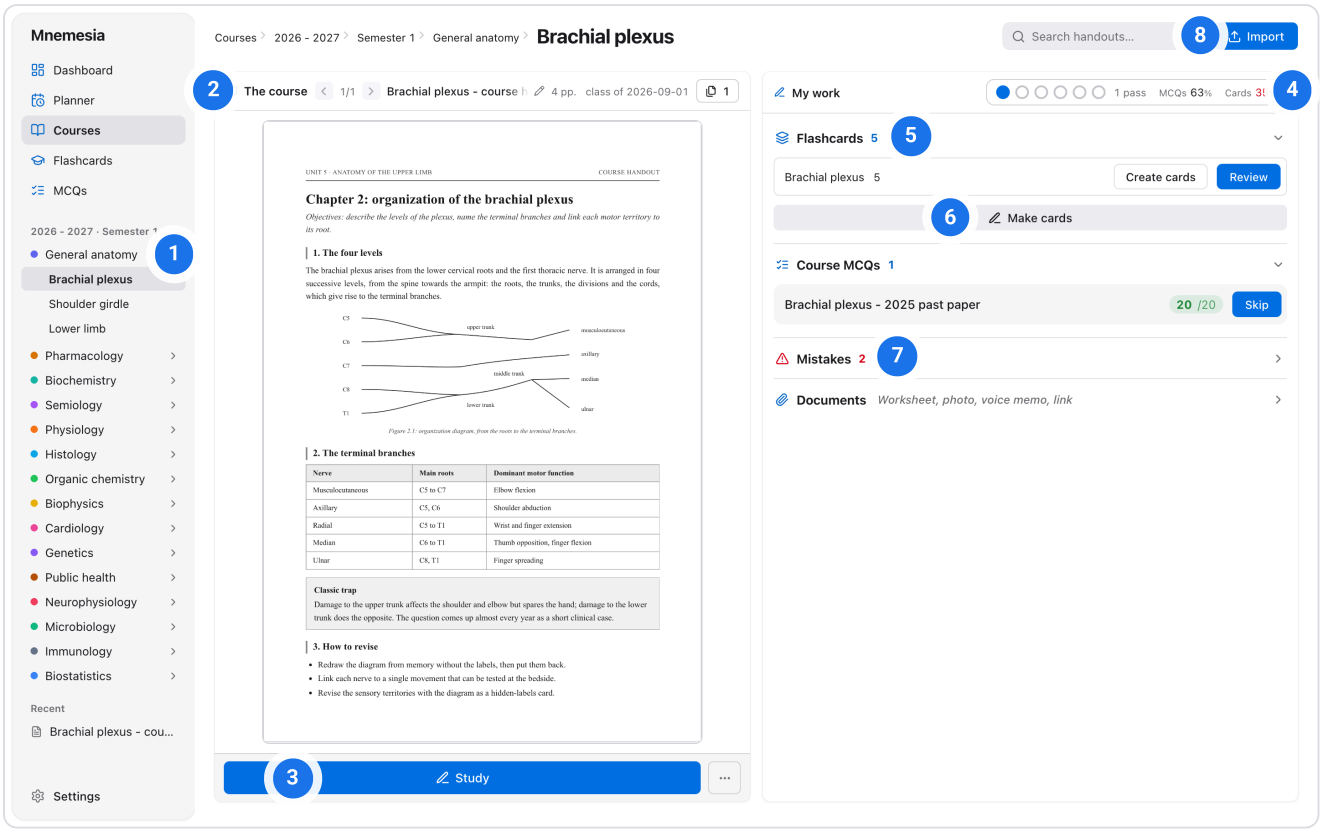
Importing

The **Import** button accepts PDFs, Word documents, images and text. A complete folder, or its `.zip` archive, is imported with its full structure and without duplicates.

You can also place files directly in the `Cours/` folder, then choose **Sync**.

A course screen

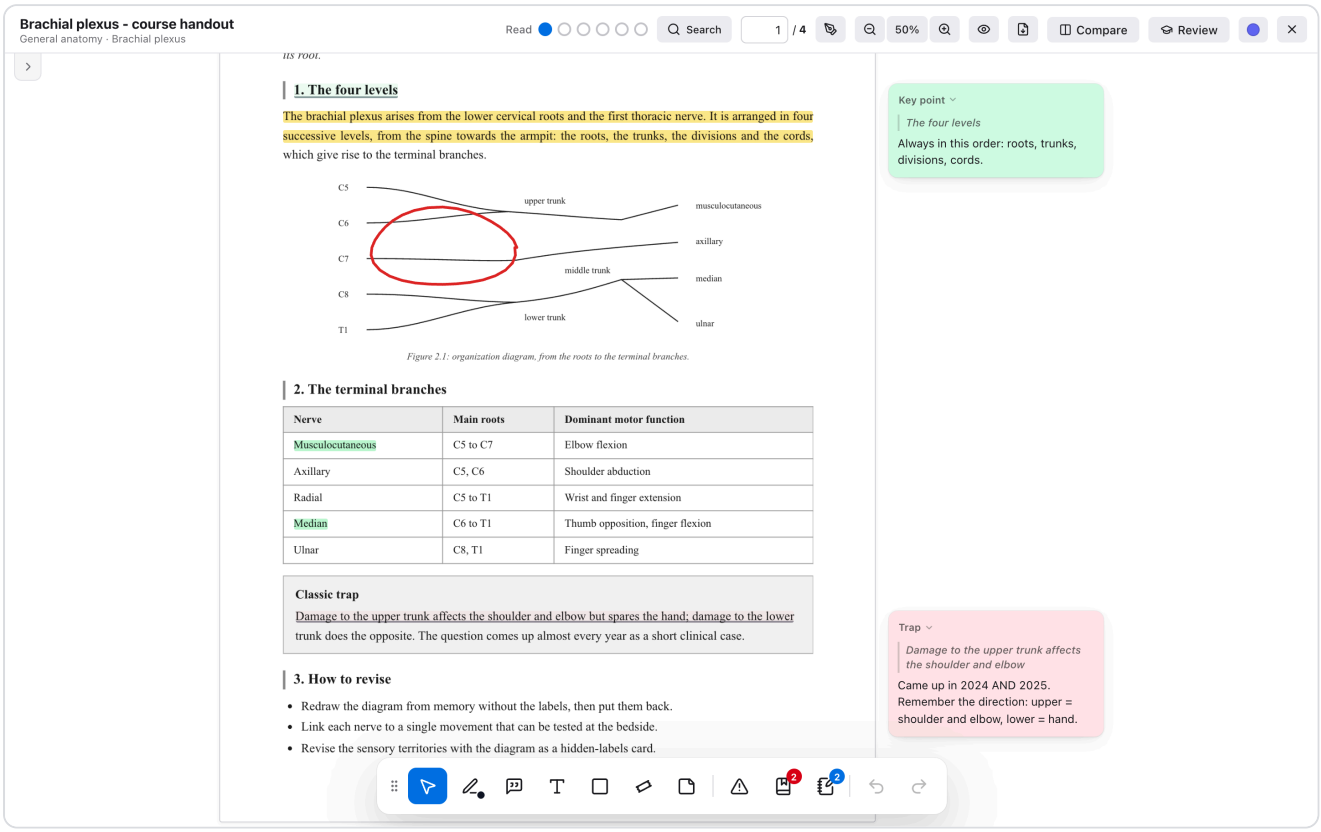
The handout is shown on the left, and the related work on the right.



1. The subjects of the semester and the groups of the open subject.
2. The handout, readable in place. The arrows move between the documents of the group.
3. **Study** opens the handout in the workspace to annotate it (next page).
4. The six circles count your readings of the handout. Next to them are your MCQ and card results for this course.
5. The course's card decks, each with **Create cards** and **Review** buttons.
6. **Make cards** opens the card editor on this handout.
7. The course's MCQs, the mistakes you noted and attached documents (tutorial, photo, voice memo, link).
8. **Import** adds a document to this group.

The workspace

The workspace is where you work on the handout: highlight, annotate, test yourself and log your mistakes.



A highlighted handout, a circled diagram and two comments in the margin. The toolbar sits at the bottom of the page.

The tools, from left to right

- **Read**: select text.
- **Pen**: pen, marker, pencil, highlighter and eraser, with a mouse, a finger or an Apple Pencil.
- **Comment**: a note attached to a passage, written in the margin.
- **Text** and **Shapes**: write on the page, circle, frame, draw arrows.
- **Tape**: hide a passage to recite it, then lift it.
- **Sticky note**: a note placed on the page.
- **Log a mistake**: the passage goes to the mistake log with its page.

At the top of the screen

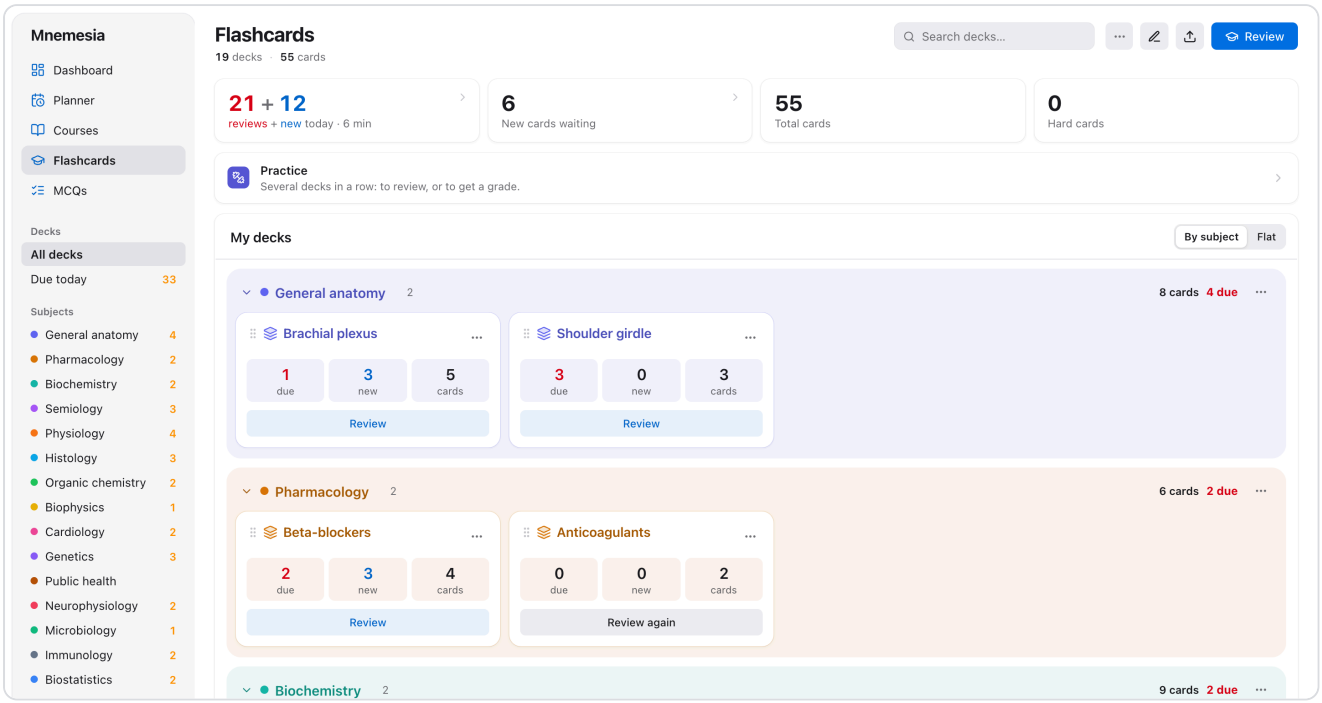
The **Read** circles record your readings. **Compare** opens a second document next to the first; the screen can be split into several panes. **Review** starts the cards for this course.

While you work

An annotated copy of the handout is saved next to the original, which is never modified. Scanned pages are recognized on your device, and their text becomes selectable.

Card decks

Decks are grouped by subject. Each one shows its due cards, new cards and total.



At the top, today's session for all decks, with its estimated time.

The five card types

Cloze	A fill-in-the-blank, written from a sentence of the course.
Basic	A question and its answer.
Reversed	A question asked in both directions.
Type-in	An answer to type, for exact terms.
Occlusion	A diagram with hidden labels.

The deck menu

The "⋯" menu gives access to the cards, study settings, the exam date, sharing and progress export.

Practice

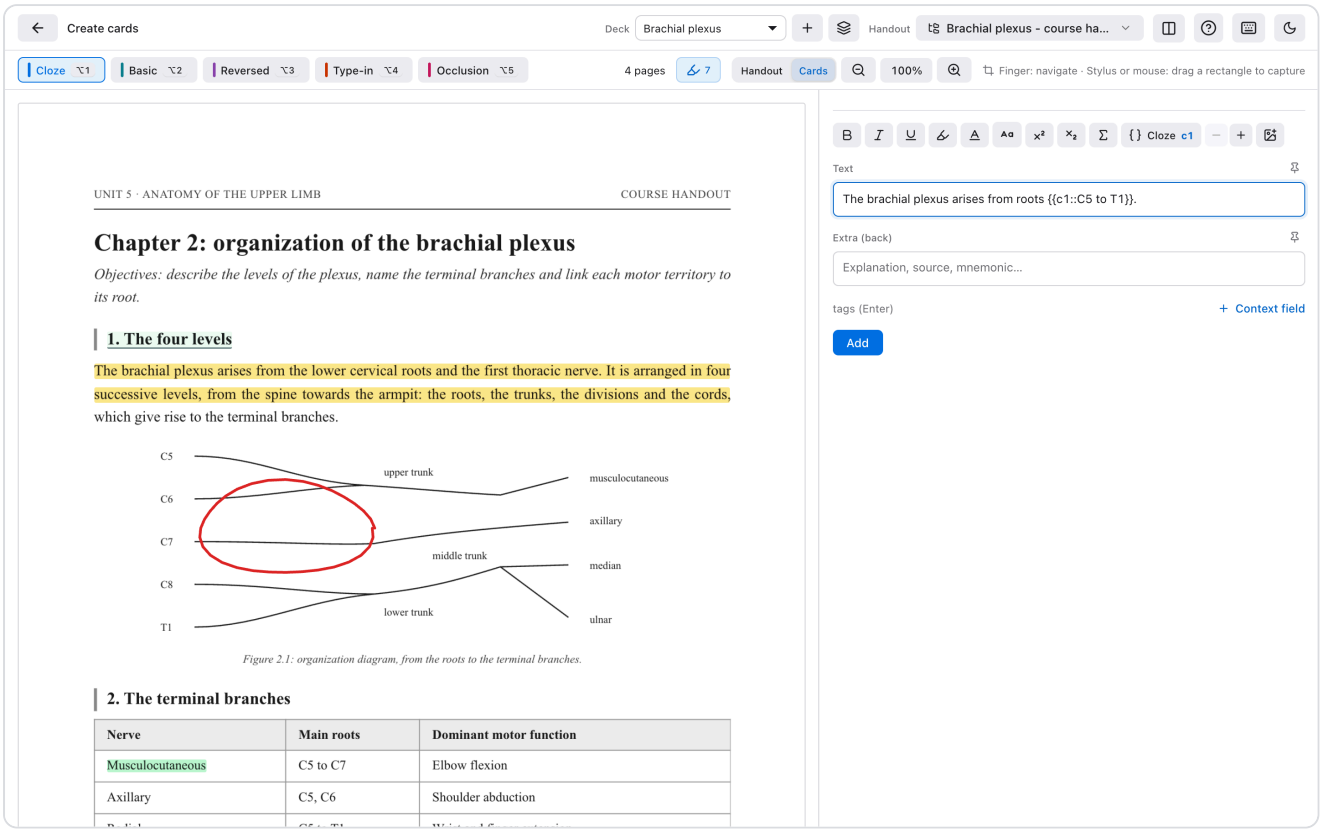
Runs several decks in one session, to review or to get a score out of 20.

Importing and sharing

Anki decks (`.apkg`) are imported with their review history. CSV and TSV lists, for example copied from Quizlet, are also accepted. **Share deck** produces a single file, images included.

Creating cards

The handout is shown on the left and the card on the right, so you can write without switching screens.



A cloze card being written. Your annotations remain visible on the handout.

Steps

1. **Choose the deck and the handout**

   At the top of the screen. A deck can be created at this step.

2. **Write the card**

   Choose the type with ⌥ or Alt and a number from 1 to 5, then add the card with `⌘ Enter`.

3. **Use an image**

   Draw a frame on the handout to make it the card's image or the background of an occlusion. An image can also be pasted.

Cloze shortcuts

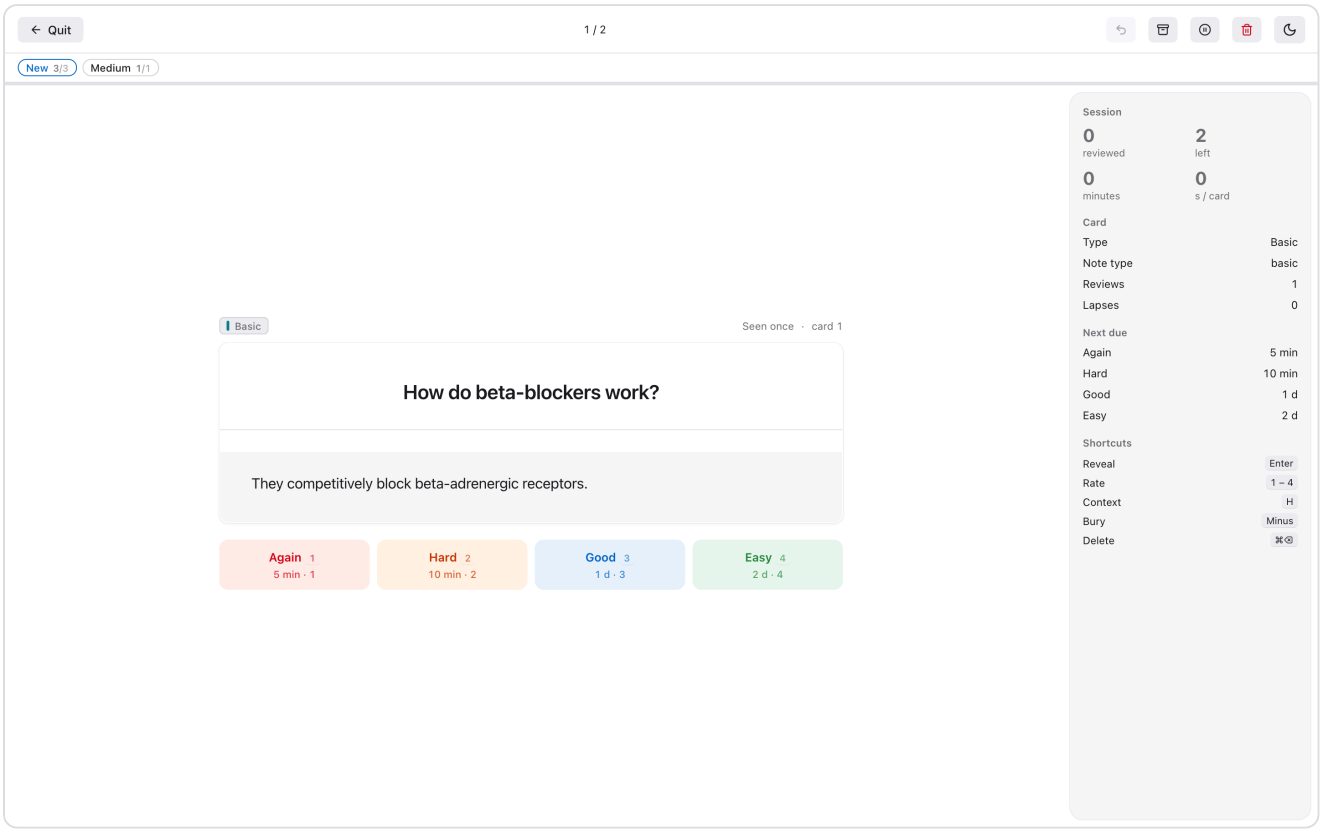
⌘⇧C	Creates a blank around the selection. Twice in a row: next number.
⌘⇧B	Moves to the next number (c2, c3…).
⌘⇧V	Goes back to the previous number.

On Windows and Linux, Ctrl replaces ⌘. All shortcuts can be changed in Settings.

The original handout is never modified. Cropped images and hidden areas are saved with the card.

Reviewing

After each card, you indicate whether you recalled it. The app uses this to schedule its next review.



The answer is shown. Under each button is the delay before the card's next review.

The four ratings

1 Again	Not recalled. The card returns during the session.
2 Hard	Recalled with difficulty.
3 Good	Recalled. This is the most common rating.
4 Easy	Obvious. The delay grows markedly.

Delays are calculated by the FSRS algorithm, also used by Anki.

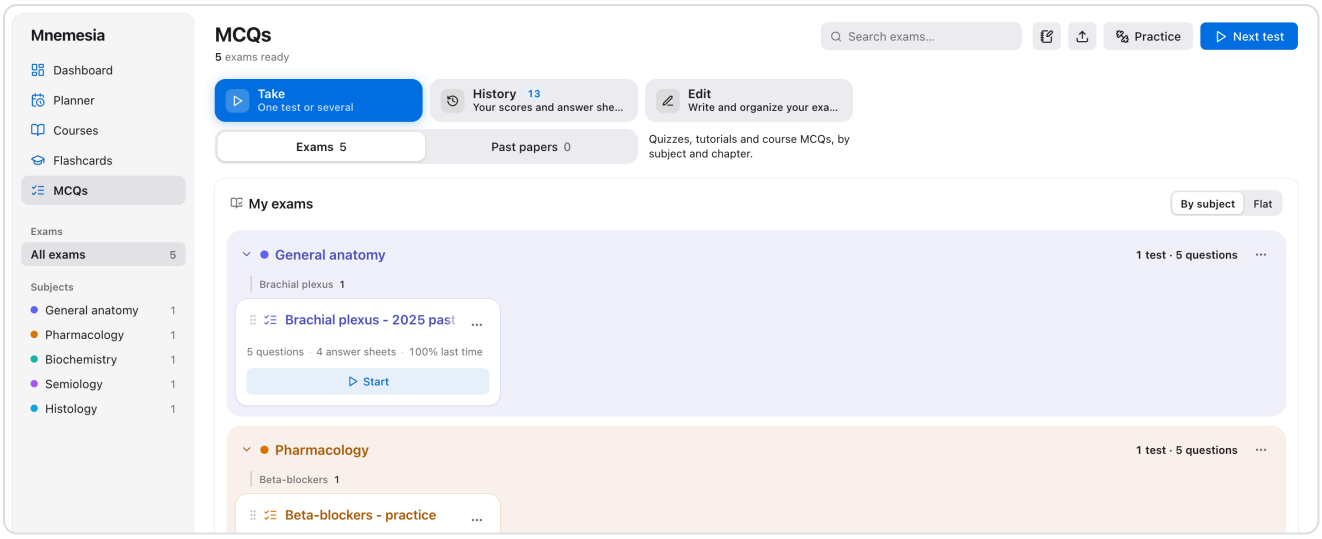
Shortcuts

`Enter`	Show the answer (Space also works).
`1` to `4`	Rate.
`⌘Z`	Undo the last rating.
`S`	Set the card aside.
`-`	Postpone the topic until tomorrow.
`H`	Show the card's context.
`⌘⌫`	Delete the card, after confirmation.

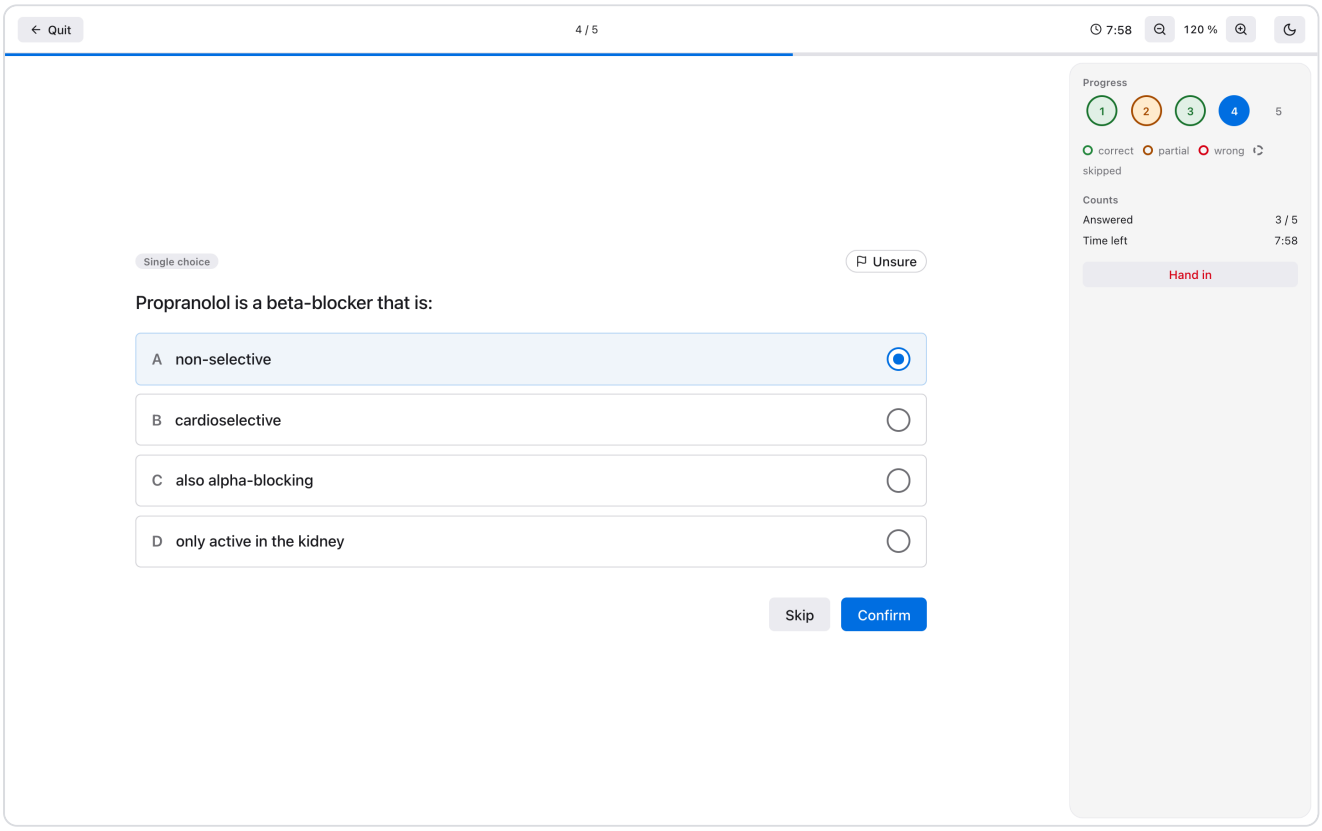
The session ends while cards are still due? The number of new cards and reviews per day is capped. These limits can be set for all decks or for a single one.

MCQs

An exam is written once and taken as many times as needed. Each attempt produces an answer sheet.



Take tab: exams by subject and chapter, with the number of answer sheets and the last result.



An exam in progress, with the timer and question-by-question progress.

Take

Start opens the attempt settings: correction, going back, timer, standard or EDN scoring. They then apply to all your exams.

Past papers and practice

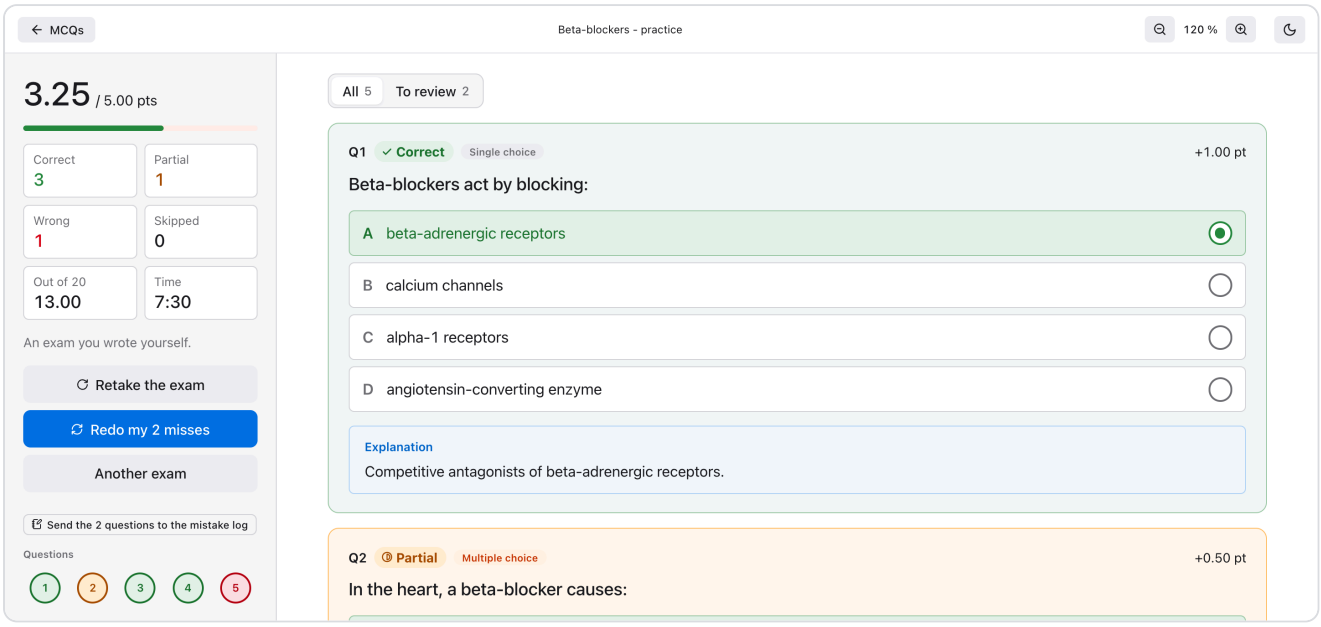
Past papers have their own tab next to exams. **Practice** asks questions drawn from several exams or past papers.

Write and share

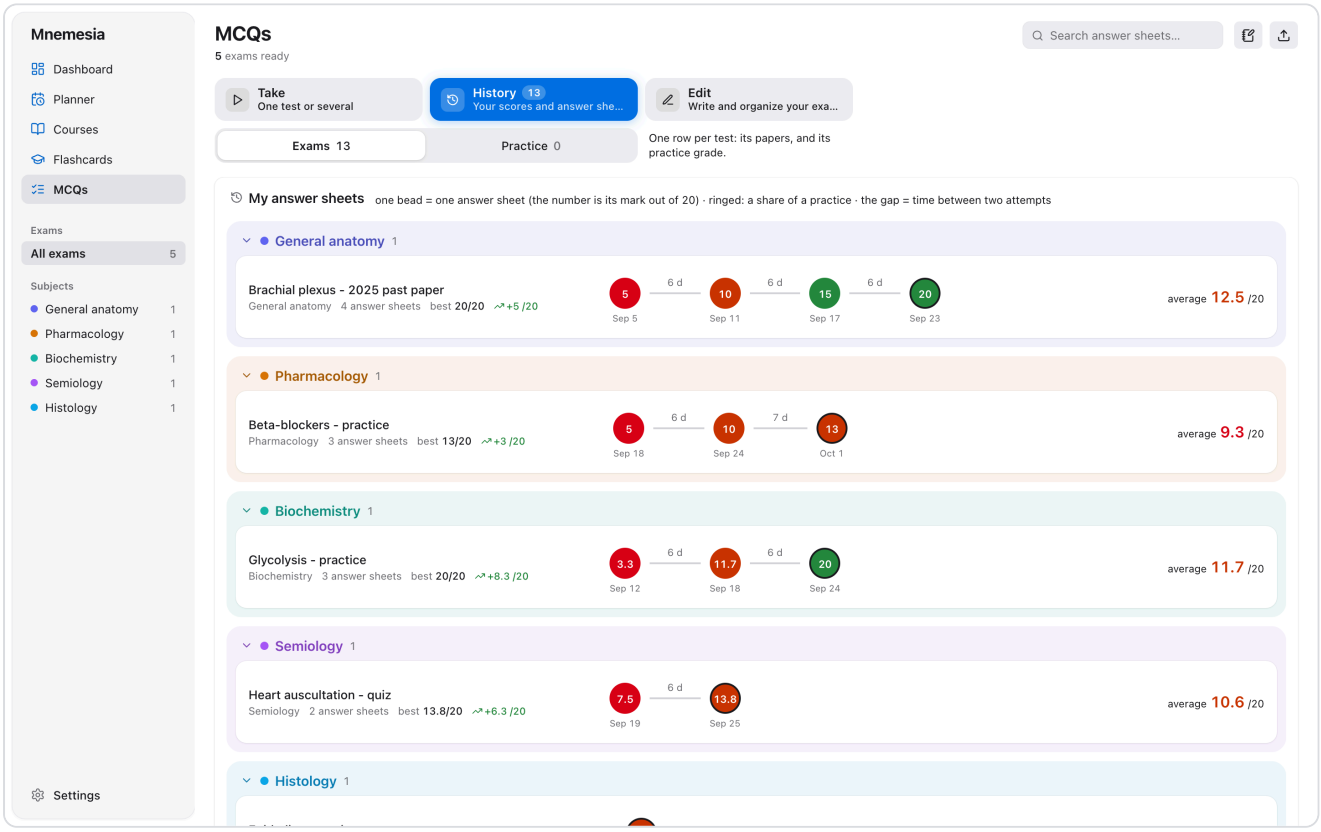
The **Edit** tab is for writing questions, options and explanations. **Share exam** produces a single file, images included.

Answer sheets and history

The answer sheet details each answer. History tracks your scores from one attempt to the next.



The answer sheet: score, correct, partial and wrong answers, missed options and explanations. **Redo my misses** repeats only the missed questions; **Retake the exam** starts it over.

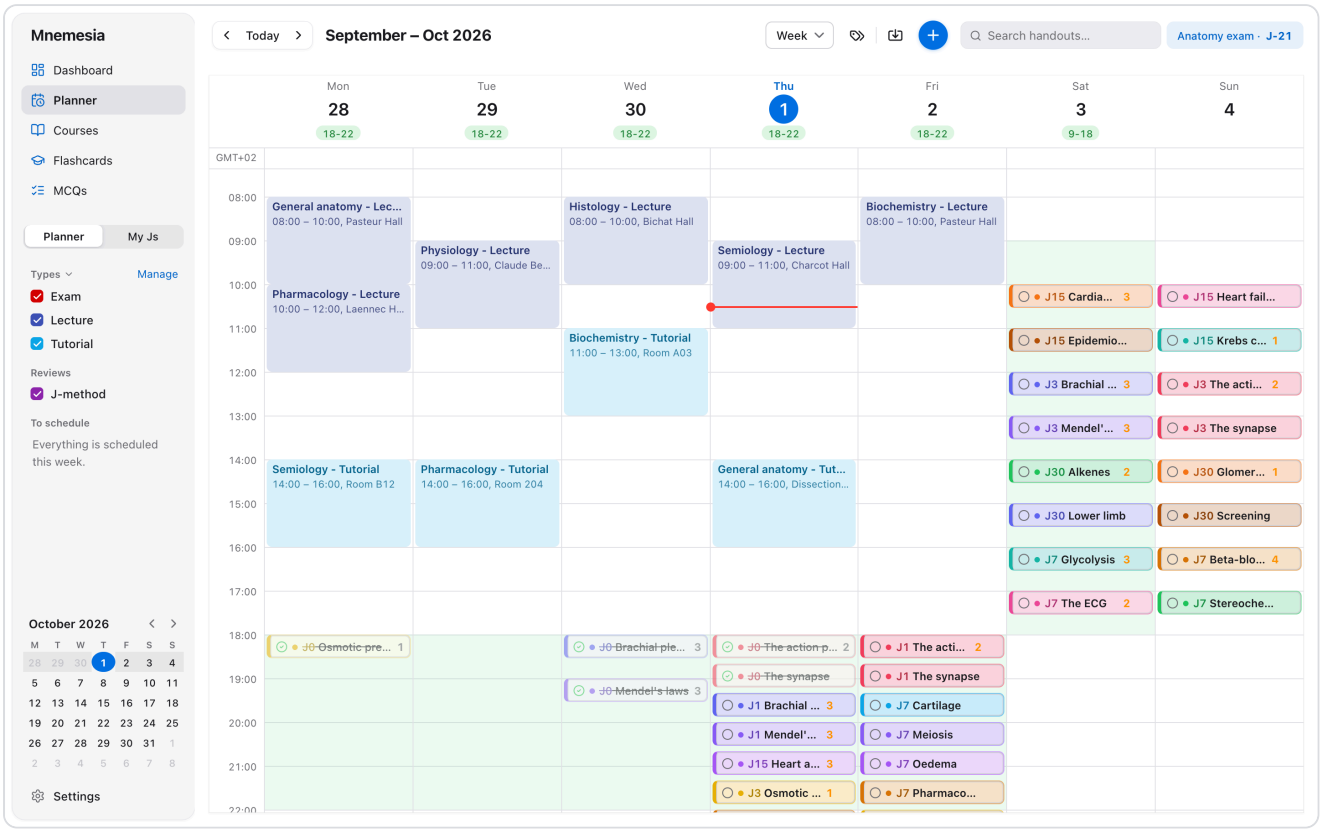


History tab: one marker per answer sheet with its score out of 20, the interval between attempts and the exam average.

> **Missed questions can be sent to the mistake log.** They then appear on the dashboard, alongside mistakes noted in your handouts.

The planner

The planner brings together your classes, exams, availability and the Js of the J-method.



A week: classes, availability in green (shown under each date) and the Js placed in those slots.

Filling the planner

- Day, week, month or year view.
- Import of a timetable in `.ics` format.
- Event types (lecture, tutorial, Exam…) named and colored in **Manage**.
- An event of type Exam feeds the countdown.
- On Mac, iPad and iPhone, Apple Calendar is shown in the planner, and your sessions can be added to it.

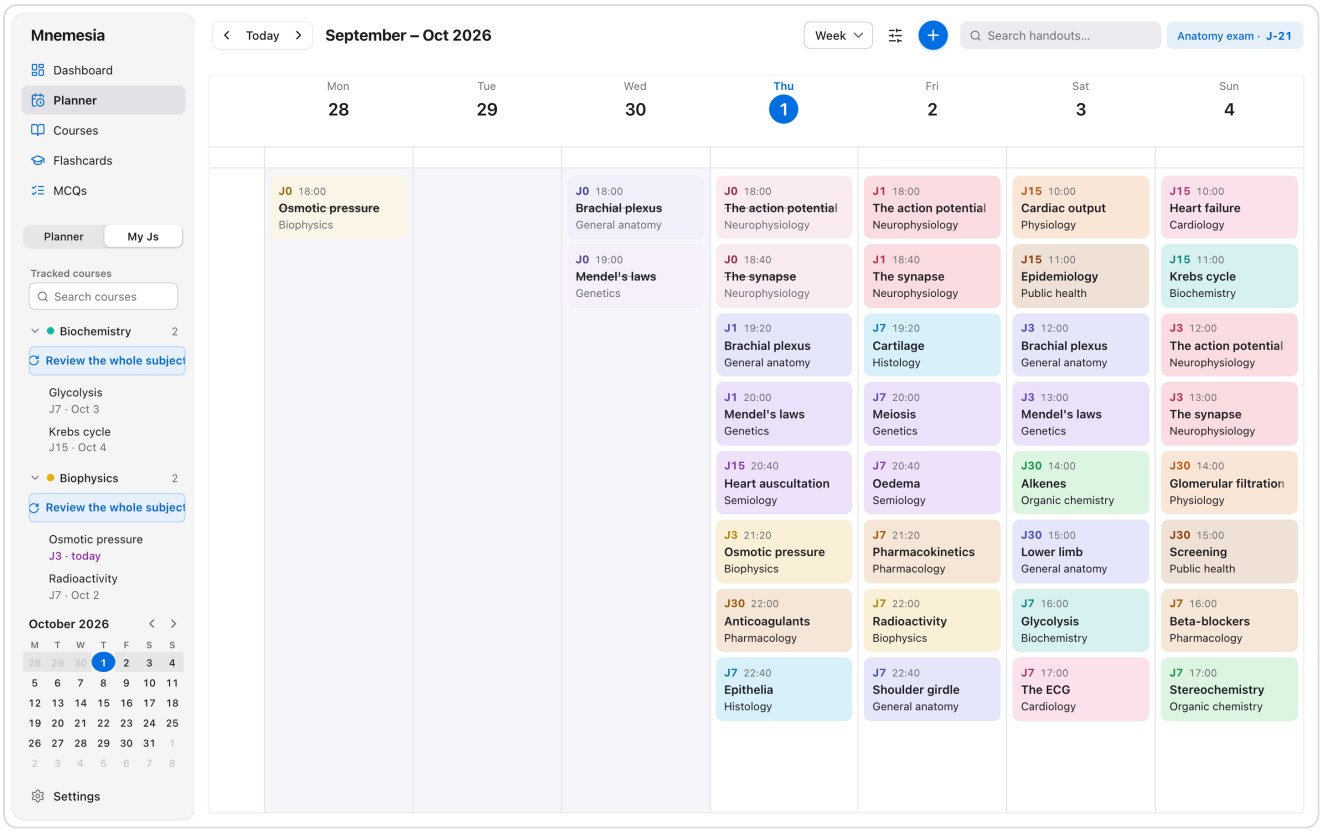
Your availability

Green slots show when you can study. They are set day by day, and Js are placed in them automatically.

In the left column, the checkboxes filter the display by event type. **To schedule** lists the Js that have not yet found a slot.

The J-method

The day you learn a course is its J0. You then review it at increasing intervals: J1, J3, J7, J15, J30.



Planner, My Js tab: on the left, tracked courses and their next J; in the grid, the Js of the week. Completed J0s are struck through.

Tracking a course

In My Js, choose a handout or a chapter, enter the day you learned it, then click **Track**. The following Js are placed in the planner. **Review the whole subject** tracks every course of a subject at once.

The sequence is chosen in **Sequence and options**: Classic, Tight, Long, Light or custom.

After each J

Check the J and indicate how it went. **Hard** brings the next one closer; **Easy** pushes it back.

A J can be moved to another day or time like any planner event.

> **Js and flashcards complement each other.** Js make you review a whole course, while each card follows its own schedule. In clinical years, the Items tab also tracks the steps of each EDN item.

Good practice and help

1. **Back up the Mnemesia folder**
   With Time Machine, to an external drive or with a regular copy. On Apple devices, the iCloud setting also protects your courses.

2. **Log your mistakes as you go**
   In a handout as in an MCQ. The dashboard then presents them for you to work on.

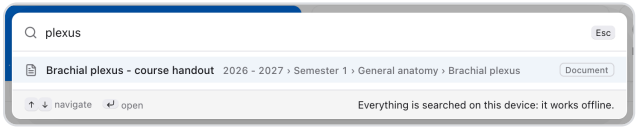
3. **Write short cards**
   One piece of information per card, preferably as a cloze.

4. **Rate “Good” in most cases**
   “Easy” and “Again” remain exceptions. Using “Hard” systematically greatly increases the daily workload.

5. **Add your exams to the planner**
   The countdown and the scheduling of reviews depend on them.

Search

`⌘K` or `Ctrl+K` from any screen: subjects, groups, handouts, decks and cards. Search works offline.



Reporting a problem

Please include:

- your device (Mac, iPad, iPhone, Windows, Linux, Android);
- the app version (1.0.17 for this guide);
- what you were doing when the problem occurred.

Write to **contact@mnemesia.com**, or join the WhatsApp community from Settings, Community section (the community chat is in French). News is posted on Instagram and TikTok (@mnemesia.fr) and on LinkedIn.