# Exploring VIVO

- Logging in to VIVO
- Sample Data
- Restoring VIVO to First Time State

## Overview

As a first time VIVO user, you should take some time to familiarize yourself with the interface, learn how VIVO stores data, consider options for configuring VIVO, and learn how to create user accounts in VIVO.

When VIVO starts up the very first time, it will notice that its data store is empty, and will proceed to load data from `firsttime` directories. Data in these directories include the ontologies to be used by VIVO. These data are loaded exactly once. VIVO will then proceed to load data in the `everytime` and `filegraph` directories. Anytime VIVO is started after the first time, it will check for data in the `everytime` and `filegraph` directories and compare that data with the data in its data store and update the data store as necessary.

In this section we provide an exercise regarding sample data. You can load the sample data into your VIVO, explore the interface, and learn how the sample data is stored. When you are finished with the sample data, you can restore your VIVO to its "firsttime" state. From there you can review the configuration options, choose options best suited for your VIVO, and then create user accounts. You will then be ready to begin loading your data into your VIVO, providing your institution with data for finding experts and representing their scholarship.